

SAFETY Source

2024 COURSE CATALOG



SAFETY TRAINING:
*Available at a Sunset
Near You*

24 USA



ALSO IN THIS ISSUE

**EMPOWERING UNDERSERVED
COMMUNITIES**

WEATHERING THE STORM

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UC San Diego
EXTENDED STUDIES



INSIDE

ON THE COVER



Let adventure and safety training inspire you! OSHA Region 9 is ideal for fulfilling your safety training goals. Make "our" locations YOUR destinations when you are planning your next stay and play experience.

You can choose from San Diego, California; Oahu, Hawaii; Las Vegas and Reno, Nevada; or Phoenix and Tucson, Arizona. There will be new locations in 2024 so continue to look online for updates.

Our instructors love to travel too, so let us come to you for onsite training!

WHO WE ARE



In 1992, UC San Diego's interest and suggestions helped the U.S. Department of Labor – OSHA, Office of Training and Education (OTE) to create the OSHA Training Institute Education Center (OTIEC), a network for premiere safety training. This includes universities, colleges, and non-profit organizations that provide unrivaled safety training.

UC San Diego was one of the first four authorized training centers. The UCSD OTIEC represents OSHA's Region 9 and provides courses in many locations.

TRAINING BROUGHT TO YOU



UC San Diego Extension's Occupational Safety and Health Department offers on-site training for utility, government, business, and other organizations. Our expert instructors specialize in designing training programs tailored to meet your unique organizational needs with a focus on cost-effective solutions that are aligned with your mission, values, and strategic goals.

For more information, see page 37 or email oshatraining@ucsd.edu.

CERTIFICATE PROGRAMS



SAFETY AND HEALTH SPECIALIST (SHS)

Designed to introduce participants to the occupational safety and health industry, this program includes online and one day courses, such as Introduction to Fire and Life Safety in the Workplace and Workers' Compensation for Safety Professionals.

PROFESSIONAL SAFETY AND HEALTH OFFICER (PSHO)

This certificate program is designed for safety professionals looking to advance their career and enhance their skill set as well as clearly define specializations within the OS&H industry.

SAFETY AND HEALTH FUNDAMENTALS CERTIFICATE PROGRAM

The certificate program in Safety and Health Fundamentals supports OSHA's mission by training employees in occupational safety and health to reduce incident rates for workers in state and local governments and private industry. Industry tracks are available for construction, general industry, and maritime. See pages 14-19 for full details on certificate programs.

GET IN TOUCH WITH US!

OSHA TRAINING INSTITUTE EDUCATION CENTER DEPARTMENT:

For information on OSHA courses, OSHA trainer courses, prerequisite verification forms, or trainer card replacements.

Email: oshatraining@ucsd.edu

Phone: (800) 358-9206

OUTREACH TRAINER DEPARTMENT:

For information on OSHA student cards, online portal (Storefront) questions/assistance, trainer address / contact information changes.

Email: oti-outreach@ucsd.edu

Phone: (858) 534-9283

SOCIAL MEDIA:

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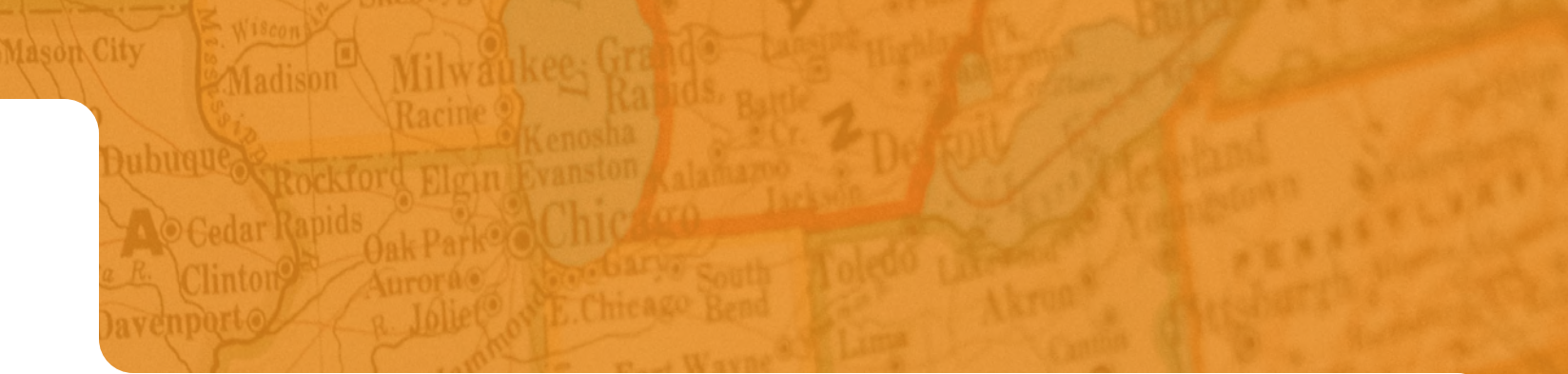
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SAFETY TRAINING: AVAILABLE AT A **SUNSET** NEAR YOU





TRAVEL WITH PURPOSE AND RETURN INSPIRED

If you let safety training take you on an adventure, where would you go?

We are betting that your most favored spots include Las Vegas, the sunny, warm beaches in San Diego, a golf getaway in Phoenix or possibly hiking the trail that leads to the majestic Diamond Head in Oahu, Hawaii.

What do all these locations have in common? They are all within the University of California OTI Education Center's Region 9 jurisdiction: California, Arizona, Nevada, Hawaii, Guam and the Commonwealth of the Northern Mariana Islands and it's time for you to make Region 9 your classroom.

The University City Center in San Diego, California is considered the headquarters and its doors have been open and bustling with the *OSHA 521 – OSHA Guide to Industrial Hygiene*, *OSHA 2225 - Respiratory Protection*, *OSHA 2264 – Permit-Required Confined Space Entry* courses and more. There are endless things to do and see in San Diego and it is the perfect place to educate yourself while you stay and play. You deserve this!

The UC San Diego OTIEC has also been known for its destination driven and accommodating host training sites. The Building Industry Association (BIA) – Hawaii Chapter maintains its reputation through the warmth and hospitality of its staff and the local UCSD instructors. Las Vegas has much more to offer you and your family if slot machines aren't your thing. The Nevada Contractors Association – Las Vegas Chapter has a state-of-the-art facility and training rooms. If you prefer cooler summer weather, then it's time you attend a class at the Nevada Chapter AGC, in The Biggest Little City in the World – Reno. For those empty nesters, who wouldn't enjoy a scenic drive up the California coast and then take a detour over to the Santa Barbara wine country? We literally have it all in Region 9.

For Outreach Trainers whose authorizations may be expiring soon, start making your plans now. Make your update course an investment and come chase a sunset with UC San Diego.



EMPOWERING UNDERSERVED COMMUNITIES:

***SUSAN HARWOOD GRANTS' IMPACT
IN PACIFIC ISLANDS***

For many occupational safety and health instructors the opportunity to help save lives and improve job safety is gratifying enough. Yet a lucky set of UC San Diego OSHA instructors seized the opportunity to take their training a step further and explore beautiful Pacific islands while also delivering important safety training to people in desperate need.

Close to 6000 miles away from the American mainland and in the heart of the Pacific Ocean lies the American territories of Guam, American Samoa, and the Commonwealth of the Northern Mariana Islands (CNMI). Each island is rich in culture and beauty, but often isolated from the resources and opportunities available on the mainland.

Especially lacking on these islands is access to safety training, which can leave their workforce exposed to hazards in high-risk industries such as construction, typhoon recovery, and hospitality.

"They're very underserved. It's expensive to bring safety and health training to these areas so far away and their employers can't always afford it," said Dan Mooney, UCSD Instructor.

Recognizing this pressing need, the US Department of Labor issued a federally funded initiative to deliver safety training for hard-to-reach workers, known as the Susan Harwood Training Grant Program.

The Occupational Safety and Health Department at the UC San Diego Division of Extended Studies has since become a regular recipient of this grant, sending instructors such as Dan Mooney, Rudy Schroeder and Van Howell, out to these remote Pacific Islands to fulfill these grants on an annual basis.

The instructors have shared their experiences with us, as well as their unique insights into the program's purpose, challenges, successes, and the unique cultural considerations that shape their journey.

PROGRAM OVERVIEW AND PURPOSE

When asked about the program, UCSD Instructor Dan Mooney sums up this way, "What they're trying to do is reach out to the people that don't necessarily get the best safety and health training. A lot of times they can't afford to bring Safety and Health Training to the islands so we're trying to fill that gap."

The curriculum casts a wide net, spanning topics from typhoon recovery to falls from heights, permit-required confined space entry, trenching and excavation, and even infectious disease prevention.

