



## of the Turning Point

This newsletter is to inform you of recent changes and trends regarding health and safety. The Turning Point is a monthly newsletter covering topics from various industries and sectors. The Turning Point will respond to your inquiries and inform you of current services and updates regarding Raising the Standard Consulting Inc.

## U.S. DEPARTMENT OF LABOR UPDATE

### Company Exposes Workers to Possible Amputation

LITTLE ROCK, AK - The U.S. Department of Labor's Occupational Safety and Health Administration has cited Welspun Tubular LLC in Little Rock for two safety and health violations for exposing workers to possible amputation hazards at its Little Rock facility. The complaint inspection, which began in May, is part of OSHA's national emphasis program for amputations. "Establishing and training workers on safety protocols, along with implementing and enforcing those protocols, are key aspects of any safety and health program," said Carlos Reynolds, OSHA's area director in Little Rock. "To protect its workers, this company must comply with OSHA standards." A willful violation, with a fine of \$70,000, was cited for failing to use listed or labeled electrical equipment, in accordance with manufacturer instructions. A willful violation is one committed with intentional, knowing or voluntary disregard for the law's requirements, or with plain indifference to worker safety and health. A serious violation, with a fine of \$7,000, was cited for failing to install equipment and/or controls to prevent pipes from moving and crushing workers. A serious violation occurs when there is substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known. (from [www.osha.gov](http://www.osha.gov))



### Cave in Hazard at Job Site Brings Serious Fines

GREEN BAY, WI - PTS Contractors Inc., a Green Bay-based excavation contractor, has been cited by the U.S. Department of Labor's Occupational Safety and Health Administration for four repeat and two serious safety violations carrying proposed penalties of \$70,070. OSHA began its inspection Aug. 28 in response to a complaint alleging cave-in hazards at a job site in Wautoma, where workers were installing storm manholes and connecting utilities in a trench approximately 8 feet deep. "It's unacceptable that PTS Contractors failed to follow safety standards that protect workers from known excavation hazards, such as a trench collapse," said Robert Bonack, OSHA's area director in Appleton. "These types of hazards result in numerous fatalities and injuries. No job should put workers at risk due to lack of employer-provided training & protection." (from [www.osha.gov](http://www.osha.gov))

### Serious & Repeat Violations Result in \$89,760 in Fines

UPPER DARBY, PA - The U.S. Labor Department's Occupational Safety and Health Administration has cited McGee Plastering & Stucco Inc. for four safety violations, including two willful, found during bricklaying operations on new residential homes at a Philadelphia site. An imminent danger complaint prompted OSHA's investigation in May, resulting in \$89,760 in proposed fines. The company was recently cited in September 2013. "Six prior inspections for serious and repeat violations indicate a pattern of disregard for safety and workers' well-being that will not be tolerated," said Domenick Salvatore, director of OSHA's Philadelphia Area Office. "These hazards pose a risk to employees and must be

corrected promptly to ensure a safe workplace." The willful violations, with a \$77,000 penalty, concern the company's failure to provide guardrails and install restraints/braces to prevent a scaffold collapse as workers performed bricklaying operations. A willful violation is one committed with intentional, knowing or voluntary disregard for the law's requirements, or with plain indifference to worker safety and health. Carrying an \$11,000 penalty, one repeat violation involves not providing workers with safe access to the working levels of the tubular, welded frame scaffold. Similar violations were cited in September and October 2010 and July 2011. A repeat violation exists when an employer previously has been cited for the same or a similar violation of a standard, regulation, rule or order at any other facility in federal enforcement states within the last five years. The \$1,760 penalty for serious violations concerns failing to develop and implement a hazard communication program to include worker training, and have material safety data sheets available when working with Portland cement, dolomitic lime and hydrochloric acid. A serious violation occurs when there is substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known. (from [www.osha.gov](http://www.osha.gov))

## FALL PROTECTION TRAINING...MAKES YOUR WORKPLACE SAFER

2013 has just come to a close, and federal regulatory agencies are compiling year-end statistics and reports. While some figures may be surprising, one that is likely to stay true to past years' results is the incidence of injuries and fatalities from workplace falls.

Each year, falls from heights ranging from just a few inches to 80 stories account for more than 30 percent of all fall-related injuries and work-related deaths. Such injuries not only endanger the safety of employees, but also cost businesses millions of dollars each year in medical expenses, lost wages, and lower productivity.

