**ON THE COVER**

Van Howell is honored on the 30th anniversary cover because he exemplifies an instructor who has been invaluable to the UCSD OTIEC. His knowledge and expertise stem from over 30 years with the U.S. Department of Labor and over a decade with UCSD Extension. He has been instrumental in helping the OS&H Department to acquire multiple Susan Harwood Grants, which have brought training to the under served areas of OSHA Region IX.

**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 IX and provides courses in 11 cities.

**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 (formerly known as the Public Sector Safety & Health Fundamentals certificate) 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:**
facebook.com/UCSDSafetyTraining
instagram.com/ucsd_osha_training
twitter.com/ucsd_otiec
linkedin.com/groups/12368650
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- BE AN AUTHORIZED OUTREACH TRAINER

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- OSHA 5109 Cal/OSHA Standards for the Construction Industry  
- OSHA 5119 Cal/OSHA Standards for General Industry

## OSHA SAFETY COURSES
- OSHA 510 Occupational Safety and Health Standards for the Construction Industry  
- OSHA 511 Occupational Safety and Health Standards for General Industry  
- OSHA 521 OSHA Guide to Industrial Hygiene  
- OSHA 2015 Hazardous Materials  
- OSHA 2045 Machinery and Machine Guarding Standards  
- OSHA 2055 Cranes in Construction  
- OSHA 2225 Respiratory Protection  
- OSHA 2255 Principles of Ergonomics  
- OSHA 2264 Permit-Required Confined Space Entry  
- OSHA 3015 Excavation, Trenching and Soil Mechanics  
- OSHA 3085 Principles of Scaffolding  
- OSHA 3095 Electrical Standards (Low Voltage - Federal)  
- OSHA 3115 Fall Protection  
- OSHA 5410 Occupational Safety and Health Standards for the Maritime Industry  
- OSHA 6005 Collateral Duty Course for Other Federal Agencies

## OSHA TRAINER COURSES
- OSHA 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry  
- OSHA 501 Trainer Course in Occupational Safety and Health Standards for General Industry  
- OSHA 502 Update for Construction Industry Outreach Trainers  
- OSHA 503 Update for General Industry Outreach Trainers  
- OSHA 5400 Trainer Course in Occupational Safety and Health Standards for the Maritime Industry  
- OSHA 5402 Maritime Industry Trainer Update Course

## REGISTRATION INFORMATION
- TRAINING BROUGHT TO YOU
- GET IN TOUCH WITH US

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(800) 358-9206 | OSHA.UCSD.EDU | 3
UC San Diego Innovation Helped Launch OTI Education Centers

30 Years Ago

Anniversary marks transformation of U.S. workplace safety & instruction

BY MARG STARK
Thanks to UC San Diego Extension and an innovation that made occupational health and safety training readily available, the nation’s workplaces are significantly safer. It all started three decades ago when a visionary UC San Diego leader suggested that OSHA “franchise” their OSHA Training Institute (OTI), creating a first-of-its-kind U.S. educational collaboration.

As UC San Diego hails this 30th anniversary, an estimated 80,000 students have taken advantage of occupational health and safety training at OSHA Training Institute Education Centers (OTIECs) across the country. Today, 37 OTIECs—administered in 10 regions by non-profit universities, colleges, and organizations—provide critical and lifesaving training for American workers. All of this stems from an idea proposed by Dr. John Peak, the director of UC San Diego Extension’s Engineering and Science Division at the time.

“UC San Diego is a leader today in teaching workplace health and safety because of John Peak,” says Dr. Mary Walshok, the former dean of UC San Diego Extension. Having studied at some of the nation’s pre-eminent universities, including Massachusetts Institute of Technology, Princeton University, and Harvard Business School, Peak wanted to make OSHA training available to the masses. “With the OTIEC concept,” Walshok says, “John imagined a future in which far bigger swaths of the American workforce could be trained to prevent peril.”

In 1991, Peak attended a seminar at which OSHA executives relayed that the agency was unable to keep up with the public and private industry’s demand for training. He was quick to propose a solution: the franchise concept. A couple months later, he submitted an unsolicited proposal to OSHA on behalf of the university, which was already teaching occupational health and safety courses as part of adult continuing education.

In a 1994 letter from the Department of Labor recognizing UC San Diego’s initiative, Office of Training and Education director Harvey Harris wrote, “The submission to us of an unsolicited proposal . . . provided the impetus to develop and implement the OTIEC two-year pilot program.” OSHA adopted into the pilot program, the letter continues, many of the procedures Peak outlined in the proposal.

Peak’s dream was quickly realized as UC San Diego was selected in 1992 as one of the first four OTIECs to be established. Up until that time, if you worked in construction or the shipyards in San Diego and wanted to receive OSHA training, you had to travel to the OSHA Training Institute in Des Plaines, Illinois. “The cost was beyond what most workers or employers could bear, and classes were often overbooked,” says Bob Harrell, the first instructor hired for the UC San Diego OTIEC. “If you did get to Des Plaines, that midwestern weather was a shock to the system.”
“Thirty years ago, we relied on lectures and slides. Today, we offer a great deal of interaction, breakout groups and hands-on demonstrations, videos and techniques that appeal to different learning styles.”

