

HRH Safety & Health Systems Training Rate Sheet

Courses are categorized into basic teaching concepts (Outreach/Certifications, Supervisory, Competency, etc.) with standard training fees applied.

Course duration in hours shown in parenthesis ().

Fees do not include expenses associated with non-local travel related training.

<u>COURSE NAME/TITLE (Descriptions Below)</u>	<u>CLIENT</u>	<u>NON CLIENT</u>
<u>Outreach Training/ Certifications</u>	<u>FEE</u>	<u>FEE</u>
OSHA 30 in Construction	455	475
OSHA 30 in General Industry	465	490
OSHA 10 in Construction	160	225
OSHA 10 in General Industry	170	235
JEA Required Safety Course	185	245
HAZWOPER 40 (and other related courses)	690	740
HAZCOM 16 Hour	175	210
Safety Programs: "The Program within a Program" (16)	175	255
Electrical Safety: "Class Locations" (8)	135	170
"Defensive Driver Course" (8)	145	170
Fork-Lift Safety Certification and Training (6)	55	65
Aerial Lift Safety Certification and Training (6)	65	80
Scissor Lift Safety Certification and Training (6)	65	80
Motorized Equipment Safety Training (8)	75	105
First Aid/CPR (4-6)	50	55

OSHA 30 Construction or General Industry (instructional hours 30): A comprehensive OSHA certified course encompassing subjects including, but not limited to; an introduction to OSHA, how to use 28 CFR, Parts 1926 or 1910, record-keeping, general safety, hazard communication, fire protection/prevention, scaffolds, fall protection, confined space, excavation and trenching, cranes, rigging, multi-employer requirements, OSHA interpretations, Job Safety Analysis (JSA) programs, etc. Safety programs and applicable theories are discussed in length with an emphasis on application to relevant work and pre-construction implementation programs. Designed and instructed with three main principles ingrained within course-work and study: **1.** Identification of hazards and unsafe conditions. **2.** Application of regulations related to hazards identified and interpretation. **3.** Development and implementation of pro-active corrective measures, whether in the pre-construction phase or during construction. Class participation includes team studies and activities, assigned after-hour work, and student creative participation. Course materials include: 29 CFR, Part 1926 OSHA Construction Industry Regulations, or 29 CFR, Part 1910 General Industry Regulations, Student 30 Hour Course Handbook, Applicable Worksheets and Handouts, OSHA 30 Hour Training Course Card and Student Course Completion Certificate.

Outreach Training/Certifications Descriptions continued:

OSHA 10 Construction or General Industry (instructional hours 10): A comprehensive OSHA certified course designed to create safety awareness and aid in the development of hazard identification skills in the work-place. Includes subjects mandated by OSHA as well as elective topics relevant to students work background and sponsoring companies work activities such as, but not limited to: The organization and creation of OSHA, general safety, hazard communication, electrical safety, scaffolds, fall protection, excavations and trenching, rigging and material handling, confined space, stairways & ladders, etc. Course materials include: 29 CFR, Part 1926 OSHA Construction Industry Regulations, or 29 CFR, Part 1910 General Industry Standards, OSHA 10 Hour Training Course Card and Student Course Completion Certificate.

HAZWOPER 40 Hour (and other related courses): “Other related courses” refers to the required courses as stated in 29 CFR, Part 1910.120 (e) (1-9).

HAZCOM 16 Hour: The course offers actual student participation in the development of a program and required understanding of labeling, MSDS acquisition and interpretation, as well as employee information and training related to the program and specific Company requirements. It also deals greatly with Part 1910.134 and the understanding of respirator compliance rules.

Safety Programs: “The Program within a Program” (16): The course deals with the entire development of a Safety Program; to include all the programs that are required or may be required beyond general safety requirements. It also addresses the Safety Committee, training and documentation required for compliance and maintenance of the program.

Electrical Safety: “Class Locations” (8): Course deals with and instructs students in the understanding and applications of the “Class Locations” (as stated in 29 CFR, Part 1926.407 and 29 CFR, Part 1910.307) safety and their relevance to electrical work and applications.