Therefore, fall protection planning and the correct fall protection training are essential to ensuring the safety and health of your employees and your company. Developing a fall protection and training plan is the right decision for the safety of employees, and the company's financial bottom line. Before a company can implement a plan or begin training, it must first decide what type of fall protection it requires. If the hazard cannot be eliminated, some sort of safety protection must be added. This could be as simple as a railing, or it could be more involved, such as a restraining system or possibly personal fall protection equipment, including a harness, lanyard, and rigid rail anchor systems. Restraining systems prevent workers from falling by keeping them from reaching an area where the fall hazard exists. Fall arrest systems allow the worker to fall—just not very far. The systems enable workers to safely perform their duties from the height required while tied off to the system.

### TRAINING

Choosing the correct type of fall protection is critical, proper employee training on that system is equally important. A successful fall protection training program ensures that companies and all of their employees know what fall hazards exist in their workplace, which products and equipment can be used in each work space, how to anchor a worker to the system properly, how to wear a fall protection harness correctly, and how to inspect and maintain fall protection equipment so the system can continue to provide safety and peace of mind. Completing a workplace assessment is a useful way for companies choose a fall protection system.

### OSHA AND ANSI STANDARDS

Industry regulations also play a role in choosing a fall protection system. OSHA mandates the 4-foot rule. The 4-foot rule refers to Title 29 of the Code of Federal Regulations (29 CFR) and ensures and enforces safe and healthful working conditions for general industry, construction, and maritime trades. Employers are responsible for providing their workers with a place of employment free from recognized safety and health hazards. OSHA enforces regulation 1926, Subpart M for construction and regulation 1910, Subparts D and F for general industry, which require fall protection be provided at: 4 feet in general industry; 5 feet in shipyards; 6 feet in the construction industry; 8 feet in longshoring operations; or any height when working over dangerous equipment and machinery, regardless of the fall distance. If companies have workers working at heights in any of these circumstances they are legally required to implement a suitable fall protection system.

RTS Consulting offers both Fall Protection Awareness and Fall Protection Competent Person training. Call Kristine for details.

# PUBLIC SAFETY TRAINING SCHEDULE

## FOR SAFETY PROFESSIONALS

### Construction Health and Safety Technician (CHST) Prep Course (3-day course)

Our experienced safety professionals will assist you in the preparation for the examination by giving participants a brief overview of the certification and the certification process. Each participant is guided through the completion of their application and documentation required in order to submit a complete application.

Topics covered include: how to use the workbook, OHST examination and history, how to select a calculator, reference material, description and analysis of the OHST examination, about the computer examination, calculator warm up exercises, scientific and engineering notation, signed numbers, formula transpositions, unit conversions, conversion questions, math questions, math answers, gas laws, chemistry, physics questions, physics answers, OSHA 300, statistics, equations used most often.

Instruction is presented on topical matters to pass the certification examination. This instruction consists of both lecture and group discussion. On completion of the instruction, participants are given a mock examination to review materials presented and prepare them for the actual testing protocol.

### Safety Trained Supervisor (STS) in Construction (3-day course)

Participants are given a brief overview of the certification and the certification process. Each participant is guided through the completion of their application and documentation required in order to submit a complete application.

Instruction is presented on topical matters relevant to the particular certification examination. This instruction consists of both lecture and group discussion. On completion of the instruction, participants are given a mock examination to review materials presented and prepare them for the actual testing protocol.

The Safety Trained Supervisor in Construction Course will meet the Examination Blue Print changes of the Board of Safety Professionals 2011. Topics include:

