Get your OSHA and EHS training from an authorized OSHA Education Center.

2015 OSHA & EHSM Courses
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Lead Training
To stay competitive, employees must be trained and re-trained more regularly than ever before. Midwest OSHA Education Centers provide high-quality professional safety and occupational health training. Our courses will provide you with the knowledge to meet the demands of working in the safety profession.

Whether your business is construction, health care, food service, manufacturing, hospitality or any other industry, creating and maintaining a safe work environment is a critical business concern. We are here to help you achieve that goal.

Our technical courses on high hazards occupational safety and environmental compliance topics will keep you and your employees in the know on the latest environmental health and safety standards.

OSHA Training Institute Education Center courses are approved for:

**American Board of Industrial Hygiene (ABIH)**
- Certified Industrial Hygienist (CIH)
- CIH certificate maintenance (CM) points

**Certified Safety Professionals (CSP)**
- CSP may earn continuance of certification (COC) points; OHSTs and CHSTs may earn certification maintenance (CM) points

**Workforce Investment Act (WIA)**
- WIA for displaced workers (Saint Louis University)

**Continuing Education Units (CEU)**
- CEU are available at all Centers

**Veterans Affairs (VA)**
- Contact your local VA representative for eligibility information

**OSHA #500 Trainer Course in OSHA Standards for Construction ($749)**

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, 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 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 and successfully pass a written exam at the end of the course. Minimum student contact hours: 26
OSHA #500 Trainer Course in OSHA Standards for Construction (cont.)

**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 the 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.

1/12/2015- 1/15/2015 Omaha, NE 7/13/2015-7/16/2015 Omaha, NE
1/27/2015- 1/30/2015 St. Louis, MO 7/21/2015-7/24/2015 St. Louis, MO
4/6/2015- 4/9/2015 Omaha, NE 10/12/2015-10/15/2015 Omaha, NE
5/19/2015- 5/22/2015 St. Louis, MO 11/17/2015-11/20/2015 St. Louis, MO

OSHA #501 Trainer Course in OSHA Standards for General Industry ($749)

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 safety and health work experience in general 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 the training. Authorized OSHA General Industry 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.

**NOTE:** Students who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam given at the end of the course and an oral presentation.

1/26/2015 - 1/29/2015 Omaha, NE 7/27/2015 - 7/30/2015 Omaha, NE
2/17/2015 - 2/20/2015 St. Louis, MO 8/18/2015 - 8/21/2015 St. Louis, MO
4/20/2015 - 4/23/2015 Omaha, NE 10/13/2015 - 10/16/2015 St. Louis, MO
4/21/2015 - 4/24/2015 St. Louis, MO 10/26/2015 - 10/29/2015 Omaha, NE
6/9/2015 - 6/12/2015 St. Louis, MO 12/14/2015 - 12/14/2015 Grandview Plaza, KS
OSHA #502 Update for Construction Industry Outreach Trainers ($575)

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.

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OSHA 503 – Update for General Industry Outreach Trainers ($575)

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- and 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.

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OSHA 510 – OSHA Standards for the Construction Industry ($749)

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 special emphasis on those areas in construction which are most hazardous. Upon course 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

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**OSHA 511 – OSHA Standards for General Industry ($749)**

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

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**OSHA 521 – OSHA Guide to Industrial Hygiene ($749)**

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 course 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

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**OSHA 2015 – Hazardous Materials ($749)**

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 course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials. Minimum student contact hours: 26

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OSHA 2045 – Machinery and Machine Guarding Standards ($749)

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


OSHA #2055 Cranes in Construction ($599)

This course covers the requirements for operation of cranes in the construction industry using the OSHA construction Cranes and Derricks Standard 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


OSHA 2225 – Respiratory Protection ($749)

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

2/24/2015 - 2/27/2015 Omaha, NE    5/12/2015 - 5/15/2015 St. Louis, MO
4/27/2015 - 4/30/2015 Grandview Plaza, KS  12/1/2015 - 12/14/2015 St. Louis, MO

OSHA #2255 Principles of Ergonomics (formerly OSHA #2250) ($599)

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 workplace-related musculoskeletal and nerve disorders, assess employer’s ergonomic programs, and conduct ergonomic evaluations. Minimum student contact hours: 18

