

# SAFETY Source

SAVING LIVES WITH WORKFORCE EDUCATION, PREPARATION & AWARENESS

## 2021 COURSE CATALOG

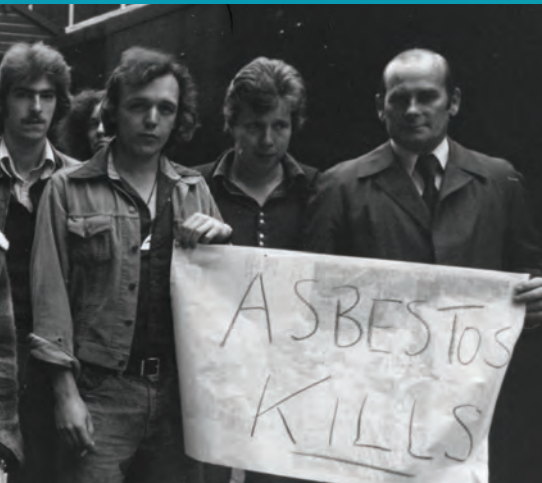
### OSHA MAKES HISTORY

Authorizing the  
UC San Diego OTIEC  
to Conduct Virtual  
Instructor Led Training



### UC SAN DIEGO OUTREACH TEAM'S FOCUS ON CUSTOMER SERVICE

Yields Higher Satisfaction,  
More Trainers



## 50 OSHA

Protecting the American Workforce

### 50 YEARS OF WORKPLACE SAFETY AND HEALTH

Look How Far We've Come



UC San Diego  
EXTENSION



**OSHA** Training Institute  
Education Centers®

University of California San Diego

(800) 358-9206 | OSHA.UCSD.EDU

# INSIDE

## WHO WE ARE



In 1992, UC San Diego's interest and suggestions helped the U.S. Department of Labor – OSHA 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's was one of the first four authorized training centers. The UCSD OTIEC represents OSHA's Region IX and provides courses in 12 cities.

## TRAIN AT YOUR FACILITY AND SAVE



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 33 or email [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu).

## 2021 COURSE SCHEDULE



Courses are offered in Arizona, California, Guam, Hawaii, Nevada, Northern Mariana Islands and American Samoa. Thousands of students travel to these locations for high-quality occupational safety and health training.

In-person, Virtual Instructor Led Training (VILT) and online classes are available. Visit our website for course details.

## GET IN TOUCH WITH US!



### OSHA Training Institute Education Center Department:

For information on OSHA courses, OSHA trainer courses, prerequisite verification forms, trainer card replacements  
Email: [oshatraining@ucsd.edu](mailto: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](mailto:oti-outreach@ucsd.edu)  
Phone: (858) 534-9283

### Social Media:

[facebook.com/UCSDSafetyTraining](https://facebook.com/UCSDSafetyTraining)  
[instagram.com/ucsd\\_osh\\_training](https://instagram.com/ucsd_osh_training)  
[twitter.com/ucsd\\_otiec](https://twitter.com/ucsd_otiec)  
[linkedin.com/groups/12368650](https://linkedin.com/groups/12368650)

## CERTIFICATE PROGRAMS



### Safety and Health Specialist (SHS)

Designed to introduce participants to the occupational safety and health industry, this program includes online 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.

### Public Sector Safety and Health Fundamentals Certificate Program

This program is designed to train public-sector employees in occupational safety and health to reduce incident rates and is relevant to private industry workers as well.

See pages 15-19 for full details on certificate programs.