1. Conduct risk assessments by performing pre-task hazard analyses and evaluating personal protective equipment (PPE), tools, equipment, and job expectations, in order to mitigate hazardous conditions and minimize the risk of incident or injury.
2. Confirm that employees have the necessary job-specific technical skills and qualifications by observing work practices or reviewing training records in order to ensure competent staff.
3. Ensure that personnel in the work area are oriented to safety and health considerations by communicating hazardous conditions and monitoring behaviors in order to help ensure that applicable rules and emergency action plans are understood.
4. Evaluate work practices by observing employees' behavior and their use of PPE, tools, and equipment in order to minimize the risk of incident or injury and to comply with applicable standards.
5. Ensure safety and health standards are implemented through coaching and by correcting observed deficiencies in order to maintain a safe and healthful work environment.
6. Take appropriate action when confronted with unsafe acts and conditions by exercising stop-work authority, modifying tasks, escalating issues to higher management, consulting with qualified professionals (when the matter is outside the scope of the supervisor's capabilities, etc.) and disciplining employees in order to minimize the risk of incident or injury.
7. Facilitate a positive, proactive safety culture by anticipating hazards, modeling and coaching safe behavior, reporting incidents, encouraging employee participation, and communicating performance measures in order to enhance safety and health.
8. Evaluate employees using safety performance and behavior as key criteria in order to hold employees accountable for safety.
9. Participate in investigations that determine causes, identify corrective actions, document lessons learned, and address employee concerns using recognized investigation techniques in order to minimize the risk of workplace incidents.
10. Verify the effectiveness of emergency action plans through training and practice in order to ensure effective response in crises.
11. Coordinate operations and work processes with other supervisors by communicating effectively in order to minimize risk.
12. Perform safety and health-related record keeping in accordance with applicable standards using established procedures in order to document essential processes.
13. Comply with company and STS codes of ethics by resolving issues consistently with these.

Course materials will consist of lecture materials accompanied by PowerPoint slides containing content consistent with the applicable examination and standards and best practice.

### First Aid/CPR/AED Train-the-Trainer (2-day course)

This course covers the required skills needed to train the elements of the first aid/CPR/AED training.

## SUPERVISOR AND GENERAL SAFETY TRAINING

### Supervisor Safety Training (2-day course)

We provide two Supervisor Safety Training Programs. One is called START which stands for Supervisors Training in Accident Reduction Techniques and it teaches the Supervisors their respective levels of accountability in the event of an incident. It also talks about what is a safety culture and shares the true cost of incidents and the direct impact on the project and/or company's bottom line.

The other program is called On the Front Lines. It goes from the perspective of a company that thought they were doing well and had recently won a safety award and then had a significant incident. It goes to show the type of mentality that Management personnel as well as field personnel go through, especially when it's somebody that they all know. This program also teaches about incident costs and EMR rates and how it relates to the company's overall ability to bid competitively on projects.

### So You're Getting Inspected by OSHA??? (2-hour course)

This 2-hour course will cover what things an employer or on site employer representative must know when dealing with an OSHA Inspection. Learn what the inspectors need to do to identify themselves, can you make an inspector wait or not? Can the inspector question employees without a management representative being a part of it? Learn the overall process of how an OSHA Inspection is carried out:

- Identification of the Inspector
- Opening Conference
- Inspection Tour
- Closing Conference

### First Aid/CPR/AED (4-hour course)

This 4-hour course covers the required elements for full certification: Set-Up & Site Evaluation, primary assessment, rescue breathing, CPR Techniques, choking management, control of bleeding, shock management and hands-on auto external defibrillator (AED) training.

### Forklift/Telescopic Reach Forklift/Aerial Lift (1-day course)

The lift training and refresher will be completed in two sessions and covers the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

#### Theory Session:

To conduct a 4-hour theory training session for your lift truck drivers. This training session can be done during a regular work day.

Video and power point training, which is designed to give the operator a good understanding of all the principles of using a lift truck will be used. Written test which will determine the participant's knowledge of the principles that have been discussed. Participants will be issued a wallet card upon successful completion of the course.

Note: Participants must receive a score of 100% on the theory session if they which to participate in the practical session.

#### Practical Sessions:

To conduct practical lift training sessions - each driver will receive approximately 30 minutes of training and evaluation.

To complete the training we will need to know the name and type of the equipment used by your company. We will also require an operator's manual at least one week before the training.

### Scissor Lift and Refresher (½-day course)

The lift training and refresher will be completed in two sessions and cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

#### Theory Session:

To conduct a 2-hour theory training session for your lift truck drivers. This training session can be done during a regular work day.

Video and power point training, which is designed to give the operator a good understanding of all the principles of using a lift truck will be used. Written Test which will determine the participant's knowledge of the principles that have been discussed. Participants will be issued a wallet card upon successful completion of the course.

Note: Participants must receive a score 100% on the theory session if they which to participate in the practical session.