The primary beneficiaries of these programs are the construction and hospitality sectors, which are increasingly forming the economic backbone of places like CNMI, American Samoa, and Guam.

These are especially important areas of focus for safety training because often these islands don't have access to the necessary training and lack the experience base to help share safety knowledge in these industries as well. This leads to situations where many workers are encountering safety hazards they to which they have not been exposed.

"With trenches, for example, a lot of people have got the idea that if I just go in there for 30 seconds, I'm probably okay," said Mooney. "We're trying to make them aware that you shouldn't go in there at all. Unless it's properly protected against cave-in it could be a dangerous situation."

Mooney and other instructors shared similar misconceptions or lack of understanding around safety protocols for things like harnesses to protect against falls, oxygen deficiency in confined spaces, or dangerous elements of walking through flood waters after a storm.

"They don't get any training for anything technical over there," said Rudy Schroeder, UCSD Instructor. "When we can come over and deliver classes like this, they're open arms. They want to communicate and ask lots and lots of questions. It's a lot of fun to work with them."



Shroeder also shared how it was more than just the workers who were attending the classes.

"They actually had the police and the fire department sit in the class as well," said Schroeder. "They also want to see what they should be looking for and if the workers are doing things properly."

UCSD staff member Stephanie MacGilfrey, who traveled to American Samoa, shared an experience that highlights just how impactful safety concerns can be.

"It's such a small community on these islands. Everybody knows everybody," shared MacGilfrey. "In one of the trainings on American Samoa, the class participants reflected a lot on this one death that happened on a work site that really rocked the whole island. People said they knew him or grew up with him and he was very missed. In that respect, they felt like the trainings were providing very helpful information that they really needed and appreciated."

POSITIVE RECEPTION AND IMPACT

The positive impact of the training becomes evident through the experiences shared by instructors.

"The evaluations that we receive from the students are all very positive," said Van Howell, UCSD Instructor. "Every class that we teach takes a pre quiz and a post quiz to evaluate their learning. By and large these evaluations are very positive and show a marked improvement of their knowledge from the course as well."

"Most of the classes that we've offered have been full," shares Mooney. "We can have a maximum of 40 students and most of them have 40 students."

The participants appreciated the program so much that not even a Super Typhoon could stop them!

"When I was in Guam we were there for a category 5 typhoon that sat over the island for four days," said Schroeder. "It took out the power on the entire island and we [the instructors] were stuck there for six extra days. But we got the class in! When the storm was gone, everyone came back and made arrangements so we could get the training done."

The instructors also highlighted the value of connecting with local leaders to garner support and interest in the classes.

"There is a contact person over in American Samoa named Nick King," said Schroeder. "He's phenomenal. He knows lots of people over there so once the grants are approved he organizes where the classes are going to happen and brings all the people in."

"He helped us recruit students. He helped us get venues. He helped create the interest," added Mooney.

MacGilfrey shares another example of the appreciation she felt from the local people.

"We were at the airport at 10 pm at night and all of the students that we taught showed up to see us off. They were giving us gifts like Kukui nuts and other food for our trip. It's just nice to know that we're making a difference in something they wouldn't get otherwise. They know we've traveled a long way to be there and so they're so appreciative."

FUTURE PLANS AND COLLABORATIVE APPROACH

Looking ahead, the program remains committed to expanding its reach. The next phase is to expand outreach for infectious disease prevention training to Native American groups in the western half of the United States, especially hospitality workers in hotels and casinos where illnesses can potentially spread quickly.

"We're trying to target somebody on the mainland that might be interested in infectious disease prevention training," said Mooney. "The goal again is to create awareness of what all the different infectious diseases are that one could be exposed to and how to avoid them."

The program was initiated last year but met with skepticism from the initial set of groups that the team reached out too. Marketing plans and overtures didn't lead to the same kind of interest they received in the south Pacific so the group had to change their approach.

"I started reaching out to key people I had connections with in the Native American community and asking, 'What am I missing? What am I doing wrong?'" said MacGilfrey. "Their advice to me was that this is a culture of people where they don't need somebody to come in and dictate to them what to do. That only creates skepticism. You have to meet people. They have to see you. You have to establish that connection."

This change of tactics has so far led to some improved results as the group was able to offer their first infectious disease prevention training to a group associated with the Sycuan tribe outside San Diego.

"We were able to run our first class this month at Sycuan Casino. That was our pilot class," shared MacGilfrey. "They absolutely enjoyed it. They said they'd send out the message to other tribes too so I'm optimistic."

Van Howell also shared about the positive reception the course received.

"People were coming up to us afterwards saying 'I've learned so much!'" said Howell. "They'll talk about how they weren't really looking forward to coming to the class because it isn't necessarily a fun topic but everything they learned made it really worth it. It always makes us feel good to get positive feedback like that."

When asked about their personal experiences with the courses all of the instructors had great things to say.

"It's been a great experience for me," said Mooney. "I'm glad the school is willing to do the grants and I think they feel good about helping underserved people. I hope the school gets some recognition for doing it."

MacGilfrey shared her appreciation too.

"It's just really about embracing safety and making sure that people go home safely to their families," she said.

The experiences of instructors participating in the Susan Harwood Grants program underscore the transformative impact of providing safety and health training to underserved regions.

Through collaboration, cultural awareness, and a shared commitment to safety, these instructors are breaking down barriers and empowering communities that have long been overlooked. As the program continues to expand it's hoped that the echoes of enthusiastic learners reaches across the Pacific, reminding us of the profound significance of education, outreach, and unity.

The impact of safety training will continue to reverberate across the Pacific Islands, promoting safer workplaces and brighter futures.



WEATHERING *THE STORM-*

Super Typhoon Mawar



In May 2023, two dedicated OSHA instructors embarked on a journey to the Pacific island of Guam, a trip that would test their mettle in ways they could never have anticipated.

A storm approached as Kimberly Counts and Rudy Schroeder set out to provide crucial training in Guam for the first time since the COVID-19 pandemic. They found themselves facing a group of eager students excited to greet UC San Diego Extended Studies once again, and the unexpected arrival of Super Typhoon Mawar. The Typhoon turned Counts and Schroeder's journey into a tale of survival, determination, and resilience.

Schroeder, an experienced instructor who had traveled widely, had visited Guam once before, but only briefly and decades prior. On this visit, he was determined to experience the island. Arriving on a Saturday night, just 36 hours before he would be teaching the OSHA 500 - Trainer Course in Occupational Safety and Health Standards for the Construction Industry, he met up with Counts, who had arrived the week prior to teach the OSHA 510 - Occupational Safety and Health for the Construction Industry, a course that precedes the OSHA 500. She, too, was a veteran traveler, but was visiting Guam for the first time.

On Sunday, the day before their course was to begin, there was talk of bad weather ahead. But tropical storms in Guam are a regular occurrence, and no one seemed overly concerned. The sun was out and spirits were high. Schroeder and Counts set out to explore.

"Kim and I went driving around part of the island sightseeing with one of our hosts. And it's beautiful. We actually got some pictures, drinking mango, sunny skies, and everything," recounted Schroeder. "By the time we got back, they said the storm could be a light typhoon."

What began as a routine tropical storm warning escalated quickly into what ended up as Super Typhoon Mawar, ranked as one of the top 10 strongest storms to occur globally since 2000. Schroeder and Counts found themselves caught in the midst of an impending natural disaster.

The morning after their island tour was the first day of their expected four-day course, and there was still no sign of a storm. But the local residents were in preparation mode. When Schroeder and Counts arrived at the training facility at the Guam Contractors' Association to set up, the staff there were in the process of boarding it up and turned them away due to storm preparation protocols.

Undeterred and despite the looming storm threat, they remained committed to their students. They made the decision to delay the start of the course by a few hours and returned to their hotel to arrange for an alternate meeting location. They were able to secure a room and approvals, but the hotel told them they were on their own to prepare the space, as no staff could be spared. After moving tables and chairs and doing outreach to their participants to inform them about the updated location, the class finally commenced two hours later than expected. The atmosphere was charged with a mix of anticipation, determination, and anxiety. But the attendees were dedicated and eager to learn, and they finished out the day.

Day Two was a new story, as the storm was developing and the wind was swelling. Regardless, all students showed up that morning and class began. By noon, the oncoming weather was undeniable, and Schroeder sent everyone home to take care of their families. The news and local services were reporting it was going to be a big storm, and the instructors realized they were halfway through the course instruction, and they were about to face something they'd never encountered before.

"Once we heard the typhoon was coming, we had a quick little moment, when we said, should we get out of here?," said Schroeder. "But, then we said, 'You know what? We gotta finish off with these guys: our OSHA class and the people at the hotel who have helped us.'"