Harrell still remembers the inaugural October 1992 OTIEC class. “We really had to prove ourselves that we could teach to the federal standards,” he recalls. He assembled a three-ring binder for the students since OSHA had not yet released their training manual. “I taught the full 30-hour course, the only instructor. I used 35-millimeter slides to show actual jobsite conditions and asked students to spot the violations. And, of course, my safety technique demos were on VHS tapes.” Still, when all was said and done, the agency representative sent to evaluate the course had only one suggestion: to use the OSHA student manual.

At the time, an ambitious public management crusade was underway with designs on “reinventing government.” In their book by the same name, David Osborne and Ted Gaebler posited that the government’s job was not to provide services but to see that they were provided.

The OTIEC pilot captured the spirit of this reinvention, training 1,300 workers by the end of the first year, of which UC San Diego had taught more than 40 percent. From the start, the OTIEC program was self-supporting and required no federal funding. In Peak’s initial proposal, he assured the government that the university could find its own revenue stream to pursue the training, via a Non-Financial Cooperative Agreement.

Today in Region IX, UC San Diego offers training to private and public sector employees in California, Arizona, Nevada, Hawaii, Guam, American Samoa, and the Commonwealth of the Northern Mariana Islands. “From the start, people loved coming to San Diego to get their training, to enjoy the weather and to get their certificates from such a prestigious university,” says UC San Diego instructor Suzy Shamsky. In those early days, she relays, classes were more compliance oriented, with workers intent on avoiding workplace violations and their accompanying costs.

Shamsky notes that UC San Diego was always able to attract instructors who were working professionals in the construction, maritime, and general industries. “The students could expect to hear from experts who had worked in these fields and witnessed these hazards firsthand.”

An unexpected benefit of OTIECs, Shamsky says, was being exposed to workers from different fields. “We all have a limited sphere on our jobs, but in the classroom, folks from Disneyland and the Hollywood entertainment industry mingled with the personnel from a sewage treatment plant.”

Today, in OSHA’s Outreach Training Program, employees who complete
the required prerequisites and relevant trainer course are then authorized to teach occupational health and safety to others. Indeed, the propagation and growth of occupational health and safety training has transformed the way that it is viewed. "Now," Shamsky adds, "attendees really care about protecting their employees, not only compliance concerns. Many are choosing health and safety as a career."

UC San Diego's OTIEC continues to be a national leader not only because of the quality of instruction but because of its trademark customer service. For example, UC San Diego issues the Outreach Training completion cards (i.e. OSHA 10- and 30-hour cards)—serving as the completion documentation and entry ticket for many worksites—within 48 hours. The standard processing time elsewhere is 30 days.

Shamsky notes that OTIEC instructors are always seeking to improve, this year taking classes online during the pandemic. "Thirty years ago, we relied on lectures and slides. Today, we offer a great deal of interaction, breakout groups, and hands-on demonstrations, videos, and techniques that appeal to different learning styles."

OSHA will commemorate the 30th anniversary with a number of events. Although Peak passed away in 2017, he participated in and was honored for his role at the 20th anniversary celebration in 2012.

As she heads into retirement, Walshok counts the advent of OTIECs as one of the most meaningful achievements during her tenure. "Clearly, one of the most important moves I made as a young dean was to hire John Peak."
OSHA.EDU/COURSES | INFORMATION: OSHAtraining@ucsd.edu
The Virtual Instructor Led Training (VILT) classes are administered with the same standards, guidelines and policies as in-person OTIEC and UCSD Safety courses. Per OSHA's guidelines for live online courses, students are required to have video capabilities and must be visible at all times to the instructor and facilitator during the class. Students are required to attend all days and times in order to receive a course completion certificate and/or trainer card. We look forward to seeing you!

Early registration is highly recommended.

VIRTUAL INSTRUCTOR LED TRAINING (VILT)

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

The VILT OTIEC classes are available to anyone in OSHA Region IX (Arizona, California, Guam, Hawaii, Nevada, Pacific Territories, and American Samoa). Additionally, if you are a current Outreach Trainer with UC San Diego, regardless of your residence, you are eligible to attend a Trainer Update Course.

ASYNCHRONOUS CLASSES

The OS&H Department also offers online courses to students in an asynchronous format ("go at your own pace").

- Introduction to Fire and Life Safety
- Safety Leadership I and II

There are courses, seminars, and workshops added each quarter, so please be sure to visit the website frequently.

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

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.

Instructors have discovered methods to increase student interaction, retention and learning capabilities through workshops and breakout rooms in Zoom. Students and instructors have learned that the virtual way of learning has significant benefits compared to the in-person classroom experience.