#### Practical Sessions:

To conduct practical lift training sessions - each driver will receive approximately 30 minutes of training and evaluation.

To complete the training we will need to know the name and type of the equipment used by your company. We will also require an operator's manual at least one week before the training.

### Traffic Control/Flagger Awareness (2-hour course)

This 2-hour course will cover the following:

Identify the responsibilities of a flagger, describe the proper way to place signs, describe the proper position for flagging, define the flagging procedures for stop, slow and proceed, identify the correct procedure for various flagging situations, describe the proper conduct in flagging.

### Supported Scaffold Awareness (½-day course)

This 4-hour course covers the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1, regarding safety related to pipe scaffolds including fall protection, electrical hazards, inspections, protective equipment.

Anyone who works on pipe scaffolding regardless of the height are required to take a four hour Supported Scaffold User Course. This includes frames that are only one section high, baker scaffolds, rolling towers, and stair towers. No one is exempt from this training certification including architects, engineers, and project managers.

### Supported Scaffold Competent Person Training (6-hour course)

This 6-hour supported scaffold training course will educate your personnel on how to minimize or avoid injury and follow the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1. In this class, your personnel will find out about getting at ramps, ladders, stairway towers, and walkways. They'll discover how to avoid hazards with beneficial housekeeping. In this supported scaffold training course they'll find out about the use of hard hats, debris-nets and toe boards. They'll find out about OSHA's height and guardrail regulations as well as suitable installation and assembly of industrial scaffolding. Industrial scaffolding certification training for supported scaffolds is mandatory by Occupational Safety and Health Administration (OSHA).

### Trenching Excavation Competent Person (6-hour course)

This is a 4-hour "competent person" course. The Trenching and Excavating Safety Course helps employers and employees comply with the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1, by determining what type of working hazards exist, how to correct them and the responsibilities of the competent person. It also conveys the importance of using the right protective system during excavation work. Participants receive a wallet-sized certificate of completion from RTS Consulting Inc.

### Fall Protection Awareness (2-hour course)

This 2-hour Fall Protection Awareness Safety Course identifies the types of fall protection and is designed to help employees recognize and correct fall hazards in the workplace before an accident can occur.

### Fall Protection Competent Person (6-hour course)

This 6-hour Fall Protection Competent Person Safety Course will provide an understanding of fall protection with a focus on personal fall protection systems to increase worker safety while working at heights. This training will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

- Each participant will receive a certificate and wallet card
- A,B,C,D, E of fall protection
- Anchor point strength requirements
- Body harness - how to properly don and doff a harness
- Connecting device - how to calculate your fall clearance distance so you don't go SPLAT
- Deceleration device - what is it and why is it important? What is its role within the fall protection system?
- Effective Emergency Rescue - What is deemed effective emergency rescue? 9-1-1 is not a rescue it's a body retrieval
- Competent Person Limitations and Responsibilities
- Choosing the right fall protection system - Fall Restraint vs. Fall Arrest
- Factoring in swing fall and how it can injure a worker

### HAZCOM (4-hour course)

In this course the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1 will be covered.

Upon completion of this 4-hour training course the student will be familiar with:

- Hazard Determination
- Hazardous Chemical List
- Material Safety Data Sheets
- Definitions associated with Hazard Communications
- Hazardous Material Labeling System
- Employee Training

### HAZWOPER /First Responder Operations Level (8-hour course)

This course covers broad issues pertaining to the hazard recognition at work sites. OSHA has developed the HAZWOPER program to protect the workers working at hazardous sites and devised extensive regulations to ensure their safety and health. This course, while identifying different types of hazards, also suggests possible precautions and protective measures to reduce or eliminate hazards at the work place. This course will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

#### Course Overview:

This Course will focus on the following topics:

- Regulation Overview
- Site Characterization
- General
- Site Safety and Health Plan (SSHP)
- Responsibilities
- Hazard Recognition
- Personal Protective Equipment
- Site Control
- Decontamination
- Medical Surveillance

- Training
- RCRA, TSD Facilities
- Toxicology
- Facilities or Construction Project Emergency Response
- Fire Protection

#### HAZWOPER (24-hour course)

This course fulfills your requirements for certification under 29 CFR, Part 1910.120, 229 CFR 1926.65 or other applicable state regulations for certification to the 24-hour Occasional Site Worker level.

