

OSHA

TRAINING CENTER

AT CHABOT-LAS POSITAS
COMMUNITY COLLEGE DISTRICT



Course Catalog

www.osha4you.com

The OSHA Training Center is part of the Chabot-Las Positas Community College District. The Chabot-Las Positas Community College District has provided quality education to residents of the Bay Area for over fifty years.

BOARD OF TRUSTEES

The Chabot-Las Positas Board of Trustees governs the Chabot-Las Positas Community College District and is responsible for all policy decisions. The Board meets twice a month.

Name/Position (Year First Elected)	Area Represented
Isobel F. Dvorsky (1985) <i>President</i>	Area 2 - San Leandro
Arnulfo Cedillo, Ed.D. (1985) <i>Secretary</i>	Area 3 - Union City, South Hayward
Donald L. "Dobie" Gelles (1998)	Area 4 - Castro Valley portions of Oakland
Hal G. Gin, Ed.D. (2005)	Area 6 - Hayward, San Lorenzo
Barbara F. Mertes, Ph.D. (2000)	Area 7 - Livermore, portions of Pleasanton
Marshall Mitzman, Ph.D. (2008)	Area 1 - Hayward
Carlo Vecchiarelli (2004)	Area 5 - Pleasanton, Dublin, Sunol

OSHA TRAINING CENTER EXECUTIVE STAFF

The OSHA Training Center at Chabot-Las Positas Community College District is part of the District's Economic Development and Contract Education department. The staff is focused on providing the best training possible and assisting all students achieve their desired safety training goals.

Name/Position	Title
Joel L. Kinnamon, Ed.D.	Chancellor
Julia Dozier	District Executive Director of Economic Development and Contract Education
MariAnn Fisher	Assistant Director
John Messing	Manager, OSHA Training Center and Apprenticeship Programs

Table of Contents

General Information.....	4
Special Programs.....	5
Prerequisites, Registration and Fees.....	6
Cancellations, Tardiness, and Grades.....	7
Frequently Asked Questions.....	8-9
Continuing Education Units.....	10
Professional Safety Certificates Program.....	11-17
Outreach Trainer Program.....	18
Travel and Local Accommodations.....	19
Course Descriptions.....	20-41
2012 Course Schedule.....	42-47
2011-12 Academic Calendar.....	48
Registration Form.....	49

General Information

The Occupational Safety and Health Administration (OSHA) Training Center at Chabot-Las Positas Community College District (CLPCCD) offers high quality, standards-based training for both the private sector and government agencies. The OSHA Training Center is located in Dublin, CA, in the Tri-Valley region of the East Bay - only 30 minutes from beautiful San Francisco and within driving distance of the Livermore Valley wineries, beautiful parks, recreation areas, and great shopping.

The CLPCCD OSHA Training Center was established by the U.S. Department of Labor, OSHA's Directorate of Training and Education. Our trainers come from a broad range of backgrounds, all conducting high-quality and effective training programs. For more information about our instructors, please see our website: www.osha4you.com/osha-training-center-instructors.

Completing OTC courses can help you:

- Reduce workplace hazards
- Gain a better understanding of the standards, rules, and regulations under the Occupational Safety and Health Act of 1970
- Examine workplace conditions to verify compliance with federal and state regulations
- Improve the professional skills vital to success in your field
- Stay informed of new developments in occupational health and safety
- Network with other safety and health professionals
- Obtain a Professional Safety and Health Certificate
- Earn professional continuing education credit

The OSHA Training Center is conveniently located at the interchange of I-580 & I-680 and just 2 blocks from the West Dublin/Pleasanton BART station and on a main thoroughfare accessible by public transportation, the OSHA Training Center (OTC) has four classrooms at our training headquarters, all fully technologically current and designed with the students' comfort and positive learning experience in mind. Additionally, classes are offered at both of our college campuses – at Las Positas College in Livermore, CA and at Chabot College in Hayward, CA – as well as at our partners' sites and on-site at employer locations as requested.

Our partner organizations include:

- Safety Center (Sacramento, CA)
- Guam Contractors Association Trades Academy (Guam)
- Honolulu Community College (Honolulu, HI)
- Gateway Community College (Phoenix, AZ)
- DC 15 Training Center (Las Vegas, NV)
- Los Angeles Trade Tech College (Los Angeles, CA)
- University of California, Santa Cruz Extension (Santa Clara, CA)

Our goal is to help you receive the highest quality safety training available.

Special Programs



Become an Industry Recognized Certified Professional – Three Levels of Certification Available (page 11-17)

Find out how professional certifications can be the most important career enhancing step you'll ever take. Advance your career in the field of safety and health by earning valuable credentials.



Cal/OSHA Standards Courses in Construction Industry and General Industry (page 23)

The OSHA Training Center is proud to offer Cal/OSHA courses designed to protect California's workforce. Developed in partnership with Cal/OSHA, the 4-day courses emphasize Title 8 Construction and General Industry compliance of California's Division of Occupational Safety and Health ("Cal/OSHA") regulations.

Cal/OSHA Courses include:

Construction

- OSHA #5109 – Cal/OSHA Standards for the Construction Industry
- OSHA #5029 – Cal/OSHA Construction Update

General Industry

- OSHA #5119 – Cal/OSHA Standards for General Industry
- OSHA #5039 – Cal/OSHA General Industry Update

**Current OSHA Outreach
Trainers who complete the
industry related Cal/OSHA
course can receive a
Cal/OSHA Outreach Trainer
Endorsement**

The standards course provides an endorsement authorizing existing Fed OSHA trainers to teach 10-hour & 30-hour Cal/OSHA outreach courses. See course descriptions for prerequisites and requirements.

Prerequisites, Registration and Fees

Prerequisites

Some courses have prerequisite requirements (i.e., courses that must be taken before enrolling in a class); others are open to anyone interested in the subject matter without prerequisites. Prerequisites are listed with other class information in the Course Descriptions beginning on page 22. All prerequisite information must be obtained by the OTC *prior to the first day of class*. Walk-ins for courses with prerequisites will not be accepted.

Registration

Course registration can be done online, or by email, phone, fax, or mail. A registration form can be found on the last page of this catalog.

Online: www.osha4you.com

Submit registration form by:

Email: otc@clpccd.org

Phone: (866) 936-OSHA (6742)

Fax: (925) 560-9458

Mail: OSHA Training Center
Chabot-Las Positas Community College District
7600 Dublin Blvd, Suite 102A
Dublin, CA 94568

Course Registration Fees

Fees vary by course and are all-inclusive (include tuition, books, equipment use, etc.), unless otherwise noted. Fees can be paid by credit card or cash; or by check, given that there is enough time for the check to clear prior to the class start.

Shipping Policy

The majority of correspondence and confirmation documentation will be submitted via email. On the occasion that information or materials are required to be shipped, standard shipping orders will typically arrive within 7 to 10 business days following credit card authorization and verification. Standard delivery is available for shipping within the United States. We do not ship outside of the United States.

Cancellations, Tardiness and Grades

Cancellations Prior to First Class

A full refund will be issued for a canceled class upon written request by the individual that is received 14 days prior to the first class date. If you are unable to attend a course and notify the OSHA Training Center (OTC) in writing within the 14 to 7 day time prior to class timeframe, you will receive a one-time OTC course credit. All cancellations must be made within the 14 to 7 day time frame to have the one-time OTC course credit applied. Credits may be applied toward the cost of any future OTC courses within one year from date of issue. This one-time credit is valid for the first class canceled per individual.

Cancellations received less than 7 days prior to the start of the first day of a course, or cancellation of any additional courses after receiving a one-time credit, will result in forfeiting fees paid for the canceled course without reimbursement or additional course credit being awarded. In the case of any additional cancellations, no refund will be issued if a class is canceled within the 14 days of the first class. Special circumstances are an exception to this policy and must be approved by a CLPCCD OTC staff member.

OTC reserves the right to change class locations, schedules, fees, and instructors when necessary, and full refunds will be issued in the case of OTC canceling a class.

Tardiness

OTC classes are held to Federal- and California-OSHA standards, including the number of contact hours required per training. With the exception of the first day in which a student may arrive at class up to fifteen (15) minutes into the first session without being dropped from the program, tardiness will not be tolerated. Other than the first day, late arrivals, early departures or no-shows for any of the course sessions will result in being dropped from the course without any fee refunds.

Course Completion and Grades

OTC classes are taught on a pass/no pass basis. Students are expected to attend all sessions in full, respect the instructor and other students, and participate in class discussions and exercises. Additionally, some courses require an examination and/or student presentation, which students must pass to complete the course with a passing grade. Students will be informed if an examination is to be included as part of the course requirements on the first day of class.

Students achieving the above requirements (attendance, respect for others, participation, and on occasion an examination or presentation, depending on OSHA requirements) will receive a “pass” for the course. Students who do not meet the above requirements (for any reason) will receive a “no pass” for the course. Students receiving a “no pass” may re-take the course at their own expense to try to achieve a passing grade.

Frequently Asked Questions

What if I would like to have a training delivered on-site at our company?

All of our courses can be customized and delivered on-site at your desired location. Contact us at 866-936-OSHA for more information.

What courses should I take first?

If you are new to OSHA, we recommend that you start with the fundamentals:

Federal OSHA Standards

OSHA #510 – OSHA Standards for Construction Industry

OSHA #511 – OSHA Standards for General Industry

California OSHA Standards

OSHA #5109 – Cal/OSHA Standards for Construction Industry

OSHA #5119 – Cal/OSHA Standards for General Industry

Otherwise, review the course offerings and choose classes that are of interest to you. If you need assistance choosing your courses, we would be happy to assist you.

Can I pursue both Construction Industry and General Industry areas of specialization at the same time?

Yes. If you wish to obtain a certificate and/or trainer cards in both Construction Industry and General Industry, you can enroll in each class as long as the prerequisite classes have been met.

Do I get a 30-hour card for attending an OSHA #510 or OSHA #511 class?