As Counts and Schroeder weathered what ultimately became known as Super Typhoon Mawar, they grappled not only with the physical destruction happening around them, but also the psychological toll of being confined during a lockdown. The feeling of being trapped was palpable. Kimberly Counts is still struck by the sense of isolation and confinement she endured during what amounted to 30 hours of typhoon conditions, with loud alarms ringing through the hotel, rain coming through the walls, and the crash of fierce, 185-mile-per-hour winds outside.

"We were interrupted for hours and hours, between the stress and the alarms – and the false alarms," said Counts. "The other part was the anticipation. I have video recordings where I'd open up my window and say, 'Okay, I think we're almost towards the worst of it.' And then I'd close my window back, and it would get worse."

“We had a quick little moment, when we said, should we get out of here?”

The sheer intensity of the storm was fear-inducing, and both instructors recall a genuine concern for their safety. The deafening roar of the winds recalled the sound of a freight train, a cacophony of power and chaos raging in the darkness outside. The building itself moved in response, and the carpets were drenched in water.

Yet amidst the darkness, both literal and metaphorical, moments of levity emerged. Laughter, as Rudy Schroeder noted, became a lifeline in their struggle.

According to the National Oceanic & Atmospheric Administration (NOAA), after developing into a tropical depression, Mawar intensified, eventually becoming a super typhoon equivalent of a Category 4 Atlantic Hurricane. It tore through Guam, shredding trees, tearing through structures, and leaving much of the island of about 150,000 people without power and utilities. The central and northern parts of the island experienced more than two feet of rain as the eyewall passed.

Mawar was recorded as the strongest typhoon to hit the U.S. territory since 2002. It briefly made landfall as a Category 4 storm at Andersen Air Force Base on the northern tip of the island and then restrengthened to Category 5 force, making it one of the strongest tropical cyclones worldwide in 2023 and stronger than any of the tropical cyclones in 2022.

Even as the storm raged, Schroeder and Counts remained steadfast in their commitment to their teaching mission. In the midst of the chaos and uncertainty, they found strength in the camaraderie they had built with their OSHA class attendees. The use of a WhatsApp group allowed for communication and support, fostering a sense of unity during a time of crisis.

When they were finally able to venture out from the shelter of the hotel, the devastation they witnessed was striking. Downed trees, power lines, and shuttered stores painted a vivid picture of the typhoon's wrath. Gasoline shortages added to the chaos, with lengthy lines forming outside the few operational gas stations. They now found themselves entwined in the unfolding drama of Guam's recovery.

Restaurants offered limited menus, and even their hotel's resources were stretched thin. As the hotel opened up to the community to offer food and charging stations for phones and other electronics, island guests and locals mingled in long lines, seeking the basic comforts in a world suddenly deprived of modern conveniences.

“I actually volunteered with the Red Cross to help get items out to people in the smaller villages that didn't have anything,” said Counts. “That was very fun and rewarding. It was also a lot of work.”

Through it all, Schroeder and Counts' dedication to their OSHA training remained unwavering. While the storm had disrupted their plans, they were determined to see it through with their students to complete the course.

“They were troopers,” recalls Schroeder about the class participants. “They knew that if we left, it was going to be a long time before they could finish up and have this authorization.”

Kimberly Counts highlighted a silver lining in their situation, describing how the electrical outages forced their students to think outside the box about the required class presentations. Their adaptability underscored the importance of flexibility and resourcefulness in both teaching and learning.

“It was a good exercise,” noted Counts. “We're so used to using our computers and technology. And, so it was nice, because we got to see some very good presentations where they didn't use a PowerPoint at all.”

The story of these instructors' journey to Guam during Super Typhoon Mawar is one of unwavering determination, camaraderie, and adaptability. Through the chaos and uncertainty, they discovered the strength of human connection and the importance of resilience and humor in the face of the unexpected.

“I kept telling everyone while I was there in Guam, ‘You know what? I'm getting older, and I've got this huge bucket list. But now I can take ‘typhoon’ off of it,’” laughed Schroeder.



EVENT SAFETY

The UC San Diego Occupational Safety is proud to announce the **FIRST** of its kind - **CERTIFICATE PROGRAM IN EVENT SAFETY**

The event safety profession is a long-standing part of American life. From festivals to concerts to sporting events, parades and religious gatherings, the event safety profession has continued to evolve. This program is part of that evolution.

The Event Safety Certificate Program is being designed in conjunction with leaders in the event safety industry. The leading event safety industry professionals will teach the classes that are part of the program.

CLASSES WILL BE AVAILABLE BEGINNING IN SUMMER AND FALL QUARTERS.

PROGRAM TOPICS:

1. Introduction to Event Safety
2. Event Safety Management
3. Event Safety Design
4. Crowd Safety
5. Production and personnel safety
6. Weather
7. Event Emergency Action Planning and Response
8. Public Event Safety
9. Event Safety Laws and Regulations



OCCUPATIONAL SAFETY AND HEALTH CERTIFICATE PROGRAMS

BENEFITS

Regardless of your educational background, UC San Diego Extended Studies certificate programs provide seasoned and beginning safety professionals with important workplace knowledge and practical experience regarding safety and health standards.

- **Increased safety and health knowledge and awareness**
- **Opportunities in current job or new career**
- **Networking with other professionals and instructors**
- **Skills to promote a safety culture for employees**
- **Motivation for improving safe workplace practices**
- **Education from a University of California institution**

CERTIFICATES AT A GLANCE

	Safety and Health Specialist Certificate	Professional Safety and Health Officer Certificate	Safety and Health Fundamentals Certificate Program	Event Safety Certificate (Coming in 2024)
Safety Leader (5+ years exp.)		X	X	X
Safety Student (1-5 years exp.)	X		X	X
Safety Starter (0-1 years exp.)	X		X	X
Construction Specialty		X	X	X
General Industry Specialty		X	X	X
Cal/OSHA Specialty		X		
Maritime Specialty			X	

SAFETY AND HEALTH SPECIALIST CERTIFICATE

osha.ucsd.edu/SHS

TARGET AUDIENCE

The curriculum is intended for:

- Students looking to enter a career in safety (or who are transitioning from another field, existing military service, etc.)
- Employers, managers, employees, and/or employee representatives who are in some way responsible for the health and safety of themselves and/or others in the workplace
- Individuals whose current occupations require them to have a solid understanding of safety principles and accident prevention techniques

PROGRAM AT-A-GLANCE

- 7 courses required
- 11.5 total units
- Can be completed in as little as three to six months, although many students prefer to take a year or more



This program provides students with baseline skills in occupational safety and health. These skills are essential to getting a job in the field, meeting minimum job requirements for current workers, and/or advancing a career focused entirely, or in part, on workplace safety. Certificate students will gain experience and knowledge in key occupational safety and health topics, such as:

- OSHA policies, procedures and standards, as well as construction and general industry safety and health principles
- The benefits of implementing a safety and health management system in the workplace
- An overview of workers' compensation requirements and procedures
- An introduction to basic accident investigation procedures and accident analysis techniques, providing the basic skills necessary to conduct an effective workplace accident investigation
- Employer's role and responsibilities as well as the codes and standards of fire and life safety in the workplace

SAFETY AND HEALTH SPECIALIST CERTIFICATE

TITLE and COURSE NUMBER (You must complete all of the courses for a total of 11.5 units)	UNITS
<input type="checkbox"/> OSHA 510 - Occupational Safety and Health Standards for the Construction Industry FPM-40299	3.0
<input type="checkbox"/> OSHA 511 - Occupational Safety and Health Standards for General Industry FPM-40366	3.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness FPM-40403	0.5
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management FPM-40379	0.5
<input type="checkbox"/> Introduction to Fire and Life Safety in the Workplace FPM-40636	1.5
<input type="checkbox"/> Safety Inspection Techniques FPM-40490	2.5
<input type="checkbox"/> Workers' Compensation for Safety Professionals FPM-40640	0.5

PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

osha.ucsd.edu/PSHO

The curriculum helps safety professionals achieve their career goals with its focus on safety regulations and in-demand skill sets for leadership and training. Certificate students will acquire the skills needed to help them get hired and promoted.

TARGET AUDIENCE

The curriculum is designed for safety professionals with at least five years of experience in the field—the minimum requirement to complete the OSHA outreach trainer courses. Professionals with the desire to excel in leadership positions in safety are highly encouraged to apply.

PROGRAM AT-A-GLANCE

- Minimum of 23 units
- Can be completed in as little as three to six months, although many students prefer to take one year or more
- Both in-class and online courses are required to complete the certificate

Please note: Prerequisite course units do not count towards the total minimum required units.

