

Training Topics

Topic	Focus	Contact time
Accident Prevention	Hazard recognition and avoiding accidents to prevent injuries, illnesses, and deaths, minimize property damage and financial loss, and improve overall safety and productivity by identifying and mitigating hazards	1hr+
Aerial Lifts (MEWP)	Safely operating aerial work platforms	1hr
Behavior Based Safety	The psychology of safety. BBS emphasizes the actions and decisions of employees, rather than solely focusing on equipment or procedures.	
Bloodborne Pathogens	OSHA's Bloodborne Pathogens standard prescribes safeguards to protect workers against the health hazards from exposure to blood and other potentially infectious materials, and to reduce their risk from this exposure. Implementation of this standard not only will prevent hepatitis B cases, but also will significantly reduce the risk of workers contracting AIDS, Hepatitis C, or other bloodborne diseases	2hr
Caught In or Between	Hazard awareness. Caught-in and caught-between injuries result when a worker gets squeezed, caught, crushed, pinched, or compressed between two or more objects or parts of an object. They are one of the "Focus Four Construction Hazards," along with falls, electrocution, and struck-by accidents. These four hazards represent the most dangerous types of construction site accidents, and contribute most to fatal injuries.	1hr
Communication	Understanding how communication happens. One of the quickest ways to alienate yourself from other people is to communicate unsuccessfully.	1hr

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Confined Space	Confined spaces present very special work requirements and preparations. Safety incidents involving confined spaces may result in fatalities; many have multiple serious injuries.	4hrs
Defensive Driving	Defensive and distracted driving. More than 35,000 people die in crashes every year on U.S. roads. Many of those deaths are the result of incidents that take place during the workday or during the commute to-and-from work. More than 90% of crashes are the result of driver error and, therefore, are preventable.	2-4hr
Electrical Hazards	Understanding electrical hazards. Electricity has become such an integral part of our society that it often is taken for granted. Yet, electricity remains a very dangerous hazard for people working on or near it. Many electrical circuits do not directly pose serious shock or burn hazards by themselves. However, many of these circuits are found adjacent to circuits with potentially lethal levels of energy. Even a minor shock can cause a worker to rebound into a lethal circuit or cause the worker to drop a tool into the circuit. Involuntary reaction to a shock might also result in bruises, bone fractures, and even death from collisions or falls.	1-2hr
Fall Protection	Aspects of fall protection. OSHA has revised its safety standards [Title 29 Code of Federal Regulations, Subpart M, Fall Protection, 1926.500(a), 1926.501, 1926.502, and 1926.503] and developed systems and procedures designed to prevent employees from falling off, onto, or through working levels and to protect employees from being struck by falling objects (Federal Register, August 9, 1994, pp. 40672-40753). The performance-oriented requirements make it easier for employers to provide the necessary protection.	2hrs

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Fork Lift	Fixed mast and rough terrain fork lift operator.	2-4hr
Fire Prevention and Protection	Fire prevention aims to reduce fire hazards and prevent fires from starting, while fire protection focuses on mitigating the impact of fires, including detecting, alerting, and extinguishing them to protect lives and property.	1-2hr
Hazard Communication	What does “right to know” mean? To ensure that employers and employees know about work hazards and how to protect themselves so that the incidence of illnesses and injuries due to hazardous chemicals is reduced.	4hrs
Hearing Conservation	Protecting your hearing.	1hr
Heat Exposure	Hazards of working in heat. Heat exposure can lead to serious workplace accidents and illnesses, including heat stroke and death, particularly for workers in hot environments or those performing strenuous activities. To mitigate risks, employers should implement heat action plans, monitor temperatures, educate employees, and establish emergency response procedures.	1-2hr
Job Hazard Analysis	Hazard identification and avoidance. A systematic process for identifying and evaluating potential hazards or risks associated with a specific job or task, aiming to prevent injuries and illnesses by implementing controls and safe work practices.	2-4hr
Lock Out Tag Out	Control if hazardous energy. Working on de energized equipment.	1hr
Material Handling	Storage and handling of material.	1hr
Mobile Equipment Work Platforms	Working from mobile equipment work platforms and boom lifts.	1-2hr
OSHA's Focus Four	What are the 4 most sided categories? OSHA's "Focus Four" hazards in the construction industry are falls, struck-by incidents, caught-in/between incidents, and electrocution. These hazards are responsible for a significant portion of construction worker fatalities and injuries.	4hr

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Personal Protective Equipment	Selection. Use and care of PPE. OSHA requires employees to protect their employees from workplace hazards through the use of engineering or work practice controls. When these controls are not feasible or do not provide sufficient protection, the use of personal protective equipment (PPE) is required.	1-2hrs
Qualified Rigger	Qualified rigger one. Qualified Rigger – adds requirements that employers must use a qualified rigger for rigging operations during assembly/disassembly and other activities when workers must be in the fall zone to handle a load. (§1926.1404 and § 1926.1425)	4hrs
Safety Culture	How to cultivate a culture of safety? How to cultivate a culture of safety? What is a safety culture? A safety culture is an organizational culture that places a high level of importance on safety beliefs, values and attitudes—and these are shared by the majority of people within the company or workplace. It can be characterized as 'the way we do things around here'.	2-4hrs
Scaffolding	Safely working on scaffolds. Scaffolding, also called scaffold or staging,[2] is a temporary structure used to support a work crew and materials to aid in the construction, maintenance and repair of buildings, bridges and all other human-made structures.	1-2hrs
Signal Person	Crane signal person. Whoever is in charge of any crane or hoist operations (Contractor, Forman, Superintendent) using any crane or hoist must ensure that a fully competent, qualified and experienced signal person is assigned to work with the crane for as long as it is working within their area of responsibility.	4hrs

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Respirable Crystalline Silica	Osha's requirements for working with or around silica. The employer shall include respirable crystalline silica in the program established to comply with the hazard communication standard (HCS) (29 CFR 1910.1200). The employer shall ensure that each employee has access to labels on containers of crystalline silica and safety data sheets, and is trained in accordance with the provisions of HCS and paragraph (j)(3) of this section.	2-4hrs
Stairways and Ladders	Safely working on stairways and ladders. Stairways and ladders are significant sources of workplace injuries and fatalities, with falls being the leading cause.	2-4hrs
Struck By Hazards	Recognizing struck by hazards. "Struck-by" accidents, a leading cause of death and injury in construction and other industries, occur when a worker is hit by a moving, falling, swinging, or rolling object. These incidents can range from minor injuries to fatalities, and proper training and prevention measures are crucial.	1hr
Tool Safety	Proper selection use and care of hand and power tools.	1-2hrs
Trenching Excavation	Subpart P Lesson Overview Role of Competent Person Excavation Hazards Protection from Cave-ins Protection from other Excavation Hazards Employer Requirements	4hrs
Unsafe Conditions / Unsafe Acts	What is the difference between an unsafe act and an unsafe condition?	

These are only some of topics I have conducted training on. Other topics are and can be available upon request.