No. Effective January 1st, 2009, we are no longer authorized to distribute 30-hour cards upon completion of the OSHA #510 or OSHA #511 classes. The change has been established by defining the 30-hour courses as being based on hazard recognition and awareness, not standards, thus they will not be accepted as equivalents for either the OSHA #510 or OSHA #511.

How much does each class cost?

Class costs vary, depending on the course. For individual course fees, refer to the descriptions of the individual courses in this course catalog, the class schedule, or go to our website at www.osha4you.com. You pay for each course as you register for that class.

How do I become an authorized OSHA Trainer?

The requirements can be found on page 18 of this catalog.

Can I receive Veteran's Administration/GI benefits through your OSHA courses?

Yes! Contact us at (866) 936-OSHA (6742) and we will help you with the VA tuition process.

What if I want to cancel a class or receive a refund?

Our refund and cancellation policy can be found on page 7 of this catalog.

Frequently Asked Questions (cont.)

Is there a minimum age requirement for OSHA Training Center students?

We accept students over the age of 16. Minors interested in attending a class provided by the OSHA Training Center require additional forms and documentation to register. Please contact us at otc@clpccd.org or (866) 936-OSHA for more information.

Where can I find your Privacy Policy?

Please refer to our website at www.osha4you.com to view our Privacy Policy.

How do I sign-up for classes?

Course registration can be done online, or by email, phone, fax, or mail. A registration form can be found on the last page of this catalog.

Online: www.osha4you.com

Submit registration form by:

Email: otc@clpccd.org

Phone: (866) 936-OSHA (6742)

Fax: (925) 560-9458

Mail: OSHA Training Center
Chabot-Las Positas Community College District
7600 Dublin Blvd, Suite 102A
Dublin, CA 94568



Continuing Education Units (CEUs)

Continuing Education Units (CEUs) for OSHA Training Center courses are offered through the American Board of Industrial Hygiene and the Board of Certified Safety Professionals. The OSHA Training Center will provide you with proof of completion when you complete a class with us. The acceptance of CEUs is determined by each specific organization or company. Please check with your organization or company prior to registering for one of our classes to ensure that the CEUs will be accepted.

The OSHA Training Center determines continuing education units by awarding one continuing education unit for every ten contact hours of participation (1 CEU = 10 contact hours). Contact hours are instructional hours and do not include scheduled breaks such as lunch.

American Board of Industrial Hygiene (ABIH) Certification Maintenance (CM) Points

Certification Maintenance Points are available to Certified Industrial Hygienists who complete courses and are awarded points under the ABIH maintenance of certification program. Visit the ABIH website for the most current information.

Board of Certified Safety Professionals (BCSP) Continuance of Certification (COC) Points

Continuation of Certification (COC) Points are available to certified safety professionals who complete courses in which at least half of the content is devoted to safety, health, or environmental topics. The number of COC points available from the BCSP can be calculated using the BCSP guidelines.

Requests for Records/Transcripts Policy

The OSHA Training Center maintains a database of participants who have successfully completed courses and can forward that information as requested. As we are not the awarding body, we do not maintain records of ABIH CM points or BCSP continuance of certification points. Please contact those organizations directly for information about their CEU policies.

For a written request:

A written request from the student whose records/transcripts are being sought must include the name of the student, course number(s), and dates of each course session for which a record is desired.

Mail request to:

OSHA Training Center
Chabot-Las Positas Community College District
7600 Dublin Blvd, Suite 102A
Dublin, CA 94568

Professional Safety Certificates



OVERVIEW

The OSHA Training Center at Chabot-Las Positas Community College District offers three levels of Professional Safety Certificates to take your career and your organization's safety program to the next level. These courses provide focused, real-world information that can be immediately applied in your organization and give you knowledge in many safety and health topics allowing you to build a broader safety expertise. The OSHA Training Center's certificates offer opportunities for you to:

- Receive specialized information in a particular area of health and safety
- Be informed about today's changing regulations, guidance documents, and regulatory interpretations
- Develop an awareness of government agencies affecting different industries
- Identify and communicate safety and health issues to your management team and staff members
- Help your organization avoid costly citations by staying compliant with OSHA regulations
- Gain access to a network of others who share similar concerns and resolutions
- Demonstrate proficiency and ambition through professional development to enhance your career

NOTE: Ideally, students will complete each level of the certification program within a two year (24 month) time period after submitting their initial application for the certification program. However, courses successfully completed within three years (36 months) of the initial application date can be counted towards a certificate.

Safety Associate Certificate – Level I



Gain a solid foundation to quickly and accurately address the OSHA regulations affecting your industry and keep your company safe and compliant. The Safety Associate certificate program gives participants official recognition of their knowledge and skills in understanding OSHA regulatory standards and in developing solutions to workplace safety challenges. In addition to core course requirements, participants in the Safety Associate certificate program tailor the program to reflect their own areas of interest through their selection of elective courses.

How You Will Benefit

- Understand the OSHA standards and how it affects your business
- Learn the fundamentals needed to deal with potential hazards
- Reduce injuries and health problems among your co-workers
- Understand the essential elements of an effective safety program
- Develop accident investigation skills

Who Should Participate

- Job supervisors
- Warehouse forepersons
- Logistics personnel
- Food processing workers
- Landscape workers
- Agricultural workers
- Engineers
- Human Resources personnel
- Anyone concerned about safety in their workplace

Program Requirements

The Safety Associate Certificate program requires the completion of six (6) CLPCCD OSHA Training Center courses – three (3) of which are required core courses and three (3) from which the student chooses from the remaining CLPCCD OTC courses, depending on his or her personal development needs.

To get started, download a printable file of the certificate request form at www.osha4you.com and submit it to the OSHA Training Center. If you need assistance in choosing your three elective courses, we would be happy to assist you.

Required Courses (3)

- OSHA #7505: Introduction to Accident Investigation
- OSHA #7300: 8-Hour Permit Required Confined Space
- OSHA #510: OSHA Standards for Construction Industry
- OR
- OSHA #511: OSHA Standards for General Industry

Safety Associate Certificate – Level I (continued)

Elective Courses (3)

With the exception of the core courses (OSHA 510 or 511, OSHA 7505, OSHA 7300) that you completed for the requirement portion, choose any three courses from the CLPCCD OSHA Training Center's schedule that suit your interest. If you need assistance in choosing your three elective courses, we would be happy to assist you.

Sample Elective Courses

OSHA #5109: Cal/OSHA Standards for the Construction Industry	OSHA #2250: Principles of Ergonomics
OSHA #5119: Cal/OSHA Standards for General Industry	OSHA #2045: Machinery and Machine Guarding
OSHA #3010: Excavation, Trenching and Soil Mechanics	OSHA #2264: Permit Required Confined Space Entry
OSHA #3110: Fall Protection	OSHA #521: OSHA Guide to Industrial Hygiene
OSHA #3095: Electrical Standards	OSHA #2015: Hazardous Materials
	OSHA #2225: Respiratory Protection

These are just a few of the courses available. See the Course Description and Schedule portions of this catalog for the full offering.



Download a printable file of the certificate request form at www.osha4you.com to get started.

Specialist in Safety & Health Certificate – Level II



If you are responsible for employee health and safety at your workplace, it may be time to expand your knowledge of current health and safety issues and regulations and learn new skills to create and maintain a safer work environment. The Specialist in Safety and Health certificate program is designed to build on and improve the practical skills of those responsible for employee health and safety at their facility. Building on the Safety Associate (Level I), the courses examine critical safety and health issues found in private business as well as industry and government, and provide training necessary for managing a proactive health and safety program. Participants in the Specialist in Safety and Health certificate program customize the program to their field of expertise and focus their training to their own areas of interest.

How You Will Benefit

- Develop the skills required to implement a risk management system to avoid injuries and health problems at your workplace
- Build on your knowledge of OSHA regulations
- Gain knowledge of changing regulations, guidance documents and regulatory interpretations
- Implement ergonomics and develop the tools at your workplace to avoid disabilities
- Teach safety skills to your team
- Demonstrate competency when dealing with regulatory agencies

Who Should Participate

- Safety professionals
- Industrial hygienists
- Supervisors
- Risk managers
- Trainers
- Employees handling workers' compensation benefits & claims
- Human Resources managers
- Government agency representatives
- Anyone concerned about safety in the workplace

Program Requirements

The Specialist in Safety & Health certificate program builds on the knowledge learned in the Safety Associate (Level I) certificate program. Students are required to have a Safety Associate (Level I) certificate in order to qualify for the Specialist in Safety and Health (Level II) certificate program.

Once admitted into the Level II program, students are required to complete five (5) CLPCCD OSHA Training Center courses – two (2) of which are required core courses and three (3) from which the student chooses from any of the remaining OTC courses.

Specialist in Safety & Health Certificate – Level II (cont.)

Required Courses (2)

- OSHA #500: Trainer Course for the Construction Industry (certification card must be current)
OR
OSHA #501: Trainer Course for the General Industry (certification card must be current)
- OSHA #5109: Cal/OSHA Standards for the Construction Industry
OR
OSHA #5119: Cal/OSHA Standards for the General Industry

Elective Courses (3)

Take any three additional courses from the OSHA Training Center. If you need assistance in choosing your three elective courses, we would be happy to assist you.

Sample Elective Courses (3)

OSHA #5109: Cal/OSHA Standards for the Construction Industry
OSHA #5119: Cal/OSHA Standards for General Industry
OSHA #3010: Excavation, Trenching and Soil Mechanics
OSHA #3110: Fall Protection
OSHA #3095: Electrical Standards
OSHA #2250: Principles of Ergonomics
OSHA #2045: Machinery and Machine Guarding
OSHA #2264: Permit Required Confined Space Entry
OSHA #521: OSHA Guide to Industrial Hygiene
OSHA #2015: Hazardous Materials
OSHA #2225: Respiratory Protection

These are just a few of the courses available. See the Course Description and Schedule portions of this catalog for the full offering.



Download a printable file of the certificate request form at www.osha4you.com to get started.

Certified Safety & Health Official Certificate – Level III



Businesses today face an overwhelming array of safety and health regulations covering employee safety, liability, training requirements, loss control, and program development and implementation. The Certified Safety and Health Official certificate program guides you through this labyrinth of increasingly important safety regulations by helping you develop your staff's expertise in safety and health strategies. Participants can complete the Certified Safety and Health Official certificate program in either Construction Industry or General Industry.