REQUIRED FOR CERTIFICATE COMPLETION

One prerequisite course, one trainer course, all other remaining required courses and a minimum of three specialty courses. To be awarded a certificate in the PSHO program, a student must be a current authorized Outreach Trainer in the construction industry and/or general industry at the UC San Diego OTI Education Center.

CERTIFICATE ELECTIVES REQUIRED

The PSHO certificate requires the completion of electives in one of the following areas: Cal/OSHA, construction, or general industry. The OSHA Training Institute Education Center / OS&H Department at UC San Diego Extended Studies will allow up to two (2) OTIEC courses to be transferred/substituted from another authorized OTIEC into the PSHO program. If a student is intending to complete more than one specialization (track), the student may still only transfer two classes.

BENEFITS TO COMPLETING THE CERTIFICATE PROGRAM

- OSHA 10- and 30-hour outreach trainer authorization
- The knowledge to create a safety culture in the workplace that includes leadership commitment, organization-wide safety communication, and safety training as an investment for the organization
- The knowledge, skills, and tools needed to conduct accident and incident investigations
- Leadership and communication skills, including constructive intervention, fostering a two-way dialogue, setting and maintaining expectations, and alignment of values around safety
- How to minimize the threat of illnesses by learning industrial hygiene practices and related OSHA regulations and procedures



PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

Course Title	Course Number	Units	Course Title	Course Number	Units
PREREQUISITE COURSES Choose either OSHA 510 or OSHA 511 (not both).			GENERAL INDUSTRY (Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 510 - Occupational Safety & Health Standards for the Construction Industry	FPM-40299	3.0	<input type="checkbox"/> OSHA 2015 - Hazardous Materials	FPM-40302	3
<input type="checkbox"/> OSHA 511 - Occupational Safety & Health Standards for General Industry	FPM-40366	3.0	<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	FPM-40298	3
REQUIRED TRAINER COURSES Choose either OSHA 500 or OSHA 501 (not both).			<input type="checkbox"/> OSHA 2225 - Respiratory Protection	FPM-40303	3
<input type="checkbox"/> OSHA 500 - Trainer Course in Occupational Safety & Health Standards for the Construction Industry	FPM-40280	3.0	<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 501 - Trainer Course in Occupational Safety & Health Standards for General Industry	FPM-40281	3.0	<input type="checkbox"/> OSHA 7105 - Introduction to Evacuation and Emergency Planning	FPM-40410	0.5
OTHER REQUIRED COURSES Students must complete all of the following courses.			<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	FPM-40497	0.5
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	FPM-40296	3	<input type="checkbox"/> OSHA 7200 - Bloodborne Pathogen Exposure Control	FPM-40378	0.5
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	FPM-40297	3	<input type="checkbox"/> Trainer Course - Confined Space	FPM-40291	1.5
<input type="checkbox"/> OSHA 3095 - Electrical Standards (Low Voltage - Federal)	FPM-40300	3	<input type="checkbox"/> Trainer Course - Forklift Safety	FPM-40307	1.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	FPM-40637	0.5	<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> Safety Leadership I	FPM-40641	2	CAL/OSHA (Must complete a minimum of 8 units)		
<input type="checkbox"/> Workers' Compensation for Safety Professionals	FPM-40640	0.5	<input type="checkbox"/> OSHA 5109 - Cal/OSHA Standards for the Construction Industry	FPM-40511	3
SPECIALTY COURSES Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)			<input type="checkbox"/> OSHA 5119 - Cal/OSHA Standards for General Industry	FPM-40512	3
CONSTRUCTION (Must complete a minimum of 8 units)			<input type="checkbox"/> Laws and Regulations	FPM-40060	3
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	FPM-40413	3	<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5			
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	FPM-40301	2.5			
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	FPM-40638	2.5			
<input type="checkbox"/> OSHA 3115 - Fall Protection	FPM-40489	3			
<input type="checkbox"/> EM385-1-1 40-Hour Safety	FPM-40507	4			
<input type="checkbox"/> Safety Leadership II	FPM-40642	2			
<input type="checkbox"/> Trainer Course - Fall Protection	FPM-40566	0.5			
<input type="checkbox"/> Trainer Course - Rigging Safety	FPM-40349	3			
<input type="checkbox"/> Trainer Course - Trenching	FPM-40308	1.5			

FINANCIAL ASSISTANCE (Including GI Bill and San Diego Workforce Partnership Funds)

The OS&H Department at UC San Diego Extended Studies is pleased to provide information regarding financing your continuing education needs. Paying for a certificate program should not be an obstacle. Private loans are available to assist students with enrollment and certificate fees. For more information on loans and other financial resources (including GI Bill and San Diego Workforce Partnership Funds), please visit extension.ucsd.edu/financial.

SAFETY AND HEALTH FUNDAMENTALS CERTIFICATE PROGRAM

go.ucsd.edu/3SEAVNd

The certificate program in Safety and Health Fundamentals supports OSHA's mission by training employees in occupational safety and health to reduce incident rates for workers in state and local governments and private industry workers.

Participants have the opportunity to earn certificates in Construction, General Industry and Maritime industries.

CONSTRUCTION

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 68 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 39 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

GENERAL INDUSTRY

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 68 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 39 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

MARITIME

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 77 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 48 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

TARGET AUDIENCE

The curriculum is intended for those new to safety in both the public and private sectors.

Visit our website for the following information and more:

- Requirements for Completion
- How to Submit When Completed
- Certificate Processing Fee

CONSTRUCTION

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 510 - Occupational Safety and Health Standards for Construction	26.0
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	39.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26.0
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26.0
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18.0
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20.0
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	22.0
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26.0
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4.0
<input type="checkbox"/> OSHA 7110 - Safe Bolting: Principles and Practices	7.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6.0
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime and General Industries	7.0
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit Required Confined Space Standard	7.0
<input type="checkbox"/> OSHA 7400 - Occupational Noise Exposure Hazards	5.5
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4.0
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	20.0
or	
OSHA 7410 - Managing Excavation Hazards	6.5
<input type="checkbox"/> OSHA 3115 - Fall Protection	18.0
or	
<input type="checkbox"/> OSHA 7405 - Fall Hazard Awareness for the Construction Industry	5.0



GENERAL INDUSTRY

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 511 - Occupational Safety and Health Standards for General Industry	26.0
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	39.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26.0
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18.0
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26.0
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26.0
<input type="checkbox"/> OSHA 7000 - OSHA Training Guidelines for Safe Patient Handling	7.5
<input type="checkbox"/> OSHA 7005 - Warehousing and Storage	7.0
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4.0
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	7.5
<input type="checkbox"/> OSHA 7200 - Bloodborne Pathogen Exposure Control	7.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6.0
<input type="checkbox"/> OSHA 7210 - Pandemic Illness Preparedness	5.5
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime and General Industries	7.0
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4.0
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20.0
or	
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7.0
<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	26.0
or	
<input type="checkbox"/> OSHA 7100 - Introduction to Machinery and Machine Safeguarding	4.0

MARITIME

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 5410 - Occupational Safety and Health Standards for the Maritime Industry	35
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	48.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26
<input type="checkbox"/> OSHA 2015 - Hazardous Materials	26
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	22.5
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	22
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26
<input type="checkbox"/> OSHA 3115 - Fall Protection	18
<input type="checkbox"/> OSHA 7005 - Warehousing and Storage	7
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	7.5
<input type="checkbox"/> OSHA 7120 - Introduction to Combustible Dust Hazards	6.5
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime, and General Industries	7
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20
or	
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7
<input type="checkbox"/> OSHA 2045 - Machinery & Machine Guarding Standards	26
or	
<input type="checkbox"/> OSHA 7100 - Introduction to Machinery and Machine Safeguarding	4

BE AN AUTHORIZED OUTREACH TRAINER

TEACH OSHA 10/30-HOUR CLASSES

BENEFITS OF BEING AN AUTHORIZED TRAINER AT UC SAN DIEGO:

- Career advancement
- Promotion with current employer
- Online portal and database to report and track classes
- University of California San Diego affiliation
- Rapid card processing and shipping
- Excellent customer service and professional staff
- Experienced instructors in their fields

INDUSTRY AUTHORIZATIONS

CONSTRUCTION

Prerequisite/Standards: OSHA 510
Trainer Course: OSHA 500
Update Course: OSHA 502

GENERAL INDUSTRY

Prerequisite/Standards: OSHA 511
Trainer Course: OSHA 501
Update Course: OSHA 503

MARITIME

Prerequisite/Standards: OSHA 5410
Trainer Course: OSHA 5400
Update Course: OSHA 5402

DISASTER SITE WORKER

Trainer Course: OSHA 5600
Update Course: OSHA 5602



PREREQUISITE COURSES:

- **OSHA 510** (See page 23)
- **OSHA 511** (See page 23)
- **OSHA 5410** (See page 25)

STAY AUTHORIZED!