1/28/2015 - 1/30/2015 Grandview Plaza, KS  9/14/2015 - 9/16/2015 Grandview Plaza, KS
6/1/2015 - 6/3/2015 St. Louis, MO    11/17/2015 - 11/19/2015 St. Louis, MO
7/8/2015 - 7/10/2015 Omaha, NE
OSHA 2264 – Permit-Required confined Space Entry ($599)

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined 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

8/31/2015 - 9/2/2015 Omaha, NE

OSHA #3015 Excavation, Trenching and Soil Mechanics (formerly OSHA #3010) ($599)

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

2/18/2015 - 2/20/2015 St. Louis, MO   9/30/2015 - 10/2/2015 St. Louis, MO
10/26/2015 - 10/28/2015 Omaha, NE

OSHA 3095 – Electrical Standards ($749)

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

6/16/2015 - 6/19/2015 St. Louis, MO   9/21/2015 - 9/24/2015 Grandview Plaza, KS
8/18/2015 - 8/21/2015 Omaha, NE   12/14/2015 - 12/17/2015 St. Louis, MO

OSHA #3115 Fall Protection (formerly OSHA #3110 Fall Arrest Systems) ($599)

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

3/2/2015 - 3/6/2015 Omaha, NE   9/14/2015 - 9/18/2015 Omaha, NE
2/2/2015 - 2/6/2015 Grandview Plaza, KS   8/10/2015 - 8/14/2015 St. Louis, MO

6
**OSHA 5400 – Trainer Course in OSHA Standards for the Maritime Industry ($749)**

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 Associate 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.

11/3/2015 - 11/6/2015   St. Louis, MO

**OSHA 5410 – OSHA Standards for the Maritime Industry ($899)**

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

8/24/2015 - 8/28/2015   St. Louis, MO

**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

7/7/2015 - 7/10/2015   Grandview Plaza, KS
OSHA #5810 - Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production ($749)

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

6/2/2015 - 6/5/2015  St. Louis, MO

OSHA 6000 – Collateral Duty Course for Federal Agencies ($749)

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

3/10/2015 - 3/13/2015  St. Louis, MO  9/29/2015 - 10/2/2015  St. Louis, MO

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: 65

Taught by Request

OSHA #7000 - OSHA Training Guidelines for Safe Patient Handling ($225)

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

1/26/2015 - 1/26/2015  St. Louis, MO  7/13/2015 - 7/13/2015  St. Louis, MO
OSHA 7005 – Public Warehousing and Storage ($225)

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

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OSHA 7100 – Introduction to Machinery and Machine Safeguarding ($125)

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

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OSHA 7105 – Evacuation and Emergency Planning ($125)

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

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OSHA 7110 – Safe Bolting Principles and Practices ($225)

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, pipelifters, 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

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Advance your career in the safety, health, environmental or risk management profession by earning a valuable credential. With an industry recognized certification, you can be prepared for a promotion, earn more money and show you are committed to your industry.

**Why become certified?**
- Increase your awareness of changing federal regulations
- Enhance your advancement opportunities
- Take the knowledge gained and implement it into your organization
- CEUs are available

**Career Certifications**

**SSH: Specialist in Safety & Health**
- This is a fundamental certificate program requiring just four (4) OSHA courses.
- You can choose from General Industry, Healthcare or Construction Industry career certification tracks.
- Complete the OSHA 510 or 511 OSHA Standards course and choose three (3) other courses from the list of available electives.
- Courses can be applied toward advanced level certifications (CSHO and SHEP).
- Transfer up to two required courses from any OSHA Training Institute Education Center outside of OSHA Region VII.

**CSHO: Certified Safety & Health Official**
- Requires six core OSHA courses and two elective courses.
- Nationally recognized professional safety & health certification.
- Transfer up to two required courses from any OSHA Training Institute Education Center outside of OSHA Region VII.
- You can choose from General Industry, Healthcare or Construction Industry career certification tracks.
- Courses can be applied toward advanced level certifications.

