


Occupational Safety and Health Course Catalog

Keeping You Safe at Work

Through Education, Training and Technical Assistance

N.C. Department of Labor
Occupational Safety and Health Division
Education, Training and Technical Assistance Bureau

Mission Statement

The Education, Training and Technical Assistance (ETTA) Bureau supports the North Carolina Department of Labor's mission:

"To foster a safe, healthy, fair and productive North Carolina by: providing responsive, effective and efficient services; providing and encouraging quality education and training; administering fairly our regulatory mandates; and enhancing public confidence in the Department of Labor."

The Bureau's mission is to assist employers in improving their workplace safety and health programs to eliminate on-the-job injuries, illnesses and fatalities. The Bureau strives to provide Occupational Safety and Health (OSH) Division personnel with quality training opportunities to meet the demands of the unit mission and improve workplace safety and health for all North Carolina workers as evidenced by fewer injuries, illnesses and fatalities.

Instructional Team

Our instructional team includes our trainers, consultants, standards officers, compliance officers and our bureau chiefs. The team members have diverse professional backgrounds in safety and health and hold a variety of professional certifications to include; Certified Industrial Hygienist (CIH), Certified Safety Professional (CSP), Associate Safety Professional (ASP), Construction Health and Safety Technician (CHST), Certified Hazardous Materials Manager (CHMM), Manager of Environmental Safety and Health (MESH) and Occupational Health and Safety Technician (OHST). In addition, many of our team members are authorized trainers who have participated in the Federal Train the Trainer program and are authorized to teach 10 and 30-hour awareness courses for both general Industry and the construction industry.

Our Training Services

ETTA offers a variety of free safety and health training to the public through leader led classes and webinars. We independently host many classes throughout the state and we also offer a Speaker's Bureau which allows an employer to request training at their worksite. OSH staff are also available to speak to associations and conference attendees, on services offered by the N.C. Department of Labor (NCDOL).

Our programs are intended to be a supplement to the site-specific and hands-on training each employer must address for specific OSH standards. Our courses range from one hour to 30 hours and are offered in both English and Spanish. Training in Spanish is limited by staffing, so please call us before scheduling a training event or registering for a course.

Please note: Our training programs are not intended to meet compliance training requirements and do not offer a hands-on or site-specific component.

30-Hour and 10-Hour Courses: We host four 30-hour courses a year; two for General Industry and two for the Construction Industry. We host approximately fifteen 10-hour courses a year; this is a combination of General Industry and Construction courses.

Speaker's Bureau: Trainers are available to address a variety of regulated workplace safety and health topics. Our training programs address basic safety and health issues and regulatory compliance criteria. These requests are limited to four or five one-hour topics and are hosted during normal daytime working hours. We do not offer shift work training.

Webinars: We host a variety of webinars throughout the year. Most of these are scheduled and posted on our calendar, but these can also be requested through our Speaker's Bureau.

Workshops: On a periodic basis, we also host one and two day workshops on other topics including an electrical workshop, long term care workshop and Complying with OSHA standards.

MESH Program

The Manager of Environmental, Safety and Health (MESH) Certificate Program series consists of certificate programs sponsored by NCDOL OSH Division, NC State - Industry Expansion Solutions (IES), and the Safety and Health Council of North Carolina. These programs are educational, flexible and designed for working professionals and non-degree seeking adults who are looking for continuing education offerings to meet their professional and personal goals.

Each certificate program:

- Is designed for working safety professionals and employees responsible for oversight of environmental, safety and health programs.
- Requires no prior experience or degree.
- Offers training courses across the state by each of the three sponsors.
- Provides professional instructors from NCDOL OSH Division, Safety and Health Council of North Carolina and NC State - IES.

Earning the certificate requires no specific educational background or previous training. Individuals begin by submitting an application; they then complete the required number of core and elective courses. The certificate is awarded after successful completion of 100 course hours. Courses must have been taken within the last five years. Courses are offered by each of the three sponsors; NC State - IES, Safety and Health Council of North Carolina, and NCDOL. Up to 25 hours can be obtained through other sources.

Types of MESH Certificates

MESH, the original MESH certificate, is for individuals responsible for any environmental, safety or health program, however, it is based more toward 29 CFR 1910 General Industry standards.

Construction-MESH (C-MESH) is for individuals responsible for construction safety and is based more on the 29 CFR 1926 construction standards. Of the 100 hours required to complete the C-MESH program, 60 hours must be construction specific.

Environmental MESH (E-MESH) is for individuals responsible for environmental safety and regulations; 60 hours of the 100 required hours must be environmental specific.

Emergency Preparedness MESH (EP-MESH) is for individuals responsible for emergency preparedness and disaster recovery. 60 of the 100 hours must be specific to preparing for and responding to emergencies.

Industrial Hygiene-MESH (IH-MESH) is for individuals who work with industrial hygiene concerns; 60 hours of the 100 required hours must be industrial hygiene specific.

Public Sector-MESH (PS-MESH) is for individuals responsible for safety in a multi-faceted governmental environment. PS-MESH is awarded after completion of 30 hours in public sector core courses and 70 elective hours in General Industry and/or construction.

