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# OSHA Training Institute Education Centers



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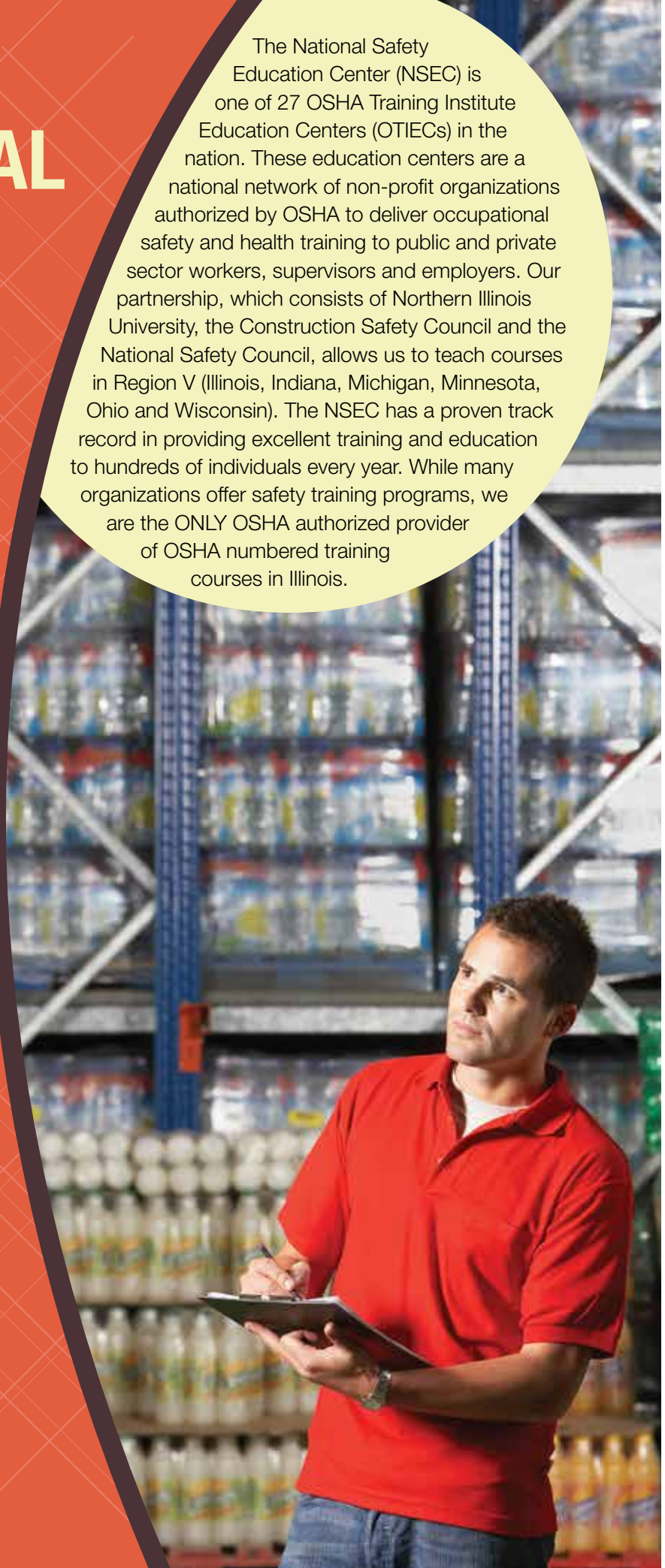


**OSHA**® Training Institute  
Education Centers  
National Safety Education Center

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# THE NATIONAL SAFETY COUNCIL IS PROUD TO BE PART OF THE NATIONAL SAFETY EDUCATION CENTER.

The National Safety Education Center (NSEC) is one of 27 OSHA Training Institute Education Centers (OTIECs) in the nation. These education centers are a national network of non-profit organizations authorized by OSHA to deliver occupational safety and health training to public and private sector workers, supervisors and employers. Our partnership, which consists of Northern Illinois University, the Construction Safety Council and the National Safety Council, allows us to teach courses in Region V (Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin). The NSEC has a proven track record in providing excellent training and education to hundreds of individuals every year. While many organizations offer safety training programs, we are the ONLY OSHA authorized provider of OSHA numbered training courses in Illinois.







