



HRshopper.com's HR TRAINING UNIVERSITY

OSHA Outreach Training / OSHA Construction General Industry

OSHA - 10 Hour Construction Industry Outreach Training - English & Spanish

Cost : \$US 139

This course is designed for construction workers, foremen, job supervisors, and anyone involved in the construction industry. OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific hazards of the job. Upon successful completion of the course, participants will receive an OSHA construction safety and health 10-hour course completion card from the Department of Labor. Note: This online course has been reviewed and accepted by OSHA for online distribution.

OSHA - 30 Hour Construction Industry Outreach Training

Cost : \$US 295

This course covers thirty (30) hours of training, required by the Occupational Health and Safety Act (OSHA), that apply toward the 30-hour Construction Industry course completion card. The course is comprised of 25 sections, each either one or two hours in length, and covers topics pertaining to regulations covered by Standard 29 CFR 1926. The successful completion of this course will help meet the Construction Industry standards established by OSHA.

OSHA - 10 Hour General Industry Outreach Training

Cost : \$US 139

This course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 10-hour course completion card from the Department of Labor. Note: This online course has been reviewed and accepted by OSHA for online distribution.

OSHA - 30 Hour General Industry Outreach Training

Cost : \$US 295

The OSHA 30 Hour General Industry Outreach Training course is a comprehensive safety program designed for anyone involved in general industry. Specifically devised for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues. OSHA recommends Outreach Training Programs as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1910. General industry workers must receive additional training, when required by OSHA standards, on specific hazards of the job. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 30-hour course completion card from the Department of Labor. Note: This online course has been reviewed and accepted by OSHA for online distribution.



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OSHA Outreach Training / OSHA - General Industry

Introduction to OSHA and the OSH Act

Cost : \$US 20

This course gives a basic overview of OSHA, OSHA act, and OSHA's role in prevention and elimination of work-related illnesses and injuries. It includes information about employer and employee rights and responsibilities, and a very brief look at the inspection process, reporting and recordkeeping. This course will prove beneficial for those who are directly or indirectly involved with OSHA and OSH Act.

Means of Egress and Fire Protection

Cost : \$US 20

Every year thousands of people are injured or killed because of inappropriate exit routes. It is a harsh fact that inadequate egress provisions are usually more responsible for casualties and fatalities than the actual emergency. This course gives you a basic understanding of means of egress and fire protection methods. It is essential to know how we can save co-workers' lives as well as our own in workplace.

Electrical Safety for General Industry

Cost : \$US 20

Every year tens of thousands of people are injured or killed from electrical shocks/contacts in the United States. Employees are exposed to dangers such as electric shock, electrocution, burns, fires and explosions. It is essential to understand that how electricity is lethal for us and how we can save our lives. This course gives you a basic understanding of prevention and elimination of work-related illnesses and injuries.

Hazardous Materials

Cost : \$US 20

Hazardous materials are considered any substance or compound that has a capability of producing adverse effects on the health and safety of humans. Every year thousands of workers get injured or killed because of fatal chemical or other toxic hazards. OSHA and other authorities have provided many rules and regulations in order to prevent hazards and perform safe operations at the workplace.

Industrial Hygiene

Cost : \$US 20

This course attempts to introduce the content of OSHA 1910 Subpart Z, which deals with toxic and hazardous substances. This course will focus on the aspects of Subpart Z which deal with keeping hazardous chemicals and materials from negatively affecting your health. This includes the use of personal protective equipment, cleaning procedures in the event of exposure to hazardous materials, and the procedures in place for conducting first aid and recording an incident of exposure in the workplace.

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Hazard Communication

Cost : \$US 20

The Hazard Communication Standard (HCS) provides information to workers and employers about various chemical hazards that exist in the workplace, and what protective measures they can take in order to prevent the adverse effects of such hazards. This course gives you a basic understanding of how to deal with hazardous chemicals and how workers can prevent and protect themselves from fatal chemical hazards.

Personal Protective Equipment for General Industry

Cost : \$US 20

This course will provide the employers and the employees with knowledge concerning the proper selection, care and use of personal protective equipment. They will be informed of the requirements for compliance with OSHA requirements.

Machinery and Machine Guarding

Cost : \$US 20

This course will help workers to protect themselves from moving machinery. After completion of this course, workers will be able to properly apply the OSHA Machine and Machine Guarding requirements to their day to day work activities.

Confined Spaces for General Industry

Cost : \$US 20

This course is intended for all employees who are required to enter into confined or enclosed spaces. This course deals with the safety issues concerned with entering permit-required confined spaces.