**SHEP: Safety, Health & Environmental Professional**
- Requires eight total courses including: five OSHA courses, two environmental courses and one risk management course.
- Course credits from SSH and CSHO apply toward SHEP course credit.
- Transfer up to six required courses from any OSHA Training Institute Education Center outside of OSHA Region VII.
Advance Your Career

**Public Sector Safety & Health Fundamentals Certificate Program (General Industry or Construction)**

The certificate programs are available in construction and general industry. Students can choose from a variety of courses, including occupational safety and health standards for construction or general industry, safety and health management, accident investigation, fall hazard awareness and recordkeeping. To earn a certificate, participants must complete a minimum of seven courses, consisting of three required courses and additional elective courses, totaling at least 68 credits.

The certificate program is administered by OSHA Training Institute Education Centers, which are non-profit organizations authorized by OSHA to deliver occupational safety and health training. All courses required to complete the program are available at OTI Education Centers nationwide. If you are interested in taking courses outside of OSHA Region VII, you can choose from a variety of courses, including occupational safety and health standards for construction or general industry, safety and health management, accident investigation, fall hazard awareness, and recordkeeping.

**Get Started**

There is a $75 application fee (for the SSH, CSHO, & SHEP) ($95 for the Public Sector) that does not have to be paid to start and there is no time limit to complete the programs, so get started today. Call the Region VII OSHA Training Institute in your area:

**Midwest OSHA Education Centers**

**National Safety Council**
Omaha, NE
www.SafeNebraska.org
hwatts@safenebraska.org
402-898-7341 or 1-800-592-9004, ext 341

**Saint Louis University**
St. Louis, MO
ceet.slu.edu
CEET_Info@slu.edu
314-977-8256

**Barton Community College**
Grandview Plaza, KS
www.bartonsafety.com
eavesj@bartonccc.edu
1-855-509-3376 or 785-238-8550
OSHA 7115 – Lockout/Tagout ($225)

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 have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy. Minimum student contact hours: 7.5

2/9/2015 - 2/9/2015   St. Louis, MO 12/1/2015 - 12/1/2015   Omaha, NE
5/18/2015 - 5/18/2015   St. Louis, MO 12/7/2015 - 12/7/2015   St. Louis, MO
9/14/2015 - 9/14/2015   St. Louis, MO

OSHA #7120 - Introduction to Combustible Dust Hazards ($375)

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

Taught by Request

OSHA 7125 – Introduction to Combustible Dust Hazards ($225)

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

5/12/2015 - 5/12/2015   St. Louis, MO 9/28/2015 - 9/28/2015   St. Louis, MO

OSHA 7200 – Bloodborne Pathogen Exposure Control for Healthcare Facilities ($225)

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

2/16/2015 - 2/16/2015   St. Louis, MO 8/18/2015 - 8/18/2015   St. Louis, MO
5/26/2015 - 5/26/2015   St. Louis, MO 12/14/2015 - 12/14/2015   St. Louis, MO
### OSHA 7205 – Health Hazard Awareness ($225)

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

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### OSHA 7210 – Pandemic Influenza Preparedness ($225)

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

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### OSHA 7300 – OSHA's Permit-Required Confined Space Standard ($225)

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

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### OSHA 7400 – Noise Hazards in the Construction Industry ($225)

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

Taught by Request
OSHA 7405 – Fall Hazard Awareness for the Construction Industry ($225)

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

2/10/2015 - 2/10/2015  St. Louis, MO  11/10/2015 - 11/10/2015  St. Louis, MO
8/20/2015 - 8/20/2015  St. Louis, MO

OSHA 7410 – Managing Excavation Hazards ($225)

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

3/10/2015 - 3/10/2015  Omaha, NE  8/10/2015 - 8/10/2015  St. Louis, MO
3/17/2015 - 3/17/2015  St. Louis, MO  11/12/2015 - 11/12/2015  Omaha, NE

OSHA #7415 Construction Industry Hazards and Prevention Strategies ($399)

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

4/6/2015 - 4/7/2015  St. Louis, MO

OSHA 7500 – Introduction to Safety and Health Management ($225) One-day course

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

5/26/2015 - 5/26/2015  St. Louis, MO
OSHA 7505 – Introduction to Accident Investigation ($225)
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

5/6/2015 - 5/6/2015  Omaha, NE  10/12/2015 - 10/12/2015  St. Louis, MO

OSHA 7510 – Introduction to OSHA for Small Business ($125)
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

