



## 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.

## could this happen AT YOUR WORKPLACE?

### OSHA Issues Proposed Rule to Extend Compliance Deadline for Crane Operator Certification Requirements

WASHINGTON, DC - The [Occupational Safety & Health Administration](#) (OSHA) today issued a Notice of Proposed Rulemaking to extend the employer's responsibility to ensure competency & enforcement certification to Nov. 10, 2018.

OSHA issued a final rule in September 2014, extending the deadline by three years for crane operator certification requirements in the Cranes and Derricks in Construction standard. The final rule also extended by three years the employer's responsibility to ensure that crane operators are competent to operate a crane safely.

The agency is now proposing an extension of the enforcement date to address stakeholder concerns over the operator certification requirements in the Cranes and Derricks in Construction standard.

Retrieved from: [Crane Operator Certification](#)

### New Jersey Aluminum Manufacturer with History of Safety Violations Receives \$1.9M in Penalties

DELAIR, NJ - Aluminum Shapes LLC in Delair, N.J., was cited for multiple safety & health violations after OSHA inspectors learned that employees were hospitalized following separate workplace incidents. In one incident employees suffered chemical burns and in a second occurrence a machine operator suffered a broken pelvis after being caught between unguarded machine parts. The aluminum manufacturing company was cited for 51 violations, including failure to: provide personal protective equipment; conduct air monitoring prior to entering a confined space; and train workers to use lockout/tagout procedures. Proposed penalties total \$1,922,895.

Retrieved from: [Aluminum Company Fined](#)

## 10 STEPS That Must be Completed to Comply with the New 2018 NFPA 70E Job Safety Plan

Before starting an electrical job that involves working on or with electrical equipment, a "Qualified Electrical Worker" must complete a written Job Safety Plan. Once the plan is completed, the "Qualified Electrical Worker" is required to complete a Pre-Job Safety Briefing with the employees that are involved in that job. The following steps are required to meet the new, "Job Safety Plan" under the new proposed standard.

- 1.) **Job Safety Plan/Pre-Job Safety Briefing must be documented** (*written down*)
- 2.) **A description of the job** (*everything that needs to be completed*)
- 3.) **A description of each individual task** (*what the task involves*)
- 4.) **Identification of the electrical hazards associated with each task** (*electrical hazards only*)
- 5.) **A Shock Risk Assessment**

Estimate the likelihood of the occurrence and severity of shock to determine if any additional protective measures are required.

To estimate the likelihood of getting shocked while performing a job, a risk assessment matrix can be used. A risk assessment matrix focuses on three main variables that can be used to help determine an acceptable risk level you are willing to take.

#### Likelihood of a worker to get shocked:

- Frequent: Most likely to get shocked
- Probable: Very Likely to get shocked
- Occasional: Likely to get shocked
- Remote: Not likely to get shocked
- Improbable: May assume that shock will not happen

#### Severity/Consequences of being shocked:

- Negligible: First aid or minor medical treatment only
- Marginal: Minor injury, (could be an OSHA lost workday incident)
- Critical: Disability for more than 3 months
- Catastrophic: Death or permanent disability

#### Risk Level

- Low: Risk level is acceptable (below 50 volts)
- Medium: Utilize the appropriate "hierarchy of control methods"
- Serious: High priority action — utilize the "hierarchy of control methods" at the top level
- High: Operation not permissible — must de-energize (High voltage)

Use the "Hierarchy of Risk Control Methods" to determine what protective measures can be used to reduce hazards.

Once the initial level of risk is determined, the new edition of the standard will direct workers to apply the hierarchy of control methods, found in Section 110.1(G), to mitigate risk.

#### These methods include:

- 1.) **Elimination** - This step focuses on eliminating the hazard to create an electrically safe work condition.
- 2.) **Substitution** - Workers can opt to substitute less hazardous equipment, such as non-electrical or battery operated tools.
- 3.) **Engineering Controls** - These options can automatically reduce risks, such as a ground fault circuit interrupter (GFCI) protection and installed barriers.
- 4.) **Awareness** - This step requires that people be alerted to the hazard which can include installing permanent or temporary signs, labels, and barricades.



5.) Administrative Controls - This method involves planning processes, training, permits, job planning, and work procedures intended to create safer work conditions.

6.) Personal Protective Equipment (PPE) - This needs to be available when needed. The last resort method is PPE, which includes insulated tools, clothing, and gloves, and is intended to reduce the severity of injury if an electrical event were to occur.

#### Address the potential for "Human Error"

When a "root cause analysis" is performed on electrical incidents, "human error" is often the key factor. Understanding human performance factors and having methods in place to address these issues will improve workplace safety.