IMPORTANT: There is no grace period for a trainer's expiration.

Any trainer who allows their authorization to expire is required to:

1. Attend the OSHA 510/511/5410 standards course. If previously taken, the date of completion must be within the last 7 years.

AND

2. Retake the OSHA 500/501/5400 and demonstrate proof of the prerequisite requirements (5 years of construction/general industry/maritime safety experience)



FOLLOW THESE STEPS TO APPLY:

1

Attain five (5) years of safety experience relevant to the industry in which you are applying (construction, general industry, maritime or disaster site worker).

2

Successfully complete the OSHA Standards Course corresponding to the OSHA Trainer Course.

The OSHA Standards course completion date must be within seven years of the corresponding Outreach Trainer Course.

3

Download the required Prerequisite Verification Form by clicking the Apply Now button on the relevant trainer course page. You may also email oshatraining@ucsd.edu for an electronic copy.

HELPFUL HINTS:

- "Working safely" does not meet the requirements of safety experience for any course
- Sign your name
- Include the date
- Check Box #41

4

Email the completed form along with a copy of your trainer card or required documentation to oshatraining@ucsd.edu. Please note that your verification form will not be processed without proper proof of the required prerequisites.



CAL/OSHA OUTREACH TRAINING

Here's how to obtain your Cal/OSHA Outreach Endorsement:

1. You must be currently authorized as a Construction or General Industry Outreach Trainer.*
2. Show a minimum of one year of Cal/OSHA experience (the Statement of Eligibility Form is provided prior to attending a class).
3. Attend the OSHA 5109 (construction) or OSHA 5119 (general industry) course, depending on your relevant industry experience.
4. Your Cal/OSHA authorization expires the same date as your federal outreach trainer authorization expires. The Cal/OSHA update courses are OSHA 5029 (construction) and OSHA 5039 (general industry).

*You may also attend the OSHA 5109 or OSHA 5119 up to six months prior to obtaining your federal outreach authorization or anytime after you have become an authorized trainer.

COURSE DESCRIPTIONS

Cal/OSHA Courses

OSHA 5029 **CAL/OSHA UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINERS**

This course updates OSHA 5109 Cal/OSHA Standards for the Construction Industry. Students will learn about the most significant changes within Cal/OSHA Title 8 that affect the construction industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as they relate to the construction industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. This course continues the student's authorization to teach both the 10- and 30-hour Cal/OSHA Construction Industry Outreach Training Program. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, construction standards, and legal decisions affecting the construction industry.

Required prerequisite: OSHA 5109 or OSHA 5029 within four years. See osha.ucsd.edu for additional requirements.

Cal/OSHA expiration: The Cal/OSHA authorization expires on the same date as the trainer's Federal authorization.

Fee: \$325

OSHA 5039 **CAL/OSHA UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINERS**

This course updates the Cal/OSHA 5119 Cal/OSHA Standards for General Industry. Students learn about the most significant changes with Cal/OSHA Title 8 that affect general industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as it relates to general industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, General Industry standards, and legal decisions.

Required prerequisite: OSHA 5119 or OSHA 5039 within four years. See osha.ucsd.edu for additional requirements.

Cal/OSHA expiration: The Cal/OSHA authorization expires on the same date as the trainer's Federal authorization.

Fee: \$325

OSHA 5109 **CAL/OSHA STANDARDS FOR THE CONSTRUCTION INDUSTRY**

This course is designed for individuals interested in teaching the 10- and 30-hour Cal/OSHA construction safety and health Outreach Training Program to their employees and groups interested in learning about Cal/OSHA Title 8 Construction Standards and policies. Course topics include construction industry standards and compliance, training topics required in the 10- and 30- hour Outreach Training Program as well as those which are most hazardous in the construction industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will have the ability to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in the construction industry, locate and determine appropriate Cal/OSHA Construction Standards, policies, and procedures, and describe the use of Cal/OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

Important: Students may also take this course if they do not intend on teaching the Cal/OSHA Outreach Training.

Prerequisite for Outreach Trainers: Existing Construction Outreach Trainers in good standing seeking to become Cal/OSHA Construction Outreach Trainers may use this course to obtain the Cal/OSHA endorsement. See osha.ucsd.edu for additional requirements.

Fee: \$795

OSHA 5119 **CAL/OSHA STANDARDS FOR GENERAL INDUSTRY**

This course is designed for individuals interested in teaching the 10- and 30-Cal/OSHA general industry safety and health Outreach Training Program to their employees and groups interested in learning more about Cal/OSHA General Industry Standards and policies. Course topics include Title 8 General Industry Standards and compliance, training topics required in the 10- and 30- hour Outreach Training Programs as well as those which are most hazardous in general industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will be able to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in general industry, locate and determine appropriate Cal/OSHA General Industry Standards, policies, and procedures, and describe the use of Cal/OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

Important: Students may also take this course if they do not intend on teaching the Cal/OSHA Outreach Training.

Prerequisite for Outreach Trainers: Existing General Industry Outreach Trainers in good standing seeking to become Cal/OSHA General Industry Outreach Trainers may use this course to obtain the Cal/OSHA endorsement. See osha.ucsd.edu for additional requirements.

Fee: \$795

OSHA Safety Courses

OSHA 510

OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE CONSTRUCTION INDUSTRY

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.

Fee: \$795

OSHA 511

OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR GENERAL INDUSTRY

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.

Fee: \$795

OSHA 521

OSHA GUIDE TO INDUSTRIAL HYGIENE

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.

Note: Recommended prerequisite courses: OSHA 510, OSHA 511, OSHA 5109 or OSHA 5119.

Fee: \$825

OSHA 2015

HAZARDOUS MATERIALS

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.

Fee: \$795

OSHA 2045

MACHINERY AND MACHINE GUARDING STANDARDS

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.

Fee: \$795

OSHA 2055

CRANES IN CONSTRUCTION

This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. 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.

Fee: \$725

OSHA Safety Courses

OSHA 2225 RESPIRATORY PROTECTION

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.

Note: It is highly recommended that the OSHA 521 course is completed prior to this course.

Fee: \$825

OSHA 2255 PRINCIPLES OF ERGONOMICS

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 work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

Fee: \$795

OSHA 2264 PERMIT-REQUIRED CONFINED SPACE ENTRY

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.

Fee: \$725

OSHA 2455 SAFETY AND HEALTH MANGEMENT PROGRAM

This course focuses on the Safety and Health Management Program (SHMP). The participants will learn about the SHMP fundamentals, recordkeeping requirements, and SHMP in the workplace. During the course, the participants will use different activities to learn how to implement a workplace Safety and Health Management Program (SHMP) according to OSHA's Recommended Practices for Safety and Health Programs and related guidance.

Fee: \$725

OSHA 3015 EXCAVATION, TRENCHING AND SOIL MECHANICS

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.

Fee: \$725

OSHA 3085 PRINCIPLES OF SCAFFOLDING

This course covers the requirements for the safe construction and use of scaffolding using the OSHA construction scaffold standard as a guide. Topics include hazards associated with scaffold design; assembly; disassembly and use; types of scaffolds; determining scaffold capacity; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion, students will have the ability to identify the types of scaffolds and their components; determine safe assembly, use, and disassembly; and recognize common violations of OSHA standards.

Fee: \$725

OSHA Safety Courses

OSHA 3095 **ELECTRICAL STANDARDS (LOW VOLTAGE - FEDERAL)**

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.

Fee: \$795

OSHA 3115 **FALL PROTECTION**

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.

Fee: \$795

OSHA 5410 **OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE MARITIME INDUSTRY**

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.

Fee: \$1095

OSHA 6005 **COLLATERAL DUTY COURSE FOR OTHER FEDERAL AGENCIES**

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. Special emphasis is placed on the areas in general industry that 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 OSHA general industry standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts.

Fee: \$795

OSHA 7000 **OSHA TRAINING GUIDELINES FOR SAFE PATIENT HANDLING**

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.

Fee: \$275

OSHA 7005 **WAREHOUSING AND STORAGE**

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.

Fee: \$275

OSHA Safety Courses

OSHA 7100 INTRODUCTION TO MACHINERY AND MACHINE SAFEGUARDING

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.

Fee: \$275

OSHA 7105 EVACUATION AND EMERGENCY PLANNING

This course covers OSHA requirements for emergency action and fire protection plans. Topics include purpose and requirements of emergency action and fire prevention plans, elements of an emergency evacuation plan, 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.