Welding, Cutting and Brazing for General Industry

Cost : \$US 20

This course is designed for employers, supervisors, and managers who need to thoroughly understand, implement, and communicate an OSHA program. Workers who need to be educated and aware of OSHA issues within their domain will also find this course useful. Moreover, OSHA officers and coordinators who need to develop an OSHA program and ensure conformance to the policies will see this course as a must.

Safety and Health Programs

Cost : \$US 20

This course is designed for employers, supervisors, and managers who need to thoroughly understand, implement, and communicate an OSHA program. Workers who need to be educated and aware of OSHA issues within their domain will also find this course useful. Moreover, OSHA officers and coordinators who need to develop an OSHA program and ensure conformance to the policies will see this course as a must.



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Workplace Violence

Cost : \$US 20

This course attempts to highlight the problems of violence in the workplace. It identifies the various kinds and what constitutes workplace violence. The course then goes on to explain the potential costs of ignoring workplace violence and the methods that can be utilized to minimize and/or eliminate it from the workplace.

Lockout/Tagout

Cost : \$US 20

This course is designed to inform employees about the requirements for lockout/tagout during servicing and maintenance of machines or equipment. Also covered are the requirements of the OSHA Lockout/Tagout Standard, procedures for the application of locks and tags, and a discussion of the types of energy these procedures are designed to control.

Safety Orientation

Cost : \$US 20

Employees may be exposed to many safety and health hazards while on the job. These include chemical hazards, fire hazards, electrical hazards, confined space hazards, etc. This course aims to present an overview of some basic workplace hazards and how employees can protect themselves from them.

Walking and Working Surfaces

Cost : \$US 20

This course alerts participants to the hazards of walking and working surfaces and provides information about workplace action needed to eliminate or control these hazards.

OSHA - HAZWOPER

Cost : \$US 20

HAZWOPER stands for Hazardous Wastes Operation and Emergency Response. Hazardous wastes are major sources of workers' injuries and fatalities in workplaces. This course gives you a basic understanding of OSHA standards and its role in the prevention and elimination of workers' injuries and fatalities due to hazardous wastes present at workplaces.

Materials Handling and Storage for General Industry

Cost : \$US 20

This course specifies the materials handling and storage procedures developed by the Occupational Safety and Health Administration (OSHA) to reduce injuries resulting from mishandling or improper storage.

Bloodborne Pathogens

Cost : \$US 20

This training course is designed to provide a basic understanding of bloodborne pathogens, common modes of their transmission, methods of prevention, and other pertinent information. Through this course, students will be able to meet the requirements of the Occupational Safety and Health Administration's (OSHA's) Bloodborne Pathogen Standard.

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Ergonomics for Office Workers

Cost : \$US 95

This course is designed for employees who want to learn about stress and strain due to the physical office environment. Topics include proper on-the-job stress and strain, Cumulative Trauma Disorder (CTD), work station set, workplace injury and discomfort, choosing and adjusting office equipment, proper light sources and setups, reducing your risk of injury, stretches, potential types of injury, and demonstrates numerous exercises for coping with on-the-job stress and strain. OSHA had previously given guidance on this topic via OSHA 29 CFR 1910 but later removed it.

Drug and Alcohol Abuse in the Workplace

Cost : \$US 250

The issue of drug and alcohol abuse is not new. However, over the recent years it has become evident that drug and alcohol abuse can adversely affect the workplace by decreasing its overall efficiency. This course focuses on the management of alcohol and drugs in the workplace. It discusses the issues related to drug and alcohol abuse that the employees may encounter while at work. It also provides suggestions on how employers can reduce the risk to the employees' safety and productivity.

Lead Safety in the Workplace

Cost : \$US 475

Lead is a very toxic substance. People who are exposed to lead or lead compounds may become ill or even die due to lead poisoning. Usually, our bodies remove lead from our systems at a slow rate; however, inhaling even small doses of lead for a long period of time can result in lead poisoning. Workers who are required to work at or near sites that are contaminated with lead are at a greater risk of lead poisoning. This course is designed for workers who work in areas where the hazard of lead contamination exists. The course focuses on the health risks associated with exposure to lead and how workers can protect themselves against lead.

Hazards of Asbestos in the Workplace

Cost : \$US 150

Asbestos is a substance that has been used for centuries. Its heat-resistant properties make it almost indestructible; due to this property, asbestos have been widely used in the construction industry, especially for pipe and boiler insulation. Before 1973, asbestos was sprayed onto different surfaces for fire protection purposes, but this practice was banned due to the hazardous nature of asbestos. Furthermore, it is no longer used for insulating pipes and boilers. However, asbestos can still be found in many older buildings. Those who work in construction, repair, demolition and renovations are at a greater risk of contracting asbestos-related diseases such as asbestosis, lung cancer, and mesothelioma. There is no safe level for exposure to asbestos. This course introduces the students to the hazards of asbestos in the workplace and provides information about the measures that must be taken in order to minimize the effects of exposure to asbestos.