# THE NATIONAL EDUCATION SAFETY CENTER IS MADE UP OF A PARTNERSHIP OF:



## THE PARTNERSHIP

The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads, through leadership, research, education and advocacy. The NSC partners with businesses, elected officials, and the public to make an impact in areas such as workplace safety and safety in the home and community. Northern Illinois University has over 50 years of safety education experience at the undergraduate and graduate levels. The NIU College of Engineering and Engineering Technology also offers many additional safety training topics throughout the year. The Construction Safety Council was founded in 1989 and is dedicated to the advancement of safety and health interests in the field of construction throughout the world. The CSC was chartered by a board of directors composed mostly of large construction company owners and operators whose vision and leadership made the organization possible.



For assistance, contact us.

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# COURSE DESCRIPTIONS

## OSHA #500

### Trainer Course in OSHA Standards for Construction

This course is designed for individuals interested in teaching the 10 and 30 hour construction safety and health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, emphasis is placed on those topics required in the 10 and 30 hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10 and 30 hour Construction Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized Outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group & successfully pass a written exam at the end of the course.

**Minimum student contact hours:** 26

**Prerequisites:** Students must successfully complete the OSHA #510 Occupational Safety and Health Standards for Construction and have five (5) years of safety and health work experience in the construction industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive training. Authorized OSHA Outreach Training Program trainers are required to attend OSHA #502 Update for Construction Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

## OSHA #501

### Trainer Course in OSHA Standards for General Industry

This course is designed for individuals interested in teaching the 10 and 30 hour general industry safety and health Outreach training program to their employees and other interested groups. Using the OSHA General Industry Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10 and 30 hour General Industry Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

**Minimum student contact hours:** 26

**Prerequisites:** Students must successfully complete the OSHA #511 Occupational Safety and Health Standards for General Industry and have five (5) years of general industry safety experience. A degree in occupational safety and health, a Certified Safety

Professional (CSP), Certified Industrial Hygienist (CIH), Certified Safety & Health Technician (CSHT) or a Certified Safety & Health Manager (CSHM) may be substituted for two (2) years of work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive training. Authorized OSHA Outreach Training Program trainers are required to attend OSHA #503 Update for General Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

## OSHA #502

### Update for Construction Industry Outreach Trainers

This course is designed for Outreach Training Program trainers who have completed OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA Construction Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain construction industry hazards and acceptable corrective measures as they continue to teach the 10 and 30 hour Construction Outreach Training Program classes.

**Minimum student contact hours:** 18

**Prerequisites:** OSHA #500 Trainers Course in OSHA Standards for the Construction Industry. Authorized Outreach Training Program trainers are required to attend this course once every four years (4) to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript showing successful completion of the OSHA #500 Trainer Course in OSHA Standards for Construction from their respective OSHA Training Institute Education Center, for verification of trainer status.

## OSHA #503

### Update for General Industry Outreach Trainers

This course is designed for Outreach Training Program trainers who have completed course #501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA General Industry Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain general industry hazards and acceptable corrective measures as they continue to teach the 10 & 30 hour General Industry Outreach Training Program classes.

**Minimum student contact hours:** 18

**Prerequisites:** OSHA #501 Trainer Course in OSHA Standards for General Industry. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach trainer card or an official transcript showing successful completion of the OSHA #501 Trainer Course in OSHA Standards for General Industry from their respective OSHA Training Institute Education Center, for verification of trainer status.



## **OSHA #510**

### **Occupational Safety and Health Standards for the Construction Industry**

This course covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and emphasis on those areas in construction which are most hazardous. Upon completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #511**

### **Occupational Safety and Health Standards for General Industry**

This course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #521**

### **OSHA Guide to Industrial Hygiene**

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #2015**

### **Hazardous Materials**

This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous locations, and proper moving, storing, and handling of hazardous materials.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #2045**

### **Machinery and Machine Guarding Standards**

This course covers the various types of common machinery, machine safe guards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safe guards.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #2055**

### **Cranes in Construction**

This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards.