#### HAZWOPER (40-hour course)

HAZWOPER 40-Hour Training Course is required for workers that perform activities that expose or potentially expose them to hazardous substances. The course will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

This course is specifically designed for workers who are involved in clean-up operations, voluntary clean-up operations, emergency response operations, and storage, disposal, or treatment of hazardous substances or uncontrolled hazardous waste sites. Topics include

- Protection against hazardous chemicals present on the site
- Elimination of hazardous chemicals
- Safety of workers and the environment
- OSHA regulations, HIOSH and EM 385-1-1
- Use of personal protective equipment
- Work practices by which the employee can minimize risks from hazards
- Safe use of engineering controls and equipment on the site
- Medical surveillance requirements, including recognition of symptoms and signs which might indicate overexposure to hazards

#### OSHA 30-Hour Safety Certification

This extended three-day course is designed for individuals responsible for implementing, managing and enforcing workplace safety efforts. Class curriculum provides a detailed, cross-referenced awareness of OSHA construction standards and their job site implementation. Syllabus includes: regulatory requirements; safety/health/environmental controls; personal protective equipment; materials handling; fire prevention; hand and portable power tools; electrical safety . . . and more. You will receive a 30-Hour OSHA Outreach card.

#### OSHA 10-Hour Safety Certification

OSHA requires that all employees be trained to recognize the hazards that exist in their workplace, about safety rules that apply for the work they do, and in the safe working practices to accomplish their work.

This class starts with OSHA Regulations for the Construction Industry. Your employees attending this session leave with a much better understanding of the structure of these rules, where to go to learn more, and the most frequently cited violations for each part.

##### Topics Covered:

- Scaffolds and Ladders
- Excavation and Trenching/Shoring
- Electrical Safety
- Floor and Wall Openings
- Personal Protective Equipment
- Health Hazards
- Heavy Equipment Operation
- Welding and Cutting
- Power Tools
- Material Handling
- Steel Erection
- Concrete and Masonry Construction

#### Confined Space Competent Person (6-hour course)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1 and will cover:

- Being able to identify the differences between a non-permit confined space and a permit-required confined space
- Understanding the responsibilities of an Attendant, Entrant and Entry Supervisor
- The hazards of working within a confined space
- Equipment needed to safely work within a confined space
- How and Who creates a permit if a space is deemed Permit Required Confined Space
- How to set up the emergency rescue equipment
- Competent Person responsibilities
- Proper signage and delineation of the work areas

#### Respiratory Protection (4-hour course)

This 4-hour course will cover the protocols for respirator training/fit testing that meets EM 385-1-1, HIOSH 12-64.1, OSHA 1910.134, NAVOPINST 5100, AR 11-34, AFOSH and Coast Guard, review of OSHA revised standards as they pertain to Hawaii, NIOSH 42 CFR 84 Particulate standard and new respirator technology.

#### Electrical Safety (2-hour course)

This 2-hour course will cover the following information:

1. OSHA Electrical Standard Information
2. Definitions of electricity
3. Inspection Requirements
  - a. Documentation of inspections
4. Maintenance Requirements for Flexible (extension) cords

#### Competent Person Electrical Safety (6-hour course)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

#### Ladder Safety (2-hour course)

This 2-hour course will cover the following information:

1. OSHA Ladder Standard Information
2. Ladder Types:
  - a. Fiber glass
  - b. Aluminum
  - c. Extension
  - d. Step Ladders
3. Inspection Requirements:
  - a. Documentation of inspections
4. Maintenance Requirements

#### Competent Person Ladder Safety (6-hour course)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

#### Hazardous Energy Control (2-hour course)

This 2-hour course will cover the following information:

1. OSHA Lock Out/Tag Out Standard Information
2. Definitions of LOTO
3. Inspection Requirements
  - a. Documentation of inspections
4. Maintenance Requirements

#### Competent Person Hazardous Energy Control/Lock-Out (6-hour course)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

All training sessions can be presented on-site and on any state island. (Lanai, Kauai, Oahu, Maui, Molokai and Hawaii (Big Island))

\*A substantial discount will be given for large groups. Please call for special group pricing.