**BENEFITS**

- Safety! Your safety is our highest priority and you remain out of harm’s way by not sharing germs in a traditional classroom.
- 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).
With the help of a prestigious federal training grant, UC San Diego Extension is bringing OSHA instruction to remote Pacific islands—to workers whose lives and safety depend on it. Instructors are teaching fall prevention and protection strategies, extending the reach of Extension’s Occupational Safety and Health (OS&H) Department 6,000 miles away to American Samoa, Guam, Saipan, and Rota (CNMI).

Serving as a complement to the instruction offered through UC San Diego’s OSHA Training Institute Education Center (OTIEC), the OS&H Department was one of 90 U.S. organizations to receive a 2020 Susan Harwood Training Grant. The grant is awarded to nonprofits and universities to build and extend the scope of OSHA-standard health and safety education, often in underserved communities.

“There was a critical need for this training,” says UC San Diego Extension instructor Dan Mooney, who wrote the grant application. “We had been alerted by a hospital in Saipan of the large number of construction-related injuries they had treated: amputations, burns, and fractures.” The territory, which is part of the Mariana Islands, had several fatalities in recent years—a fall from a ship gangway, in a hotel elevator shaft, and from a construction scaffold. “For such a small population, this represents a high rate of work-related deaths.”

Working in hazardous industries and occupations fraught with high fatality rates, the population in these faraway islands has been particularly vulnerable. Unlike other territories, American Samoa does not have an OSHA office to offer safety and health training and on-site consultation visits. With low profits and low wages, employers and workers in the islands cannot afford to bring in trainers from the U.S. mainland. Immigration policies in the region also prevent many workers from traveling, since doing so can lead to losing their visas or their standing in citizenship applications.
The OS&H Department had planned to teach in person in these distant U.S. territories but the pandemic made this impossible. Amid COVID-19, travel to the islands was shut down. When OSHA decided to allow online training for the first time in its history, UC San Diego Extension quickly regrouped to teach the fall prevention and protection course to the islanders virtually, starting in May.

“What struck me was how incredibly appreciative the students were to receive the training,” says UC San Diego Extension instructor Van Howell, who worked with the team to tailor the four-hour sessions to the specific industries represented: maritime, construction, and hospitality, among others. The students varied in the amount of exposure they had to fall protection protocols, some novices and others more experienced.

Howell has 35 years of safety experience, including time working in OSHA leadership. During their stints with OSHA, Howell says, “Dan Mooney and I have seen fatalities—the result of improper use of fall protection equipment—so we could relay these important lessons. Some students were shocked to learn how far you can fall from an anchorage point, for example. So, we taught them how to take into account the height of the worker and the length of the self-retracting line, not just count on being safe tying off 17-and-a-half feet away.”

In American Samoa, where the quality of WiFi is not always reliable, the students gathered in a classroom with steady internet service to take the virtual live online class. Fall protection gear was provided so that students could practice putting it on. “We had a lot of interaction and storytelling,” Mooney shares. “They were very surprised to learn how easily safety lines can be severed, for example, with the edge of a steel building and the force generated from a fall. They learned the importance of using lines that can withstand leading-edge falls.”

This is the second Harwood grant UC San Diego has received to teach workers in the Pacific Rim. In 2018, as the islands were cleaning up and rebuilding after two super typhoons, nearly 500 workers were offered both classroom instruction and on-the-street remediation when hazards were observed.

With travel restrictions lifting this fall, the instructors hope to get a Harwood grant extension—at no cost to the university—to pursue in-person courses and meet their original goal of 340 workers trained.

Ken Keberle, the third instructor on the team, hopes they can continue this initiative. “It taught me a lot as an instructor, seeing how vital the course was to these workers. I saw the enormous value of the Susan Harwood training grant. And I gained a lot of respect for the reach of UC San Diego, that we could bring expert instruction to such an underserved part of the world.”
When you think of someone who is dedicated, passionate, and trustworthy, Linda Savitch’s name comes to the top of the list immediately. Linda, who recently retired from UC San Diego Extension, gave over 22 years of service solely to the OSHA department, with more care, compassion, or grit than any other employee.

If you have ever taken an occupational safety and health class, especially outside of our San Diego headquarters, then you most likely interacted with Linda in some capacity. Her success overseeing the Regional Host Training Sites at the OTI Education Center (OTIEC) came from her multi-tasking abilities and assiduous work ethic. Were you afraid of her? I’m sure some of you were. (Especially if you weren’t following the rules!) However, Linda wore (and still does) her heart on her sleeve, and she is truly the type of person who would help any student or instructor in need.

What many do not know about Linda is that she helped to expand course offerings in dozens of locations throughout OSHA Region 9, including Arizona, California, Hawaii, and Nevada. Some locations were wildly successful, and others were just not the right fit. The “not so successful” locations did not stop her from trying repeatedly, all the while taking on more responsibilities to grow the OTIEC. One of the first locations included a hotel/casino in Las Vegas. Naïve to the fact that students would perhaps stay up past their bedtimes to enjoy the indulgences that Las Vegas has to offer, Linda soon learned that classes needed to be in a more professional setting. After finally securing the ideal Host Training Site Organization in Las Vegas, needless to say, the morning attendance rate soared.