#### **Examples of human error factors are:**

- High-stress environments
- Unfamiliar situations
- Becoming too familiar with one's job and not recognizing the risk anymore
- Overestimating one's individual capabilities
- Taking short cuts

Note: When a worker gets that "gut feeling" that something is wrong their needs to be a set process in place to be able to stop work.

#### **6.) An Arc Flash Risk Assessment**

Estimate the likelihood of the occurrence of shock, and the severity, to determine if any additional protective measures are required.

To estimate the likelihood of an arc flash occurring while performing a job, a risk assessment matrix can be used. A risk assessment matrix focuses on three main variables that can be used to help determine an acceptable risk level you are willing to take.

#### **Likelihood of an arc flash to occur:**

- Frequent: Most likely for an arc flash to occur
- Probable: Very likely for an arc flash to occur
- Occasional: Likely to have an arc flash
- Remote: Not likely to have an arc flash
- Improbable: May assume that an arc flash will not happen (below 1.2 cal/cm<sup>2</sup>)

#### **Severity/consequences of being shocked:**

- Negligible: First aid or minor medical treatment only (below 1.2 cal/cm<sup>2</sup>)
- Marginal: Minor injury/burns, (could be an OSHA lost workday incident)
- Critical: Severe burns and disability (more than 3 months)
- Catastrophic: Death or permanent disability (high cal/cm<sup>2</sup> level above 40)

#### **Risk Level**

- Low: Risk level is acceptable (below 50 volts)
- Medium: Utilize the appropriate "hierarchy of control methods"
- Serious: High priority action — utilize the "hierarchy of control methods" at the top level
- High: Operation not permissible, must de-energize (high voltage)
- Use the "Hierarchy of Risk Control Methods" to determine what protective measures can be used to reduce the hazard

#### Address the potential for "Human Error"

When a "root cause analysis" is performed on electrical incidents, "human error" is often the key factor. Understanding human performance factors and having methods in place to address these issues will improve workplace safety.

#### **Examples of human error factors are:**

- High-stress environments
- Unfamiliar situations
- Becoming too familiar with one's job and not recognizing the risk anymore
- Overestimating one's individual capabilities
- Taking short cuts

**Note:** When a worker gets that "gut feeling" that something is wrong their needs to be a set process in place to be able to stop work.

**7.) Specific safe work procedures involved with each task** (putting on appropriate PPE, using insulated tools, verifying the absence of voltage with a voltage meter, etc.)

**8.) Go over any special precautions that may be necessary** (using a second person as a spotter, having a rescue hook available, etc.)

**9.) If any energy source controls are necessary, equipment may need to be locked out and tagged**

**10.) Give a pre-job briefing before work begins with employees involved** (this is a verbal meeting with all workers involved to go over the "job safety plan")

Retrieved from: <https://lewellyn.com/resource/10-steps-must-completed-comply-new-2018-nfpa-70e-job-safety-plan/>

## SILICA RULE ENFORCEMENT Begins Sept. 23!

OSHA enforcement of the new silica standard begins Saturday, Sept. 23, 2017.

**Are you prepared?**

**RTS Consulting** can help you and your company comply with the new rule enforcement! We provide training and can assist you in developing a plan.

*\*OSHA will not be issue fines or citations for 30 days after the Sept. 23rd deadline.*

## Manage Your Entire Workplace's SAFETY PROGRAM



- » RTS Consulting can put your organization on the road to success with our Guardian Protection System by identifying, assessing and controlling risks to your workers.
- » We have partnered with hundreds of organizations over the last 20+ years and have identified the key elements which every organization must maintain to stay on the path to zero accidents.
- » Our Guardian Protection System (GPS) will direct you to your destination. You will always know where you are and we will ensure you are on the most cost efficient and direct route to zero accidents and improved health and safety.
- » We will identify your hazards, provide you with safe operating policies & procedures, workplace specific training.
- » We will assist you with your monthly inspections, accident investigation and reporting. GPS will keep you from getting off track and minimize the risk of injuries in your workplace.
- » We will monitor your progress towards your destination and ensure your goals are communicated to your employees.
- » We have the map to direct you. Not only that but with our Guardian Prevention System (GPS) we will constantly know where you are in relationship to where you are going to ensure the most efficient route. The ultimate GPS to reach your destination

## Benefits of the GUARDIAN PROTECTION SYSTEM

- » Save dollars.
- » Reduced customer and employee injuries.
- » Reduced employee absenteeism.
- » Reduced training costs.
- » Establish & maintain 'Due Diligence'.
- » Assured Provincial and Federal legislation compliance.
- » Decrease employee turnover.
- » Increase employee morale RTS will provide you with a customized and comprehensive online health & safety program that is guaranteed to benefit your workplace environment.