**Please note:** Training occurring on weekends and holidays will be subject to an additional 25% rate increase.

## HAZARD COMMUNICATION STANDARD TRAINING

10 CFR 851, Worker Safety and Health Program, requires all DOE Federal and contractor employees with hazardous chemicals in their workplaces to complete new Hazard Communication Standard Training. The major changes to the standard include hazard classification, labeling, Safety Data Sheets, information and training. (from www.osha.gov)

New changes to the Occupational Safety and Health Administration's (OSHA) Hazard Communication Standard are bringing the United States into alignment with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS), further improving safety and health protections for America's workers. Building on the success of OSHA's current Hazard Communication Standard, the GHS is expected to prevent injuries and illnesses, save lives and improve trade conditions for chemical manufacturers. The Hazard Communication Standard in 1983 gave the workers the 'right to know,' but the new Globally Harmonized System gives workers the 'right to understand.'

The new hazard communication standard still requires chemical manufacturers and importers to evaluate the chemicals they produce or import and provide hazard information to employers and workers by putting labels on containers and preparing safety data sheets. However, the old standard allowed chemical manufacturers and importers to convey hazard information on labels and material safety data sheets in whatever format they chose. The modified standard provides a single set of harmonized criteria for classifying chemicals according to their health and physical hazards and specifies hazard communication elements for labeling and safety data sheets.

**Benefits:** The new standard covers over 43 million workers who produce or handle hazardous chemicals in more than five million workplaces across the country. The modification is expected to prevent over 500 workplace injuries and illnesses and 43 fatalities annually.

#### Major changes to the Hazard Communication Standard:

**Hazard classification:** Chemical manufacturers and importers are required to determine the hazards of the chemicals they produce or import. Hazard classification under the new, updated standard provides specific criteria to address health and physical hazards as well as classification of chemical mixtures.

**Labels:** Chemical manufacturers and importers must provide a label that includes a signal word, pictogram, hazard statement, and precautionary statement for each hazard class and category.

**Safety Data Sheets:** The new format requires 16 specific sections, ensuring consistency in presentation of important protection information.

**Information and training:** To facilitate understanding of the new system, the new standard requires that workers be trained by December 1, 2013 on the new label elements and safety data sheet format, in addition to the current training requirements.

To arrange your HAZCOM Training, call Kristine at [RTS Consulting](http://RTS Consulting).

## UPCOMING TRAINING >>>

**Global Harmonization System [GHS] - Jan. 6, 2014**

> 1 hour training - \$40.00 per person

**OSHA 10-hour for Construction - Jan. 22 & 23, 2014**

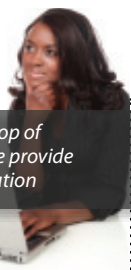
> \$150.00 per person

**OSHA 30-hour for Construction - Jan. 27-31, 2014**

> \$450.00 per person

**Please contact our office to register.**





Our outreach courses are powered by **360training.com**, an **OSHA**-authorized provider!

**1) OSHA 10 Hour Construction Course - \$79.00 per person**

This 10 hour OSHA-accepted online training course is for entry level construction workers & will provide general instruction on recognizing and preventing hazards in their work environment. Employees attending this session leave with a much better understanding of the structure of safety rules, where to go to learn more, and the most frequently cited violations for each part.

**Some of the topics covered are:**

- Introduction to OSHA
- Excavations and Trenching
- Electrical Safety
- Floor and Wall Openings
- Stairways and Ladders
- Fall Protection
- Heavy Equipment Operation
- Concrete and Steel Erection
- Hand and Power Tools
- Material Handling

**2) OSHA 30 Hour Construction Course - \$169.00 per person**

This 30 hour OSHA-accepted online training course is for construction foremen, superintendents and engineers, plant engineers, inspectors and other construction workers responsible for maintaining a safe work environment. This course will provide comprehensive coverage of OSHA compliance regulations and their job site implementation.

**This course covers the same information as the 10 hour course as well as additional topics such as:**

- Forklifts
- Concrete and Masonry
- Confined Space Entry
- Fire Protection and Prevention
- Scaffolds
- Fall Protection
- Cranes, Derricks, Hoists, Elevators and Conveyors
- Storage, Use, Disposal
- Personal Protective & Lifesaving Equipment
- Welding and Hot Work

**3) OSHA 10 Hour General Industry Course - \$79.00 per person**

This 10 hour OSHA-accepted online training course is for entry level general industry workers in such fields as health care, warehousing, manufacturing, and retail. This course trains general industry workers to recognize, avoid, control, and prevent safety hazards in their work environment.