# TABLE OF CONTENTS

<b>FEATURES</b>	4	OSHA 7205 Health Hazard Awareness	25	Introduction to Fire and Life Safety in the Workplace (Online)	30
OSHA Makes History, Authorizing the UC San Diego OTIEC to Conduct Virtual Instructor Led Training	4	OSHA 7215 Silica in Construction, Maritime and General Industries	26	Introduction to Mishap Investigation for Businesses and Industries	30
50 Years of Workplace Safety and Health	7	OSHA 7300 Understanding OSHA's Permit-Required Confined Space Standard	26	Laws and Regulations	30
UC San Diego Outreach Team's Focus on Customer Service Yields Higher Satisfaction, More Trainers	10	OSHA 7500 Introduction to Safety and Health Management	26	Machine Guarding, LOTO and NFPA 70E - How They Relate	30
<b>CERTIFICATE PROGRAMS</b>	15	OSHA 7505 Introduction to Incident (Accident) Investigation	26	Safety Inspection Techniques	30
<b>CAL/OSHA COURSES</b>	22	OSHA 7845 Recordkeeping Rule Seminar	26	Safety Leadership I	30
OSHA 5029 Cal/OSHA Update for Construction Industry Outreach Trainers	22	Additional Awareness Courses	26	Safety Leadership II	31
OSHA 5039 Cal/OSHA Update for General Industry Outreach Trainers	22	<b>OSHA TRAINER COURSES</b>	27	Trainer Course - Confined Space	31
OSHA 5109 Cal/OSHA Standards for the Construction Industry	22	OSHA 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry	27	Trainer Course - Fall Protection	31
OSHA 5119 Cal/OSHA Standards for General Industry	22	OSHA 501 Trainer Course in Occupational Safety and Health Standards for General Industry	27	Trainer Course - Forklift Safety	31
<b>OSHA SAFETY COURSES</b>	23	OSHA 502 Update for Construction Industry Outreach Trainers	27	Trainer Course - Rigging Safety	31
OSHA 510 Occupational Safety and Health Standards for the Construction Industry	23	OSHA 503 Update for General Industry Outreach Trainers	28	Trainer Course - Trenching	31
OSHA 511 Occupational Safety and Health Standards for General Industry	23	OSHA 5400 Trainer Course in Occupational Safety and Health Standards for the Maritime Industry	28	Understanding Cal/OSHA Construction Requirements	31
OSHA 521 OSHA Guide to Industrial Hygiene	23	OSHA 5402 Maritime Industry Trainer Update Course	28	Workers' Compensation for Safety Professionals	31
OSHA 2015 Hazardous Materials	23	OSHA 5600 Disaster Site Worker Trainer Course	28	<b>TRAINING BROUGHT TO YOU</b>	33
OSHA 2045 Machinery and Machine Guarding Standards	23	<b>UC SAN DIEGO SAFETY COURSES</b>	29	<b>REGISTRATION INFORMATION</b>	34
OSHA 2055 Cranes in Construction	23	A Winning Safety Culture	29	<b>GENERAL INFORMATION</b>	35
OSHA 2225 Respiratory Protection	23	California Valley Fever Requirements	29		
OSHA 2255 Principles of Ergonomics	24	Cal/OSHA 30-Hour General Industry Outreach Training Course	29		
OSHA 2264 Permit-Required Confined Space Entry	24	EM385-1-1 Competent Person for Fall Protection	29		
OSHA 3015 Excavation, Trenching and Soil Mechanics	24	EM385-1-1 40-Hour Safety	29		
OSHA 3085 Principles of Scaffolding	24	Electrical Low Voltage Standards - State	29		
OSHA 3095 Electrical Standards (Low Voltage - Federal)	24	Electrical High Voltage Standards - State	29		
OSHA 3115 Fall Protection	24	Electrical High Voltage Standards - Federal	29		
OSHA 5410 Occupational Safety and Health Standards for the Maritime Industry	25	Electrical Safety Standards - NFPA 70E	29		
OSHA 6005 Collateral Duty Course for Other Federal Agencies	25	Electrical Transmission and Distribution (ET&D) 10-Hour	30		
OSHA 7005 Public Warehousing and Storage	25	Fire and Life Safety in the Workplace	30		
OSHA 7105 Introduction to Evacuation and Emergency Planning	25	General Overview and Aspects of Safety and Health Management (Cal/OSHA)	30		
OSHA 7115 Lockout/Tagout	25	Introduction and Application of a California Injury Illness and Prevention Program (IIPP)	30		
OSHA 7200 Bloodborne Pathogens Exposure Control for Healthcare Facilities	25				

## A Note About the 2021 Catalog

The 2021 Course Catalog has been modified from previous years in order to adapt to the unpredictable times due to the Covid-19 pandemic.