Fleet Operators Defensive Driver Course (8): This is a standardized Defensive Driving Course that works well for fleet and vehicle required drivers and clients. It is a 5 step course that presents a proven form of defensive driving techniques.

Motorized Equipment Safety Training (8): This course would be applicable to any motorized equipment and trained using both 29 CFR, Part 1926, Subpart O and 29 CFR, Part 1910.178.

First Aid/CPR Course (4-6): Course is designed and instructed by an active paramedic to educate and train students in basic first aid and CPR procedures through classroom and hands on demonstration. Course materials include: Course Completion Training Card.

<i>COURSE NAME/TITLE (Descriptions Below)</i>	<i>CLIENT</i>	<i>NON CLIENT</i>
<i>Competency & Other Courses</i>	<i>FEE</i>	<i>FEE</i>
Fall Protection Competency Course (8)	125	165
Excavation and Trenching Competency Course (8)	125	165
Scaffold Safety Competency Course (8)	125	165
Confined Space Competency Course (8)	125	165
Steel Erection Competency Course (8)	125	165
Electrical Safety in Construction (8)	125	165
Lock-Out/Tag-Out Safety CFR1910 (8)	125	165
NFPA 70 & Arc Flash Safety in Construction (8)	125	165
NFPA 70 & Arc Flash Safety in General Industry	125	165
The E.A.P. (Emergency Action Plan) and Applications (8)	125	165
The Respiratory Protection Program (8)	125	165
Construction Water Safety Course (8)	125	165
General Industry Fire Protection and Prevention Safety (8)	125	165
Construction Fire Protection and Prevention Safety (8)	125	165
M.O.T and D.O.T. General Site Safety (8)	125	165
The Construction Power Tool (8)	125	165
General Industry Power Press Safety & Record-keeping (8)	125	165
Construction "Hot-Work" Site Safety (8)	125	165
Demolition and Formwork Stripping Crew Safety (8)	125	165
Shoring and Re-shoring Safe Operations Training (8)	125	165

***Regarding the "Competency" Courses below, regardless of the level of instruction received, only the employer can designate Competent Persons as required within the CFR.**

***Fall Protection Competency Course (8):** The course is designed to instruct students to have a stronger knowledge, understanding, and comprehension of the use and application of Subpart M of 29 CFR, Part 1926. Course subjects include but are not limited to: general requirements of the Subpart, duties to have fall protection, types of fall protection systems and their specific criteria, design and application of types of systems (pre-construction and during construction), secondary systems, residential fall protection alternative, relevant appendices, other relevant Subparts, etc. The course is designed and instructed with four main applicable study topics: 1. The general requirement to require, institute and develop a comprehensive fall protection plan and program. 2. The main and secondary fall protection systems and their various design and application rules and concepts. 3. Applicable rules, calculations and appendices related to the use and implementation of fall protection systems. 4. Alternative fall protection programs; regulations, development, and requirements. Course materials include: Student Fall Protection Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

Competency & Other Course Descriptions Continued:

***Excavation & Trenching Competency Course (8):** An in-depth course designed to instruct students in the main functions and applications of Subpart P of 29 CFR, Part 1926. Course subjects include but are not limited to: the standards, general requirements, hazard identification, cave-in protection, anatomy of a cave-in, soil classification, relevant confined space requirements, excavation and trenching equipment/operator requirements, etc. The course is designed and instructed with three main applicable study topics: 1. General standards, soil classification methodology and hazard identification related to the Subpart. 2. Protection systems and design considerations for [both pre-construction and during construction] protective systems. 3. Equipment safety and related safe operations of equipment related to and used in excavation and trenching activities. Course materials include: Student Excavation & Trenching Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

***Scaffold Competent Training Course (8):** The course is designed to strengthen students understanding and comprehension of the specific requirements related to general scaffold use, as well as erection and dismantling procedures described in Subpart L of 29 CFR, Part 1926. Course subjects include but are not limited to: General requirements, criteria and regulations for the erection, use and dismantling of supported and suspended scaffold systems, design and application of the best systems for the work applied to, types of scaffolds, scaffold tagging and marking programs, multi-employer use programs and development, mobile scaffold use and specific requirements, stilts use and specific requirements, etc. The course is designed and instructed with three main applicable study topics: 1. Identification and corrections of design, build and specific scaffold hazards as well as erection and dismantling program development and considerations. 2. Planning and design workshops during the pre-construction process. 3. Types of scaffold and specific pros and cons of types of scaffolds. Course materials include: Student Scaffold Competency Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