**Some of the topics covered are:**

- Introduction to OSHA
- Electrical
- Walking and Working Surfaces
- Materials Storage
- Introduction to Blood Borne Pathogens
- Hazard Communication
- Machine Guarding
- Exit Routes, Emergency Action Plans and Fire Prevention
- Flammable and Combustible Liquids Fall Protection
- Safety and Health Programs

**4) OSHA 30 Hour General Industry Course - \$169.00 per person**

This 30 hour OSHA-accepted online training course is for general industry safety directors, foremen, supervisors, managers, and other general industry workers responsible for maintaining a safe work environment. This course will provide comprehensive coverage of OSHA compliance regulations and their job site implementation.

**This course covers the same information as the 10 hour course as well as additional topics such as:**

- OSHA Inspection Procedures
- Record Keeping
- Welding, Cutting and Brazing
- Safety and Health Programs
- Personal Protective Equipment
- Permit-Required Confined Spaces
- Exit Routes, Emergency Action Plans & Fire Prevention
- Case Studies/Workshop
- Ergonomics
- Hand and Portable Tools

**Emphasis:** The classes are prepared for presentation to workers. They emphasize hazard identification, avoidance, control and prevention, not OSHA standards and regulatory codes. The presentations are tailored to the needs and understanding of the audience. Each class is evaluated to determine the best methods of training before the class begins.

**Site-Specific Training:** We believe that the most rewarding classes for students are the ones they can relate to because the trainer uses examples, pictures, and scenarios that come from the student's work place, industry or community.

**Training Purpose:** We explain up front, that the training isn't a bureaucratic exercise. We emphasize that it may save a life & help them continue to provide for their family. We explain that safety & health add value to the company, the workplace and their life.

**Homogenous Class:** The ideal class to teach is one where students have similar positions and needs. We endeavor to conduct separate training classes for supervisors, managers, and workers as much as possible unless a combined session would assist the students in fostering a culture of teamwork. We also try to separate workers into like groups, for example, office personnel, machine operators, and maintenance staff when possible.

**Use Objectives:** At the beginning of each session we describe the skills and abilities the students should have or exhibit for each topic and relate the objectives to the students' work, whenever possible.

**Presentation Assortment:** Students learn in different manners, and get tired of one training style. Therefore we use different trainers, computer presentations, videos, case studies, exercises and graphics to make the course interesting and enjoyable. By doing this we employ the three levels of training techniques - presentation (*presenting the material in a variety of ways*), discussion (*getting the students involved in the learning*), and performance (*students practice the material they learned*).

**Testing:** We use quizzes and tests to ensure the student understands key objectives. We also provide students feedback on incorrect answers in an open discussion format.

## WEB-BASED training

Raise the safety, health, and productivity of your employees to the top of your agenda and provide training solutions that deliver real results. We provide web-based training programs for the convenience of your organization

### HEALTH CARE EDUCATION

This module consists of 12 unique courses designed to provide participants with a well-rounded understanding of safety in the health care industry. You'll learn everything from how to recognize & prevent workplace violence to gaining basic knowledge of patient's rights and confidentiality.

### TECHNICAL, INDUSTRIAL & SAFETY SKILLS

The goal of this training is to help participants to understand the risks and take the necessary precautions for the health & safety of workers and how to prevent accidents within the technical & industrial trades.

This module is divided into 5 sub-sections:

- Canada Safety
- OSHA - Construction
- OSHA - General Industry
- OSHA - 10/30 Hour Outreach Training
- OSHA - Hazardous Waste Training

### PUBLIC SAFETY

The basis of this training covers the key components of human resources with emphasis on courses such as employment law, handling conflict and confrontation and explores successful arbitration and mediation methods. It also includes courses that aid in improving business-writing skills and offers advanced insight for analyzing financial statements.

## U.S. DEPARTMENT OF LABOR

### NEED YOUR DEPARTMENT OF LABOR CARD?

Upon successful course completion, you will receive a temporary online certificate today and an OSHA or Department of Labor completion card with 4-6 weeks.

**Customer Support:** 1-800-442-1149

Outreach FAQs are provided on [www.360trainingsupport.com](http://www.360trainingsupport.com)



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