How You Will Benefit

- Develop the skills and knowledge for developing and delivering health and safety programs
- Develop your staff's expertise in health and safety strategies
- Gain knowledge of changing regulations, guidance documents and regulatory interpretations
- Earn appropriate credentials to teach and lead others
- Demonstrate competency when dealing with regulatory agencies

Who Should Participate

- Safety directors and officers
- Union representatives
- Health and safety technicians
- Occupational health specialists
- Risk managers
- Compliance managers
- Plant or facility managers
- Production supervisors
- Human Resource supervisors
- Workers' compensation specialists

Program Requirements

The Certified Safety & Health Official certificate program builds on the knowledge learned in the Specialist in Safety & Health (Level II) certificate program. Students are required to have a Specialist in Safety & Health (Level II) certificate in order to qualify for the Certified Safety and Health Official (Level III) certificate program.

The Certified Safety and Health Official certificate program requires the completion of nine (9) courses: five (5) mandated CLPCCD OSHA Training Center courses; one (1) course selected from a choice between three (3) options; and three (3) elective OSHA Training Center courses from which the student chooses from the remaining OTC courses, depending on his or her personal development needs.

Certified Safety & Health Official Certificate – Level III (cont.)

Certified Safety & Health Official for Construction Industry

Required Core Courses (5)

- OSHA #500: Trainer Course for the Construction Industry (requires current OSHA #510 card)
- OSHA #5109: Cal/OSHA Standards for the Construction Industry
- OSHA #3010: Excavation, Trenching and Soil Mechanics
- OSHA #3110: Fall Protection
- OSHA #3095: Electrical Standards

Additional Required Course (1)

Choose one course from the following three available options:

- OSHA #5119: Cal/OSHA Standards for the General Industry
OR
- OSHA #511: OSHA Standards for the General Industry
OR
- OSHA #501: Trainer Course for the General Industry (requires current OSHA #511 card)

Elective Courses (3)

Student is to choose any three other courses from the OSHA Training Center schedule. If you need assistance in choosing your three elective courses, we would be happy to assist you.

Certified Safety & Health Official for General Industry

Required Courses (5)

- OSHA #501: Trainer Course for the General Industry (requires current OSHA #511 card)
- OSHA #5119: Cal/OSHA Standards for the General Industry
- OSHA #2250: Principles of Ergonomics
- OSHA #2045: Machinery and Machine Guarding
- OSHA #2264: Permit Required Confined Space Entry

Additional Required Course (1)

Choose one course from the following three available options:

- OSHA #5109: Cal/OSHA Standards for the Construction Industry
OR
- OSHA #510: OSHA Standards for the Construction Industry
OR
- OSHA #500: Trainer for the Construction Industry (requires current OSHA #510 card)

Elective Courses (3)

Student is to choose any three other courses from the OSHA Training Center schedule. If you need assistance in choosing your three elective courses, we would be happy to assist you.



Download a printable file of the certificate request form at www.osha4you.com to get started.

OSHA Outreach Trainer Programs

Background

The Occupational Safety and Health Administration's (OSHA) Outreach Training Program was established to train workers in the basics of safety and health hazard recognition and prevention. OSHA authorizes trainers who complete the 4-day construction or general industry train-the-trainer courses, to conduct the 10-hour and 30-hour construction or general industry safety and health hazard recognition and prevention courses.

Individuals who are interested in becoming an OSHA Outreach Trainer must complete the following requirements:

Construction Industry

- Five years of construction safety experience. Two years of experience in the applicable training area may be substituted with any of the following: A college degree in occupational safety and health, a Certified Safety Professional (CSP), or Certified Industrial Hygienist (CIH) designation.
- OSHA #510 – OSHA Standards for the Construction Industry
- OSHA #500 – Trainer Course for Construction Industry

General Industry

- Five years of general industry safety experience. Two years of experience in the applicable training area may be substituted with any of the following: A college degree in occupational safety and health, a Certified Safety Professional (CSP), or Certified Industrial Hygienist (CIH) designation.
- OSHA #511 – OSHA Standards for General Industry
- OSHA #501 – Trainer Course for General Industry

Maritime Industry

- Two years of maritime industry safety experience and at least one of the following:
 - Two years of occupational safety and health experience (with a broad focus) in any industry
 - A degree in occupational safety and health from an accredited college or university
 - Certified Safety Professional (CSP) designation
 - Certified Industrial Hygienist (CIH) designation
 - Certified Marine Chemist (CMC) designation
 - Certified Safety and Health Manager (CSHM) designation
- OSHA #5410 – OSHA Standards for the Maritime Industry (Beginning October 1, 2012)

Trainer Authorization Renewal

After you complete the Outreach Trainer Program courses, you are authorized to train for four years. Prior to the end of four years, you must take an update course to renew your authorization for another four years. There are two update courses available, both of which the CLPCCD OSHA Training Center offers on a regular basis:

OSHA #502: Update for Construction Industry Outreach Trainers

OSHA #503: Update for General Industry Outreach Trainers

Program Guidelines and Courses

To review the complete program guidelines or find an upcoming outreach trainer course; visit our website at www.osha4you.com/outreach-trainer.

Travel and Local Accommodations for Dublin, California

The OSHA Training Center is located in Dublin, California, in the Tri-Valley region of the East Bay, only 30 minutes from beautiful San Francisco. Physical and postage address:

OSHA Training Center
7600 Dublin Blvd, Suite 102A, Dublin, CA 94568

By Car:

Our Dublin location is conveniently located off Interstates 580 and 680, at the corner of Dublin Boulevard and Golden Gate Drive.

By Public Transportation:

The Bay Area Rapid Transit (BART) West Dublin/Pleasanton Transit Center is located less than 2 blocks away from our Dublin training facility. Schedules and information can be found at www.bart.gov.

The Alameda/Contra Costa County Transit (AC Transit) provides bus service that stops in front of the OSHA Training Center on Dublin Blvd. Schedules and information are located at www.actransit.com.

The Altamont Commuter Express Train (ACE Train) provides train service from Stockton and the Central Valley to Pleasanton. Schedules and information are located at www.acerail.com.

By Air:

Fly into Oakland, San Jose or San Francisco Airports. From the airport, you can drive by rental car, reserve a spot on an airport shuttle or use public transportation such as BART.

Accommodations Near Dublin Training Facility	
Marriott - Pleasanton 11950 Dublin Canyon Road Pleasanton, CA 94588 www.marriottpleasanton.com 925-847-6000 \$134 - \$227 Distance from Facility: 1.1 mi	Best Western - Pleasanton Inn 5375 Owens Ct. Pleasanton, CA 94588 www.bestwestern.com 925-463-1300 \$79-\$99 Distance from Facility: 1.9 mi
Holiday Inn 6680 Regional Street Dublin, CA 94568 www.holidayinn.com 925-828-7750 \$90-\$158 Distance from Facility: 0.4 mi	Extended Stay America Dublin - Hacienda Dr. 4500 Dublin Blvd Dublin, CA 94568 www.ExtendedStayHotels.com 800-EXT-STAY \$74-94 Distance from Facility: 3.4 mi
La Quinta Inn & Suites Dublin - Pleasanton 6275 Dublin Blvd. Dublin, CA 94568 www.lq.com 925-828-9393 \$79 - \$129 Distance from Facility: 1.4 mi	Residence Inn - Pleasanton 11920 Dublin Canyon Rd Pleasanton, CA 94588 www.marriott.com 925-227-0500 \$129-\$179 Distance from Facility: 1.1 mi

Course Descriptions

OSHA course descriptions are listed below and are provided for reference purposes. Not all courses are offered every term, so review our Class Schedule on page 41 for information regarding specific course dates and times.

For current additions and updates, please check our website at www.osha4you.com.

Cal/OSHA Standards Courses

OSHA #5109 – Cal/OSHA Standards for Construction

OSHA #5119 – Cal/OSHA Standards for General Industry

OSHA Core Courses

OTC #105 – OSHA 10-Hour Construction Outreach

OTC #107 – OSHA 30-Hour Construction Outreach

OTC #108 – OSHA 10-Hour General Industry Outreach

OTC #110 – OSHA 30-Hour General Industry Outreach

OSHA #510 - Occupational Safety and Health Standards for Construction

OSHA #511 - Occupational Safety and Health Standards for General Industry

OSHA #521 - OSHA Guide to Industrial Hygiene

OSHA #2015 - Hazardous Materials

OSHA #2045 - Machinery and Machine Guarding Standards

OSHA #2225 - Respiratory Protection

OSHA #2250 - Principles of Ergonomics

OSHA #2264 - Permit-Required Confined Space Entry

OSHA #3010 - Excavation, Trenching and Soil Mechanics

OSHA #3095 - Electrical Standards

OSHA #3110 - Fall Arrest Systems

OSHA #5029 - Cal/OSHA Construction Update

OSHA # 5039 - Cal/OSHA General Industry Update

OSHA #5109 - Cal/OSHA Standards for the Construction Industry

OSHA #5119 - Cal/OSHA Standards for General Industry

OSHA #6000 - Collateral Duty Course for Other Federal Agencies

OSHA #7000 - OSHA Ergonomic Guidelines for Nursing Homes

OSHA #7005 - Public Warehousing and Storage

OSHA #7100 - Introduction to Machinery and Machine Safeguarding

OSHA #7105 - Evacuation and Emergency Preparedness

OSHA #7115 - Lockout/Tagout

OSHA #7200 - Bloodborne Pathogen Exposure Control for Healthcare Facilities

OSHA #7205 - Health Hazard Awareness

OSHA #7300 - OSHA's Permit-Required Confined Space Standard

OSHA #7405 - Fall Hazard Awareness for the Construction Industry

OSHA #7410 - Managing Excavation Hazards

OSHA #7415 - OSHA Construction Industry Requirements: Awareness of Major Hazards and Prevention Strategies

OSHA #7500 - Introduction to Safety and Health Management

OSHA #7505 - Introduction to Accident Investigation

OSHA #7510 - Introduction to OSHA for Small Business

OSHA #7845 - Recordkeeping Rule Seminar

Course Descriptions (cont.)