**Minimum student contact hours: 22.5**

**Prerequisites:** None

## **OSHA #2225**

### **Respiratory Protection**

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #2255**

### **Principles of Ergonomics**

(formerly OSHA #2250)

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course 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 patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

**Minimum student contact hours: 18**

**Prerequisites:** None

## **OSHA #2264**

### **Permit-Required Confined Space Entry**

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confirmed space hazards, identification of permit and non-permit required confirmed spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confirmed space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program.

**Minimum student contact hours: 20**

**Prerequisites:** None

## **OSHA #3015**

### **Excavation, Trenching and Soil Mechanics (formerly OSHA #3010)**

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

**Minimum student contact hours: 20**

**Prerequisites:** None

## **OSHA #3095**

### **Electrical Standards**

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course 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 Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.

**Minimum student contact hours: 26**

**Prerequisites:** None

## **OSHA #3115**

### **Fall Protection (formerly #3110 Fall Arrest Systems)**

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

**Minimum student contact hours: 18**

**Prerequisites:** None

## **OSHA #5029**

### **Cal/OSHA Update for Construction Industry Outreach Trainers**

This course updates OSHA #5109 Cal/OSHA Standards for the Construction Industry. Students will learn about the most significant changes within Cal/OSHA Title 8 that affect the construction industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as they relate to the construction industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. This course continues the student's authorization to teach both the 10- and 30-hour Cal/OSHA Construction Industry Outreach Training Program. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, construction standards, and legal decisions affecting the construction industry.

**Minimum student contact hours: 7**

**Prerequisites for Outreach Trainers:** OSHA #5109 Cal/OSHA Standards for the Construction Industry. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their Cal/OSHA trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 for verification of trainer status.

## OSHA #5039

### Cal/OSHA Update for General Industry Trainers

This course updates the Cal/OSHA #5119 Cal/OSHA Standards for General Industry. Students learn about the most significant changes with Cal/OSHA Title 8 that affect general industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as it relates to general industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, General Industry standards, and legal decisions affecting general industry.

**Minimum student contact hours:** 7

**Prerequisites for Outreach Trainers:** OSHA# 5119 Cal/OSHA Standards for General Industry. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their Cal/OSHA trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #501 for verification of trainer status.

## OSHA #5109

### Cal/OSHA Standards for the Construction Industry

This course is designed for individuals interested in teaching the 10 and 30 hour Cal/OSHA construction safety and health Outreach Training Program to their employees and groups interested in learning about Cal/OSHA Title 8 Construction Standards and policies. Course topics include construction industry standards and compliance, training topics required in the 10 and 30 hour Outreach Training Program as well as those which are most hazardous in the construction industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will have the ability to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in the construction industry, locate and determine appropriate Cal/OSHA Construction Standards, policies, and procedures, and describe the use of Cal/OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

**Minimum student contact hours:** 26

**Prerequisites for Outreach Trainers:** Outreach Training Program trainers seeking to achieve the Cal/OSHA construction authorized trainer designation must have completed OSHA #500 Trainer Course in OSHA Standards for Construction or OSHA #502 Update for Construction Industry Outreach Trainers. Prior to registration, construction Outreach Training Program trainers must provide a copy of their current Outreach Training Program trainer card for verification of trainer status and documentation of one (1) year of Cal/OSHA construction safety experience.