***Confined Space Competency Course (8):** The course is designed to help students develop concepts, understanding and applications of the combined rules presented in 29 CFR, Part 1926 (Construction Rules) and 29 CFR, Part 1910 (Industry Rules) for confined space and permit required confined space programs. Course subjects include but are not limited to: requirements related to construction, development and applications of programs, determination of non-permit versus permit required confined space, testing systems and applications, related Subpart requirements, permit development, competent vs. qualified persons, etc. The course is designed with five main applicable study topics: 1. Definition and understanding the confined space. 2. Environmental considerations and testing for a confined space. 3. Program and permit development and implementation. 4. Emergency plans and program development. 5. Application and relationship of rules to other applicable Subparts within the Part. Course materials include: Student Confined Space Competency Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

***Steel Erection Competency Course (8):** A competency level course in steel erection regulations contained in 29 CFR, Part 1926 Subpart R.

Competency & Other Course Descriptions Continued:

***Electrical Safety in Construction (8):** A competency level course in electrical safety and 29 CFR, Part 1926 Subpart K.

The E.A.P. (Emergency Action Plan) and Applications (8): This course instructs the student in the design and development of an emergency action plan. It also instructs in the application and use of the plan with emphasis in delegation and responsibility.

The Respiratory Protection Program (8): Course is based on 29 CFR, Part 1910.134.

Construction Water Safety Course (8): Course teaches competency in water safety as it relates to construction of bridges, civil projects near and around water hazards, PPE related to water safety and excavations and water displacement and hazards.

M.O.T and D.O.T. General Site Safety (8): Course teaches the requirements of civil work compliance and vehicle safety; both public and site relevant. It also briefly examines M.O.T. (Maintenance of Traffic) requirements and maintenance of equipment.

The Construction Power Tool (8): This course teaches the student, in depth, the specific requirements of tools covered in 29 CFR, Part 1926 Subpart I. This includes guards, manufacturer recommendations, proper repairs, proper use and applications, and related fire protection compliance.

General Industry Power Press Safety & Record-keeping (8): Course relates to the requirements in 29 CFR, Part 1910 Subpart O as related to power presses and other General Industry equipment. The student is also instructed in specific program and documentation guidelines and requirements.

Construction “Hot-Work” Site Safety (8): Course teaches students how to develop and implement a site specific Hot Work Program. It addresses fire protection, EAP standards compliance, permit documentation, and training with an emphasis in program development and enforcement.

Demolition and Formwork Stripping Crew Safety (8): Course addresses student compliance in concrete stripping and form-work operations and activities. Course subjects include form scaffold safety, fall protection, EAP and rescue plan development, material handling and rigging, crane operations and employee training. All subject matter relates to and has relevance to demolition and concrete form-work operations.

Shoring and Re-shoring Safe Operations Training (8): This is a more intense course related to concrete form-work operations and crews responsible for this work. Genuinely oriented towards the crew-leader or supervisor of these crews it instructs students in the safe planning and development of JSA (Job Hazards Analysis) specific for the work to be done.

<i>COURSE NAME/TITLE (Descriptions Below)</i> <i>Supervisory Training</i>	<i>CLIENT FEE</i>	<i>NON CLIENT FEE</i>
Scaffold Supervisor Safety Course (16)	195	245
Excavation/Trenching Supervisor Safety Course (16)	195	245
Confined Space Superintendent & Crew Supervisory Course (16)	195	245
Supervisor's Crane General Safety Course (16)	195	245
Construction Supervisor/Leadership Course (16)	205	265

All of the specific “Supervisor Training” courses (16) above basically are the same as a competency course (8 hour) but additional time is spent teaching and training leaders specifically understand how to achieve compliance as it relates to sub-contractors, multi-employer rules, and program definition and compliance. It also addresses specific enforcement requirements, options and training alternatives.

