



Training Courses Available:

Accident Investigation:

Even the best Accident Prevention Program cannot eliminate every accident. However, something can be learned from each incident so it does not happen again. This session is designed to help you learn how to investigate accidents in your workplace and how to use that information to prevent similar accidents in the future.



Bloodborne Pathogens Basic Training:

This training is for employers whose workers may be exposed to blood and other fluids, e.g. by helping injured co-workers, giving first aid or cleaning up after an injury, etc. Learn how to create an exposure control plan, required personal protective equipment, and post-exposure procedures. This course includes a hands-on exercise.

Bloodborne Pathogens Compliance Update:

Come up to speed with OSHA's bloodborne pathogens standard, renewed emphasis on engineering controls and sharps injury logging. This training is for employers with employees exposed to blood and body fluids on the job, e.g. healthcare, security, first-aid, and funeral homes, that have existing bloodborne pathogens exposure control programs.

Chemical Hazard Communication:



Learn how to identify hazardous chemicals that are used in the workplace. The training includes the requirements of OSHA's Hazard Communication Standard, written program requirements, Material Safety Data Sheets (MSDS), chemical labeling, and employee training. A training exercise on how to read a MSDS is also provided.

Confined Space Identification:

Learn how to identify confined spaces, the hazards associated with confined spaces, how to develop safe entry procedures and confined space entry program. This course includes a workshop to assess and characterize typical confined spaces found in the workplace and provides a written guide to satisfying the OSHA standard requirements (Employer Guide and Model Permit-Required Confined Space Entry Plan).

Developing an Accident Prevention Program:

This course will help you develop and maintain a successful safety and health program. Learn the elements needed to achieve an effective program. Sample guides will be provided to assist you with this task.

Emergency Evacuation:

Learn how to provide your employees with the information they need to react in a positive manner to an emergency at your workplace. Attendees will receive sample programs, information about proper evacuation procedures, instructions on the OSHA standard, and how to conduct workplace evacuations.



Ergonomics for Manufacturing and Construction:

Common repetitive industrial tasks can cause expensive and debilitating injuries and musculoskeletal disorders. Learn how to identify risk factors and prevent injuries with common-sense fixes for common problems, including, lifting, reaching, bending and repetitive motion.

Excavation and Trenching:

Numerous fatalities and injuries occur to workers each year in excavation and trenching accidents. To better protect workers, this course is being offered to those engaged in excavation and trenching activities. The course will include definitions, hazards associated with these activities, preplanning, protective systems, methods of soil analysis, and real life case histories. Are you a competent person? Are you sure? Attend this class and find out.

Fall Protection:



Falls from elevations are a major cause of fatalities in the construction industry. This course helps to identify common risk factors, the requirements of the OSHA standards, and recommended general approaches to prevent these accidents. Types of fall protection and their usage are explained. OSHA updates are provided.



Heavy Equipment Operation:

This awareness level training covers various safety concerns for employees both operating as well as working around heavy equipment. Although it is no substitute for "Hands-On" and "Seat-Time" training, this module does encompass the hazards associated with working around heavy equipment, current OSHA regulations, as well as safe operations and maintenance concerns.



Hexavalent Chrome:

"Hex Chrome" is a toxic form of chromium used in many industrial applications, primarily for its anti-corrosive properties. It creates an air hazard during certain hot-work processes, such as welding. This course will provide an overview of the Cr(VI) standard and a discussion of effective control measures.

Hospitality and Tourism Safety:

This training has been specifically developed to address the hazards commonly found in the hospitality and tourism industries, such as hotels/motels, restaurants, fast-food establishments, resorts, amusement parks, wineries, etc. Employers, supervisors, workers, and teens starting their first jobs can benefit from this seminar. You will learn how to identify and protect against many of the common hazards that cause injuries, e.g., slips/trips/falls, burns/cuts, electrical, back injuries, chemicals, fire hazards, etc.

Job Hazard Analysis:

Identify, then eliminate or reduce, workplace hazards before they injure your workers. Learn how to break tasks down into their component parts, determine what can go wrong at each step, and take action to prevent problems before they happen. This course is intended for safety officers, safety committee members, in-house inspection teams, and managers or supervisors with safety and health responsibilities. This course is a must for effective injury prevention.

Kitchen Safety:



This training has been specifically developed to address the hazards commonly found in the restaurant, culinary arts, catering and food service industries. Employers, supervisors, workers and

teens starting their first job can benefit from this seminar. You will learn how to identify and protect against many of the common hazards that cause injuries in commercial kitchens, large and small. Injuries from burns, cuts, chemical exposure, slips, trips and falls and many more safety hazards will be discussed.

Lead in Construction:

Learn how to identify sources of lead exposure in the construction/demolition industry; health effects of lead exposure and how to comply with OSHA's Lead in Construction standard.