## OSHA #5119

### Cal/OSHA Standards for General Industry

This course is designed for individuals interested in teaching the 10 and 30 Cal/OSHA general industry safety and health Outreach Training Program to their employees and groups interested in learning more about Cal/OSHA General Industry Standards and policies. Course topics include Title 8 General Industry Standards and compliance, training topics required in the 10 and 30 hour Outreach Training Programs as well as those which are most hazardous in general industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will be

able to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in general industry, locate and determine appropriate Cal/OSHA General Industry Standards, policies, and procedures, and describe the use of Cal/OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

**Minimum student contact hours:** 26

**Prerequisites/or Outreach Trainers:** Outreach Training Program trainers seeking to achieve the Cal/OSHA general industry authorized trainer designation must have completed OSHA #501 Trainer Course in OSHA Standards for General Industry or OSHA #503 Update for General Industry Outreach Trainers. Prior to registration, general industry Outreach Training Program trainers must provide a copy of their current Outreach Training Program trainer card for verification of trainer status and documentation of one (1) year of Cal/OSHA general industry safety experience.

## OSHA #5400

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

This course is designed for individuals interested in teaching the 10 and 30 hour Maritime safety and health Outreach Training Program to their employees and other interested groups. Special emphasis is placed on those topics required in the 10 and 30 hour Outreach Training Program as well as the most hazardous in the maritime industry using OSHA Maritime Standards as a guide. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Training Program, to conduct 10 and 30 hour maritime classes in shipyard employment, marine terminals, and longshoring, and to issue cards to participants after verifying course completion. Students in OSHA #5400 Trainer Course in OSHA Standards for the Maritime Industry who wish to participate as authorized Outreach Trainer Program trainers in the OSHA Outreach Training Program must successfully prepare a presentation on an assigned OSHA maritime industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

**Minimum student contact hours:** 26

**Prerequisites:** Students must successfully complete the OSHA #5410 Occupational Safety and Health Standards for the Maritime Industry and have three (3) years maritime industry experience and at least two (2) 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, certification as an Associated Safety Professional (ASP), a Certified Safety Professional (CSP), a Certified Industrial Hygienist(CIH), a Certified Marine Chemist(CMC), or a Certified Safety and Health Manager (CSHM). Outreach Training Program trainers are required to attend OSHA #5402 Maritime Industry Trainer Update Course at least every four (4) years to maintain their trainer status.

## OSHA #5402

### Maritime Industry Trainer Update Course

This course is designed for individuals who have successfully completed OSHA course #5400 Trainer Course in OSHA Standards for the Maritime Industry and are active Outreach Training Program trainers. The course updates the OSHA Maritime standards, policies, and regulations. Upon course completion students will have the ability 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 as they continue to teach the 10 and 30 hour Outreach Training Program classes.

**Minimum student contact hours:** 18

**Prerequisites:** OSHA #5400 Trainer Course in OSHA Standards for the Maritime Industry. Authorized OSHA Outreach trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from the respective OSHA Training Institute Education Center to verify Outreach Training Program trainer authorized status.

## **OSHA #5410**

### **Occupational Safety and Health Standards for the Maritime Industry**

This course covers OSHA policies, procedures, and standards for the maritime industry. Using the OSHA Maritime Standards as a guide, special emphasis is placed on those areas in the maritime industry which are most hazardous. Upon course completion students will define maritime terms found in the OSHA Maritime Standards, identify hazards in the maritime industry and determine appropriate controls and abatement, locate OSHA Maritime Standards, policies and procedures, and describe the use of the OSHA Maritime Standards and regulations to supplement an ongoing safety and health program.

**Minimum student contact hours:** 35

**Prerequisites:** None.

## **OSHA #5600**

### **Disaster Site Worker Trainer Course**

This course prepares experienced Outreach Training Program trainers to present OSHA #7600 Disaster Site Worker Course, intended for second responders (those arriving hours or days after the event). Course topics include the National Response Framework, the Incident Command System, disaster work zone safety, respiratory protection, communication issues, applying elements of successful adult training programs, and knowledge, skills, and attitudes to awareness training about safety and health standards at natural and human-made disaster sites. Students are provided the opportunity to practice knowledge and skills through discussion, planned exercises, demonstrations, and presentations. Lesson plans and training materials for the OSHA #7600 Disaster Site Worker Course are provided. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorized students to become trainers in the Disaster Site Worker Outreach Training Program, to conduct the OSHA #7600 Disaster Site Worker Course, and to issue cards to participants after verifying course completion.