Fee: \$275

OSHA 7115 LOCKOUT/TAGOUT

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.

Fee: \$275

OSHA 7120 INTRODUCTION TO COMBUSTIBLE DUST HAZARDS

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.

Fee: \$275

OSHA 7200 BLOODBORNE PATHOGEN EXPOSURE CONTROL

This course covers the development and implementation of Exposure Control Plans (ECP). Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and control methods, 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. Course highlights include students developing a template for their facility's ECP. Upon course completion, the participant will have the ability to take a systematic approach to develop an ECP.

Fee: \$275

OSHA 7205 HEALTH HAZARD AWARENESS

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. 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.

Fee: \$275

OSHA Safety Courses

OSHA 7210

PANDEMIC ILLNESS PREPAREDNESS

This course covers recognition of hazards and risks associated with a pandemic illness event and development of strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic illness event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of operations. This course offers information on strategies that can be used to control the spread of the illness, minimization of 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.

Fee: \$275

OSHA 7215

SILICA IN CONSTRUCTION, MARITIME, AND GENERAL INDUSTRIES

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure.

Fee: \$275

OSHA 7225

TRANSITIONING TO SAFER CHEMICALS

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives. Course topics include identification, evaluation, assessment, and implementation of safer chemical alternatives. In particular, participants will use OSHA's seven-step substitution planning process. The course features workshops and hands-on activities with the use of various online chemical databases and tools. The target audience is purchasing staff, maintenance supervisors, facility managers, and workers who utilize hazardous chemicals at their worksites, along with occupational safety and health professionals who provide technical assistance on the control of chemical hazards. Upon course completion participants will have the ability to recognize and evaluate hazardous chemicals in their workplace, assess safer alternatives, and implement those alternatives.

Available for onsite training.

Contact oshatraining@ucsd.edu.

OSHA 7300

UNDERSTANDING OSHA'S PERMIT-REQUIRED CONFINED SPACE STANDARD

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.

Fee: \$275

OSHA 7400

OCCUPATIONAL NOISE EXPOSURE HAZARDS

This course focuses on describing noise hazards in the workplace. The course includes; OSHA occupational noise exposure standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, sound level surveys, noise dosimetry, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the employer or representative designated with the responsibility to develop a noise program. At the conclusion of this course, students will describe sound properties and their relationship to noise-induced hearing loss, hearing protection usage, and using a sound level meter.

Fee: \$275

OSHA 7405

FALL HAZARD AWARENESS FOR THE CONSTRUCTION INDUSTRY

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.

Fee: \$275

OSHA Safety Courses

OSHA 7410

MANAGING EXCAVATION/TRENCHING OPERATIONS

This course covers the requirements to manage excavation/trenching operations. The course will include an understanding of the OSHA excavation requirements, excavation/trenching hazards, and control measures. Additionally, participants will learn about soil analysis techniques and protective system requirements. At the conclusion of this course, participants will understand how to manage excavation/trenching operations.

Fee: \$275

OSHA 7415

OSHA CONSTRUCTION INDUSTRY REQUIREMENTS (MAJOR HAZARDS AND PREVENTION)

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.

Fee: \$495

OSHA 7500

INTRODUCTION TO SAFETY AND HEALTH MANAGEMENT

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.

Fee: \$275

OSHA 7505

INTRODUCTION TO INCIDENT (ACCIDENT) INVESTIGATION

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.

Fee: \$275

OSHA 7510

INTRODUCTION TO OSHA FOR SMALL BUSINESSES

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.

Fee: \$275

OSHA 7515

JOB HAZARD ANALYSIS

This course covers OSHA guidelines for developing a Job Hazard Analysis. Course topics include the purpose and requirements of a job hazard analysis, the relationship between worker tasks and tools in a work environment, identifying job hazards before they occur, and techniques for completing a job hazard analysis. Students will participate in activities about utilizing a job hazard analysis.

Fee: \$275

OSHA 7845

RECORDKEEPING RULE SEMINAR

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.

Fee: \$250

SIGN-UP TO RECEIVE OUR EMAILS!

Stay informed. Visit our home page and sign up to receive e-mails about upcoming classes and events, certificate programs and first-hand industry-related information from OSHA.

OSHA.UCSD.EDU

OSHA Trainer Courses

OSHA 500

TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE CONSTRUCTION INDUSTRY

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.

Required prerequisite: OSHA 510 and five (5) years of construction safety experience. See osha.ucsd.edu for additional requirements.

Fee: \$795

OSHA 501

TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR GENERAL INDUSTRY

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.

Required prerequisite: OSHA 511 and five (5) years of general industry safety experience. See osha.ucsd.edu for additional requirements.

Fee: \$795

OSHA 502

UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINERS

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.

Required prerequisite: OSHA 500 or OSHA 502 course within four (4) years. See osha.ucsd.edu for additional requirements.

Fee: \$600



OSHA Trainer Courses

OSHA 503 UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINERS

This course is designed for Outreach Training Program trainers who have completed the OSHA 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.

Required prerequisite: OSHA 501 or OSHA 503 course within four (4) years. See osha.ucsd.edu for additional requirements.

Fee: \$600

OSHA 5400 TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE MARITIME INDUSTRY

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.

Required prerequisite: OSHA 5410, and five (5) years of maritime safety experience. See osha.ucsd.edu for additional requirements.

Fee: \$825

OSHA 5402 MARITIME INDUSTRY TRAINER UPDATE COURSE

This course is designed for individuals who have successfully completed the OSHA 5400 Trainer Course in OSHA Standards for the Maritime Industry and are active Outreach Training Program trainers. The course updates the OSHA Maritime 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 maritime industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour Outreach Training Program classes.

Required prerequisite: OSHA 5400 or OSHA 5402 within four (4) years. See osha.ucsd.edu for additional requirements.

Fee: \$725

OSHA Trainer Courses

OSHA 5600 DISASTER SITE WORKER TRAINER COURSE

This course prepares experienced Outreach Training Program trainers to present 7.5- and 15-hour Disaster Site Worker Outreach training classes 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. 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 authorizes students to become trainers in the Disaster Site Worker Outreach Training Program and issue course completion cards to participants.

Required prerequisite:

1. OSHA 500 or OSHA 501
2. Three years safety training experience
-AND-
One of the following:
 - a. 40-hour HAZWOPER training (within the last five years)
 - b. 8-hour HAZWOPER refresher training (within the last 12 months), or
 - c. Possession of journey-level credentials in a building trade union

Fee: \$825



UC San Diego Safety Courses

CAL/OSHA 30-HOUR GENERAL INDUSTRY OUTREACH TRAINING COURSE

The OSHA Outreach Training Program provides workers with basic and more advanced training about common safety and health hazards on the job. The 30-hour training program is intended to provide workers with some safety responsibility and a greater depth and variety of training. All outreach training is intended to cover an overview of the hazards a worker may encounter on a job site. This training emphasizes hazard identification, avoidance, control and prevention, not Cal/OSHA standards.

Note: Students will receive a Cal/OSHA 30-hour course completion card at the end of the training. This training is required by the California Business and Professions Code, section 26051.5 (Cannabis).

Fee: \$550

EM385-1-1 COMPETENT PERSON FOR FALL PROTECTION

The most current revision to EM385-1-1, Section 21.C.04a, mandated that starting in May 2016, the competent person for fall protection shall attend a minimum of 24 hours of fall protection training with a combination of formal classroom training and practical applications. Falls are the leading cause of death in construction. Based on the seriousness of fall hazards, this training exceeds EM385-1-1 minimum requirements. This course consists of two days of classroom instruction with one day of hands-on experience. Emphasis will be on current ANSI fall protection requirements and specifics from EM385-1-1 fall protection standards. This training fulfills the SSHO competency requirement according to EM385-1-1 Section 01.A.17d.

Fee: \$725

EM385-1-1 40-HOUR SAFETY

This course is for contractors, military and government employees who enforce or must comply with the EM385-1-1 U.S. Army Corps of Engineers safety and health requirements. You will learn procedures of the Navy and U.S. Army Corps of Engineers contracts, and the safety and health requirements of the U.S. Army Corps of Engineers Safety and Health Requirements manual. Upon completion, students receive an official OSHA 30-hour card for construction. Topics include preparation of a site-specific accident prevention plan, intro to OSHA, site safety health officer's qualifications and responsibilities, activity hazard analysis development, on-site personnel training, incident response, job site auditing and hazard communication.

Fee: \$1095

ELECTRICAL HIGH VOLTAGE STANDARDS - FEDERAL

OSHA classifies any use of electrical service over 600 volts as high voltage. Regulations and accepted industry standards require employers to meet specific training requirements for their employees who work with high voltage electrical installations. These rules apply to commercial, industrial and government sites as well as electric utility generation, transmission and distribution installations. This course provides information crucial to safely operating your facility. Along with advanced knowledge of critical compliance issues, emphasis is placed on hazard awareness and abatement methods. Topics include fundamentals, definitions, wiring methods, practices and equipment and lockout/tagout.

