

HRH Safety & Health Systems Instructor Led Training Rates

Courses are categorized (Outreach/Certifications, Competency, Administrative, etc.) with base rate training fees shown. **All fees are negotiable based on class size, location of training, time & days requested, training requested in Spanish, etc.**

Course duration in hours shown in parenthesis ()

<u>COURSE NAME/TOPIC</u>	<u>FEE</u>
<u>Outreach Training / Certifications</u>	<i>Fees do not include expenses associated with non-local travel related training</i>
OSHA 30 Hour Construction (min. 4 days)	495
OSHA 30 Hour General Industry (min. 4 days)	510
OSHA 10 Hour Construction (min. 2 days)	210
OSHA 10 Hour General Industry (min. 2 days)	225
JEA Safety Orientation	75
EM 385-1-1 (min. 5 days)	625
HAZWOPER 40 (and other related courses)	725
“Defensive Driver Course” (8)	145
Fork-Lift Safety Certification and Training (4)	75
Aerial Lift Safety Certification and Training (5)	75
Scissor Lift Safety Certification and Training (5)	75
First Aid/CPR (4)	65

<p align="center"><u>COURSE NAME/TOPIC</u></p> <p align="center"><i>Competency/Qualified & Other Courses</i></p> <p align="center"><i>* (For “Competency” Courses, regardless of the level of instruction received, <u>only the employer can designate Competent Persons</u> as required by OSHA)</i></p>	<p align="center"><u>FEE</u></p> <p align="center"><i>Fees do not include expenses associated with non-local travel related training</i></p>
*Fall Protection Competency Course (8)	135
*Excavation and Trenching Competency Course (8)	135
*Scaffold Safety Competency Course (8)	135
*Confined Space Competency Course (8)	135
*Steel Erection Competency Course (8)	135
*Electrical Safety in Construction (8)	135
Crane Rigger Qualification (8)	185
Crane Signalperson Qualification (8)	185
Lock-Out/Tag-Out Safety CFR1910 (8)	135
NFPA 70 & Arc Flash Safety in Construction (8)	135
NFPA 70 & Arc Flash Safety in General Industry (8)	135
General Industry Fire Protection and Prevention (8)	135
Construction Fire Protection and Prevention (8)	135
Construction “Hot-Work” Site Safety (8)	135

<u>COURSE NAME/TOPIC</u>	<u>FEE</u>
<u><i>Administrative & other General Courses</i></u>	<i>Fees do not include expenses associated with non-local travel related training</i>
Safety Programs (8)	110
Company Recordkeeping and OSHA (8)	110
HAZCOM Program Development (8)	110
HAZCOM (Right to Know) / Globally Harmonized System (3)	60
General Safety Awareness (Individual CFR Subparts) (4)	65

Course Descriptions

OSHA 30 Hour Construction (instructional hours - 30):

A comprehensive OSHA recognized course that meets the mandated criteria outlined in OSHA's Outreach Training Program Construction Industry Procedures. This training is ideal for all construction workers, especially project managers and superintendents. In accordance with OSHA's expectations, the training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards. Each student who successfully completes the training will receive a completion card issued by the U.S. Department of Labor.

Mandatory Topics consist of:

- *Introduction to OSHA*
- *Managing Safety & Health*
- *OSHA Focus Four Hazards*
 - *Fall Hazards*
 - *Electrocution Hazards*
 - *Caught-In or Between Hazards*
 - *Struck-By Hazards*
- *Personal Protective Equipment (PPE) & Life Saving Equipment*
- *Health Hazards in Construction*
- *Stairways and Ladders*

Elective Topics must include at least 6 from the list below:

- Concrete and Masonry Construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators, & Conveyors
- Ergonomics
- Excavations
- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades
- Powered Industrial Vehicles
- Safety and Health Programs
- Scaffolds
- Steel Erection
- Tools - Hand and Power
- Welding and Cutting

Optional Topics are permitted to the extent outlined under OSHA Procedure Guidelines.

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, a Student 30 Hour Course Handbook, and applicable worksheets and handouts.

OSHA 30 Hour General Industry (instructional hours - 30):

A comprehensive OSHA recognized course that meets the mandated criteria outlined in OSHA's Outreach Training Program General Industry Procedures. This training is ideal for all general industry workers, especially project and plant facility managers and superintendents. In accordance with OSHA's expectations, the training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards. Each student who successfully completes the training will receive a completion card issued by the U.S. Department of Labor.

Mandatory Topics consist of:

- Managing Safety & Health
- Introduction to OSHA
- Walking and Working Surfaces, including fall protection.
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and
- Fire Protection
- Electrical
- Personal Protective Equipment (PPE)

- *Materials Handling*
- *Hazard Communication*

Elective Topics must include at least 5 from the list below:

- *Hazardous Materials (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations)*
- *Permit-Required Confined Spaces*
- *Lockout / Tagout*
- *Machine Guarding*
- *Welding, Cutting, and Brazing*
- *Introduction to Industrial Hygiene*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Fall Protection*
- *Safety and Health Programs*
- *Powered Industrial Vehicles*

Optional Topics are permitted to the extent outlined under OSHA Procedure Guidelines.

Class participation includes team studies and activities, assigned after-hour work, and student creative participation. Course materials include: 29 CFR, Part 1910 OSHA General Industry Regulations, a Student 30 Hour Course Handbook, and applicable worksheets and handouts.

OSHA 10 Hour Construction Industry (instructional hours - 10):

A comprehensive OSHA recognized course that meets the mandated criteria outlined in OSHA's Outreach Training Program Construction Industry Procedures. This training is ideal for all construction workers and new hires, as well as project managers and superintendents. In accordance with OSHA's expectations, the training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards. Each student who successfully completes the training will receive a completion card issued by the U.S. Department of Labor.