We invite and encourage you to visit our website frequently for an updated listing of all available courses. The website will provide course information for Virtual Instructor Led Training (VILT), online learning (asynchronous) and in-person offerings.

We hope that you all stay healthy and safe in 2021.

**- The OSHA Team**

*OSHA MAKES HISTORY*

# AUTHORIZING THE UC SAN DIEGO OTIEC TO CONDUCT VIRTUAL INSTRUCTOR LED TRAINING

BY STEPHANIE SPANN  
& MARG STARK

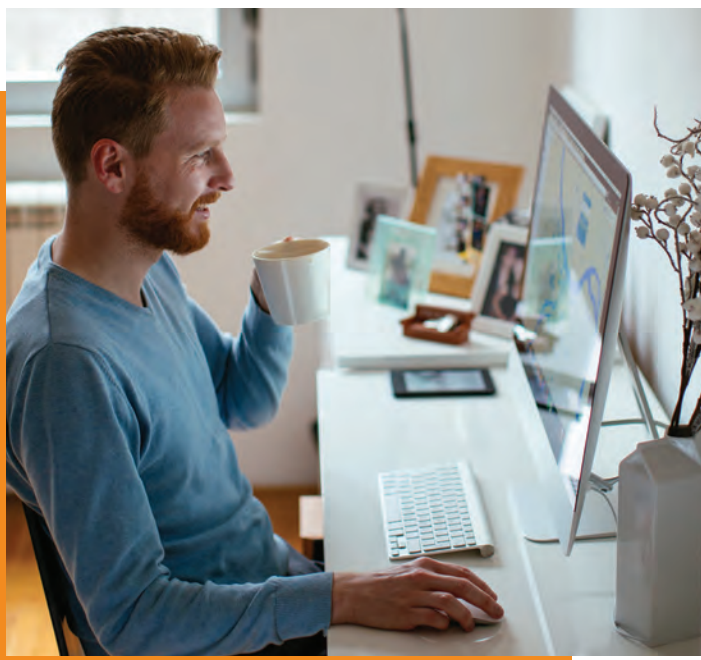


This past May, amid the COVID-19 pandemic, the Occupational Health and Safety Administration (OSHA) made the historic decision to allow OSHA Training Institute Education Centers (OTIECs) to apply for an exception to policy to offer Virtual Instructor Led Training (VILT) courses.

UC San Diego swung into high gear, switching to e-learning within weeks, serving students across OSHA Region IX, which includes California, Nevada, Arizona, Hawaii, Guam, Samoa and the Northern Mariana Islands.

As pandemic silver linings go, this is significant, as VILT has never been authorized before. The advantages? Students accustomed to taking classes in intensive, three-day formats report that they can better absorb the material because their virtual class schedule offers more time to digest it. Participants no longer have to incur the cost of time and travel to complete coursework. And for professionals who have been furloughed or who are looking for work, the flexibility of online offerings is critical.

For instructors accustomed to hands-on, in-person demonstrations and lessons, the move to online teaching was a daunting task. Jeff Beeler has taught at UC San Diego OTIEC for more than 15 years, with some prior online instruction experience. Even so, planning to meet the needs of his OTIEC students proved challenging. "Our students are diverse," he says. "Some are young and very tech savvy; older members of the workforce didn't know how to turn on a computer. We had to anticipate meeting and balancing all of their needs."



Michelle Eisenberg, who teaches ergonomics at UC San Diego, expected that some students might not be able to print her handouts, so she moved all the pertinent information into her presentations. Even though it was difficult with the supply chain slowed, Eisenberg also purchased a high-definition webcam and a second screen for her online education set-up. "It was important to me to be able to teach to the webcam and gauge student reactions on the other screen," she says.