Trainer Courses

OTC #401 - Trainer Course in Forklift Safety
OTC #402 - Trainer Course in Trenching Safety
OTC #403 - Trainer Course in Permit-Required Confined Space Entry
OSHA #500 - Trainer Course for the Construction Industry
OSHA #501 - Trainer Course for General Industry
OSHA #502 - Update for Construction Industry Outreach Trainers
OSHA #503 - Update for General Industry Outreach Trainers
OSHA #5400 - Trainer Course for the Maritime Industry
OSHA #5402 - Update for Maritime Industry Trainers
OSHA #5600 - Disaster Site Worker Train-the-Trainer Course
OSHA #5602 - Update for Disaster Site Worker Trainer
OSHA #7400 - Trainer Course in Construction Noise

Other Safety Courses

Core Courses

EM 385 1-1 - Construction Safety Hazard Awareness Course for Contractors
OTC #101 - Voluntary Protection Programs (VPP) Overview
OTC #102 - Voluntary Protection Programs Application Requirements
OTC #103 - Electrical Safety Standards – NFPA 70E
OTC #104 - Update for the National Electrical Code (NEC)
OTC #202 - 8-Hour HAZWOPER Refresher
OTC #204 - 40-Hour HAZWOPER
OTC #301 - Safety Standards for Scaffolding
OTC #304 - 40-Hour Confined Space Rescue Operations

Environmental Courses

OTC #201 - Asbestos Contractor Supervisor Refresher OSHA
OTC #203 - EPA Lead Renovation, Repair, and Painting (RRP)
OTC #213 - Qualified Stormwater Developer (QSD)
OTC #214 - Qualified Stormwater Practitioner (QSP)



On-Site Training

Explore specific solutions to enhance the safety and health training programs for your organization or company, delivered at a time that is convenient to your (and your employees') work schedule.

Contact us at (866) 936-OSHA to discuss options for course customization and delivery.

Cal/OSHA Standards Courses



Current OSHA Outreach Trainers who complete the industry related combined course can receive a Cal/OSHA Outreach Trainer Endorsement.

OSHA #5109 – Cal/OSHA Standards for the Construction Industry

Developed in partnership with Cal/OSHA, this 4-day course emphasizes Title 8 Construction Industry standards and compliance. Topics include injury and illness prevention program (IIPP), fall protection, lock out/tag out, cranes, confined space, excavations, silica, hazard communication, scaffolding, electrical and many other safety topics. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10-hour and 30-hour Cal/OSHA Construction outreach courses.

Prerequisites: None

NOTE: For those who want to receive a Cal/OSHA Outreach Trainer certification, additional prerequisites are: OSHA #500 or OSHA #502 (must be a current trainer) AND one year of Cal/OSHA construction safety experience. (Copy of OSHA #500 card must be submitted before registering.)

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA #5119 – Cal/OSHA Standards for the General Industry

Developed in partnership with CAL/OSHA, this 4-day course emphasizes Title 8 General Industry standards and compliance. Topics include injury and illness prevention program (IIPP), multi-employer and dual employer, machinery and machine guarding, hazardous materials, confined space, industrial hygiene, lock out/tag out, ergonomics, electrical safety and many other safety topics. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10-hour & 30-hour Cal/OSHA general industry outreach courses.

NOTE: For those who want to receive a Cal/OSHA Outreach Trainer certification, additional prerequisites are: OSHA #501 or OSHA #503 (must be a current trainer) AND one year of Cal/OSHA general industry safety experience. (Copy of OSHA #501 card must be submitted before registering.)

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA Core Courses

OTC #105 – OSHA 10-Hour Construction Outreach

Our 10-Hour outreach course covers specific OSHA requirements as they apply to the construction industry and teaches safety awareness which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face on construction work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention.

Upon successful completion of this course, you will receive your 10-Hour Construction Outreach course completion card and completion certificate.

Prerequisites: None

Tuition: \$250 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.0

OTC #107 – OSHA 30-Hour Construction Outreach

Our 30-Hour outreach course covers specific OSHA requirements as they apply to the construction industry and teaches safety awareness which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face on construction work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention. This training is intended for people who have some safety responsibility.

Upon successful completion of this course, you will receive your 30-Hour Construction Outreach course completion card and completion certificate.

Prerequisites: None

Tuition: \$600 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OTC #108 – OSHA 10-Hour General Industry Outreach

Our 10-Hour outreach course covers specific OSHA requirements as they apply to general industry and teaches safety awareness which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face on non-construction work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention.

Upon successful completion of this course, you will receive your 10-Hour General Industry Outreach course completion card and completion certificate.

Prerequisites: None

Tuition: \$250 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.0

OTC #110 – OSHA 30-Hour General Industry Outreach

Our 30-Hour outreach course covers specific OSHA standards and requirements as they apply to the general industry and teaches safety awareness which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face on non-construction work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention. This training is intended for people who have some safety responsibility.

Upon successful completion of this course, you will receive your 30-Hour General Industry Outreach course completion card and completion certificate.

Prerequisites: None

Tuition: \$600 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA #510 – Occupational Safety and Health Standards for Construction

Course covers Federal OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #511 – Occupational Safety and Health Standards for General Industry

Course covers Federal OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA General Industry Standards. Special emphasis is placed on those areas that are the most hazardous in non-construction industries, using OSHA standards as a guide.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #521 - OSHA Guide to Industrial Hygiene

Industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements and other industrial hygiene topics. The course features hands-on practice in health hazard recognition and OSHA health standards requirements.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 IH

OSHA #2015 - Hazardous Materials

Covers OSHA General Industry Standards for hazardous materials handling and integrates other national consensus standards that relate to hazardous materials, including flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping are included.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH: 4.34 Safety

OSHA #2045 - Machinery and Machine Guarding Standards

This class familiarizes the student with various types of common machinery and their related safety standards, and the control of hazardous energy sources (lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide options to achieve abatement, including those for mechanical motions and actions created by points of operation and other machinery processes. Includes practice on identifying and mitigating machinery hazards.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #2225 - Respiratory Protection

Requirements for establishing, maintaining and monitoring a respiratory protection program, including terminology, OSHA standards, NIOSH certification and medical evaluation recommendations. Course highlights incorporate hands-on experience with respirator selection, qualitative fit testing, and the use of a large array of respiratory and support equipment for training.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 IH

OSHA #2250 – Principles of Ergonomics

Using ergonomic principles to recognize, evaluate, and control work place conditions that cause or contribute to musculoskeletal and nerve disorders. Topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals and risk factors such as vibration, temperature, material handling, repetition and lifting and transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment, practice sessions in manual lifting and coverage of current OSHA compliance policies.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 IH

OSHA #2264 - Permit-Required Confined Space Entry

How to recognize, evaluate, prevent and abate safety and health hazards associated with confined space entry. Technical topics include the recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards, and ventilation techniques. This course features practice with permit entry classification and program evaluation.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.0; ABIH CM: 3.34 IH

OSHA #3010 - Excavation, Trenching and Soil Mechanics

Students learn about practical soil mechanics and the relationship to the stability of shored and unshored slopes and walls of excavations. Various types of shoring including hydraulic and wood timbers are covered. Testing methods are demonstrated and a field exercise is conducted, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.0; ABIH CM: 3.34 Safety

OSHA #3095 - Electrical Standards

A survey of OSHA's electrical standards and the hazards associated with electrical installations and equipment. Topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA policies and procedures. Students will receive instruction on the safe and correct use of their electrical testing equipment.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 Safety

OSHA #3110 - Fall Arrest Systems

An overview of state-of-the-art technology for fall protection and current OSHA requirements. Topics covered include the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment and OSHA policies regarding fall protection. Course features a field exercise demonstrating fall protection equipment.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 Safety

OSHA #5029 – Cal/OSHA Construction Update

Participants in this one-day course will be able to understand recent changes to Cal/OSHA construction industry standards and understand legal decisions affecting construction companies.

Participants in this course will learn about the most significant changes within Cal/OSHA that affect the construction industry. Topics include review of Cal/OSHA's most recent strategic plan, a summary of the most recent changes within Cal/OSHA's enforcement and consultation units, updates to Cal/OSHA procedures that affect construction companies, an update on new and proposed Cal/OSHA standards, navigation of the Cal/OSHA website and Cal/OSHA publications and resources.

The Cal/OSHA #5029 course also updates the OSHA #5109 Cal/OSHA for Construction and continues the student's authorization to teach 10- and 30-hour Cal/OSHA Outreach Program.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OSHA #5039 – Cal/OSHA General Industry Update

Participants in this one-day course will be able to understand recent changes to Cal/OSHA general industry standards and understand legal decisions affecting general industry businesses.

Participants in this course will learn about the most significant changes within Cal/OSHA that affect the general industry. Topics include review of Cal/OSHA's most recent strategic plan, a summary of the most recent changes within Cal/OSHA's enforcement and consultation units, updates to Cal/OSHA procedures that affect general industry businesses, an update on new and proposed Cal/OSHA standards, navigation of the Cal/OSHA website and Cal/OSHA publications and resources.

The Cal/OSHA #5039 course also updates the OSHA #5119 Cal/OSHA Standards for General Industry and continues the student's authorization to teach 10- and 30-hour Cal/OSHA Outreach Program.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8



OSHA #5109 – Cal/OSHA Standards for the Construction Industry

Developed in partnership with Cal/OSHA, this 4-day course emphasizes Title 8 construction industry standards and compliance. Topics include Injury and Illness Prevention Program (IIPP), fall protection, lock out/tag out, cranes, confined space, excavations, silica, hazard communication, scaffolding, electrical and many other safety topics. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10-hour and 30-hour Cal/OSHA construction outreach courses.

