

Safety Training Class Descriptions



Safety
Consultants
USA

Offered by our training partner, Safety Consultants USA, formerly Bermac

New Hire Awareness Training for Construction

This course will include the following topics:

- General Safety Principles/Why Safety is Important
- Back Safety/Soft Tissue Injuries
- Electrical Safety/Hand & Power Tools
- General Principles of Fall Protection
- Fire Safety
- HazCom/GHS/Chemical Safety
- Ladder Safety
- PPE (Personal Protective Equipment)
- Pinch Points/Struck By Hazards
- Housekeeping
- Situational Awareness
- Signs, Signals & Barricades
- Scaffolding Awareness
- Excavation Awareness
- Equipment Awareness

Qualified Rigger & Signal Person

This training program will cover:

- Basic crane set-up & safety
- How to control the work area and avoid caught between/pinch point hazards when working with cranes
- Requirements for proper ground conditions and who is responsible for ensuring safe conditions when working with cranes
- OSHA requirements and how to stay safe around power lines with cranes
- Qualified/certified signal person under the 2010 crane standard
- OSHA rules and how to stay safe when working around elevated loads
- What training is required under the 2010 crane standard
- Understanding “tag out” procedures for cranes



- General construction rigging techniques
- Final multiple-choice test and practical exam
- Training includes 155-page workbook

OSHA 10-Hour for Construction

This course covers 6 hours of the following mandatory topics:

- Introduction to OSHA – 1 hour
- OSHA Focus Four Hazards – 4 hours
- Falls (minimum one hour and 30 minutes)
- Electrocutation
- Struck-By (e.g., falling objects, trucks, cranes)
- Caught-In or Between (e.g., trench hazards, equipment)
- Personal Protective and Lifesaving Equipment – 30 minutes
- Health Hazards in Construction – 30 minutes

The course also includes 2 hours of the following elective topics:

- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power

An additional 2 hours of electives will be selected at the discretion of the trainer. The minimum length of any one topic is 30 minutes.

Fall Protection for Construction

This course covers the following topics:

- OSHA regulations for fall protection
- Fall protection equipment inspection process
- How to use equipment correctly
- Explaining what “new” fall protection equipment is available
- Explain “fall distance and swing hazards”
- Hole cover installation
- Falling material procedures



- Rescue procedures
- Company-specific needs/standards
- Practical demonstrations

First Aid/CPR/AED/Bloodborne Pathogens

This course covers the following topics:

- How to recognize a medical emergency
- Handle breathing and cardiac emergencies
- Act appropriately and effectively and sustain life until professional help arrives
- Prevent disease transmission
- Identify and care for bleeding, sudden illness and injuries

OSHA 30-Hour for Construction

This course covers 14 hours of the following mandatory topics:

- Introduction to OSHA – 1 hour
- Managing Safety and Health – 2 hours
- OSHA Focus Four Hazards – 6 hours
- Falls (minimum 1 hour 30 minutes)
- Electrocution
- Struck-by (e.g. falling objects, trucks, cranes)
- Caught-In or Between (e.g. trench hazards, equipment)
- Personal Protective and Lifesaving Equipment – 2 hours
- Health Hazards in Construction – 2 hours
- Stairways and Ladders – 1 hour

The course also includes 12 hours of the following elective topics:

- Concrete and Masonry Construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators and Conveyors
- Ergonomics
- Excavations
- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades



- Powered Industrial Vehicles
- Safety and Health Programs
- Scaffolds
- Steel Erection
- Tools – Hand and Power
- Welding and Cutting
- Foundations for Safety Leadership (minimum 2.5 hours)

An additional 4 hours of electives will be selected at the discretion of the trainer. The minimum length of any one topic is 30 minutes.

Aerial/Scissor Lift/Mobile Elevated Work Platform Training (MEWP)

This course will cover the following topics:

- Basic pre-start inspection of lifts
- Testing lift controls
- Fall protection requirements per OSHA (standing on floor of basket not rails)
- Use of harness and lanyard – proper anchor point
- Guardrails
- Lift capacities
- Proper way of carrying material in lift
- Outrigger use
- Tip-Over hazard awareness (holes, drop-offs, soft soils, etc.)
- Caught between/pinch point awareness
- Driving/moving lifts safely
- Safety during windy or gusty conditions
- Awareness of electrical hazards
- Keeping lift floor clean
- Basic emergency procedures
- Understanding placards, warnings, etc.
- Written multiple choice test.

This course is for classroom training only with each student receiving, upon completion, a “classroom only certificate.” If a student wants a “full operator card/certificate,” then an onsite evaluation will need to be scheduled where MEWP machinery is located. There is an additional charge for this onsite evaluation.



ATSSA Certified Flagger Training

This course will cover the following topics:

- Learn how to be a safe and effective flagger:
- Understand why proper flagger operations are important
- Learn the standard skillset of a good flagger
- Apply standard flagger control references
- Identify proper flagging signals and procedures
- Learn standard flagger practices for various situations

Students that successfully complete this course will receive an American Traffic Safety Services Association (ATSSA) Certified Flagger Card. The cost of the course includes all materials.

Forklift Operator Training for Construction

This course will cover the following topics:

- Forklift basics
- Forklift inspections and maintenance
- Operating the Forklift
- Picking up a load
- Delivering a load
- Refueling the Forklift
- Parking the Forklift