Beeler, too, took different learning styles into consideration, breaking up lectures with a pop quiz that students could access with a QR code they scanned with their phones.

"I could immediately share the results of the quiz on the screen which made it fun and interactive," he says.

Establishing rapport was a concern for all instructors. John Marsden, who teaches Safety Leadership among other OSHA standards and trainer courses, says, "I typically walk around and converse with students in the classroom. I wasn't sure I would be able to convey to them that I really cared, given the two-dimensional nature of this." Marsden called upon get-to-know-you exercises, such as "two truths and a lie," and invited students to share a passion of theirs, which he says helped establish trust.

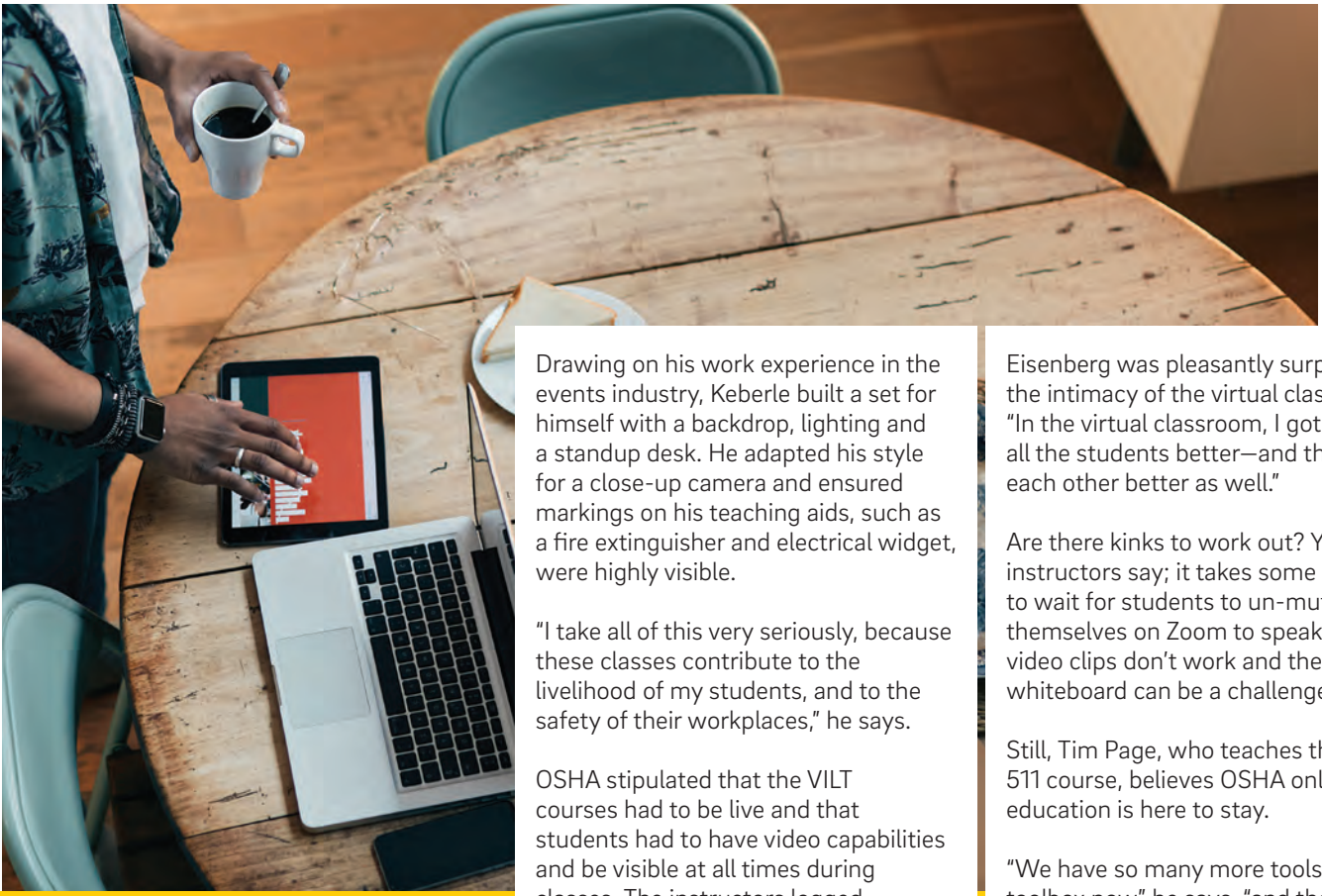
---

*"Our students are diverse. Some are young and very tech savvy; older members of the workforce didn't know how to turn on a computer. We had to anticipate meeting and balancing all of their needs."*

---

Another UC San Diego OTIEC instructor, Ken Keberle, says the best part of the shift to online teaching was "being reminded that we are storytellers." PowerPoint presentations, which some instructors had relied on in the classroom, had to be abandoned since the graphics and animation proved problematic on Zoom and student devices.





*"We have so many more tools in our toolbox now, and the training is better for it."*



**UCSD OTIEC offers a broad range of live online classes. Go to [osha.ucsd.edu](https://osha.ucsd.edu) for class offerings.**

Drawing on his work experience in the events industry, Keberle built a set for himself with a backdrop, lighting and a standup desk. He adapted his style for a close-up camera and ensured markings on his teaching aids, such as a fire extinguisher and electrical widget, were highly visible.

"I take all of this very seriously, because these classes contribute to the livelihood of my students, and to the safety of their workplaces," he says.

OSHA stipulated that the VILT courses had to be live and that students had to have video capabilities and be visible at all times during classes. The instructors logged into the Zoom sessions a half hour early, ensuring that all students got connected. A facilitator, also required by OSHA, checked student ID's and served as a monitor throughout.