Prerequisites: None

NOTE: For those who want to receive a Cal/OSHA Outreach Trainer certification, additional prerequisites are: OSHA #500 Trainer Course for the Construction Industry or OSHA #502 Update for Construction Industry Outreach Trainers (must be a current trainer) AND one year of Cal/OSHA construction safety experience. (Copy of OSHA #500 card must be submitted before registering.)

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA #5119 – Cal/OSHA Standards for the General Industry

Developed in partnership with CAL/OSHA, this 4-day course emphasizes Title 8 general industry standards and compliance. Topics include Injury and Illness Prevention Program (IIPP), multi-employer and dual employer, machinery and machine guarding, hazardous materials, confined space, industrial hygiene, lock out/tag out, ergonomics, electrical safety and many other safety topics. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10- & 30-hr Cal/OSHA general industry outreach courses.

NOTE: For those who want to receive a Cal/OSHA Outreach Trainer certification, additional prerequisites are: OSHA #501 Trainer Course for General Industry or OSHA #503 Update for General Industry Outreach Trainers (must be a current trainer) AND one year of Cal/OSHA general industry safety experience. (Copy of OSHA #501 card must be submitted before registering.)

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA #5410 – OSHA Standards for the Maritime Industry

Participants in OSHA #5410 will learn the OSHA policies, procedures, and standards for the Maritime industry as well as safety and health principles. Each section of the OSHA Maritime Standards will be covered. Special emphasis will be placed on those areas that are more hazardous, using OSHA standards as a guide. Students will be provided a copy of the Federal OSHA Maritime standards and current industry information. Upon successful completion of the course, students will have a thorough understanding of the federal standards for the maritime industry. The OSHA #5410 is the prerequisite course to the OSHA 5400 Trainer Course for the Maritime Industry.

Prerequisites: None

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6

OSHA #6000 - Collateral Duty Course for Other Federal Agencies

This course introduces federal agency collateral duty safety and health personnel to the OSH Act, Executive Order 12196, 29 CFR 1960 and 29 CFR 1910. The training enables participants to recognize basic safety and health hazards in the workplace and effectively assist agency safety and health officers with inspection and abatement efforts.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 Safety

OSHA #7000 - OSHA Ergonomic Guidelines for Nursing Homes

One-day course will focus on analyzing and identifying hazardous ergonomic jobs in nursing homes and developing practical solutions. Featured topics include creating a protocol for resident assessment and implementing solutions including work practices and engineering solutions.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7005 - Public Warehousing and Storage

A one-day course designed for warehouse workers focusing on many hazards and injuries that are likely to be encountered in warehouse operations. It has been shown that warehousing has become an increasingly hazardous area to work in. OSHA has identified Public Storage and Warehousing as one of seven industries with a high lost time claims rate. Injuries may occur from forklifts; material handling and lifting; exposure to hazardous substances; and slips, trips and falls. The course will discuss: powered industrial trucks; material handling/lifting/ergonomics; hazard communication; walking and working surfaces; and exit routes and fire protection.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OSHA #7100 - Introduction to Machinery and Machine Safeguarding

The main focus of this course is to increase the participant's knowledge and skill in proper machine safeguarding techniques, and to highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguard necessary to protect employees and others in the work area, as well as provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries.

Prerequisites: None

Tuition: \$250 | **Days:** 0.5 | **Times:** 8:00 – 12:15 | **Credits:** OTC CEUs: 0.4

OSHA #7105 - Evacuation and Emergency Preparedness

Preparing for emergencies is a basic principle of workplace safety and health. Participants will learn reasons for emergency action plans and fire prevention plans and when they are required for a workplace; elements of a good evacuation plan and the OSHA requirements for plans; and features of design and maintenance of good exit routes.

Prerequisites: None

Tuition: \$250 | **Days:** 0.5 | **Times:** 1:00 – 5:00 | **Credits:** OTC CEUs: 0.4

OSHA #7115 - Lockout/Tagout

Students will learn about the role and responsibility of the employer to develop and implement an energy control program, or lock-out/tag-out (LOTO) for the protection of workers while performing servicing and maintenance activities on machines and equipment. Students will learn how to detect hazardous conditions and implement control measures as they relate to the control of hazardous energy, written isolation procedures, training for authorized and affected employees, and periodic inspection of energy control procedures. Topics include the understanding and application of definitions relating to OSHA's Control of Hazardous Energy Standard, types of hazardous energy, energy isolation options and written program requirements.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.6

OSHA #7200 - Bloodborne Pathogen Exposure Control for Healthcare Facilities

How to develop a bloodborne pathogens exposure plan for healthcare facilities using a step-by-step approach, including an introduction to the bloodborne pathogens standard, the exposure control plan, exposure determination, methods of control, vaccinations and evaluations, training and information and record keeping.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7205 - Health Hazard Awareness

Introduction to common health hazards that are encountered in the workplace, including exposure to chemicals, asbestos, silica and lead, identification of hazards, sources of exposure, health hazard information, evaluation of exposure and engineering and work practice controls. The course is an awareness course for employers and employees.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7300 - OSHA's Permit-Required Confined Space Standard

An introduction to the requirements of OSHA's permit-required confined space standard, 29 CFR 1910.146. It is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program. It covers OSHA's requirements but does not feature hand-on sections (instrumentation and control methods and testing) which are included in OSHA #2264 Permit-Required Confined Space Entry.

Prerequisites: None

Tuition: \$155 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7405 - Fall Hazard Awareness for the Construction Industry

The focus of this course is to identify, evaluate, and prevent or control fall hazards at construction sites. The course focuses on falls to a lower level not falls to the same level resulting from slips and falls. The target audience is the small construction employer, business owner, or manager who would like to obtain information about fall hazards found in the workplace. The training is also suitable for employees and employee representatives. Topics include identifying fall hazards, analyzing fall hazards, and preventing fall hazards as well as OSHA resources addressing fall hazards.

Prerequisites: None

Tuition: \$155 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7410 - Managing Excavation Hazards

This is an introductory class on excavation requirements. Topics include the understanding and application of definitions relating to OSHA's Excavation Standard (Subpart P), excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response.

Prerequisites: None

Tuition: \$155 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.6

OSHA #7415 - OSHA Construction Industry Requirements: Awareness of Major Hazards and Prevention Strategies

OSHA requirements and guidelines applicable to construction industry activities and operations, including an awareness level necessary to be able to describe major construction hazards and prevention strategies. Topics include the recognition of hazards in the construction industry, prevention strategies, OSHA guidelines and available resources.

Prerequisites: None

Tuition: \$275 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.2

OSHA #7500 - Introduction to Safety and Health Management

This introductory course addresses the four core elements of an effective safety and health program with strategies & techniques that are critical to each element's proper management. The course is designed for the small employer, business owner or manager designated with the responsibility to develop and manage a firm's safety and health program or system.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.7

OSHA #7505- Introduction to Accident Investigation

Introduction to accident investigation provides an introduction to basic accident investigation procedures and describes accident analysis techniques. The goal of the course is to help participants gain the basic skills necessary to conduct an effective accident investigation at their workplace. The target audience is the small employer, manager, employee or employee representative who, as part of a firm's safety and health system, would be involved in conducting accident and/or near-miss investigations.

Prerequisites: None

Tuition: \$275 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.2

OSHA #7510 - Introduction to OSHA for Small Business

An understanding of OSHA operations and procedures and learn how to work with OSHA to prevent or reduce injuries and illnesses in the workplace. Included in the course is information on the background of OSHA standards, the inspection process, implementing a safety and health program and assistance available to small businesses.

Prerequisites: None

Tuition: \$250 | **Days:** 0.5 | **Times:** 1:00 – 5:00 | **Credits:** OTC CEUs: 0.4

OSHA #7845- Recordkeeping Rule Seminar

Identification of responsibilities for posting certain records, maintaining records of illnesses and injuries and reporting specific cases to OSHA. Participants who successfully complete this course will be able to identify OSHA requirements and complete OSHA's forms 300, 300A and 301

Prerequisites: None

Tuition: \$275 | **Days:** 0.5 | **Times:** 8:00 – 12:15 | **Credits:** OTC CEUs: 0.4

TRAINER COURSES

OTC #401 - Trainer Course in Forklift Safety

This course is designed for those who are interested in teaching forklift safety to employees and other interested groups. Course participants learn classroom instruction, pre-trip inspection techniques, hands-on practice and evaluation, as well as effective instructional approaches and the successful use of visual aids and handouts. Forklift operation experience is helpful but not needed for this course. An operational supervisor may be needed to assist you in training and evaluation at your facility.

Prerequisites: Knowledge of forklift operations

Tuition: \$275 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.5

OTC #402 - Trainer Course in Trenching Safety

Federal and Cal/OSHA requirements for excavation and trenching activities, with an emphasis on training techniques, prevention strategies and practices such as inspections, permitting procedures, soil analysis, and “competent person” responsibilities.

Prerequisites: OSHA #3010 Excavation, Trenching and Soil Mechanics

Tuition: \$425 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.5

OTC #403-Trainer Course in Permit-Required Confined Space Entry

This course is designed for those who are interested in teaching a permit-required confined space awareness-level course to employees and other interested groups. Course participants learn application of standards, as well as effective instructional approaches and the successful use of visual aids and handouts.

Prerequisites: OSHA #2264 Permit-Required Confined Space Entry

Tuition: \$425 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.5

OSHA #500 - Trainer Course for the Construction Industry

This course is designed for those who are interested in teaching the 10- and 30-hour construction safety and health outreach classes to employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour classes as well as on those that are the most hazardous in the construction industry. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Outreach Program and to conduct both 10- and 30-hour construction safety and health courses, and to issue cards to participants verifying course completion.

Prerequisites: OSHA #510 OSHA Standards for the Construction Industry and five years of construction safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP), Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of experience.

NOTE: A completed Prerequisite Eligibility Form (available online or call the OTC) and required documentation must be submitted prior to the class start date. Prior training experience is recommended before taking this class. Students in OSHA #500 must prepare a presentation on an assigned OSHA Construction Outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized Outreach Trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations. Construction Outreach Trainers are required to attend OSHA #502 Update for Construction Industry Outreach Trainers or retake OSHA #500 at least once every four (4) years to maintain their authorized trainer status.