MESH Program

Advanced MESH is for MESH, C-MESH, IH-MESH, EP-MESH, E-MESH or PS-MESH graduates that wish to achieve a higher level of professionalism in environmental, safety and health. The Advanced MESH certificate is earned after completing two additional weeks of coursework. One week focuses on advanced safety and health, while the second week is an environmental concentration. Hands-on applications, field trips and case studies are an integral part of this certificate.

General Industry

10-Hour General Industry Awareness

2 Classroom Days

This course will provide a basic overview of the General Industry standards, 29 CFR Part 1910.

This course is a blended course designed to help employers and employees understand OSH regulatory requirements, as well as gain an understanding of hazard identification, avoidance and control. This course will also ensure employers and employees understand the requirements necessary in providing an acceptable safety and health program for the workplace.

Target Audience:

Company Owners, Project Managers, Supervisors, Safety and Health Managers, Front Line Workers

30-Hour General Industry Awareness (NC 511)

5 Classroom Days

This course will provide a comprehensive overview of the General Industry standards, 29 CFR Part 1910.

This course is a blended course designed to help employers and employees understand OSH regulatory requirements, as well as gain an understanding of hazard identification, avoidance and control. This course will also ensure employers and employees understand the requirements necessary in providing an acceptable safety and health program for the workplace.

Target Audience:

Company Owners, Project Managers, Supervisors, Safety and Health Managers

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Company Owners, Project Managers, Supervisors, Safety and Health Managers

Complying with OSHA General Industry Standards – Beginners Level

2 Classroom Days

This course is designed to help the new Environmental Safety and Health Professional identify the 29 CFR Part 1910 General Industry standards and state-specific standards that apply to their organization.

Upon completion, the students should know which standards apply to them, what requirements need to be met to comply with the applicable standards.

Target Audience:

Small Business Owners, Environmental Safety and Health Professionals with 5 or less years of safety and health experience

General Industry

Arboriculture Safety

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of related safe work practices and 29 CFR 1910 General Industry requirements. Topics to be discussed include potentially dangerous situations, site safety meetings and safety programs, personal protective equipment (PPE), drug and alcohol policies, equipment safety requirements, training, and requirements in 1910.269, Electric Power Generation, Transmission, and Distribution standards, for line clearance checklist, line clearance tree-trimmers, and arboriculture equipment.

At the end of this course, students should have a basic understanding of regulatory requirements and control measures intended to prevent arboriculture accidents.

Chain Saw Safety

1 – 2 Hours (Classroom and Webinar)

This course provides a chain saw safety overview as related to the 29 CFR 1910.266, standard for Logging Operations. Topics to be discussed include definitions, personal protective equipment (PPE), hazards, chain saw safety and training.

At the end of this course, students should have a basic understanding of chain saw safety in logging operations. Proper use of chain saws is an integral part of a compliant logging operation safety program.

Collateral First Aid Requirements

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of collateral first aid requirements as related to 29 CFR 1910, General Industry and 29 CFR 1926, Construction. Topics to be discussed include the difference between collateral duty and first responder, OSHA first aid requirements, and OSHA bloodborne pathogen requirements.

At the end of this course, students should have a basic understanding of regulatory requirements for collateral duty first aid responders, potential first aid responder risks and protection of first aid responders.

Combustible Dust

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of combustible dust as related to NFPA and 29 CFR 1910 General Industry standards. Topics to be discussed include dust versus combustible dust, combustible dust industries, management of combustible dust areas, applicable occupational safety standards and case studies.

At the end of this course, students should have a basic understanding of regulatory requirements and control measures intended to prevent combustible dust accidents.

General Industry

Confined Spaces

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Permit-Required Confined Spaces standard, 29 CFR 1910.146. Topics to be discussed include identification of confined spaces, the differences between permit and non-permit spaces, confined space hazard identification, permit requirements and responsibilities for all permit-required confined space participants (entrant, attendant and entry supervisor).

At the end of the course, students should have a basic understanding of the regulatory requirements and potential safety and health hazards associated with permit-required confined spaces.

Control of Hazardous Energy (Lockout/Tagout)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Control of Hazardous Energy (lockout/tagout) standard, 29 CFR 1910.147. Topics to be discussed include the need for energy control procedures, lockout/tagout methods, employer's responsibilities, employee training needs and inspection requirements.

At the end of the course, students should have a basic understanding of the lockout/tagout regulatory requirements and methods for isolating and de-energizing equipment prior to service or maintenance.

Electrical Safety

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the 29 CFR 1910 Subpart S, Electrical standards. Topics to be discussed include common electrical hazards, electrical equipment defects and hazards, tools and techniques used in identifying hazards, and electrical safety-related work practices.

At the end of this course, students should be able to identify electrical hazards, defective electrical equipment and understand electrical standard requirements in General Industry.

Ergonomics Awareness

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of ergonomics. Topics to be discussed include an introduction to ergonomics and the human body, common musculoskeletal disorders, ergonomic stressors, basic lifting techniques, and ergonomic solutions for various work environments.