2/16/2015 - 2/16/2015  St. Louis, MO  8/7/2015 - 8/7/2015  St. Louis, MO
5/19/2015 - 5/19/2015  St. Louis, MO  10/19/2015 - 10/19/2015  St. Louis, MO
6/29/2015 - 6/29/2015  Omaha, NE

OSHA 7845 – Recordkeeping Rule Seminar ($125)
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 Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report. Minimum student contact hours: 4

1/20/2015 - 1/20/2015  St. Louis, MO  7/20/2015 - 7/20/2015  St. Louis, MO
4/13/2015 - 4/13/2015  St. Louis, MO  10/19/2015 -10/19/2015 St. Louis, MO

RMSM 6010 – Safety, Health and Environmental Risk Management Principles ($649)
This course provides students whose careers have focused on particular segments of risk management a more global picture of risk identification and control. The course will use breakout sessions to work on risk management problems, class discussion and instructor resources. The course will provide an overview of risk management and its application for companies, identifying the cost of risk, prioritizing, managing and controlling risk, and enhancing the student’s knowledge of risk transfer tools such as contracts, insurance and self-funding.

Taught by Request
EHSM 6036 – Introduction to Environmental Compliance and Management ($749)

This course provides a comprehensive overview of EPA and other environmental regulations and guidelines. Subject areas included in this course are EPA history, specific regulations regarding surface water, air, drinking water, pollution prevention, hazardous waste, Superfund and Community- Right-To-Know.

Taught by Request

EHSM 7900 HAZWOPER 24 hour

This is an excellent source of initial off-site hazardous waste operations and emergency response training for non-routine site workers and emergency responders. During this course, the groundwork is established for future site-specific training needed by employees. Topics include: properties of hazardous substance, hazard recognition and risk assessment, selection and use of personal protection equipment, site evaluation, monitoring and safe work practices, incident command and emergency response and decontamination methods, procedures and more.

2/2/2015 - 2/4/2015 Omaha, NE 8/10/2015 - 8/12/2015 Omaha, NE
2/2/2015 - 2/4/2015 St. Louis, MO 8/10/2015 - 8/12/2015 St. Louis, MO
4/6/2015 - 4/8/2015 Omaha, NE 10/5/2015 - 10/7/2015 St. Louis, MO
6/15/2015 - 6/17/2015 St. Louis, MO 12/7/2015 - 12/9/2015 St. Louis, MO

EHSM 7901 HAZWOPER 40 Hour

This comprehensive training is recommended for those who have a potential for hazardous substance exposure while performing required duties. It meets off-site training requirements for general site workers and RCRA operations site workers. Emergency response personnel and other hazardous materials workers will find this course extremely valuable for initial training. Topics include: properties of hazardous substances, hazardous recognition and incident prevention, selection, use and care of personal protective equipment, site safety and health responsibilities, plans and procedures, emergency response planning and spill containment, decontamination methods and procedures, safe work practices and more. Hands-on experience is an essential part of the course. Students have the option of using an SCBA/Respiratory protection equipment during the hands-on portion of the course. Use of SCBA/Respiratory protection equipment requires medical approval to wear a respirator.

2/2/2015 - 2/6/2015 Grandview Plaza, KS 8/10/2015 - 8/14/2015 St. Louis, MO
3/2/2015 - 3/6/2015 Omaha, NE 9/14/2015 - 9/18/2015 Omaha, NE
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6/15/2015 - 6/19/2015 St. Louis, MO 12/7/2015 - 12/11/2015 St. Louis, MO

EHSM 7930 – Environmental Air Regulations – 8 hrs. ($225)

This course provides an overview of EPA regulations for the Clean Air Act (CAA), Toxic Substance and Control Act (TSCA), National Environmental Protection Act (NEPA) and Federal Insecticide, Fungicide and Rodenticide Act (FIFRA). Subject areas included in this course are EPA history and specific regulations regarding air and pesticides.

Taught by Request
EHSM 7902 HAZWOPER Refresher, one day course.

Prerequisite: HAZWOPER 24- or 40-hour

OSHA requires HAZWOPER trained personnel to receive at least eight hours refresher training annually. This training provides information updates, skills improvement and hands-on exercises.

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This course provides an overview of the Resource Conservation and Recovery Act (RCRA). Includes hazardous waste identification, on-site waste management options, land disposal restrictions, hazardous waste manifests, universal wastes, and generator status. This course meets the requirements for the annual refresher.