GUARDIAN PROTECTION SYSTEM

**RTS Consulting Inc.** will provide you with a customized and comprehensive online health & safety program that is guaranteed to benefit your workplace environment.



# Disaster & Emergency MANAGEMENT

## Hurricane Basics

### WHAT

Hurricanes are massive storm systems that form over the water and move toward land. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. These large storms are called typhoons in the North Pacific Ocean and cyclones in other parts of the world.

### WHERE

Each year, many parts of the United States experience heavy rains, strong winds, floods, and coastal storm surges from tropical storms and hurricanes. Affected areas include all Atlantic and Gulf of Mexico coastal areas and areas over 100 miles inland, Puerto Rico, the U.S. Virgin Islands, Hawaii, parts of the Southwest, the Pacific Coast, and the U.S. territories in the Pacific. A significant per cent of fatalities occur outside of landfall counties with causes due to inland flooding.

### WHEN

The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October. The Eastern Pacific hurricane season begins May 15 & ends November 30.

## Basic Preparedness Tips

- Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.
- Put together a go-bag: disaster supply kit, including a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information if you need to evacuate
- If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.
- Make a family emergency communication plan.
- Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word "alerts."

## Preparing Your Home

- Hurricane winds can cause trees and branches to fall, so before hurricane season trim or remove damaged trees and limbs to keep you and your property safe.
- Secure loose rain gutters and downspouts and clear any clogged areas or debris to prevent water damage to your property.
- Reduce property damage by retrofitting to secure and reinforce the roof, windows and doors, including the garage doors.
- Purchase a portable generator or install a generator for use during power outages. Remember to keep generators and other alternate power/heat sources outside, at least 20 feet away from windows and doors and protected from moisture; and NEVER try to power the house wiring by plugging a generator into a wall outlet.

Retrieved from: <https://www.ready.gov/hurricanes>







# PUBLIC SAFETY TRAINING SCHEDULE FOR SAFETY PROFESSIONALS

## 8-Hour Competent Person Confined Space Training

This course goes beyond the basic awareness level of introductory courses and into details necessary when learning not just how to protect yourself, but what it takes to initiate a program and create a safe working environment for those you may be responsible for at your place of employment.

### Who is This Course For?

This course is for anyone that is required to manage a safety program, or responsible to be the on-site competent person.

### Recommended:

Lead Hand, Forman, Safety Managers, Safety Directors, On-site Managers, Supervisors, Section Leads, Responsible Persons

**Cost:** \$175.00 | **Schedule:** Oct. 30 | Dec. 15

## 24-Hour Fall Protection Competent Person

RTS Consulting's Competent Person course ensures that each student will receive all of the proper training pursuant to OSHA's requirement of Competent Persons for the standard 29 CFR 1926 Subpart M and EM 385-1-1 Sections 16,21,22,24,25,27,28 and 31. This course will go beyond the basic awareness level of introductory courses and into details necessary when learning not just how to protect yourself, but what it takes to initiate a program and create a safe working environment for those you may be responsible for at your place of employment.

### Who is This Course For?

This course is for anyone that will be required to manage a safety program, or responsible to be the on-site competent person. Recommended: Lead Hand, Forman, Safety Managers, Safety Directors, Onsite Managers, Supervisors, Section Leads, Responsible Persons.

**Cost:** \$550 + HST | **Schedule:** Dec. 4-6

## 8-Hour End User Fall Protection Training

RTS Consulting's 8-hour End User Fall Protection Course ensures that each student will receive the proper training pursuant to OSHA's requirement of End User for the standard 29 CFR 1926 Subpart M and EM 385-1-1 Sections 16,21,22,24,25,27,28 and 31.

### Who is This Course For?

This course is for anyone that might be exposed to fall hazards from heights.

**Cost:** \$150.00 | **Schedule:** Nov. 27 | Dec. 11

## 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, conversion answers, 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 Technics 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 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 of 100% on the theory session if they wish 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 wish 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 6-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.

**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
- Training
- RCRA, TSD Facilities
- Toxicology
- Hazard Recognition
- Personal Protective Equipment
- Site Control
- Decontamination
- Medical Surveillance
- 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 Course**

This four-day course is designed for individuals responsible for implementing, managing & 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 Course**

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 two-day 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.