At the end of this course, students should have a basic understanding of ergonomic issues and basic health hazards associated with high risk tasks.

General Industry

Exit Routes, Emergency Action Plans and Fire Prevention Plans

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of 29 CFR 1910 Subpart E, Means of Egress standards. Topics to be discussed include exit routes, means of egress, coverage, design requirements, operational features, emergency action plans and fire prevention plans.

At the end of this course, students should have a basic understanding of regulatory requirements, required pre-planning and training to ensure proper safe evacuation during emergencies.

Fire Protection (Portable Fire Extinguishers)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Portable Fire Extinguishers standard, 29 CFR 1910.157. Topics to be discussed include scope and application, exemptions, general requirements, selection, inspection, maintenance and training.

At the end of this course, students should have a basic understanding of portable fire extinguishers and related compliance requirements.

Food Manufacturing Special Emphasis Program

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the hazards addressed in the OSH Food Manufacturing Special Emphasis Program.

At the end of this course, students should have a basic understanding of the hazards associated with food manufacturing.

Hazard Communication

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Hazard Communication standard 29 CFR 1910.1200, including changes necessary for global harmonization. Topics to be discussed include the scope and application – including exemptions, some key definitions, hazard classification, labeling, safety data sheets, the elements of an effective written hazard communication program and employee training.

At the end of the course, students should have a basic understanding of hazard communication and the associated regulatory requirements.

Note: The requirements for 29 CFR 1926.59 (Construction) are identical to those of 29 CFR 1910.1200.

Hazardous Waste Operations and Emergency Response (HAZWOPER)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the HAZWOPER standard, 29 CFR 1910.120. Topics to be discussed include the safety and health program, site characterization and analysis, site control, training, medical surveillance, engineering controls, work practices, personal protective equipment (PPE), monitoring, handling drums and containers, decontamination, and informational programs.

At the end of the course, students should have a basic understanding of HAZWOPER program characteristics and regulatory requirements.

General Industry

Health Hazards Special Emphasis Program (SEP)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the chemicals addressed in the OSH Health Hazards Special Emphasis Program. Topics to be discussed include beryllium, lead hexavalent chromium, isocyanates, and silica.

At the end of this course, students should have a basic understanding of methods to prevent or minimize exposure to these chemicals in the workplace.

Heat Stress

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of heat stress in working environments. Topics to be discussed include key definitions, causal factors, heat disorders, health effects, prevention, control, engineering controls, personal protective equipment, administrative controls, acclimatization, re-acclimating, work monitoring and training.

At the end of this course, students should have a basic understanding of methods to prevent or minimize exposure to excessive heat in order to prevent heat stress. In addition, students will be able to recognize symptoms of heat stress along with tips on how to treat heat stress victims.

Introduction to the N.C. Department of Labor – OSH Division

1 – 2 Hours (Classroom and Webinar)

This course provides an introduction to the Occupational Safety and Health Division (OSH) of NCDOL. Topics to be discussed include the Occupational Safety and Health Act and the functional organization of the OSH Division.

At the end of this course, students should have a basic understanding of the OSH Division.

Introduction to the N.C. Department of Labor – OSH Division and Understanding the Code of Federal Regulations (CFR) for General Industry

1 – 2 Hours (Classroom and Webinar)

This course provides an Introduction to the OSH Division of NCDOL along with an overview of related state and federal OSHA standards for General Industry. Topics to be discussed include the Occupational Safety and Health Act, the functional organization of the OSH Division and required regulatory standards for N.C. employers and employees.

At the end of this course, students should have a basic understanding of the OSH Division and how to find/read/interpret federal and state OSHA requirements.

General Industry

Machinery and Machine Guarding

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Machinery and Machine Guarding, 29 CFR 1910, Subpart O. Topics to be discussed include basic machine guarding concepts, hazard identification, hazard abatement methods and related OSHA standards.

At the end of this course, students should have a basic understanding of regulatory requirements, machine hazards and engineering controls used to isolate the machine operator from the hazards.

Materials Handling and Storage for General Industry

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Materials Handling and Storage, 29 CFR 1910, Subpart N. Topics to be discussed include general materials handling requirements, inspections, proper use of slings and hazard identification.

At the end of this course, students should have a basic understanding of regulatory requirements and methods to eliminate or minimize materials handling hazards.

North Carolina Hazardous Chemicals Right to Know Act

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the N.C. Hazardous Chemicals Right to Know Act, Article 18, N.C. General Statutes 95-173 through 95-218. Topics to be discussed include the purpose of the Right to Know (RTK) Act and employer responsibilities with regard to hazardous substance lists, (M)SDS requirements, labeling requirements, emergency information, complaints, investigations, penalties, employee rights, community information and exemptions.

At the end of this course, students should have a basic understanding of regulatory requirements for the storage and use of hazardous substances as it relates to the RTK Act.

Occupational Exposure to Bloodborne Pathogens

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Bloodborne Pathogens (BBP) standard, 29 CFR 1910.1030. Topics to be discussed include the scope of the standard, definitions, exposure control, methods of compliance and requirements for HIV/HBV research and production facilities, HBV vaccination program, training, and recordkeeping.