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EHSM 7932 – Environmental Water Regulations – 8 hrs. ($225)

This course provides an overview of the EPA regulations related to the Clean Water Act (CWA), Safe Drinking Water Act (SDWA) and the Endangered Species Act (ESA)

Taught by Request

EHSM 7940 – Shipping, Handling and Storage of Hazardous Substances (DOT – Air)

This intensive course covers procedures for safe handling, storing and preparing hazardous substances for shipment by air as required by the International Civil Aviation Organization. Students will receive up to date, hands-on instruction in requirements for domestic and international shipments, classifications according to the dangerous goods table, and packing and labeling specifications. Students will also learn the critical competencies required for properly responding to hazardous substance emergencies.

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EHSM 7941 Shipping, Handling and Storage of Hazardous Substances (DOT–Ground)

This intensive course covers procedures for safe handling, storing and preparing hazardous substances for shipment by ground as required by applicable Department of Transportation regulations. Students will receive up-to-date, hands-on instruction in using reference materials, labeling and preparing materials for shipment. Students will also learn the critical competencies required for properly responding to hazardous substance emergencies.

1/14/2015 - 1/14/2015 Omaha, NE 6/1/2015 - 6/1/2015 St. Louis, MO
2/9/2015 - 2/9/2015 St. Louis, MO 9/9/2015 - 9/9/2015 Omaha, NE
5/7/2015 - 5/7/2015 Omaha, NE 9/28/2015 - 9/28/2015 St. Louis, MO

EHSM 7950 Powered Industrial Truck – Train the Trainer – 4 hrs. ($179)

This seminar will discuss basic training techniques, the OSHA requirements for powered industrial truck training and methods to present this training to powered industrial truck operators.

1/22/2015 - 1/22/2015 Omaha, NE 7/23/2015 - 7/23/2015 Omaha, NE
4/2/2015 - 4/2/2015 Omaha, NE 10/1/2015 - 10/1/2015 Omaha, NE

EHSM 7983-Global Harmonization System (GHS) – 4 Hours

1/8/2015 - 1/8/2015 Omaha, NE 7/22/2015 - 7/22/2015 Omaha, NE
4/15/2015 - 4/15/2015 Omaha, NE 10/15/2015 - 10/15/2015 Omaha, NE

Taught at Barton by request

CEET 210 EHMM – Essentials of Hazardous Materials Management ($595)

This course is conducted in association with the Saint Louis Gateway Association of Hazardous Materials Managers. It is an intensive three-day overview of the principles and concepts relating to the management of hazardous materials. Arrangements for the CHMM examination should be through the Institute of Hazardous Materials Management at: www.ihmm.org.

Topics Include:
Regulation Review: (RCRA, CERCLA, SARA, TSCA, FIFOA, EPCRA, OSHA, HAZCOM, HAZWOPER, NEPA, CWA, SDWA, CAA), Industrial Toxicology, Industrial Hygiene, Radiation, Lead, PCBs, Chemistry of Hazardous Materials, Sampling and Emergency Response,

Qualified participants may sit for the CHMM examination following the course; registration must be made at least six weeks in advance the examination. This course can also be used for continuing education requirements.

10/14/2015 - 10/16/2015 St. Louis, MO

Lead Training

Lead training is available through Saint Louis University's Center for Environmental Education and Training. Saint Louis University is accredited by authorities in Missouri and Illinois, and the US Environmental Protection Agency.

For information on these training opportunities, please contact Saint Louis University directly at 314-977-8256, or at ceet.slu.edu.
Notes
Students must successfully complete the OSHA #511 Trainer Course in OSHA Standards for Construction ($749) 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 are required to attend OSHA #502 Trainers Update for Construction Industry Outreach in the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA General Industry Outreach Training Program trainers are required to attend OSHA #503 Trainers Update for General Industry Outreach at least once every four (4) years to maintain their trainer status.
To register for courses with Saint Louis University:
314-977-8256
ceet.slu.edu
CEET_Info@slu.edu

To register for courses with Barton Community College:
Grandview Plaza, KS
785-238-8550
eavesj@bartonccc.edu
www.bartonsafety.com

To register for courses with National Safety Council:
402-898-7341 or 1-800-592-9004
hwatts@safenebraska.org
www.SafeNebraska.org