Professional Response to Trauma

Cost : \$US 20

Every day many people experience shock or grief as the result of tragedies they may experience unexpectedly in their lives. As opposed to events that may occur gradually and allow for a person to cope over time, a traumatic event may happen without warning and give the victim or those close to the victim n time to adjust to the experience. Traumatic events could be dangerous if the victims are not capable of managing them effectively. Trauma could also be the cause of various mental & physical disorders such as depression, frustration, feeling of helplessness etc. This course gives you a basic understanding of trauma, including trauma symptoms & effects, & methods of coping with trauma.

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Beryllium and Cadmium Hazards in the Workplace

Cost : \$US 95

There are hundreds of workplaces and thousands of employees that are exposed to beryllium and cadmium hazards every day. This course gives you a basic knowledge of beryllium and cadmium hazards present at various industrial workplaces, how you can minimize your exposure to them, different acute and chronic problems caused by beryllium and cadmium, and what precautionary measures you should take in order to avoid injuries and fatalities at beryllium and cadmium exposed workplaces.

Use of Explosives in the Workplace

Cost : \$US 250

Explosives are used in many industrial operations, particularly in construction and mining. If used properly and by experienced personnel the use of explosives could be very beneficial. However, if explosives are used by untrained users, there is a great potential for both fire and unwanted explosions. The main objective of this course is to provide fundamental information about explosives and how you can safely use and secure them in operations related to construction. This course will also enable you to identify and manage risks associated with tasks involving explosives.

Lead Safety in the Workplace

Cost : \$US 475

Lead is a very toxic substance. People who are exposed to lead or lead compounds may become ill or even die due to lead poisoning. Usually, our bodies remove lead from our systems at a slow rate; however, inhaling even small doses of lead for a long period of time can result in lead poisoning. Workers who are required to work at or near sites that are contaminated with lead are at a greater risk of lead poisoning. This course is designed for workers who work in areas where the hazard of lead contamination exists. The course focuses on the health risks associated with exposure to lead and how workers can protect themselves against lead.

Ionizing and Non-ionizing Radiation Safety

Cost : \$US 150

Personnel working in areas where they could be exposed to radiation need to be aware of the associated hazards and preventive or control measures. This course covers information about radiation, kinds of radiation found in workplaces, effects of radiation on human health, and the preventive measures that could be adopted to control radiation in the work areas. This course will be helpful for those who are directly or indirectly involved with radiation in their workplaces.

Hazards of Asbestos in the Workplace

Cost : \$US 20

Asbestos is a substance that has been used for centuries. Its heat-resistant properties make it almost indestructible; due to this property, asbestos have been widely used in the construction industry, especially for pipe and boiler insulation. Before 1973, asbestos was sprayed onto different surfaces for fire protection purposes, but this practice was banned due to the hazardous nature of asbestos. Furthermore, it is no longer used for insulating pipes and boilers. However, asbestos can still be found in many older buildings. Those who work in construction, repair, demolition and renovations are at a greater risk of contracting asbestos-related diseases such as asbestosis, lung cancer, and mesothelioma. There is no safe level for exposure to asbestos. This course introduces the students to the hazards of asbestos in the workplace and provides information about the measures that must be

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Building Security

Cost : \$US 20

With more than a million office buildings in the United States, more and more Americans are spending a considerable part of their lives working in these buildings. Recently, there has been a growing concern for security in commercial buildings all over the US. The purpose of this course is to familiarize building owners and managers, along with security personnel, with identifying types of dangers in and around buildings and preventative measures that can be taken to minimize the threat of danger to employees.

Ergonomics for Non-Office Workers

Cost : \$US 20

Employees who work in non-office environments are routinely required to carry out tasks that involve movement and physical exertion. These forceful exertions associated with such tasks may lead to fatigue, musculoskeletal disorders, and other serious injuries. This course is designed to help employees identify work-related problems and learn to apply the principles of ergonomics in order to make their jobs less physically demanding, thereby increasing their overall efficiency.

Personal Response to Trauma

Cost : \$US 20

Every day many people experience shock or grief as the result of tragedies they may experience unexpectedly in their lives. As opposed to events that may occur gradually and allow for a person to cope over time, a traumatic event may happen without warning and give the victim or those close to the victim no time to adjust to the experience. Traumatic events could be dangerous if the victims are not capable of managing them effectively. Trauma could also be the cause of various mental and physical disorders, such as depression, frustration, feeling of helplessness etc. This course gives you a basic understanding of trauma, including trauma symptoms and effects, and methods of coping with trauma.