Mandatory Topics consist of:

- *Introduction to OSHA*
- *OSHA Focus Four Hazards*
 - *Fall Hazards*
 - *Electrocution Hazards*
 - *Caught-In or Between Hazards*
 - *Struck-By Hazards*
- *Personal Protective Equipment (PPE) & Life Saving Equipment*
- *Health Hazards in Construction*

Elective Topics must include at least 2 from the list below:

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

Optional Topics are permitted to the extent outlined under OSHA Procedure Guidelines.

Class participation includes team studies and activities, assigned after-hour work, and student creative participation.

OSHA 10 Hour General Industry (instructional hours - 10):

A comprehensive OSHA recognized course that meets the mandated criteria outlined in OSHA's Outreach Training Program General Industry Procedures. This training is ideal for all general industry workers and new hires, project and plant facility managers and superintendents. In accordance with OSHA's expectations, the training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards. Each student who successfully completes the training will receive a completion card issued by the U.S. Department of Labor.

Mandatory Topics consist of:

- *Walking and Working Surfaces, including Fall Protection*
- *Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection*
- *Electrical*
- *Personal Protective Equipment*
- *Hazard Communication*

Elective Topics must include at least 2 from the list below:

- *Hazardous Materials*
- *Materials Handling*
- *Machine Guarding*
- *Introduction to Industrial Hygiene*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Safety and Health Program*
- *Fall Protection*

Optional Topics are permitted to the extent outlined under OSHA Procedure Guidelines.

Class participation includes team studies and activities, assigned after-hour work, and student creative participation.

JEA Safety Orientation (instructional hours - 2):

Designed to provide workers Jacksonville Electric Authority (JEA) safety orientation required to work on JEA projects. (Participants must already have completed an OSHA 10 or 30 Hour Construction course).

EM 383-1-1 (USACE) Safety (instructional hours – 5 days):

40 hour ‘Construction Safety Awareness’ Course to Prepare Contractors and their employees for Federal Projects where EM 385-1-1 Regulations are enforced! Instructor is a qualified ex-NAVFAC Safety Manager.

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).

Fleet Operators Defensive Driver Course (instructional hours - 8):

A standardized Defensive Driving Course that works well for fleet vehicle required drivers and clients. It is a 5 step course that presents a proven form of defensive driving techniques.

First Aid/CPR Course (instructional hours – 3-4):

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 a First Aid/CPF Handbook and Course Completion Training Cards.

Fall Protection Competency Course (instructional hours – 8):

An ideal course designed for construction supervisory employees who are responsible for the safety and health of their ‘direct report’ employees in the field. The training provides a thorough instruction geared toward an in depth understanding and comprehension of the use and application of Subpart M of 29 CFR, Part 1926, and is designed to give the participant more “competency” with respect to fall hazard identification and avoidance. Course topics 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*

Course materials include: Student Fall Protection Course Handbook, Course ‘Competency’ Training Card, and Student Course Completion Certificate.

Excavation & Trenching Competency Course (instructional hours – 8):

An in-depth course designed to provide ‘competency level’ instruction for both supervisory and non-supervisory employees in the content and application of Subpart P of 29 CFR, Part 1926. Ideal for those engaged in construction activities that involve digging, excavating, shoring, and the operation of equipment for such activities. Course topics include but are not limited to:

- *General Requirements*
- *Hazard Identification*
- *Cave-in Protection Systems*
- *Anatomy of a Cave-in*
- *Soil Classification*
- *Relevant Confined Space Requirements*
- *Excavation and Trenching Equipment/Operator Requirements*

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 (instructional hours – 8)

An ideal ‘competency level’ course 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 topics include but are not limited to:

- *General Requirements and Hazard Identification*
- *Criteria and Regulations for the Erection, use and Dismantling of Supported and Suspended Scaffold Systems*
- *Types of Scaffolds*
- *Scaffold Tagging and Marking Programs*
- *Multi-employer use Programs and Development*
- *Mobile Scaffolds and Specific Requirements*
- *Stilts and Specific Requirements*

The course is designed and instructed with three main applicable approaches: 1. Identification and correction 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 scaffolds and specific pros and cons each. Course materials include a Student Scaffold Competency Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

Confined Space Competency Course (instructional; hours – 8):

The course is designed to help students develop concepts, understanding and applications of the combined rules presented in 29 CFR, Part 1926 (Construction Industry Regulations) and 29 CFR, Part 1910 (General Industry Regulations) for confined space and permit required confined space programs. Course subjects include but are not limited to:

- *Requirements Related to Construction*
- *Development and Application of Programs*
- *Determination of Non-permit versus Permit Required Confined Space*
- *Atmospheric Testing Systems and Applications*
- *Competent vs. Qualified Persons*

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(s). Course materials include a Student Confined Space Competency Course Handbook, Course Competent Training Card, and Student Course Completion Certificate.

Steel Erection Competency Course (instructional hour – 8):

A 'competency level' course in steel erection regulations contained in 29 CFR, Part 1926 Subpart R.

Electrical Safety in Construction (instructional hours - 8):

A competency level course in electrical safety and 29 CFR, Part 1926 Subpart K.

The Respiratory Protection Program (instructional hours - 8):

Course is based on 29 CFR, Part 1910.134.

Construction “Hot-Work” Site Safety (instructional hours - 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.

Company Record-keeping and OSHA (instructional hours - 8):

Course is instructed relevant to the OSHA 300/300A Forms and 29 CFR, Part 1904.

HAZCOM Program Development (instructional hours - 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:

- 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*

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.