**Compliance Audits**

**RTS Consulting** offers compliance audits for clients who would like an understanding of where they stand in their health and safety program. Based on previous investigations, client- specific- audits will be conducted in areas such as:

- 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



**DON'T MISS THIS OPPORTUNITY TO  
BE A PART OF ONE OF HAWAII'S**

*Join our team*

**PREMIER SAFETY CONSULTING FIRMS**

**Raising the Standard Consulting (USA) Inc. (RTSC)** is actively seeking safety professionals to join our team. RTSC has made its mark in the professional field of environment, health and safety through the utilization of advanced problem-solving methods and personalized consulting. RTSC will "raise the standard" of environment, health & safety (EH&S) in our clients' organizations through the development, implementation and monitoring of state-of-the art, team-based policies, programs and training modules.

**CONSTRUCTION SAFETY PROFESSIONALS:** We are currently seeking primary and alternate SSHO safety professionals in the state of Hawaii for various projects. We would prefer formal education in the field of occupational health and safety but will consider experience and related education. The candidate must have a good working knowledge of the Occupational Health and Safety Administration Act, EM 385-1-1 and relevant ANSI standards.

At a minimum we will require 5 yrs. of continuous construction safety experience in supervising/managing safety programs, processes and conducting hazard analyses and developing controls. The candidate must have a current Safety Trained Supervisor (STS), Construction Health and Safety Technician (CHST) or Certified Safety Professional (CSP) certification or is on track to attain the designation (s).

The candidate must also have 24 hrs. of documented formal safety training for every year for the past 5 years. Please ensure your resume reflects a minimum of 5 years construction safety experience. We will also require a copy of your certs specifically, competent person for fall protection, confined space, scaffolding, excavation & trenching as well as rigging (preferably done in the last 5 years). Also required is current First Aid/CPR, current OSHA 30, CHST or CSP and 40 hour EM385-1-1. If you are missing any of these, we can send you links, etc. to get them if applicable.

We require skill in program development, auditing, incident investigation and experience conducting public safety training sessions. Experience in OHSAS 18001 and Hawaii administrative rules title 12 Department of Labor and Industrial Relations subtitle 8 Hawaii Occupational Safety and Health Division Part 2 would be an asset. Also train-the-trainer in GHS/HAZCOM, Forklift, Scissor Lift, Hearing Conservation, Lockout/Tagout, Confined Space would be an asset.

We provide an excellent benefits package, lap top, cell phone and travel allowance depending on the job duties.

Please forward resume and certificates of training for the past 5 years to:  
[rtscusa@rtsconsulting.com](mailto:rtscusa@rtsconsulting.com)

*Proud to be an Equal Opportunity Employer*

**10|30  
hour training**

**ONLINE TRAINING NOW AVAILABLE!**

Available through RTS Consulting, **10|30 HOUR TRAINING** with a limited time discount offer! See below for details:

**10 and 30 Hour Construction Safety (with Free Study Guide)**

Normally \$199, take \$25 off with code "1030" (expires 5/31/2015)

Register here (contains referral code): [10|30CONSTRUCTION](#)

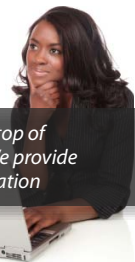
**OHSAS 30 Hour Construction Training (with Free Study Guide) or  
OHSAS 30 Hour General Industry Training (with Free Study Guide)**

Normally \$189, now \$169 plus take \$22 off with code "22OFF30"

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## 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 - Hazardous Waste Training

**Sign Up Today!**

### 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.

#### **OHSAS 10 Hour Construction Training (with Free Study Guide) or OHSAS 10 Hour General Industry Training (with Free Study Guide)**

Normally \$79, take \$10 off with code "CONSTRUCTION" (expires 5/31/2015) Register here (contains referral code): [OHSAS10HOUR](#)

#### **Learn2Serve Food Safety Manager Principles Training & Food Manager Exam**

Normally \$160, now \$125 plus take \$25 off with code "SOUP OF THE DAY" (expires 6/30/2015) Register here (contains referral code): [FOODSAFETY](#)

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Normally \$99, now \$85.15 plus take \$13 off with code "MANAGERDEAL" (expires 6/30/2015) Register here (contains referral code): [FOODSAFETYTEXAS](#)

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Normally \$16.95, now \$15.95, plus take \$3 off with code "THREEBATE" (expires 6/30/2015) Register here (contains referral code): [UTAHSEVER](#)

#### **Wisconsin Responsible Beverage Server Training**

Normally \$14.95, take \$3 off with code "THREEBATE" (expires 6/30/2015) Register here (contains referral code): [WISCONSINSEVER](#)

For more information contact our office by email or visit us online:

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