At the end of the course, the student should have an understanding of BBP identification, risk elimination and reduction, and regulatory requirements for companies that have potential employee exposure.

General Industry

Occupational Exposure to Hazardous Chemicals in Laboratories

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Occupational Exposure to Hazardous Chemicals in Laboratories standard, 29 CFR 1910.1450. Topics to be discussed include scope, employee exposure determinations, chemical hygiene plan, employee information, employee training, medical consultation and examinations, hazard identification, and recordkeeping requirements.

At the end of this course, students should have a basic understanding of regulatory requirements and methods to provide safe laboratory work environments.

Occupational Exposure to Tuberculosis

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of occupational exposure to tuberculosis (TB). Topics to be discussed include basic understanding of TB, TB transmission, TB epidemiology and enforcement procedures.

At the end of this course, students should have a general understanding of TB, regulatory expectations, control measures and work practices to prevent the spread of TB.

Occupational Noise Exposure

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Occupational Noise Exposure standard, 29 CFR 1910.95. Topics to be discussed include the difference between sound and noise, types of hearing loss, types of noise measuring equipment, and regulation requirements.

At the end of this course, students should have a basic understanding of the standard, identification and protection from noise hazards, and hearing conservation program elements.

Overhead Hoist Safety

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of OSHA's minimum requirements for overhead hoists and underhung cranes in General Industry. Topics to be discussed include setup, operation, inspection, hazard identification and abatement methods.

At the end of this course, students should have a basic understanding of the regulations and potential hazards related to the use of hoists or cranes.

General Industry

Powered Industrial Trucks

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Powered Industrial Trucks Standard, 29 CFR 1910.178. Topics to be discussed include minimum OSHA requirements, safe operation, operator training and evaluation, hazard identification, and abatement methods.

At the end of the course, students should have a basic understanding of the regulatory requirements, hazard identification/correction and safe operation methods.

Personal Protective Equipment in General Industry

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Personal Protective Equipment standards for General Industry, 29 CFR 1910, Subpart I. Topics to be discussed include general requirements, personal protective equipment (PPE) essentials, new payment requirements, how to conduct a hazard assessment and description of basic hazard categories.

At the end of this course, students should have a basic understanding of regulatory requirements along with the selection, use and maintenance of PPE.

Process Safety Management

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Process Safety Management of Highly Hazardous Chemicals standard, 29 CFR 1910.119. Topics to be discussed include regulatory requirements, flow diagrams, hazard analysis, elements of a process safety management program and emergency planning.

At the end of the course, students should have a basic understanding of process safety management applicability, program elements and regulatory requirements.

Recordkeeping and Reporting

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of Recording and Reporting Occupational Injuries and Illnesses standards in 29 CFR Part 1904. Topics to be discussed include who must comply, criteria for recording, other recordkeeping issues and a review of associated forms.

At the end of this course, students should have a basic understanding of the recordkeeping and reporting regulatory requirements including recordability determination with proper completion, posting and retention of injury and illness documents.

Note: The web course is one hour in length and does not provide a hands-on portion. Classroom sessions are two hours in length, which gives attendees the opportunity to practice workplace incident assessments and completion of "OSHA 300 Logs."

General Industry

Respirable Crystalline Silica

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of silica in general industry, 29 CFR 1910.1053. Topics to be discussed include general requirements, permissible exposure limits, the written exposure control plan, engineering and work practice controls, respiratory protection, medical surveillance, recordkeeping and training.

At the end of this course, students should have a basic understanding of regulatory requirements related to silica in general industry and methods to minimize exposure.

Respiratory Protection

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Respiratory Protection standard, 29 CFR 1910.134. Topics to be discussed include the written respiratory protection program, respirator selection and respirator types, medical evaluations, fit testing, use and maintenance, voluntary use, training, and recordkeeping requirements.

At the end of this course, students should have a basic understanding of regulatory requirements along with all elements of a respirator program.

Note: 29 CFR 1926.103 (Construction) has the same requirements as 29 CFR 1910.134.

Safety and Health Programs and Committees

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of safety and health programs and committees. Topics to be discussed include effective program elements, committee requirements and required programs. Effective program elements will cover the seven-point program: management commitment, employee involvement, worksite analysis, hazard prevention and control, training, program evaluation and improvement, and communication and coordination for host employers, contractors, and staffing agencies.

At the end of this course, students should have a basic understanding of safety and health programs and committees.

Sawmills

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Sawmills standard, 29 CFR 1910.265. Topics to be discussed include the OSHA sawmill standard, identifying hazards (in building, log handling, sorting and storage facilities) and abating hazards.

At the end of this course, students should have a basic understanding of the regulations and potential hazards associated with sawmills.

General Industry

Storage of Flammable and Combustible Liquids

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Flammable and Combustible Liquids standard, 29 CFR 1910.106. Topics to be discussed include regulatory requirements, the fire tetrahedron, flash point, flammable and combustible liquid characteristics, and the safe use, storage and transfer of these types of liquids.

At the end of the course, students should have a basic understanding of the regulatory requirements, the hazards associated with flammables and combustible liquids, and how to recognize proper storage and containment of these materials.