During a downturn in the economy in early 2008, the University of California San Diego employees were offered a “Voluntary Decrease in Time” option to prevent layoffs. Linda agreed to this work schedule in April 2008 and continued until she retired in June 2021. Her time decreased to 80%, which also meant decreased pay and benefits, but she was obligated and expected to fulfill her job responsibilities at 100%. Not only did she perform her full job duties in just four days a week, but she redefined the word “workhorse.”

A surprising and unique characteristic that most people do not know about Linda is that she is very sensitive. She loves to joke, laugh, and view life lightheartedly, but underneath all of that is a very caring and self-aware person. While no one enjoys being teased by their colleagues, the one thing that everyone can tease her about is Post-It Notes. She used an obscene amount of Post-It-Notes to stay organized at work and to remember helpful shortcuts. She used them to remind her of everything. Even to get gasoline in her car. (And that particular one was labeled “GAS” on her dashboard.) Post-It Notes won’t be her legacy, though. Her humor, anecdotes, and motherly care will be a legacy no one will ever match.

Thank you, Linda, for all of your contributions to ensure that the UCSD OTIEC was successful, reputable, and a place that people will return to for decades to come.
KEEP UP-TO-DATE WITH THE OUTREACH DEPARTMENT

EVENTS OFFERED BY THE OUTREACH TRAINING DEPARTMENT

Keeping in touch with our trainers during the pandemic became challenging as we went to a remote work environment. To maintain our strong trainer relationships and communications, we launched monthly sessions via Zoom called, Lunch & Learn and Trainer Talk Tuesdays. These are casual, hour-long conversations that allow trainers to meet the outreach department staff, ask questions, and stay up-to-date on the latest outreach training news and practices. Look for emails from the outreach department or go to our website at: osha.ucsd.edu, to sign-up for one of our free sessions.

LUNCH & LEARN
Grab your lunch and join us on Zoom to learn how you can become an authorized outreach trainer at UC San Diego. All industries will be discussed (construction, general industry, maritime, and disaster site worker).

Find out what the requirements are to become authorized to teach the OSHA 10- and 30-hour courses. Information regarding the prerequisites, Prerequisite Verification Form, and required documentation will be provided.

TRAINER TALK TUESDAYS
Join the entire Outreach Training Team for monthly Zoom webinars covering important topics regarding training and options for course delivery. All sessions include an open forum for questions. Space is limited. Sign up early!

POPULAR SESSIONS:
- Video Conference Request and Best Practices for Teaching Live Online
- How to Organize and Start Teaching Your First Outreach Class (Online Card Portal - Storefront)

For more information email oti-outreach@ucsd.edu
OCCUPATIONAL SAFETY AND HEALTH CERTIFICATE PROGRAMS

Benefits

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

Benefits include:
- Practical application of OSHA regulations in your workplace
- Networking with other professionals
- Opportunities for new jobs or careers
- Access to the most current information
- Justification for advancement or promotion

Financial Assistance

( Including GI Bill and San Diego Workforce Partnership Funds)

The OS&H Department at UC San Diego Extension 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.

Certificates at a Glance

<table>
<thead>
<tr>
<th>Certificates</th>
<th>Safety Leader (5+ years exp.)</th>
<th>Safety Student (1-5 years exp.)</th>
<th>Safety Starter (0-1 years exp.)</th>
<th>Construction Specialty</th>
<th>General Industry Specialty</th>
<th>Cal/OSHA Specialty</th>
<th>Maritime Specialty</th>
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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

**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

**SAFETY AND HEALTH SPECIALIST CERTIFICATE**

<table>
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<th>TITLE and COURSE NUMBER (You must complete all of the courses for a total of 11.5 units)</th>
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<td>OSHA 511 - Occupational Safety and Health Standards for General Industry FPM-40366</td>
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<td>OSHA 7205 - Health Hazard Awareness FPM-40403</td>
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<td>Safety Inspection Techniques FPM-40490</td>
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<tr>
<td>Workers’ Compensation for Safety Professionals FPM-40640</td>
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</tbody>
</table>
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 Extension 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.

COMPLETION OF CERTIFICATE BENEFITS
- 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