**Minimum student contact hours:** 24

**Prerequisites:** OSHA #500 Trainer Course in OSHA Standards for the Construction Industry or OSHA #501 Trainer Course in OSHA Standards for General Industry, three (3) years safety training experience, and completion of the 40-hour HAZWOPER training. Outreach Training Program trainers are required to attend OSHA #5602 Update for Disaster Site Worker Trainer course at least every four (4) years to maintain their Outreach Training Program trainer authorization. A copy of their Outreach Training Program trainer card for construction or general industry or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 or OSHA #501 course, and a copy of their 40-hour HAZWOPER course completion certificate are required prior to the start of class.

## **OSHA #5602**

### **Update for Disaster Site Worker Trainer Course**

This course is intended to update the authorized Disaster Site Worker trainer with new technical and regulatory information related to disaster response and the role of OSHA in coordinating occupational safety and health in the National Response Framework. Participants will have the opportunity to share "lessons learned" from teaching OSHA #7600 Disaster Site Worker Course.

**Minimum student contact hours:** 7.5

**Prerequisites:** OSHA #5600 Disaster Site Worker Trainer Course. Authorized Outreach Training Program trainers are required to attend this course once every four years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the #5600 Disaster Site Worker Training Course for verification of Outreach Training Program trainer status.

## **OSHA #5810**

### **Hazards Recognition and Standards/or On-Shore Oil and Gas Exploration and Production**

This course covers OSHA Construction and General Industry Standards relating to the oil and gas industry. This course provides information for employees and employers to protect themselves by developing the knowledge and skills to anticipate, recognize, evaluate and control hazards common to the on-shore oil and gas exploration and production industry. This includes work sites associated with the on-shore exploration and production oil and gas industry including, but not limited to construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry.

**Minimum student contact hours:** 30

**Prerequisites:** None

## **OSHA #6000**

### **Collateral Duty Course for Other Federal Agencies**

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms, identify hazards that occur in general industry, determine appropriate standards and regulations for federal agencies, locate OSHA General Industry Standards, policies, and procedures, and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts.

**Minimum student contact hours:** 23

**Prerequisites:** None



## **OSHA #6010**

### **Occupational Safety and Health Course for Other Federal Agencies**

This course covers the recognition, evaluation, and control of safety and health hazards for other federal agencies. Course topics include the OSH Act, Executive Order 12196, 29 CFR 1960 and 1910 General Industry Standards, understanding the Federal Safety and Health program regulations, identification of safety and health hazards, controlling hazards, hazard abatement, and construction focus four topics. This course is intended for federal employees responsible for the occupational safety and health programs at their respective agencies. Upon course completion students will have the ability to apply OSHA General Industry Standards and regulations pertaining to federal agencies, identify safety and health hazards, and control and hazard abatement.

**Minimum student contact hours:** 53

**Prerequisites:** None

## **OSHA #7000**

### **OSHA Training Guidelines for Safe Patient Handling**

This course covers OSHA ergonomic guidelines for safe patient handling and methods to protect workers in all health care settings. Using OSHA 's Ergonomics Guidelines for Nursing Homes as a basis for any healthcare facility, this course focuses on analyzing and identifying ergonomic hazards and practical solutions to address these issues. Course topics include developing an ergonomic work process, risk factors in patient handling and transfers, identifying work processes with the potential for musculoskeletal injuries and illnesses, protocol for resident and patient assessment, and implementing solutions including work practices and engineering controls. Upon course completion students will have the ability to apply "OSHA's Ergonomics Guidelines for Nursing Homes" in their healthcare facility, understand the benefits of implementing an ergonomics process, and identify, analyze and develop solutions for ergonomic problem jobs in healthcare.