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #501 - Trainer Course for General Industry

This course is designed for those who are interested in teaching the 10- and 30-hour General Industry safety and health outreach classes to employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour classes as well as on those that are the most hazardous in non-construction industries. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Outreach Program and to conduct both 10- and 30-hour General Industry safety and health courses, and to issue cards to participants verifying course completion.

Prerequisites: OSHA #511 OSHA Standards for General Industry and five years of general industry safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP), Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of experience.

NOTE: Prior training experience is recommended before taking this class. Students in OSHA #501 must prepare a presentation on an assigned OSHA General Industry Outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized Outreach Trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations. General Industry Outreach Trainers are required to attend OSHA #503 Update for General Industry Outreach Trainers or retake OSHA #501 at least once every four (4) years to maintain their authorized trainer status.

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #502 - Update for Construction Industry Outreach Trainers

A refresher course for those who have completed the OSHA #500 Trainer Course for the Construction Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA construction standards, policies, and regulations.

Prerequisites: OSHA #500 Trainer Course for the Construction Industry

NOTE: Outreach Trainers are required to attend this course once every four (4) years to maintain their authorized trainer status. Prior to registration, students must provide a copy of their current trainer's card for validation. Students in OSHA #502 must prepare a presentation on an assigned OSHA Construction Industry Outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized Outreach Trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 Safety

OSHA #503 - Update for General Industry Outreach Trainers

A refresher course for those who have completed OSHA #501 Trainer Course for General Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on OSHA General Industry Standards and OSHA policies.

Prerequisites: OSHA #501 Trainer Course for General Industry

NOTE: Outreach Trainers are required to attend this course once every four (4) years to maintain their authorized trainer status. Prior to registration, students must provide a copy of their current trainer's card for validation. Students in OSHA #503 must prepare a presentation on an assigned OSHA general industry topic individually or as part of a group, and successfully pass a written exam at the end of the course to renew certification. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8; ABIH CM: 3.01 Safety

OSHA #5400 - Trainer Course in OSHA Standards for the Maritime Industry

For those who are interested in teaching the 10- and 30-hour maritime safety and health outreach classes to employees and other interested groups. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Maritime Outreach Trainer Program and to conduct both 10- and 30-hour maritime safety and health courses for shipyard employment, marine terminals, and longshoring, and to issue cards to participants verifying course completion.

Prerequisites: OSHA #5410 OSHA Standards for the Maritime Industry course and two years maritime industry experience **and at least one of the following:**

- Two years of occupational safety and health experience (with a broad focus) in any industry
- A degree in occupational safety and health from an accredited college or university
- Certified Safety Professional (CSP) designation
- Certified Industrial Hygienist (CIH) designation
- Certified Marine Chemist (CMC) designation
- Certified Safety Health Manager (CSHM) designation
- OTC Certifies Safety and Health Official (Level III)

NOTE: Students must prepare a presentation on an assigned maritime industry topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized OSHA Maritime Industry Outreach Trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Outreach Trainers must attend OSHA #5402 Update for Maritime Industry outreach Trainers or retake OSHA #5400 at least once every four (4) years to maintain their authorized trainer status.

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.6; ABIH CM: 4.34 Safety

OSHA #5402-Update for Maritime Industry Trainers

Students will be able to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define and explain maritime industry hazards and acceptable corrective measures in accordance with the 29 CFR 1915, 1917, 1918 and 1919 OSHA Maritime Standards as they continue to teach 10-hour and 30-hour OSHA outreach courses.

Prerequisites: OSHA #5400 Trainer Course for the Maritime Industry

NOTE: Outreach Trainers are required to attend this course once every four (4) years to maintain their authorized trainer status. Prior to registration, students must provide a copy of their current trainer card for validation and complete a prerequisite form. Please note that your card must not be more than 90 days expired. If the card is more than 90 days expired, you will need to retake the OSHA #5400 Trainer Course for the Maritime Industry. Students in OSHA #5402 must prepare a presentation on an assigned OSHA maritime outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to renew certification. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.8

OSHA #5600 - Disaster Site Worker Trainer Course

Prepares experienced trainers to present OSHA's 16-hour Disaster Site Worker Course. Trainers for this course will apply the elements of successful adult training programs, along with specific knowledge, skills, and attitudes to awareness training about safety and health standards at natural and man-made disaster sites. This course authorizes the student to conduct the 16-hour Disaster Site Worker Course and to issue cards to participants verifying course completion.

Prerequisites: OSHA #500 Trainer Course for the Construction Industry or OSHA #501 Trainer Course for General Industry, three years safety training experience and completion of OSHA #204 40-hour HAZWOPER training

Note: Students in OSHA #5600 must prepare a presentation on an assigned OSHA Disaster Site Worker topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Disaster Site Worker Trainers are required to attend OSHA #5602 Update for Disaster Site Worker Trainers or retake OSHA #5600 at least once every four (4) years to maintain their authorized trainer status.

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.4; ABIH CM: 4.01 IH

OSHA #5602 - Update for Disaster Site Worker Trainers

Updates the Authorized Disaster Site Worker Trainer with new technical and regulatory information related to disaster response. In addition, participants will have the opportunity to share “lessons learned” and refresh their knowledge about various topics covered previously in OSHA #5600 Disaster Site Worker Trainer Course.

Prerequisites: OSHA #5600 Disaster Site Worker Trainer Course

Note: Students in OSHA #5602 must prepare a presentation on an assigned topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Disaster Site Worker Trainers are required to attend OSHA #5602 or retake OSHA #5600 Disaster Site Worker Trainer Course at least once every four (4) years to maintain their authorized trainer status.

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8; ABIH CM: 1.34 IH

OSHA #7400 - Trainer Course in Construction Noise

This course covers OSHA's Hearing Conservation Program for Construction Workers. Tasks includes hands-on activities, including experience with noise meters and dosimeters, as well as materials and guidance for training the workforce.

Prerequisites: None

Note: Students in OSHA #7400 must prepare a presentation on an assigned topic individually or as part of a group, and successfully pass a written exam at the end of the course to become an authorized trainer. It is highly recommended that you bring a laptop computer to class to work on developing your presentations.

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTHER SAFETY COURSES

EM385 1-1 – Construction Safety Hazard Awareness Course for Contractors

This course covers safety as well as the procedures and requirements as set forth by the U.S. Army Corps of Engineers Safety Health Requirements Manual. Learn how to properly prepare a site-specific Accident Prevention Plan (APP), site safety health officer's qualifications and responsibilities, Activity Hazard Analysis (AHA) forms and their development, site personnel training, incident response and reporting procedures, jobsite auditing, and hazard communication.

Prerequisites: None

Note: This course is designed for contractors working on military installations or Army Corps projects, and military and government employees who may enforce, or must comply with EM385 1-1 U.S. Army Corps of Engineers safety and health requirements.

Tuition: \$800 | **Days:** 5 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 3.5

OTC #101 - Voluntary Protection Programs (VPP) Overview

This one-day course is designed to provide a general overview of OSHA's Voluntary Protection Programs for businesses considering the value of participating in VPP. Students will learn about the history and successes of VPP and the program application process. Participants will gain insight and first hand information that can make VPP a priority with senior management.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTC #102 - Voluntary Protection Programs (VPP) Application Requirements

This course is intended for businesses planning to apply for Voluntary Protection Programs. The topics include OSHA Safety and Health Management System (SHMS) program documentation, the mentor program, VPP overview, application process, application workshop, re-evaluation and onsite reviews and training requirements. The 3-day format includes: slide presentation, lectures, group discussion and hands-on application exercises. Emphasis is placed on successfully achieving and maintaining VPP status.

Prerequisites: OTC # 101 Voluntary Protection Programs (VPP) Overview

Tuition: \$750 | **Days:** 4 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 3.5

OTC #103 - Electrical Safety Standards – NFPA 70E

Course is designed for those who work on or near energized electrical systems, have a safety role at these sites, or are an emergency responder. The new electrical safety standards (NFPA 70E) are the next step to a safer electrical environment in the workplace. Anyone who deals with hazards such as electrocutions, fires and explosions should attend. Learn how to prevent serious disabling injuries, prevent damage to equipment and work sites and save lives.

Prerequisites: None

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTC #104 - Update for the National Electrical Code (NEC)

This course examines the major changes for the 2008 edition of the NEC, including articles 110-110, 200-285, 300-396, 400-480, 500-590, 600-695, 700-770, 800-830, and Chapter 9, tables 1 and 4.

Prerequisites: Familiarity with NEC

Tuition: \$250 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTC #202– 8-Hour HAZWOPER Refresher

This 8-hour HAZWOPER training is designed for hazardous waste operations and emergency response workers who must satisfy their annual 8-hour refresher training course requirement. Important safety topics covered in this course include: detecting hazardous materials; toxicology; respirators; site safety planning; decontamination; hazardous communication; hazardous waste; levels of protection (PPE)

Prerequisites: None

Tuition: \$200 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTC #204 – 40-Hour HAZWOPER

The 40-Hour HAZWOPER course is designed to ensure awareness and promote safety among employees who may be exposed to chemical hazards in their workplace. The objective is to ensure that employees operate in the safest possible manner in situations where contact with potentially hazardous materials is likely.

This class is designed to provide students with written and hands-on instruction in hazardous waste operations and emergency response (HAZWOPER) as it relates to chemical and physical exposures in industrial and field settings. This course satisfies the requirement for generalized employee training under OSHA (1910.120) and (1926)

Prerequisites: OSHA #510 Standards for the Construction Industry or OSHA #511 Standards for General Industry or an expired 40-Hour HAZWOPER certificate.

Tuition: \$800 | **Days:** 5 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 4.0

OTC #301 – Safety Standards for Scaffolding

OSHA compliance standards for various types of scaffolding including supported, suspended, and aerial lifts, how scaffolds work and how to perform basic load analysis. Hands-on exercises are included.

Prerequisites: None

Tuition: \$675 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.3

OTC #304 – 40-Hour Confined Space Rescue Operations

This course teaches students how to conduct a variety of rescues in permit-required confined spaces.