<table>
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<tr>
<th>Course Title</th>
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<td><strong>Prerequisite Courses</strong></td>
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<td>OSHA 510 - Occupational Safety &amp; Health Standards for the Construction Industry</td>
<td>FPM-40299</td>
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<tr>
<td>OSHA 511 - Occupational Safety &amp; Health Standards for General Industry</td>
<td>FPM-40366</td>
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<tr>
<td><strong>Required Trainer Courses</strong></td>
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<tr>
<td>Choose either OSHA 500 or OSHA 501 (not both).</td>
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<td>OSHA 500 - Trainer Course in Occupational Safety &amp; Health Standards for the Construction Industry</td>
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<tr>
<td><strong>Other Required Courses</strong></td>
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</tr>
<tr>
<td>OSHA 521 - OSHA Guide to Industrial Hygiene</td>
<td>FPM-40296</td>
<td>3</td>
</tr>
<tr>
<td>OSHA 2255 - Principles of Ergonomics</td>
<td>FPM-40297</td>
<td>3</td>
</tr>
<tr>
<td>OSHA 3095 - Electrical Standards (Low Voltage - Federal)</td>
<td>FPM-40300</td>
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<tr>
<td>OSHA 7505 - Introduction to Incident (Accident) Investigation</td>
<td>FPM-40637</td>
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<tr>
<td>Safety Leadership I</td>
<td>FPM-40641</td>
<td>2</td>
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<tr>
<td>Workers’ Compensation for Safety Professionals</td>
<td>FPM-40640</td>
<td>0.5</td>
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<tr>
<td><strong>Specialty Courses</strong></td>
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<td></td>
</tr>
<tr>
<td>Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Construction</strong> (Must complete a minimum of 8 units)</td>
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<tr>
<td>OSHA 2055 - Cranes in Construction</td>
<td>FPM-40413</td>
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</tr>
<tr>
<td>OSHA 2264 - Permit-Required Confined Space Entry</td>
<td>FPM-40289</td>
<td>2.5</td>
</tr>
<tr>
<td>OSHA 3015 - Excavation, Trenching and Soil Mechanics</td>
<td>FPM-40301</td>
<td>2.5</td>
</tr>
<tr>
<td>OSHA 3085 - Principles of Scaffolding</td>
<td>FPM-40638</td>
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<tr>
<td>OSHA 3115 - Fall Protection</td>
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<tr>
<td><strong>General Industry</strong> (Must complete a minimum of 8 units)</td>
<td></td>
<td></td>
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<tr>
<td>OSHA 2015 - Hazardous Materials</td>
<td>FPM-40302</td>
<td>3</td>
</tr>
<tr>
<td>OSHA 2045 - Machinery and Machine Guarding Standards</td>
<td>FPM-40298</td>
<td>3</td>
</tr>
<tr>
<td>OSHA 2225 - Respiratory Protection</td>
<td>FPM-40303</td>
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<td>OSHA 2264 - Permit-Required Confined Space Entry</td>
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<td>OSHA 7105 - Introduction to Evacuation and Emergency Planning</td>
<td>FPM-40410</td>
<td>0.5</td>
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<td>OSHA 7115 - Lockout/Tagout</td>
<td>FPM-40497</td>
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<td>OSHA 7200 - Bloodborne Pathogens Exposure Control</td>
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<td>Trainer Course - Confined Space</td>
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<tr>
<td>Trainer Course - Forklift Safety</td>
<td>FPM-40307</td>
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<td>Safety Leadership II</td>
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<tr>
<td><strong>Cal/OSHA</strong> (Must complete a minimum of 8 units)</td>
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<tr>
<td>OSHA 5109 - Cal/OSHA Standards for the Construction Industry</td>
<td>FPM-40511</td>
<td>3</td>
</tr>
<tr>
<td>OSHA 5119 - Cal/OSHA Standards for General Industry</td>
<td>FPM-40512</td>
<td>3</td>
</tr>
<tr>
<td>Laws and Regulations</td>
<td>FPM-40060</td>
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</tr>
<tr>
<td>Safety Leadership II</td>
<td>FPM-40642</td>
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</tr>
</tbody>
</table>
SAFETY AND HEALTH FUNDAMENTALS CERTIFICATE PROGRAM

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

The certificate program in Safety and Health Fundamentals (formerly known as the Public Sector Safety & Health Fundamentals certificate) 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 for Construction, General Industry and Maritime training. Participants can choose from specializations in construction, general industry or maritime.

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.

CONSTRUCTION

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 510 - Occupational Safety and Health Standards for Construction</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 7500 - Introduction to Safety and Health Management</td>
<td>5.5</td>
</tr>
<tr>
<td>OSHA 7505 - Introduction to Incident (Accident) Investigation</td>
<td>7.5</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td><strong>39.0</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 521 - OSHA Guide to Industrial Hygiene</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 2225 - Respiratory Protection</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 2255 - Principles of Ergonomics</td>
<td>18.0</td>
</tr>
<tr>
<td>OSHA 2264 - Permit-Required Confined Space Entry</td>
<td>20.0</td>
</tr>
<tr>
<td>OSHA 3085 - Principles of Scaffolding</td>
<td>22.0</td>
</tr>
<tr>
<td>OSHA 3095 - Electrical Standards</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 7105 - Evacuation and Emergency Planning</td>
<td>4.0</td>
</tr>
<tr>
<td>OSHA 7110 - Safe Bolting: Principles and Practices</td>
<td>7.0</td>
</tr>
<tr>
<td>OSHA 7205 - Health Hazard Awareness</td>
<td>6.0</td>
</tr>
<tr>
<td>OSHA 7215 - Silica in Construction, Maritime and General Industries</td>
<td>7.0</td>
</tr>
<tr>
<td>OSHA 7300 - Understanding OSHA's Permit Required Confined Space Standard</td>
<td>7.0</td>
</tr>
<tr>
<td>OSHA 7400 - Occupational Noise Exposure Standards</td>
<td>5.5</td>
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<tr>
<td>OSHA 7845 - Recordkeeping Rule Seminar</td>
<td>4.0</td>
</tr>
<tr>
<td>OSHA 3015 - Excavation, Trenching and Soil Mechanics or OSHA 7410 - Managing Excavation Hazards</td>
<td>20.0 or 6.5</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 3115 - Fall Protection or OSHA 7405 - Fall Hazard Awareness for the Construction Industry</td>
<td>18.0 or 5.0</td>
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</table>
### GENERAL INDUSTRY