Recommended prerequisite: OSHA 3095

Fee: \$795

NFPA 70E ELECTRICAL SAFETY STANDARDS

If you work on or near energized electrical systems, have a safety role at these sites or are an emergency responder, this course is for you. The new electrical safety standards (NFPA 70E) are the next step to a safer electrical environment in the workplace. Anyone who deals with hazards such as electrocutions, fires and explosions should attend. Learn how to prevent serious disabling injuries, damage to equipment and work sites and, most importantly, save lives.

Fee: \$450

FIRE AND LIFE SAFETY IN THE WORKPLACE

Fire and explosions in the workplace can be dangerous for employees. Not just for construction sites and industrial plants, but also office spaces, buildings and other general industry facilities. It is the responsibility of the employer to develop and implement fire and life safety programs for the protection of their workers through fire prevention measures, fire protection and fire suppression. In this course, students will learn about the employer's roles and responsibilities as well as the codes and standards of fire and life safety in the workplace, allowing them to implement industry best practices. This includes fire prevention, protection and suppression as well as general life safety.

Fee: \$1095

INTRODUCTION TO FIRE AND LIFE SAFETY IN THE WORKPLACE

This course is designed to provide students with the knowledge and understanding of fire and life safety requirements in the workplace including fire prevention, fire protection, and fire suppression methods. The class will familiarize students with the applicable codes, standards and regulations as well as the history leading to the fire and life safety requirements. Students will learn to apply the requirements to specific workplace situations. The class will cover systems and equipment used to provide fire & life safety in the workplace and how to maintain/inspect them.

Fee: \$725

LAWS AND REGULATIONS

This course includes a basic overview of Federal OSHA standards with main emphasis on Cal/OSHA standards. Students will be coached through a jobsite inspection process from the opening conference to the closing conference. Working group sessions will study actual court cases highlighting preparation for a hearing, burden of proof, affirmative defenses and discovery. The overall objective of this course is to enable students to better prepare for workplace inspections conducted by OSHA and responding to citations issued. Topics Include: Fed OSHA and Cal/OSHA, Citation categories, Abatement, Litigation and Hearing/Settlement Conference procedures, Injury Illness Prevention, Personal Protective Equipment, and Respiratory Protection.

Fee: \$795

SAFETY INSPECTION TECHNIQUES

Learn the most commonly used safety inspection standards, tools and techniques in this three-day course. Experience an organized approach to inspecting and auditing projects to insure OSHA compliance and injury prevention. Visit both construction and general industry sites to perform an inspection and prepare a final report.

Fee: \$725

SAFETY LEADERSHIP I

A manager has employees that report to him or her, but not all managers have good leadership skills. Leadership can be defined as the ability to compel and motivate others towards the leader's goals. In safety, this translates into leaders that go beyond simply defining and implementing safety and health policies and procedures. Through lectures, presentations and real-world simulations, students will learn topics including: Alignment of values within an organization around safety, exhibiting visible leadership each day, identifying an organization's safety strengths and weaknesses and improvements, constructive intervention skills, fostering two-way dialogue between employees and leadership, setting and maintaining safety expectations. By the end of the course, safety professionals will have the skills necessary to become safety leaders.

Fee: \$725

SAFETY LEADERSHIP II

Safety culture can be summed up as the approach, acceptance, attention, awareness and attitude that an organization and its employees have regarding safety in the workplace. Safety culture is a part of the larger organizational culture, and can be summed up as "the way we do things around here." When workplace illnesses, injuries and deaths occur, they can often be traced back to a breakdown in communication, and lack of understanding and adherence to the safety policies and procedures – and/or the inadequacy of the policies and procedures themselves. This course will help students identify, create and improve an organizational safety culture by focusing on areas such as: Ensuring leadership commitment at all levels, making workplace safety the top priority in all instances, organization-wide safety communication, discipline system for unsafe practices, employee empowerment to suggest improvements in safety practices and viewing safety as an investment and not a cost.

Fee: \$725

TRAINER COURSE - CONFINED SPACE

Gain the knowledge and skills to instruct a confined space entry class within your organization. The course will cover advanced confined space issues, teaching, resources, instructional methodology and points on how to jazz up your presentation. Students will be required to give a ten minute presentation for evaluation by other students.

Note: Students should take this course only if they have taken OSHA 2264 or have sufficient Confined Space Entry experience/training to be considered competent in the subject.

Recommended prerequisite: OSHA 2264 from UC San Diego.

Fee: \$495

TRAINER COURSE - FALL PROTECTION

This course is a continuation of the OSHA 3115 - Fall Protection Course. Students will learn how to apply the fall protection training standards, effective training techniques and develop a fall protection training plan. Course topics include: course introduction and orientation; Fall protection hierarchy; Training techniques; OSHA requirements for fall hazards training; ANSI Z 359.2 training requirements; Exercise - Develop a fall protection training program.

Fee: \$325

UC San Diego Safety Courses

TRAINER COURSE - FORKLIFT SAFETY

In this course, participants will learn what the OSHA requirements are, how they affect your company and how to comply with the standards. This course is designed to give the participants the tools and knowledge needed to teach forklift operators about the OSHA requirements. Trainers should develop their own programs and audiovisual aids to use when they are teaching forklift safety courses. While this course is general in nature, as a trainer you will need to provide training which is specific to the types of powered industrial trucks (forklifts) which the students will be operating.

Fee: \$495

TRAINER COURSE - RIGGING SAFETY

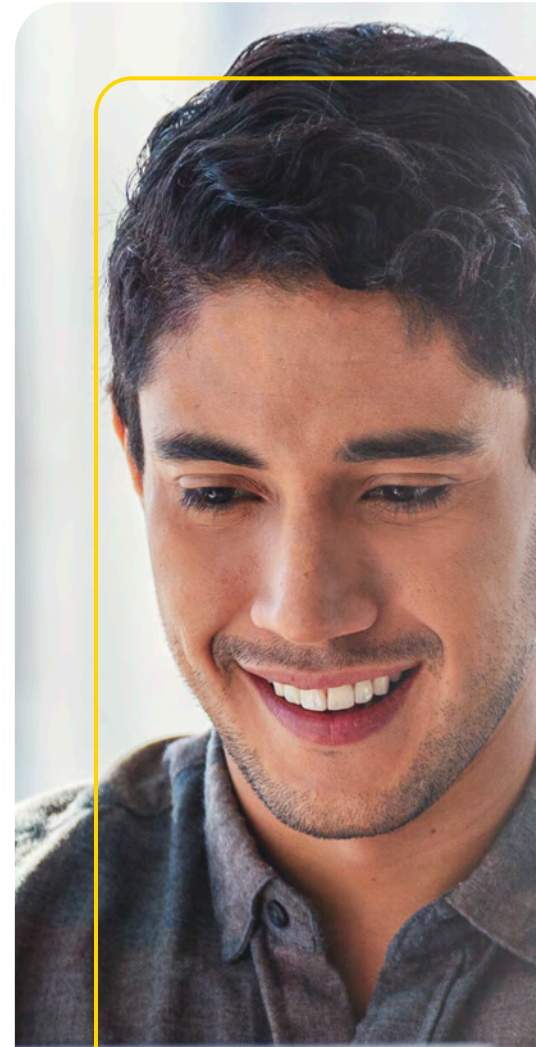
This course covers advanced rigging principles, safety requirements, and key considerations for safe rigging. Students participating in this course will be able to identify appropriate rigging techniques; they will understand sling angles and the stresses imposed. They will go thru OSHA's new regulations on qualifications of riggers and the national consensus standards for rigging to include sling and hardware inspections and rejection criteria.

Fee: \$795

WORKERS' COMPENSATION FOR SAFETY PROFESSIONALS

All employers are required by law to cover their workers for damages that result from work-related injuries or illnesses, or to compensate surviving spouses or minor children when a worker is killed at work. Knowledge of the workers' compensation system should be understood by all safety professionals, and those employers rely on to manage the system must be well aware of how to control the costs of insurance premiums. This course will cover the fundamentals of coverage requirements, options for obtaining coverage, how premiums are calculated and how claims affect the cost and availability of continued coverage.

Fee: \$325



Visit [OSHA.UCSD.EDU](https://www.osha.ucsd.edu) for up-to-date information on course dates and locations.



VIRTUAL INSTRUCTOR LED TRAINING (VILT) - **LIVE ONLINE!**

The VILT UC San Diego OTIEC classes are here to stay, which means you do not have to leave the comfort of your home or office to attend one of these coveted classes.