Students will learn how to develop and update pre-plans, conduct practice rescues, inspect and maintain equipment, and coordinate with other emergency responders. This training will primarily consist of hands-on field training and is 40-hours in length (four 10-hour days).

Prerequisites: OSHA #2264 Permit-Required Confined Space Entry and OSHA #3110 Fall Protection training. In addition, it is recommended that students have had previous training in First Aid/CPR, respiratory protection, and hazardous materials.

Tuition: \$850 | **Days:** 4 | **Times:** 7:00 – 6:00 (four 10-hour days) | **Credits:** OTC CEUs: 3.5

ENVIRONMENTAL COURSES

OTC #203 – EPA Lead Renovation, Repair and Painting (RRP) Initial

This 1-day (8-hr) class explains how to comply with EPA's Renovation, Repair, and Painting (RRP) Rule. Subjects covered include: health effects, regulations, lead safe work practices, containment, cleaning & record keeping. After passing the required exam, students receive RRP Certificates the same day.

Prerequisites: None

Tuition: \$200 | **Days:** 1 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 0.8

OTC #213 Qualified Stormwater Developer (QSD)

This course includes all QSP training modules: Training Overview and Regulations, Erosion Processes and Sediment Control, SWPPP Implementation, Monitoring, and Reporting. The course also provides an additional 3 modules: Project Planning and Site Assessment, SWPPP Development and Permit Registration Documents (PRDs) and Project Closeout. There will be an in-depth review of the information for individuals planning to become construction QSDs and information concerning the Construction General Permit (CGP).

Note: Anyone can attend this training, but the CGP states that to qualify to take the State Water Board Exam, a potential QSD must be a registered civil engineer, geologist, landscape architect, hydrologist, professional in erosion and sediment control (CPESC), certified professional in storm water quality (CPSWQ), or a Certified Inspector Sediment and Erosion Control (CISEC).

Prerequisites: None

Tuition: \$550 | **Days:** 3 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 2.3

OTC #214 Qualified Stormwater Practitioner (QSP)

This course will provide a review for individuals planning to become construction QSPs. The curriculum consists of 5 modules: Training Overview and Regulations, Erosion Processes and Sediment Control, SWPPP Implementation, Monitoring, and Reporting. There will be an in-depth review of information concerning the Construction General Permit (CGP).

Prerequisites: None

Note: The CGP also requires that a QSP be a Certified Erosion, Sediment and Storm Water Inspector (CESSWI) or a Certified Inspector Sediment and Erosion Control (CISEC).

Tuition: \$350 | **Days:** 2 | **Times:** 8:00 – 5:00 | **Credits:** OTC CEUs: 1.5

2012 OSHA Training Center Course Schedule

Course #	Course Name	Dates	Location
EM-385-1-1	Construction Safety Hazard Awareness Course for Contractors	Jan 20-Feb 3, 2012	Dublin
EM-385-1-1	Construction Safety Hazard Awareness Course for Contractors	June 4-8, 2012	Dublin
OSHA 2015	Hazardous Materials	Feb 21-24 2012	Dublin
OSHA 2015	Hazardous Materials	June 19-22, 2012	Dublin
OSHA 2015	Hazardous Materials	Sep 10-13, 2012	Dublin
OSHA 2045	Machinery and Machine Guarding Standards	Jan 23-26, 2012	Dublin
OSHA 2045	Machinery and Machine Guarding Standards	Apr 23-26, 2012	Dublin
OSHA 2045	Machinery and Machine Guarding Standards	Aug 6-9, 2012	Dublin
OSHA 2045	Machinery and Machine Guarding Standards	Nov 13-16, 2012	Dublin
OSHA 2250	Principles of Ergonomics	Mar 28-30, 2012	Dublin
OSHA 2250	Principles of Ergonomics	July 9-11, 2012	Dublin
OSHA 2250	Principles of Ergonomics	Nov 28-30, 2012	Dublin
OSHA 2264	Permit-Required Confined Space Entry	Feb 27-29, 2012	Dublin
OSHA 2264	Permit-Required Confined Space Entry	May 7-9, 2012	Dublin
OSHA 2264	Permit-Required Confined Space Entry	Aug 13-15, 2012	Dublin
OSHA 2264	Permit-Required Confined Space Entry	Oct 22-24, 2012	Dublin
OSHA 3010	Excavation, Trenching and Soil Mechanics	Feb 6-8, 2012	Dublin
OSHA 3010	Excavation, Trenching and Soil Mechanics	May 21-23, 2012	Dublin
OSHA 3010	Excavation, Trenching and Soil Mechanics	Aug 27-29, 2012	Dublin
OSHA 3010	Excavation, Trenching and Soil Mechanics	Nov 26-28, 2012	Dublin
OSHA 3095	Electrical Standards	Feb 13-16, 2012	Dublin
OSHA 3095	Electrical Standards	Apr 16-19, 2012	Dublin
OSHA 3095	Electrical Standards	July 23-26, 2012	Dublin
OSHA 3095	Electrical Standards	Oct 2-5, 2012	Dublin
OSHA 3110	Fall Protection	Feb 1-3, 2012	Dublin
OSHA 3110	Fall Protection	May 2-4, 2012	Dublin
OSHA 3110	Fall Protection	Aug 1-3, 2012	Dublin
OSHA 3110	Fall Protection	Oct 29-31, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	Jan 9-12, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	Feb 13-16, 2012	Sacramento: Safety Center
OSHA 500	Trainer Course for the Construction Industry	Mar 5-8, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	Apr 9-12, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	June 5-8, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	July 16-19, 2012	Sacramento: Safety Center
OSHA 500	Trainer Course for the Construction Industry	Sep 24-27, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	Nov 6-9, 2012	Dublin
OSHA 500	Trainer Course for the Construction Industry	Dec 10-13, 2012	Sacramento: Safety Center

Course #	Course Name	Dates	Location
OSHA 501	Trainer Course for General Industry	Jan 17-20, 2012	Dublin
OSHA 501	Trainer Course for General Industry	Apr 2-5, 2012	Dublin
OSHA 501	Trainer Course for General Industry	May 14-17, 2012	Sacramento: Safety Center
OSHA 501	Trainer Course for General Industry	July 17-20, 2012	Dublin
OSHA 501	Trainer Course for General Industry	Oct 15-18, 2012	Dublin
OSHA 501	Trainer Course for General Industry	Nov 12-15, 2012	Sacramento: Safety Center
OSHA 502	Update for Construction Industry Outreach Trainers	Jan 10-12, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	Feb 14-16, 2012	Sacramento: Safety Center
OSHA 502	Update for Construction Industry Outreach Trainers	Mar 6-8, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	Apr 10-12, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	June 6-8, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	July 17-19, 2012	Sacramento: Safety Center
OSHA 502	Update for Construction Industry Outreach Trainers	Sep 25-27, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	Nov 7-9, 2012	Dublin
OSHA 502	Update for Construction Industry Outreach Trainers	Dec 11-13, 2012	Sacramento: Safety Center
OSHA 5029	Cal/OSHA Construction Update	Jan 13, 2012	Dublin
OSHA 5029	Cal/OSHA Construction Update	Apr 13, 2012	Dublin
OSHA 5029	Cal/OSHA Construction Update	Sep 28, 2012	Dublin
OSHA 503	Update for General Industry Outreach Trainers	Jan 18-20, 2012	Dublin
OSHA 503	Update for General Industry Outreach Trainers	Apr 3-5, 2012	Dublin
OSHA 503	Update for General Industry Outreach Trainers	May 15-17, 2012	Sacramento: Safety Center
OSHA 503	Update for General Industry Outreach Trainers	July 18-20, 2012	Dublin
OSHA 503	Update for General Industry Outreach Trainers	Oct 16-18, 2012	Dublin
OSHA 503	Update for General Industry Outreach Trainers	Nov 13-15, 2012	Sacramento: Safety Center
OSHA 5039	Cal/OSHA General Industry Update	Jan 17, 2012	Dublin
OSHA 5039	Cal/OSHA General Industry Update	Apr 6, 2012	Dublin
OSHA 5039	Cal/OSHA General Industry Update	Oct 19, 2012	Dublin
OSHA 510	Occupational Safety and Health Standards for Construction	Jan 24-27, 2012	Dublin
OSHA 510	Occupational Safety and Health Standards for Construction	Mar 13-16, 2012	Dublin
OSHA 510	Occupational Safety and Health Standards for Construction	Apr 2-5, 2012	Sacramento: Safety Center
OSHA 510	Occupational Safety and Health Standards for Construction	July 10-13, 2012	Dublin

Course #	Course Name	Dates	Location
OSHA 510	Occupational Safety and Health Standards for Construction	Sep 17-20, 2012	Sacramento: Safety Center
OSHA 510	Occupational Safety and Health Standards for Construction	Oct 9-12, 2012	Dublin
OSHA 510	Occupational Safety and Health Standards for Construction	Dec 4-7, 2012	Dublin
OSHA 5109	Occupational Safety and Health Standards for Construction	Feb 7-10, 2012	Dublin
OSHA 5109	Cal/OSHA Standards for the Construction Industry	Mar 5-8, 2012	Sacramento: Safety Center
OSHA 5109	Cal/OSHA Standards for the Construction Industry	May 15-18, 2012	Dublin
OSHA 5109	Cal/OSHA Standards for the Construction Industry	Aug 13-16, 2012	Sacramento: Safety Center
OSHA 5109	Cal/OSHA Standards for the Construction Industry	Sep 11-14, 2012	Dublin
OSHA 5109	Cal/OSHA Standards for the Construction Industry	Dec 10-13, 2012	Dublin
OSHA 511	Occupational Safety and Health Standards for General Industry	Jan 9-12, 2012	Sacramento: Safety Center
OSHA 511	Occupational Safety and Health Standards for General Industry	Feb 27-Mar 1, 2012	Dublin
OSHA 511	Occupational Safety and Health Standards for General Industry	May 8-11, 2012	Dublin
OSHA 511	Occupational Safety and Health Standards for General Industry	Aug 21-24, 2012	Dublin
OSHA 511	Occupational Safety and Health Standards for General Industry	Oct 8-11, 2012	Sacramento: Safety Center
OSHA 511	Occupational Safety and Health Standards for General Industry	Nov 6-9, 2012	Dublin
OSHA 5119	Cal/OSHA Standards for the General Industry	Apr 24-27, 2012	Dublin
OSHA 5119	Cal/OSHA Standards for the General Industry	Aug 7-10, 2012	Dublin
OSHA 5119	Cal/OSHA Standards for the General Industry	Dec 1-4, 2012	Dublin
OSHA 521	OSHA Guide to Industrial Hygiene	Mar 6-9, 2012	Dublin
OSHA 521	OSHA Guide to Industrial Hygiene	June 26-29, 2012	Dublin
OSHA 521	OSHA Guide to Industrial Hygiene	Oct 30-Nov 2, 2012	Dublin
OSHA 5400	Trainer Course for the Maritime Industry	Mar 12-15, 2012	Dublin
OSHA 5400	Trainer Course for the Maritime Industry	Aug 20-23, 2012	Dublin
OSHA 5600	Trainer Course for Disaster Site Worker	Mar 19-22, 2012	Dublin
OSHA 5600	Trainer Course for Disaster Site Worker	July 30-Aug 2, 2012	Dublin
OSHA 5602	Update for Disaster Site Worker Outreach Trainers	Mar 23, 2012	Dublin
OSHA 5602	Update for Disaster Site Worker Outreach Trainers	Aug 3, 2012	Dublin