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 511 - Occupational Safety and Health Standards for General Industry</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 7500 - Introduction to Safety and Health Management</td>
<td>5.5</td>
</tr>
<tr>
<td>OSHA 7505 - Introduction to Incident (Accident) Investigation</td>
<td>7.5</td>
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</table>

**Total Hours**: 39.0

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 521 - OSHA Guide to Industrial Hygiene</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 2255 - Principles of Ergonomics</td>
<td>18.0</td>
</tr>
<tr>
<td>OSHA 2225 - Respiratory Protection</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 3095 - Electrical Standards</td>
<td>26.0</td>
</tr>
<tr>
<td>OSHA 7000 - OSHA Training Guidelines for Safe Patient Handling</td>
<td>7.5</td>
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<tr>
<td>OSHA 7005 - Public Warehousing and Storage</td>
<td>7.0</td>
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<tr>
<td>OSHA 7105 - Evacuation and Emergency Planning</td>
<td>4.0</td>
</tr>
<tr>
<td>OSHA 7115 - Lockout/Tagout</td>
<td>7.5</td>
</tr>
<tr>
<td>OSHA 7200 - Bloodborne Pathogens Exposure Control</td>
<td>7.0</td>
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<tr>
<td>OSHA 7205 - Health Hazard Awareness</td>
<td>6.0</td>
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<tr>
<td>OSHA 7210 - Pandemic Illness Preparedness</td>
<td>5.5</td>
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<tr>
<td>OSHA 7215 - Silica in Construction, Maritime and General Industries</td>
<td>7.0</td>
</tr>
<tr>
<td>OSHA 7845 - Recordkeeping Rule Seminar</td>
<td>4.0</td>
</tr>
<tr>
<td>OSHA 2264 - Permit-Required Confined Space Entry</td>
<td>20.0</td>
</tr>
<tr>
<td>or OSHA 7300 - Understanding OSHA’s Permit-Required Confined Space Standard</td>
<td>7.0</td>
</tr>
<tr>
<td>OSHA 2045 - Machinery and Machine Guarding Standards</td>
<td>26.0</td>
</tr>
<tr>
<td>or OSHA 7100 - Introduction to Machinery and Machine Safeguarding</td>
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### MARITIME

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 5410 - Occupational Safety and Health Standards for the Maritime Industry</td>
<td>35</td>
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<tr>
<td>OSHA 7500 - Introduction to Safety and Health Management</td>
<td>5.5</td>
</tr>
<tr>
<td>OSHA 7505 - Introduction to Incident (Accident) Investigation</td>
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**Total Hours**: 48.0

<table>
<thead>
<tr>
<th>Elective Courses</th>
<th>Min. Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHA 521 - OSHA Guide to Industrial Hygiene</td>
<td>26</td>
</tr>
<tr>
<td>OSHA 2015 - Hazardous Materials</td>
<td>26</td>
</tr>
<tr>
<td>OSHA 2055 - Cranes in Construction</td>
<td>22.5</td>
</tr>
<tr>
<td>OSHA 2225 - Respiratory Protection</td>
<td>26</td>
</tr>
<tr>
<td>OSHA 2255 - Principles of Ergonomics</td>
<td>18</td>
</tr>
<tr>
<td>OSHA 3085 - Principles of Scaffolding</td>
<td>22</td>
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<tr>
<td>OSHA 3095 - Electrical Standards</td>
<td>26</td>
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<tr>
<td>OSHA 3115 - Fall Protection</td>
<td>18</td>
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<td>OSHA 7005 - Public Warehousing and Storage</td>
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<td>OSHA 7105 - Evacuation and Emergency Planning</td>
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<td>OSHA 7115 - Lockout/Tagout</td>
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<tr>
<td>OSHA 720 - Introduction to Combustible Dust Hazards</td>
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<tr>
<td>OSHA 7205 - Health Hazard Awareness</td>
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<td>OSHA 7215 - Silica in Construction, Maritime, and General Industries</td>
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<td>OSHA 7845 - Recordkeeping Rule Seminar</td>
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<td>OSHA 2264 - Permit-Required Confined Space Entry</td>
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<tr>
<td>or OSHA 7300 - Understanding OSHA’s Permit-Required Confined Space Standard</td>
<td>7</td>
</tr>
<tr>
<td>OSHA 2045 - Machinery &amp; Machine Guarding Standards</td>
<td>26</td>
</tr>
<tr>
<td>or OSHA 7100 - Introduction to Machinery and Machine Safeguarding</td>
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</tr>
</tbody>
</table>
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
• Excellent customer service
• Experienced instructors in their fields
• Professional staff to assist with all training needs

Trainer Authorizations

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

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

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

DISASTER SITE WORKER
Trainer Course: OSHA 5600
Update Course: OSHA 5602

IMPORTANT!
Please visit osha.ucsd.edu for required prerequisites.