Tools – Hand and Power

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Hand and Portable Powered Tools and Other Hand-Held Equipment, 29 CFR 1910, Subpart P. Topics to be discussed include regulatory requirements, hazards, guarding, proper use, switches and safe work practices for tools used in General Industry. At the end of the course, students should have a basic understanding of general requirements, proper tool use and design and abatement methods.

At the end of the course, students should have a basic understanding of the standard's requirements, proper tool use, design and safe maintenance.

Toxic and Hazardous Substances

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of Toxic and Hazardous Substances standards, 29 CFR 1910, Subpart Z. Topics to be discussed include chemical hazard identification, definition of permissible exposure limit (PEL) and other exposure acronyms, toxicology information, combined chemical effects, and biological exposure indices.

At the end of the course, students should have a basic understanding of industrial hygiene, chemical exposure terms and hazard recognition.

Understanding the OSH Inspection Process

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the OSH inspection process. Topics to be discussed include types of inspections, inspection triggers and procedures, employer and employee rights and responsibilities, and post-inspection activities.

At the end of this course, students should have a basic understanding of the inspection process, elements and procedures.

General Industry

Walking – Working Surfaces

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Walking-Working Surfaces standards, 29 CFR 1910, Subpart D. Topics to be discussed include hazards, general requirements, guarding openings and holes, step bolts, stairways, ladders, scaffolds, dockboards, rope descent systems, fall protection systems, falling object protection, and other working surfaces.

At the end of this course, students should have a basic understanding of regulatory requirements related to walking and working surfaces, and engineering methods to minimize and prevent fall hazards.

Welding and Cutting

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Welding and Cutting, 29 CFR 1910, Subpart Q. Topics to be discussed include welding fire hazards, selection of welding eye protection, management's responsibility, general requirements, oxygen-fuel gas welding and arc welding.

At the end of this course, students should have a basic understanding of regulatory requirements related to "hot work," personal protective equipment and safe work practices to prevent "hot work" accidents.

Warehousing and Storage, and Related Product Distribution Industries Special Emphasis Program (SEP)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Grocery and Related Product Wholesalers, Warehousing and Storage special emphasis program (SEP). The elements covered in the course include why warehousing and storage, to include the grocery industry, were added to the N.C. Special Emphasis Program as a Strategic Plan component, the implications for North Carolina employers, and what to expect during an inspection.

At the end of this course, students should have a basic understanding of the regulatory requirements, purpose for strategic focus and examples of items getting special attention during compliance inspections in warehousing and related industries.

Construction Industry

10-Hour Construction Industry Awareness

2 Classroom Days

This course will provide a basic overview of the Construction Industry standards, 29 CFR 1926.

This course is a blended course designed to help employers and employees understand OSH regulatory requirements, as well as gain an understanding of hazard identification, avoidance and control. This course will also ensure employers and employees understand the requirements necessary in providing an acceptable safety and health program for the workplace.

Target Audience:

Company Owners, Project Managers, Supervisors, Safety and Health Managers, Laborers

30-Hour Construction Industry Awareness (NC 510)

5 Classroom Days

This course will provide a comprehensive overview of the Construction Industry standards, 29 CFR 1926.

This course is a blended course designed to help employers and employees understand OSH regulatory requirements, as well as gain an understanding of hazard identification, avoidance and control. This course will also ensure employers and employees understand the requirements necessary in providing an acceptable safety and health program for the workplace.

Target Audience:

Company Owners, Project Managers, Supervisors, Safety and Health Managers

Complying with OSHA Construction Standards – Beginners Level

2 Classroom Days

This course is designed to help the new Environmental Safety and Health Professional identify the 29 CFR Part 1926 Construction standards and state-specific standards that apply to their organization.

Upon completion, the students should know which standards apply to them, what requirements need to be met to comply with the applicable standards.

Target Audience:

Small Business Owners, Environmental Safety and Health Professionals with 5 or less years of safety and health experience

Construction Industry

Big Four Hazards

4 Hours (Classroom)

This course provides an overview of the "Top Four" Construction Industry hazards (falls, electrical, struck by and caught between). Topics to be discussed include "Top Four" examples, regulatory requirements, safe work practices, fall

protection methods and plans, electrical hazards, trenching and excavation, equipment and tools, materials handling, rigging, and motor vehicles.

At the end of this course, students should have an understanding of the requirements pertaining to the "Top Four," be able to provide specific related examples, and understand how to eliminate either the hazard or exposure to the hazard.

Concrete and Masonry

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Concrete and Masonry standards, 29 CFR 1926, Subpart Q. Topics to be discussed include OSHA's minimum requirements, general requirements, equipment, tools, formwork, shoring, precast concrete, lift-slab operations and associated hazards.

At the end of this course, students should have a basic understanding of regulatory requirements, potential hazards and concrete and masonry safe work practices.

Confined Spaces

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Confined Spaces in Construction, 29 CFR 1926, Subpart AA. Topics to be discussed include identification of confined spaces, the differences between permit and non-permit spaces, confined space hazard identification, permit requirements and responsibilities for all permit-required confined space participants (entrant, attendant and entry supervisor).