Course #	Course Name	Date	Location
OSHA 6000	Collateral Duty for Other Federal Agencies	Mar 27-30, 2012	Dublin
OSHA 6000	Collateral Duty for Other Federal Agencies	July 23-26, 2012	Dublin
OSHA 7000	OSHA Ergonomic Guidelines for Nursing Homes	Apr 12, 2012	Dublin
OSHA 7000	OSHA Ergonomic Guidelines for Nursing Homes	Sep 18, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Jan 18, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Mar 7, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Apr 11, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	June 13, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	July 18, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Aug 29, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Sep 26, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Oct 17, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Nov 14, 2012	Dublin
OSHA 7300	OSHA's Permit-Required Confined Space Standard	Dec 12, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Jan 19, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Jan 26, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Mar 8, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Mar 15, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Apr 12, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	May 31, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	June 14, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	June 26, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	July 19, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	July 24, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Aug 2, 2012	Sacramento: Safety Center

Course #	Course Name	Date	Location
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Aug 30, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Sep 12, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Sep 27, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Oct 18, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Oct 30, 2012	Sacramento: Safety Center
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Nov 15, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Dec 13, 2012	Dublin
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Dec 18, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Jan 20, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Jan 25, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Mar 9, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Mar 14, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Apr 13, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Apr 20, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	May 30, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	June 15, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	June 27, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	July 20, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	July 25, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Aug 1, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Aug 31, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Sep 11, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Sep 28, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Oct 19, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Oct 31, 2012	Sacramento: Safety Center
OSHA 7410	Managing Excavation Hazards	Nov 16, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Dec 14, 2012	Dublin
OSHA 7410	Managing Excavation Hazards	Dec 19, 2012	Sacramento: Safety Center
OSHA 7505	Introduction to Accident Investigation	Jan 30-31, 2012	Dublin
OSHA 7505	Introduction to Accident Investigation	Mar 21-23, 2012	Dublin
OSHA 7505	Introduction to Accident Investigation	June 11-12, 2012	Dublin
OSHA 7505	Introduction to Accident Investigation	Sep 19-20, 2012	Dublin
OSHA 7505	Introduction to Accident Investigation	Nov 1-2, 2012	Dublin

Course #	Course Name	Date	Location
OSHA 7845	Recordkeeping Rule Seminar	Mar 6, 2012	Sacramento: Safety Center
OSHA 7845	Recordkeeping Rule Seminar	Mar 23, 2012	Dublin
OSHA 7845	Recordkeeping Rule Seminar	June 13, 2012	Dublin
OSHA 7845	Recordkeeping Rule Seminar	Sep 21, 2012	Dublin
OSHA 7845	Recordkeeping Rule Seminar	Sep 25, 2012	Sacramento: Safety Center
OSHA 7845	Recordkeeping Rule Seminar	Dec 3, 2012	Dublin
OTC 103	NFPA 70-E: Electrical Safety Standards	Apr 20, 2012	Dublin
OTC 103	NFPA 70-E: Electrical Safety Standards	Oct 1, 2012	Dublin
OTC 104	Update for the National Electrical Code (NEC)	July 27, 2012	Dublin
OTC 104	Update for the National Electrical Code (NEC)	Sep 18, 2012	Dublin
OTC 105	OSHA Construction 10-Hour	May 1-2, 2012	Dublin
OTC 105	OSHA Construction 10-Hour	Sep 18-19, 2012	Dublin
OTC 105	OSHA Construction 10-Hour	Dec 17-18, 2012	Dublin
OTC 105	OSHA Construction 10-Hour	Jan 3-4, 2012	Dublin
OTC 107	OSHA Construction 30-Hour	Jan 3-6, 2012	Dublin
OTC 107	OSHA Construction 30-Hour	May 1-4, 2012	Dublin
OTC 107	OSHA Construction 30-Hour	Dec 17-20, 2012	Dublin
OTC 107	OSHA Construction 30-Hour	Sep 18-21, 2012	Dublin
OTC 108	OSHA General Industry 10-Hour	Feb 21-22, 2012	Dublin
OTC 108	OSHA General Industry 10-Hour	May 15-16, 2012	Dublin
OTC 108	OSHA General Industry 10-Hour	Aug 21-22, 2012	Dublin
OTC 108	OSHA General Industry 10-Hour	Nov 6-7, 2012	Dublin
OTC 110	OSHA General Industry 30-Hour	Feb 21-24, 2012	Dublin
OTC 110	OSHA General Industry 30-Hour	May 15-18, 2012	Dublin
OTC 110	OSHA General Industry 30-Hour	Aug 21-24, 2012	Dublin
OTC 110	OSHA General Industry 30-Hour	Nov 6-9, 2012	Dublin
OTC 301	Safety Standards for Scaffolding	Feb 1-3, 2012	Dublin
OTC 301	Safety Standards for Scaffolding	Apr 2-4, 2012	Dublin
OTC 301	Safety Standards for Scaffolding	Aug 15-17, 2012	Dublin
OTC 301	Safety Standards for Scaffolding	Dec 5-7, 2012	Dublin
OTC 402	Trainer Course in Trenching Safety	Feb 9-10, 2012	Dublin
OTC 402	Trainer Course in Trenching Safety	May 24-25, 2012	Dublin
OTC 402	Trainer Course in Trenching Safety	Aug 30-31, 2012	Dublin
OTC 402	Trainer Course in Trenching Safety	Nov 29-30, 2012	Dublin
OTC 403	Trainer Course in Confined Space	Mar 1-2, 2012	Dublin
OTC 403	Trainer Course in Confined Space	May 10-11, 2012	Dublin
OTC 403	Trainer Course in Confined Space	Aug 16-17, 2012	Dublin
OTC 403	Trainer Course in Confined Space	Oct 25-26, 2012	Dublin



OSHA Training Center 2011-12 Academic Calendar

HOLIDAYS

July

4 Independence Day

September

5 Labor Day

November

11 Veterans' Day
23 Holiday (in lieu of Admissions Day)
24 Thanksgiving Day
25 Special Holiday (Board Granted)

December

23 Special Holiday (Board Granted)
26 Christmas Day (Observance)
27 Special Closure (Contract)
28 Special Closure (Contract)
29 Special Closure (Contract)
30 Special Closure (Contract)

January

2 New Year's Day (Observance)
16 Martin Luther King Day

February

17 Lincoln Day
20 Washington Day

May

28 Memorial Day

2011

S	M	T	W	T	F	S
JULY						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2012

S	M	T	W	T	F	S
JANUARY						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

○ HOLIDAY: A holiday which falls on a Saturday is taken the preceding Friday. A holiday which falls on a Sunday is taken the following Monday.



AT CHABOT-LAS POSITAS
COMMUNITY COLLEGE DISTRICT

Registration Form

To register on-line, go to
www.osha4you.com/courses

1. Please register me in the following classes:

For additional classes, please include the following information for each additional class on the back of this form.

Course Name	Section #	Start/End Date	Location	Class Fee	Total
				\$	\$
				\$	\$
If you are registering for OSHA courses #500 - #503, please include a completed Prerequisite Eligibility form. The form is available at www.osha4you.com.				Total	\$

2. Student Information

Please print legibly. The student name provided will be used on your certificates and/or cards.

First Name		Middle Initial	Last Name	
Company				
Mailing Address				
City		State	Zip/Postal Code	Country
E-mail (Note: registration confirmations are sent by e-mail)			Birthdate	
Phone (Day)		Alternate Phone		Industry Type (i.e., Construction, Manufacturing)
How did you hear about us? (circle one)		Gender	How would you like to receive information regarding future offerings? (circle one)	
Catalog Website Word of Mouth		Male	Direct Mail	
E-mail Direct Mail Internet Search		Female	E-mail	

3. Payment Information

A completed registration form must accompany your payment.

Enclosed is a check payable to Chabot-Las Positas Community College District .			
Please charge the Visa /MasterCard /Discover /Am Ex account provided below.			
Credit Card Number	Exp Date	3-Digit Security Code (back of card)	Name on Credit Card
Signature of Credit Card Holder		Ways to register:	
SIGN HERE		Online: www.osha4you.com/courses	
		By Email: Send form to: otc@clpccd.org	
		By Fax: Fax form to: (925) 560-9458	
		By Mail: Send form with payment to CLPCCD - OSHA Training Center 7600 Dublin Blvd, Suite 102A, Dublin, CA 94568	



AT CHABOT-LAS POSITAS
COMMUNITY COLLEGE DISTRICT
7600 Dublin Blvd., Suite 102A
Dublin, CA 94568
www.osha4you.com
(866) 936-OSHA