MORE INFORMATION
oshatraining@ucsd.edu
STAY AUTHORIZED!

**IMPORTANT:** OSHA no longer offers a 90-day grace period for a trainer’s expiration.

Any trainer who allows their authorization to expire will now be required to:

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

   and

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

**ARE YOU IN CALIFORNIA?**

Here’s how to obtain your Cal/OSHA Outreach Trainer Authorization:

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 by submitting the “Statement of Eligibility” form (email oshatraining@ucsd.edu for the form).

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 card.

Fee: $295

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 card.

Fee: $295

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 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 construction safety and health program. Students may also take this course if they do not intend on teaching the Cal/OSHA Outreach Training.

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

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

Fee: $765

OSHA 5119 CAL/OSHA STANDARDS FOR GENERAL INDUSTRY
This course is designed for individuals interested in teaching the 10- and 30-hour 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 Program 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: $765

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
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: $765

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: $765

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: $765

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: $765

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: $765

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: $765

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
**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:** $765

**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:** $765

**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:** $695

**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:** $695

**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:** $765
OSHA Safety Courses

**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:** $765

**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:** $995

**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:** $765

**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 healthcare 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:** $250

**OSHA 7005**
**PUBLIC 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:** $250

**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:** $250

Visit [OSHA.UCSD.EDU](http://OSHA.UCSD.EDU) for up-to-date information on course dates and locations.
OSHA Safety Courses

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: $250

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: $250

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: $250

OSHA 7200
BLOODBORNE PATHOGENS EXPOSURE CONTROL
This course covers the development and implementation of exposure control plans (ECP) for healthcare facilities. Topics include understanding the OSHA bloodborne pathogens standard, determining potential exposure and methods of control, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is program administrators, managers, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP for a healthcare facility. Course highlights include students developing a template for their facility’s ECP. Upon course completion, students will have the ability to take a step-by-step approach to develop an ECP for their healthcare facility while utilizing the OSHA bloodborne pathogens standard as a reference.

Fee: $250

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: $250

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: $250

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
OSHA Safety Courses

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: $250

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: $250

OSHA 7400
OCCUPATIONAL NOISE EXPOSURE STANDARDS
This course covers the evaluation and reduction of noise hazards in the construction industry. Course topics include OSHA Construction Noise Standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, conducting sound level surveys, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the construction employer or representative designated with the responsibility to develop a construction noise program. Upon course completion students will understand the properties of sound and its relationship to noise-induced hearing loss, hearing protection usage, how to conduct sound level surveys and the requirements for training workers.

Fee: $250

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: $250

OSHA 7410
MANAGING EXCAVATION HAZARDS
This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties.

Fee: $250

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
OSHA Safety Courses

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: $450

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: $250

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: $250

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: $250

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: $125

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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: $765

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: $765

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: $525
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: $525

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, OSHA 5400 or OSHA 5402. See osha.ucsd.edu for additional requirements.

Fee: $795

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: $695

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
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 to issue DOL 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: $765
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: $695

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: $995

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: $395

ELECTRICAL TRANSMISSION AND DISTRIBUTION (ET&D) 10-HOUR

The ET&D 10-hour program provides a concentrated study of high voltage safety for linemen and electricians in the transmission and distribution sector, regardless of experience level. Major emphasis is placed on minimum approach distances and grounding methods to establish electrically safe working conditions. Additional topics include: PPE, pre-job briefing, trenching and excavation, confined/enclosed space entry, lifting/rigging and fall protection. Students earn an ET&D 10-hour card upon course completion.

Available for onsite training. Contact oshatraining@ucsd.edu.

Recommended prerequisite: OSHA 3095

Fee: $765

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: $765

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
UC San Diego Safety Courses

**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:** $995

**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:** $450

**LAW 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 and COVID-19 Prevention Plans, Personal Protective Equipment, and Respiratory Protection.

**Fee:** $765

**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:** $695

**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:** $695

**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:** $695

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.
UC San Diego Safety Courses

**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. If possible bring laptop, material and equipment for class presentation.

**Recommended prerequisite:** OSHA 2264 from UC San Diego.

**Fee:** $450

**TRAINER COURSE - FORKLIFT SAFETY**
Participants will learn OSHA requirements, how they affect companies and how to comply with the standards. This course is designed to give the tools and knowledge needed to return to work and teach forklift operators OSHA requirements. Trainers should have a basic understanding of forklift operations and procedures. Forklift operating experience is helpful but not necessary. An operational supervisor may be needed to assist you in training and evaluation of your facility. Topics include rough terrain, extendable boom and vertical mast.

**Fee:** $450

**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:** $250
LAWS AND REGULATIONS

This course includes a basic overview of Federal OSHA standards with an 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 respond to citations.