Students and instructors have learned that the virtual way of learning has significant benefits compared to the in-person classroom experience.

Although the classes are taught live via scheduled Zoom meetings, students will also be using Canvas, which provides access to course materials.

*Additional VILT classes offered through the OS&H Department are open to anyone and do not have geographical boundaries or restrictions.

BENEFITS

- No travel or commuting to class. You no longer have to get on a plane or drive to class, which saves money for you and your company.
- Access to electronic materials.
- Academic units from these classes may be applied to the Professional Safety and Health Officer and Safety and Health Specialist Certificate Programs.
- Relationship building through Discussion Boards via Canvas.
- Networking with subject matter expert instructors and peers.

ARE VILT CLASSES FOR YOU?

What you need to know before attending:

- These classes use Zoom for the live video-based platform.
- A Requirements and Best Practices document will be provided prior to the start of class.
- Per OSHA's guidelines for VILT courses, students are required to have video capabilities and must be visible at all times to the instructor and facilitator during the class. (Unfortunately, if a student cannot comply with this requirement, they will not be able to attend the class.)
- Students are required to attend all days and times in order to receive a course completion certificate and/or trainer card.
- It is mandatory for students to be at a stationary site. Students are not allowed to be in a vehicle, driving, and/or on a phone while participating during class. Students must use a computer in order to achieve the highest level of participation with Canvas and Zoom.

Early registration is highly recommended.

The VILT classes at the UC San Diego OTIEC are available to anyone who lives or works in OSHA Region 9 (Arizona, California, Guam, Hawaii, Nevada, Pacific Territories, and American Samoa). Additionally, if you are a current Outreach Trainer with UCSD, regardless of your residence, you are still eligible to attend a Trainer Update Course (OSHA 502, OSHA 503, OSHA 5402).



TURN YOUR SAFETY TRAINING INTO COLLEGE CREDIT



**COLUMBIA
SOUTHERN**
UNIVERSITY

LEARNING PARTNER

As a UCSD OTI Education Center Student, when you attend Columbia Southern University, you will receive:

- A 10% Discount on all classes.
- Application and Transcript Request Service fees waived.
- Textbooks at NO COST through the CSU Book Grant.
- Access to Exclusive Scholarship Opportunities.
- GSP Recognition when graduating with a B.S. or M.S. in Occupational Safety & Health.

Many classes taken at UCSD will transfer into Columbia Southern University for college credit applicable to an Associates or Bachelor's degree at CSU. For a complimentary evaluation of your previous college credits, military, and job training (OSHA, Hazwoper, etc.), or if you have additional questions, please contact **Ernie Smith**, ernie.smith@columbiasouthern.edu, Call **800-977-8449**, or visit www.columbiasouthern.edu/OSH.

BE SURE to mention UCSD when you Reach Out to get these valuable benefits!

TRAINING BROUGHT TO YOU



The UC San Diego OTIEC is dedicated to providing a superior level of courses for companies seeking the benefit of on-site training.

UC San Diego will bring any class to your site or provide Virtual Instructor Led Training so employees don't have to travel—which saves you time and money. All of the administrative efforts from beginning to end are covered by our contract specialists.

Just tell us which class(es) you need, where the training will be held, when you need the training, and how many people will be participating. It's that easy.

BENEFITS

1. No travel required. We bring the instructor and materials to you.
2. Now available: Virtual Instructor Led Training (VILT)
3. Flexible scheduling
4. Cost savings
5. Customized courses available
6. Industry expert instructors

FOR MORE INFORMATION: oshatraining@ucsd.edu

REGISTRATION INFORMATION

ENROLLMENT

You can enroll online, via mail or phone. Many courses have prerequisites that are required by OSHA. Please see individual course descriptions prior to enrolling.

Online enrollment

osha.ucsd.edu

Students must receive prior approval before enrolling in an OSHA trainer course.

Phone enrollment and payment:

(800) 358-9206, option 1

Purchase orders: Purchase orders must be submitted on company letterhead.

Email: unex-cashiering@ucsd.edu

Fax: (858) 822-2243, Attn:
Business and Financial Services

Mail payment to:

UC San Diego
Division of Extended Studies
Attn: OSHA Training Institute Education Center
9500 Gilman Drive MC0170F
La Jolla, CA 92093
Payable to: UC Regents

MY EXTENSION

- Access your student records
- Update your contact information
- Enroll in classes
- Request to drop a course
- Change your grading option
- Access course details and location information
- Choose your marketing and communication preferences

YOU CAN VIEW AND PRINT

- Enrollment receipts
- Grade reports
- Your academic history

LOG ON IN THREE EASY STEPS

1. Visit myextension.ucsd.edu (do not use www).
2. Enter your user name (email address).
3. Enter your password. If you do not know your password, click on the "Forgot your password?" link to create a new one.

If you need any assistance with this process, call (858) 534-3400.

GET IN TOUCH WITH US!

OSHA Training Institute Education Center Department:

For information on OSHA courses, OSHA trainer courses, prerequisite verification forms, or trainer card replacements.

Email: oshatraining@ucsd.edu

Phone: (800) 358-9206

Outreach Trainer Department:

For information on OSHA student cards, online reporting (Storefront portal) questions/assistance, trainer address/contact information changes.

Email: oti-outreach@ucsd.edu

Phone: (858) 534-9283

Social Media:

facebook.com/UCSDSafetyTraining
instagram.com/ucsd_osha_training
twitter.com/ucsd_otiec
linkedin.com/groups/12368650



GENERAL INFORMATION

CLASS DISCOUNT POLICY

\$50 DISCOUNT

A \$50 discount may be applied to the first 10 students who enroll in a course up to 30 days prior to the start date. To take advantage of this offer, students must enroll online and use the discount code OSHAEarly when submitting payment.

10% DISCOUNT

The following students are eligible for a 10% discount (valid any time prior to course start date):

Active military

Students must use a military email when enrolling. Please email unex-reg@ucsd.edu to provide a military email and Student Services will be able to take the enrollment in order to honor the 10% discount.

Companies enrolling five or more employees

into the same class are eligible for a 10% discount.

Discounts cannot be used for the OSHA 502 and OSHA 503 trainer update courses, which have already been discounted, and one- or two-day courses. Discounts cannot be combined with other offers.

REFUNDS AND CANCELLATIONS

Cancellations must be made at least two weeks prior to the course start date to be eligible for a refund. Students who do not attend the first day of class will not be refunded.

Please note: In the unlikely event that UC San Diego cancels a course, students will receive a full refund.

MINIMUM CONTINUING LEGAL EDUCATION (MCLE) CREDIT

These credits apply to the Laws and Regulations course.

COURSE CREDIT

ABIH CREDIT: The American Board of Industrial Hygiene offers Certification Maintenance (CM) points for specific courses that have been registered.

BCSP CREDIT: The Board of Certified Safety Professionals offers Continuance of Certification (COC) points.

BRN CREDIT: The Bureau of Registered Nurses offers BRN credit. Reference UC San Diego provider number 00058.

All of the Occupational Health and Safety Department courses at UC San Diego Extended Studies, including the OTIEC courses, offer several types of academic and industry credit. The general key for calculating credits is:

COURSE TYPE	1/2-DAY	1-DAY	2-DAY	3-DAY	4-DAY	5-DAY
CEU	0.4	0.8	1.6	2.4	3.2	4.0
Academic Credit	0.4	0.5	1.5	2.5	3.0	4.0
ABIH (CM points)	.67	1.33	2.67	4.0	5.34	6.68
BCSP (COCs)	0.4	0.8	1.6	2.4	3.2	4.0

STAY INFORMED

with Safety Matters and This Just In! Emails

- Upcoming Classes
- New Courses
- Certificate Programs
- Pacific Coast Safety Fest
- Events and Conferences
- Resources for Outreach Trainers
- First-hand Information from OSHA

Visit osha.ucsd.edu to sign up.



2024 COURSE CATALOG

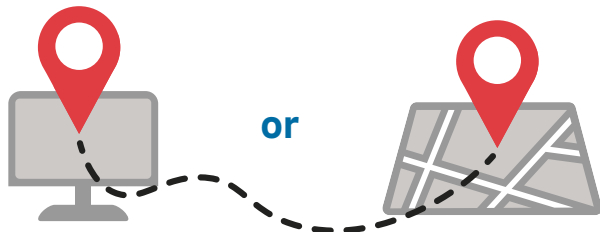


Not Printed at State Expense

UC SAN DIEGO'S OTI EDUCATION CENTER COURSE LOCATIONS



Additional Training Options:



VILT (Live Online)

Your Location!