**Minimum student contact hours:** 7.5

**Prerequisites:** None

## **OSHA #7005**

### **Public Warehousing and Storage**

This course covers the hazards and injuries likely to occur in public warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting and ergonomics, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting. Upon course completion students will have the ability to recognize the potential for injuries from forklifts, material handling and lifting, exposure to hazardous substances, slips, trips, and falls and methods to control and abate these hazards.

**Minimum student contact hours:** 7

**Prerequisites:** None

## **OSHA #7100**

### **Introduction to Machinery and Machine Safeguarding**

This course covers the process to identify, select and properly safeguard machinery to protect employees and others in the work area and deliver appropriate training in safe work practices. Course topics include types of machinery requiring guarding, point

of operation, emergency eyewash/shower requirements, hazard communication, OSHA Machinery and Machine Guarding Standards violations, and corrective actions. Upon course completion students will have the ability to explain hazardous actions and motions of various types of machinery, identify methods of safeguarding, and match identified safeguards with the applicable OSHA Machinery and Machine Guarding Standards to reduce and eliminate the potential for accidents and injuries.

**Minimum student contact hours:** 4

**Prerequisites:** None

## **OSHA #7105**

### **Introduction to Evacuation and Emergency Planning**

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans.

**Minimum student contact hours:** 4

**Prerequisites:** None

## **OSHA #7110**

### **Safe Bolting: Principles and Practices**

This course covers awareness of safety issues involved in bolting applications. Course topics include safe operation and handling of high powered bolting tools, pressure vessels and piping, machinery or mechanical joints, and structural connections. The course provides workshops and demonstrations of safe bolting applications. The target audience is first line mechanical operators including millwrights, pipefitters, and those who work with mechanical joints as part of their daily work. Upon course completion the student will have the ability to understand the basic technology of bolted joints, safety principles associated with tool selection and operation, workplace conditions, and bolting methods and procedures.

**Minimum student contact hours:** 7

**Prerequisites:** None

## **OSHA #7115**

### **Lockout/Tagout**

This course covers 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 machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will be able to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy.

**Minimum student contact hours:** 7.5

**Prerequisites:** None

## **OSHA #7120**

### **Introduction to Combustible Dust Hazards**

This course covers the hazards posed by combustible dust within general industry. Course topics include recognizing the hazards and risks associated with combustible dust, control of electrical installation hazards, and developing controls and strategies to prevent or mitigate combustible dust fires and explosions. Upon course completion the student will have the ability to utilize strategies that assure employee safety while using or producing materials that generate combustible dust and the ability to use OSHA Standards, National Fire Protection Association (NFPA) Standards, and other applicable consensus standards that impact industries which generate combustible dust.

**Minimum student contact hours:** 13

**Prerequisites:** None

## **OSHA #7125**

### **Seminar on Combustible Dust Hazards**

This course covers the hazards posed by combustible dust within general industry. The course topics include recognizing the hazards and risks associated with combustible dust, control of electrical installation hazards, and developing controls and strategies to prevent or mitigate combustible dust fires and explosions. The seminar format is a shortened version of the OSHA #7120 Introduction to Combustible Dust Hazards and omits discussions on National Fire Protection Association (NFPA) Standards, combustible dust definitions, and workshops. Upon course completion the student will have the ability to utilize strategies that assure employee safety in those industries that use or produce materials that generate combustible dust.

**Minimum student contact hours:** 6.5

**Prerequisites:** None

## **OSHA #7200**

### **Bloodborne Pathogens Exposure Control for Healthcare Facilities**

This course covers the development and implementation of Exposure Control Plans (ECP) for healthcare facilities. Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and methods of control, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP for a healthcare facility. Course highlights include students developing a template for their facility's ECP. Upon course completion students will have the ability to take a step-by-step approach in developing an ECP for their healthcare facility while utilizing the OSHA Bloodborne Pathogens Standard as a reference.

**Minimum student contact hours:** 7

**Prerequisites:** None

## **OSHA #7205**

### **Health Hazard Awareness**

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of

workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards.