TOPICS INCLUDE:

- Federal OSHA
- Cal/OSHA
- Citation categories
- Abatement
- Litigation and Hearing/Settlement Conference procedures
- Injury Illness Prevention and COVID-19 Prevention Plans
- Personal Protective Equipment
- Cal/OSHA Recordkeeping and Reporting Requirements
- Injury Illness Prevention and COVID-19 Prevention Plans
- Personal Protective Equipment
- Cal/OSHA Recordkeeping and Reporting Requirements

LEARN FROM THE BEST IN THE INDUSTRY!

About the instructor: Ursula Clemons, Esq.

Ms. Clemons has over 27 years’ experience as an attorney and judge with the State of California. She brings extensive legal experience as an enforcement litigator for various agencies such as SCIF, Department of Health Services, Department of Social Services, County Counsel and the Department of Corporations.

Ursula retired in December 2020 as the Presiding Administrative Law Judge (PALJ) for the Cal/OSHA Appeals Board (OSHAB). In that role, she performed case evaluation/consultation, trained new ALJs, and scheduled hearings. She conducted pre-hearing conferences, settlement conferences, and hearings, and ruled on motions, objections, and admission of evidence. She also issued orders and decisions. As Presiding Judge of the Appeals Board’s Southern California office, she adjudicated matters, managed judges and support staff, and interacted with Board Members on a regular basis. While working for OSHAB, Ursula was a key contributor to the Cal/OSHA Stakeholder Training sessions held throughout the state, having created the agenda and presentation materials as well as being a moderator and presenter herself. She played a major role in building the OSHAB virtual hearings process as well as in the implementation of the OSHAB eFiling (OASIS) software system.

This course is an Elective in the Professional Safety and Health Officer Certificate Program, Cal/OSHA Specialization.
# TURN YOUR SAFETY TRAINING INTO COLLEGE CREDIT

The UC San Diego OTIEC has partnered with Columbia Southern University to bring the classroom to you. They offer online degree programs to give you the freedom to pursue your dreams on your own terms, at your own pace, while studying anywhere you choose.

## OTIEC COURSES

<table>
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<th>Course Description</th>
<th>Semester Hours</th>
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<td>BOS 3401 Construction Safety</td>
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To learn more about our online degree programs, visit ColumbiaSouthern.edu/OSH or call 800.355.4977.
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**FOR MORE INFORMATION:** oshatraining@ucsd.edu
REGISTRATION INFORMATION

ENROLLMENT
You can enroll online, via mail or phone. Many courses have new Federal OSHA prerequisites. Please see individual course descriptions prior to enrolling.

Online enrollment (excludes trainer courses*):
osh.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: Financial and Business Services

Mail payment to:
OSHA Training Institute Education Center
UC San Diego Extension
6256 Greenwich Drive, Suite 100
San Diego, CA 92122

UC San Diego Extension reserves the right to cancel a class two weeks prior to the start date. In the event of a canceled course, students will be notified and refunded.

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
• Enrollment verifications
• 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 portal (Storefront) questions/assistance, trainer address/contact information changes.

Email: oti-outreach@ucsd.edu
Phone: (858) 534-9283

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instagram.com/ucsd_osha_training
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COURSE 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.

- **Federal and State OSHA employees**
  For approval, email: oshatraining@ucsd.edu

- **Companies enrolling five or more employees** into the same course 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.

HOTEL ACCOMMODATIONS

Hotel information can be found at [osha.ucsd.edu](http://osha.ucsd.edu).

Preferred San Diego hotel: Holiday Inn Express and Suites Sorrento Valley. Use the discount code “OSHA” when making reservations.

Phone: (858) 731-0100

EMAIL SIGN-UP

Don’t miss out on insights from our Safety Matters and This Just In! emails about industry news, resources, exclusive offers and new courses from UC San Diego’s OSHA Training Institute Education Center. Visit [osha.ucsd.edu](http://osha.ucsd.edu) to sign up.

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 Extension, including the OTIEC courses, offer several types of academic and industry credit. The general key for calculating credits is:

<table>
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<th>COURSE TYPE</th>
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2022 COURSE CATALOG

Not Printed at State Expense

UC SAN DIEGO'S OTI EDUCATION CENTER COURSE LOCATIONS

ARIZONA
- Phoenix
  Coming Soon!
- Tucson
  Arizona Dept. of Occupational Safety & Health (ADOSH)

CALIFORNIA
- Anaheim (Orange County)
  Holiday Inn Anaheim Area Resort
- Bakersfield
  Kern Community College District
- Los Angeles
  UCLA School of Public Health
- Riverside
  Coming Soon!
- San Diego
  UC San Diego Extension OSHA Training Institute Education Center
- Santa Barbara
  UC Santa Barbara Extension

HAWAII
- Waipahu (Oahu)
  Building Industry Association at the Construction Training Center of the Pacific

NEVADA
- Las Vegas
  Associated General Contractors, Las Vegas Chapter
- Reno
  Nevada Contractors Association

GUAM
- Guam Contractors Association

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