Construction Supervisor/Leadership Course (16): Course is designed to teach leadership curriculum, concepts, and skills. It helps new field leaders learn what should be expected of them relative to safety and the work-force.

<i>COURSE NAME/TITLE (Descriptions Below)</i> <i>Administrative Courses</i>	<i>CLIENT FEE</i>	<i>NON CLIENT FEE</i>
Safety Programs (8)	110	150
Company Record-keeping and OSHA (8)	110	150
HAZCOM Program Development (8)	110	150
The Injury and Worker's Compensation (8)	110	150
Injury and Accident Site Investigations (8)	110	150
The Inspection and Dealing with OSHA (8)	110	150
”The Safety Environment” (8)	110	150
”Tools (Admin) for Safety” (8)	110	150
The Statistics and Most Frequently Cited (8)	110	150

Safety Programs (8): Course instructs students in the proper development and implementation of a “Company” safety Program, including the parts that make up a successful and complete program.

Company Record-keeping and OSHA (8): Course is instructed relevant to the OSHA 300/300A Forms and 29 CFR, Part 1904.

HAZCOM Program Development (8): A basic course outlining the requirements of 1910.1200 and OSHA “Right-to-Know” policy. Course instruction is designed to instruct students in the development, determination and implementation of a company written program as required by 29 CFR, Part 1926.59 (ref. CFR 1910.1200). Course subjects include but are not limited to:

Administrative Course Descriptions Continued:

general requirements, hazard determination and testing, programs; voluntary and involuntary, writing the program, implementing the program, MSDS recording and study, employee information and employee training requirements, etc. The course is designed and instructed with four main applicable study topics: **1.** Familiarization and testing of hazardous atmospheres and work areas. **2.** Deciding on and developing a program; voluntary or involuntary. **3.** MSDS parts and recording programs. **4.** Employee documentation, privacy and “Right to Know” policies and training. Course materials include: Student Written Communications Program Course Handbook, Course Completion Training Card, and Student Course Completion Certificate.

The Injury and Worker’s Compensation (8): Course is designed to instruct students in the proper steps to take in injury reporting and record-keeping as it relates to Worker’s Compensation requirements. Students will also be instructed in the development of a strong Injury Management Program for companies.

Injury and Accident Site Investigations (8): Course uses and instructs a policing management style of injury and accident investigation and interviews. It requires students to do a hands-on study and exercise to determine root cause and develop corrective initiatives through a mock investigation to pass the course.

The Inspection and Dealing with OSHA (8): Course instructs the OSHA inspection and citation process related to 29 CFR, Part 1903.

”The Safety Environment” (8): Course introduces students to the fairly new “buzz” phrase the “Safety Environment”. It shows them the necessity to relay an understanding of policy, caring, and enforcement to make relative success achievable through management style and involvement versus standards compliance and regulation. It is instructed using the “Management Model” and teaches based on psychoanalyzing tools and analysis.

”Tools (Admin) for Safety” (8): This is a course designed to aid management in the implementation and development of safety policies and programs that relate to the work they do. A good course and set of instructions for both construction and general industry applications of management level personnel.

The Statistics and Most Frequently Cited (8): This course helps develop an understanding of the statistics and Most Frequently Cited regulations that are used by OSHA to develop safety law. It allows the student to develop an understanding of these rules and common practices, and how best to apply them to their program development and site safety initiatives.

<u>COURSE NAME/TITLE</u>	<u>CLIENT</u>	<u>NON CLIENT</u>
<u>General & Hazard Awareness Courses</u>	<u>FEE</u>	<u>FEE</u>
Blood-borne Pathogens Course (4)	50	65
General Safety Awareness Courses (4, includes all Regulation Subparts)	50	65
Multi-Employer Sites (4)	50	65
HAZCOM "Right-To-Know" Awareness Course (4)	50	65
Material Storage: Construction (4)	50	65
Material Storage: General Industry (4)	50	65
The Site Inspection (4)	50	65
The JSA (Job Task Analysis) (4)	50	65
Arc Flash Safety Awareness Course (4)	50	65

Hazard Awareness and other OSHA related courses teach fundamental skills necessary required to identify workplace hazards, and how the Construction and General Industry Regulations apply to hazards when identified.