At the end of the course, students should have a basic understanding of the regulatory requirements and potential safety and health hazards associated with permit-required confined spaces.

Cranes and Derricks

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Cranes and Derricks in the Construction Industry, 29 CFR 1926, Subpart CC. Topics to be discussed include scope of the standard, ground conditions, assembly/disassembly, power line safety, inspections, fall protection, operator and signal person qualifications, signals and tower cranes.

At the end of this course, students should have an understanding of crane and derrick regulatory requirements along with expected safe work practices and conditions.

Construction Industry

Electrical Safety

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Electrical standards, 29 CFR 1926, Subpart K. Topics to be discussed include common electrical hazards, related electrical standard requirements, hazards related to defective electrical equipment and tools/techniques for identifying electrical hazards.

At the end of this course, students should be able to identify electrical hazards, defective electrical equipment and understand electrical standard requirements for the construction industry

Ergonomics Awareness

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of ergonomics. Topics to be discussed include an introduction to ergonomics and the human body, common musculoskeletal disorders, ergonomic stressors, basic lifting techniques, and ergonomic solutions for various work environments.

At the end of this course, students should have a basic understanding of ergonomic issues and basic health hazards associated with high risk tasks.

Excavations and Trenching

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Excavations, 29 CFR 1926, Subpart P. Topics to be discussed include scope and application, definitions, specific excavation requirements and requirements for protective systems.

At the end of this course, students should have a basic understanding of regulatory requirements, soil classification, hazard assessment and protective systems.

Fall Protection

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Fall Protection standards, 29 CFR 1926, Subpart M. Topics to be discussed include regulatory requirements, fatality statistics, falling object protection, fall protection methods, fall protection plans and training requirements.

At the end of this course, students should have a basic understanding of the standard's requirements, fall hazards, and methods to either eliminate falls or guard against them.

Fire Protection and Prevention

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Fire Protection and Prevention, 29 CFR 1926, Subpart F. Topics to be discussed include employer fire protection program responsibilities, fire classifications, fire extinguishers, small hose lines, ignition hazards, temporary buildings and proper material storage.

At the end of this course, students should have a basic understanding of regulatory requirements, fire hazards, firefighting equipment and fire prevention work practices.

Construction Industry

Hazard Communication

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Hazard Communication standard, 29 CFR 1926.59, including changes necessary for global harmonization. Topics to be discussed include the scope and application – including exemptions, some key definitions, hazard classification, labeling, safety data sheets, the elements of an effective written hazard communication program and employee training.

At the end of the course, students should have a basic understanding of Hazard Communication and the associated regulatory requirements.

Note: The requirements for 29 CFR 1926.59 are identical to those of 29 CFR 1910.1200.

Heat Stress

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of heat stress in working environments. Topics to be discussed include key definitions, causal factors, heat disorders, health effects, prevention, control, engineering controls, personal protective equipment, administrative controls, acclimatization, re-acclimating, work monitoring and training.

At the end of this course, students should have a basic understanding of methods to prevent or minimize exposure to excessive heat in order to prevent heat stress. In addition, students will be able to recognize symptoms of heat stress along with tips on how to treat heat stress victims.

Health Hazards Special Emphasis Program (SEP)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the chemicals addressed in the OSH Health Hazards Special Emphasis Program. Topics to be discussed include beryllium, lead hexavalent chromium, isocyanates, and silica.

At the end of this course, students should have a basic understanding of methods to prevent or minimize exposure to these chemicals in the workplace.

Introduction to the N.C. Department of Labor – OSH Division

1 – 2 Hours (Classroom and Webinar)

This course provides an introduction to the Occupational Safety and Health Division (OSH) of NCDOL. Topics to be discussed include the Occupational Safety and Health Act and the functional organization of the OSH Division.

At the end of this course, students should have a basic understanding of the OSH Division.

Construction Industry

Introduction to the N.C. Department of Labor – OSH Division and Understanding the Code of Federal Regulations (CFR) for the Construction Industry

1 – 2 Hours (Classroom and Webinar)

This course provides an introduction to the OSH Division of NCDOL along with an overview of related state and federal OSHA standards for the construction industry. Topics to be discussed include the Occupational Safety and Health Act, the functional organization of the OSH Division and required regulatory standards for N.C. employers and employees.

At the end of this course, students should have a basic understanding of the OSH Division and how to find/read/interpret federal and state OSHA requirements.

Materials Handling, Storage, Use and Disposal

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Materials Handling, Storage, Use and Disposal, 29 CFR 1926, Subpart H. Topics to be discussed include minimum OSHA materials handling, storage and equipment requirements, safe materials storage, proper use of rigging equipment, hazard identification and abatement methods.

At the end of this course, students should have a basic understanding of regulatory requirements and methods to eliminate or minimize materials handling hazards.

Motor Vehicles, Mechanized Equipment and Marine Operations

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Motor Vehicles, Mechanized Equipment and Marine Operations, 29 CFR 1926, Subpart O. Topics to be discussed include general equipment requirements, motor vehicles, materials handling equipment, pile driving equipment, site clearing, marine operations, marine equipment and definitions.