**Minimum student contact hours:** 6

**Prerequisites:** None

## **OSHA #7210**

### **Pandemic Influenza Preparedness**

This course covers recognizing hazards and risks associated with a pandemic influenza event and developing strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic influenza event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of business. This course offers information on strategies that can be used to control the spread of the virus, minimizing exposure to employees and family, and resources available from OSHA and other government agencies. The intended audience is the business leader and members of their management team who may be integral to preparedness planning. Upon course completion, students will have the ability to prepare for a pandemic to assure business continuity and employee safety.

**Minimum student contact hours:** 5.5

**Prerequisites:** None

## **OSHA #7300**

### **Understanding OSHA's Permit-Required Confined Space Standard**

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the OSHA #2264 Permit-Required Confined Space Entry. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space.

**Minimum student contact hours:** 7

**Prerequisites:** None

## **OSHA #7400**

### **Noise Hazards in the Construction Industry**

This course covers the evaluation and reduction of noise hazards in the construction industry. Course topics include OSHA Construction Noise Standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, conducting sound level surveys, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the construction employer or representative designated with the responsibility to develop a construction noise program. Upon course completion students will understand the properties of sound and its relationship to noise induced hearing loss, hearing protection usage, how to conduct sound level surveys and the requirements for training workers.

**Minimum student contact hours:** 5.5

**Prerequisites:** None



## **OSHA #7405**

### **Fall Hazard Awareness for the Construction Industry**

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards.

**Minimum student contact hours: 5**

**Prerequisites:** None

## **OSHA #7410**

### **Managing Excavation Hazards**

This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties.

**Minimum student contact hours: 6.5**

**Prerequisites:** None

## **OSHA #7415**

### **OSHA Construction Industry Hazards and Prevention Strategies**

This course provides federal and public sector employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. Topics include recognition of major safety and health hazards in the construction industry, prevention strategies, safety and health management systems, OSHA requirements and guidelines, and resources available. The course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have an awareness level of the major construction hazards and prevention strategies.

**Minimum student contact hours: 12**

**Prerequisites:** None

## **OSHA #7500**

### **Introduction to Safety and Health Management**

This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company.

**Minimum student contact hours: 5.5**

**Prerequisites:** None

## **OSHA #7505**

### **Introduction to Accident Investigation**

This course covers an introduction to basic accident investigation procedures and describes accident analysis techniques. Course topics include reasons for conducting accident investigations, employer responsibilities related to workplace accident investigations, and a six step accident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting accident and/or near-miss investigations. Upon course completion students will have the basic skills necessary to conduct an effective accident investigation at the workplace.

**Minimum student contact hours: 7.5**

**Prerequisites:** None

## **OSHA #7510**

### **Introduction to OSHA for Small Businesses**

This course covers an introduction to the Occupational Safety and Health Administration (OSHA) and the OSH Act for owners and managers of small businesses. Course topics include an introduction to OSHA, OSHA Standards, the inspection process, implementing a safety and health program, worker training requirements and assistance available to small businesses. Upon course completion students will understand OSHA operations and procedures and how to work with OSHA to prevent or reduce injuries and illnesses in their workplace.

**Minimum student contact hours: 3.5**

**Prerequisites:** None

## **OSHA #7845**

### **Recordkeeping Rule Seminar**

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illness, OSHA Form 300A Summary of Work Related Injuries and Illness, and OSHA Form 301 Injury and Illness Incident Report.

**Minimum student contact hours: 4**

**Prerequisites:** None



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## Illinois Locations:

### Itasca

National Safety Council  
1121 Spring Lake Drive  
Itasca, IL 60143

### DeKalb

NIU Engineering Building  
590 Garden Road  
DeKalb, IL 60115

### Hillside

Construction Safety Council  
4415 W. Harrison Street, Ste 404  
Hillside, IL 60162

### Hoffman Estates

NIU - Hoffman Estates  
5555 Trillium Blvd  
Hoffman Estates, IL 60192

### Naperville

NIU - Naperville  
1120 East Diehl RdNaperville, IL 60563

### Rockford

NIU - Rockford  
8500 East State Street  
Rockford, IL 61108



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