Lockout/Tagout (Control of Hazardous Energy):

This course is for all employers who have workers who perform servicing and/or maintenance on machinery or equipment and who are exposed to the unexpected energizing, start-up or release of hazardous energy. Energy sources include electricity, steam, hydraulic, pneumatic, mechanical, chemical, and thermal. Learn how to establish a Lockout/Tagout Program consisting of energy control procedures, employee training, and inspection procedures in order to protect workers from serious injury and death.



Machine Guarding:

This course addresses mechanical hazards, safeguards, altering safeguards, types of guards and devices and how they work. The instructor will discuss troubleshooting your machines and common "bad practices."

Molds and Fungi in Buildings:

Molds, mildews, and fungi growing in and around buildings can create numerous health problems for building occupants as well as personnel working in construction, demolition, and maintenance. Learn about different kinds of growths, how they look, where they can be found, how they affect health and well-being, and how they can be controlled.

Noise in the Workplace:



Learn the health effects of industrial noise on hearing and some methods to control noise exposure. Learn how to establish a hearing conservation program that meets the OSHA Standard. Topics include noise monitoring equipment, exposure monitoring, hearing protectors, and audiometric testing.



Nursing Home and Long-Term Care Related Ergonomics:



Many nursing home residents are dependent on staff members to provide assistance in the activities of daily living such as dressing, bathing, feeding, and toileting. These activities involve resident handling or transferring that could result in injuries to employees, increased insurance rates, workers' compensation costs, increased sick days, staffing shortages, and low morale. Topics including workplace analysis, hazard prevention and control, and employee training are presented to help employers identify and address ergonomic hazards in the nursing home environment.

Office Ergonomics:

Office work, traditionally seen as "safe," can cause painful and expensive injuries and musculoskeletal disorders. Learn how to identify risk factors and prevent injuries with common-sense fixes for common problems, including computer workstation design.

OSHA's Recordkeeping Rule:

This course is for companies required to keep records of occupational illnesses and injuries for OSHA compliance. Attendees will receive the 300, 300A and 301 forms. You will learn how to determine what injuries are recordable and reportable per the rule and learn how to properly complete the recordkeeping forms and avoid over-reporting of incidents.

Pandemic Preparation:

How do you plan to keep your business up and running in the event of a flu pandemic? All employers, including small businesses, are advised to prepare now for the anticipated worldwide outbreak of a virulent form of bird flu that can spread quickly among humans. Learn how classic and creative control measures can help keep both your employees and your business healthy.



Personal Protective Equipment:

Training includes an introduction to the various types of Personal Protective Equipment (PPE), such as eye protection, gloves, respirators, etc. Students will learn how to do a job

assessment for PPE, including documentation. The course presents OSHA standards requirements, and evaluating the purposes, use, care and limitations of various PPE.

Powered Industrial Trucks:

Each year numerous powered industrial truck accidents occur in the workplace resulting in injuries, property damage and, sometimes, death. This course includes the OSHA requirements for operating forklifts, and other powered industrial trucks, the fundamentals of forklift operations, and daily checklists.



Preventing Slips, Trips and Falls:

A review of many injury and illness logs often reveal a variety of slips, trips or falls that result in lost time or restricted work injuries. Help lower your Lost Work Day Rate by understanding the nature of these incidents and some simple measures you can take to eliminate them.

Preventing Workplace Violence:

This course is designed to help you identify methods and strategies to address the prevention of workplace violence. A discussion will be held on what steps you need to take to help prevent workplace violence situations.

Respiratory Protection:

What is respiratory protection and how does it actually work? Learn how to develop an effective respiratory protection program for voluntary and mandatory respirator uses. The elements of an effective respiratory protection program, such as workplace evaluations, medical evaluation, respirator fit testing, change-out schedules and training requirements will be discussed.

Scaffolding:

Do you know the highlights of the Scaffolding Standard? When is a competent person required; and what makes someone the competent person? This session is designed to help you understand the requirements of this standard, including the fall protection requirements, training requirements, as well as the role of the competent person. You will hear about the criteria for different types of scaffolding, use of outriggers, proper access, and proper planning.



Silica:

Silica, a mineral commonly found in construction, demolition, abrasive blasting, foundries, casting, or manufacturing ceramics, can cause crippling and ultimately fatal lung disease. This class addresses the development of the disease, strategies for reducing exposures, work practices, personal hygiene, engineering controls, and personal protective equipment. Participants will be advised of the exposure limits for construction and general industry.

Working in Hot Environments:

Being uncomfortable is not the major problem with working in hot and humid environments. Working in a hot environment promotes accidents and causes heat illness that can lead to death. Learn about the body's response to high temperatures and steps you can take to reduce your risks. Many different types of occupations increase your risk; from construction work outside in the summer months to working in bakeries, restaurant kitchens, ceramic operations, etc. Learn how to protect yourself and your co-workers.

Safety is a State of Mind!

The New York State On-Site Consultation Program is currently offering more than 30 training courses that will help you improve your company's safety and health performance. Help maximize your resources by attending our free training. Contact any of the offices listed in this brochure or call (518) 457-2238 for more information.

Safety is You!



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