At the end of this course, students should have a basic understanding of regulatory requirements for motor vehicles, marine operations, and mechanized equipment.

Multi-Employer Worksites

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of multi-employer worksites in construction. Topics to be discussed include differences and responsibilities of creating, correcting, controlling and exposing employers. In addition, rules are discussed governing OSH citing employers who do not have their employees exposed to a hazard.

At the end of this course, students should have a basic understanding of responsibilities of employers working together on a multi-employer worksite.

Construction Industry

North Carolina Hazardous Chemicals Right to Know Act

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the N.C. Hazardous Chemicals Right to Know Act, Article 18, N.C. General Statutes 95-173 through 95-218. Topics to be discussed include the purpose of the Right to Know (RTK) Act and employer responsibilities with regard to hazardous substance lists, MSDS requirements, labeling requirements, emergency information, complaints, investigations, penalties, employee rights, community information and exemptions.

At the end of this course, students should have a basic understanding of regulatory requirements for the storage and use of hazardous substances as it relates to the RTK Act.

Personal Protective Equipment

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Personal Protective and Life Saving Equipment, 29 CFR 1926, Subpart E. Topics to be discussed include general provisions, hazard assessment, basic hazard categories, hazard sources and personal protective equipment (PPE).

At the end of this course, students should have a basic understanding of regulatory requirements along with the selection, use and maintenance of PPE.

Recordkeeping and Reporting

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of Recording and Reporting Occupational Injuries and Illnesses standards in 29 CFR Part 1904. Topics to be discussed include who must comply, criteria for recording, other recordkeeping issues and a review of associated forms.

At the end of this course, students should have a basic understanding of the recordkeeping and reporting regulatory requirements.

Note: The web course is one hour in length and does not provide a hands-on portion. Classroom sessions are two hours in length, which gives attendees the opportunity to practice workplace incident assessments and completion of "OSHA 300 Logs."

Respirable Crystalline Silica

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of silica in the construction industry, 29 CFR 1926.1153. Topics to be discussed include general requirements, permissible exposure limits, the written exposure control plan, engineering and work practice controls, respiratory protection, medical surveillance, recordkeeping and training.

At the end of this course, students should have a basic understanding of regulatory requirements related to silica in the construction industry and methods to minimize exposure.

Construction Industry

Rollover Protective Structures; Overhead Protection

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Rollover Protective Structures; Overhead Protection standards, 29 CFR 1926, Subpart W. This course applies to all rubber-tired self-propelled scrapers, rubber-tired front-end loaders, rubber-tired dozers, wheel-type agricultural and industrial tractors, crawler tractors, crawler-type loaders, and motor graders with or without attachments. Topics to be discussed include compliance requirements, ROPS defined, remounting ROPS, labeling, protective frames, overhead protection and test procedures.

At the end of this course, students should have a basic understanding of compliance requirements for ROPS and overhead protection.

Safety and Health Programs and Committees

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of safety and health programs and committees. Topics to be discussed include effective program elements, committee requirements and required programs. Effective program elements will cover the seven-point program: management commitment, employee involvement, worksite analysis, hazard prevention and control, training, program evaluation and improvement, and communication and coordination for host employers, contractors, and staffing agencies.

At the end of this course, students should have a basic understanding of safety and health programs and committees.

Scaffolds

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Scaffolds, 29 CFR 1926, Subpart L. Topics to be discussed include OSHA's minimum requirements, safe design, setup, use, hazard identification and abatement methods.

At the end of this course, students should have a basic understanding of regulatory requirements along with the ability to determine proper scaffold selection, setup and use.

Stairways and Ladders

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Stairways and Ladders, 29 CFR 1926, Subpart X. Topics to be discussed include scope, general requirements for stairways and ladders, training requirements, and non-mandatory Appendix A.

At the end of the course, students should have a basic understanding of regulatory requirements, stairway components, ladder use and hazard recognition.

Construction Industry

Steel Erection

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the standards for Steel Erection, 29 CFR 1926, Subpart R. Topics to be discussed include the regulatory requirements, site layout, hoisting, rigging, structural stability, walking and working surfaces, metal decking, steel joists, fall protection, and training.

At the end of the course, students should have a basic understanding of the regulatory requirements and safe work practices for steel erection.

Struck By/Caught Between

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of "struck by/caught in" hazards in the construction industry with an emphasis on trenching and excavation hazards. Topics to be discussed include the types of "caught in" hazards, the mechanics of a trench collapse, how to control "caught in" hazards and finally examples of "struck by" hazards (related to vehicles and mechanized equipment, cranes, powered industrial trucks, flying objects, concrete and masonry, powder actuated tools, power operated hand tools, falling structures in construction).

At the end of this course, students should have a basic understanding of "struck by/caught in" accidents, accident causes and safe work practices. This understanding combined with safe behavior helps reduce these type hazards and potential accidents.

Understanding the OSH Inspection Process

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the OSH inspection process. Topics to be discussed include types of inspections, inspection triggers and procedures, employer and employee rights and responsibilities, and post-inspection activities.

At the end of this course, students should have a basic understanding of the inspection process, elements and procedures.

Construction Industry

Welding and Cutting

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the Welding and Cutting standards, 29 CFR 1926, Subpart J. Topics to be discussed include regulatory requirements for gas welding and cutting, arc welding and cutting, fire prevention, ventilation, protection, safe work practices, hazard identification, and abatement methods.

At the end of this course, students should have a basic understanding of regulatory requirements related to "hot work," personal protective equipment and safe work practices to prevent "hot work" accidents.

Work Zone Safety

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of work zone safety. Topics to be discussed include work zone identification and elements, Manual on Uniform Traffic Control Devices (MUTCD), OSH standards, control zones and measures, flagger safety and employer and employee responsibilities.

At the end of this course, students should have a basic understanding of compliance requirements and safe work practices to minimize the occurrence of work zone accident

Top Ten Most Cited Serious Violations

Top Ten Most Frequently Cited Serious Violations (General Industry)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the "Top Ten" most frequently cited serious violations in General Industry. The "Top Ten" most frequently cited serious General Industry violations will be discussed, understood and illustrated.

At the end of this course, students should have a basic understanding of the "Top Ten" in order to relate these hazards to their own workplaces. Elimination of these common hazards in the workplace will provide a safer work environment.

Top Ten Most Frequently Cited Serious Violations (Construction Industry)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the "Top Ten" most frequently cited serious violations in the construction industry. The "Top Ten" most frequently cited serious construction industry violations will be discussed, understood and illustrated.

At the end of this course, students should have a basic understanding of the "Top Ten" in order to relate these violations to their own work environment. Elimination of these hazards in construction sites will provide a safer and healthier work environment.

Top Ten Most Frequently Cited Serious Violations (Public Sector)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the "Top Ten" most frequently cited serious violations in the public sector. The "Top Ten" most frequently cited serious violations will be discussed, understood and illustrated.

At the end of this course, students should have a basic understanding of the "Top Ten" in order to relate these violations to their own workplaces. Elimination of these common hazards in the workplace will provide a safer work environment.

Top Ten Most Frequently Cited Serious Violations (Agricultural Industry)

1 – 2 Hours (Classroom and Webinar)

This course provides an overview of the "Top Ten" serious violations in agriculture. Topics to be discussed include the presentation of the "Top Ten" violations, the related compliance requirements and how to apply the "Top Ten" to an agricultural site.

At the end of this course, students should have an understanding of the requirements pertaining to the "Top Ten," be able to provide specific related examples, and understand how to eliminate either the hazard or exposure to the hazard.

Train the Trainer Program

Trainer Course in OSHA Standards for Construction NC 500

3 ½ Days (Classroom)

This course is designed for personnel in the public sector and for industries that are identified under North Carolina Special Emphasis Programs who are interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour Construction program as well as on those that are most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts.

This course allows the student to become a trainer in the OSH Outreach Program and to conduct both a 10- and 30-hour construction safety and health course and to issue cards to participants verifying course completion.

Trainer Course in OSHA Standards for General Industry NC 501

3 ½ Days (Classroom)

This course is designed for personnel in the public sector and for industries that are identified under North Carolina Special Emphasis Programs who are interested in teaching the 10- and 30-hour General Industry safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour General Industry program as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts.

This course allows the student to become a trainer in the OSH Outreach Program and to conduct both a 10- and 30-hour General Industry safety and health course and to issue cards to participants verifying course completion.

Update for the Construction Industry Outreach Trainers NC 502

1 ½ Days (Classroom)

This workshop is designed for personnel in the public and private sector who have completed the NC 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and who are active trainers in the outreach program. It provides an update on topics relating to OSHA Construction standards, policies and regulations. Construction Industry outreach trainers are required to attend this course once every four years to maintain trainer status.

Update for the General Industry Outreach Trainers NC 503

1 ½ Days (Classroom)

This workshop is designed for public and private sector personnel who have completed the NC 501 General Industry Outreach Trainer Workshop and are active trainers in the outreach programs. This workshop is required every four years to maintain status as a General Industry outreach trainer. It is designed to focus on recent changes in General Industry standards with regard to the most common hazards and violations.

Please note: *These courses are specific to the North Carolina OSH Train the Trainer Program. These courses are not part of the Federal Train the Trainer Program offered by the OSHA Training Institute (OTI) Education Centers.*

Additional Resources

Contacts

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Collyer, Training Supervisor, CSP, CPM, MESH	919-707-7857
LaMont Smith, Recognition Program Manager, MS, CPM, MESH	919-707-7852
Hollis Yelverton, Standards Supervisor, MIE, CSP, MESH	919-707-7865
Education, Training and Technical Assistance Bureau	919-707-7876
Consultative Services Bureau	919-707-7846
NCDOL Library	919-707-7880

Internet Resources – www.labor.nc.gov

Example Safety and Health Programs OSH Training Calendar
Outreach Services Requests
OSH Training Calendar
Publications
Safety and Health Presentations
Safety and Health Topics
Safety and Health Video Resources
Train the Trainer Program

Thanks for being our partner in improving your safety and health culture!