Given the economic downturn and the heightened concern about health and safety in America's workplaces, OTIEC courses have never been more important. Fortunately, the instructors and the student reviews were in agreement about this new normal: VILT learning can be a very effective tool.

Thom Stefanik, who teaches Machinery and Machine Guarding among other courses, was scared to come across as "a talking head" and worried that students might be more passive online. But he found that his students were even more engaged. "They watched me like a hawk. They caught me when I misspoke and asked me to clarify."

Given the cabin fever many are experiencing during the pandemic, Stefanik says, "students preferred to be in class; it was stimulating for them. And I believe that having to revamp the structure made me a better instructor, too."

Eisenberg was pleasantly surprised by the intimacy of the virtual classroom. "In the virtual classroom, I got to know all the students better—and they knew each other better as well."

Are there kinks to work out? Yes, instructors say; it takes some patience to wait for students to un-mute themselves on Zoom to speak. Some video clips don't work and the Zoom whiteboard can be a challenge.

Still, Tim Page, who teaches the OSHA 511 course, believes OSHA online education is here to stay.

"We have so many more tools in our toolbox now" he says, "and the training is better for it."

Page's student surveys show that they're pleased with the VILT format. "I had 10 students in the first class, with 27 registered for the next round. So, it's clear our customers are growing more comfortable with the concept, as are their supervisors."

Page believes OTIEC is now serving a new demographic: those who, because of cost, childcare or other needs, could not travel to classes.

In some parts of Region IX, where COVID-19 precautions have been lifted, the UC San Diego OTIEC is again offering in-person classes.

"Some students were eager to travel; they have 'virtual meeting fatigue,'" he laughs.

Page sees a hybrid teaching model emerging from the experience of students and educators during the pandemic — a model that combines the best aspects of in-person and e-learning and addresses the evolving needs of learners in the UC San Diego OTIEC program. ■

**50 YEARS OF  
WORKPLACE  
SAFETY AND  
HEALTH**

**LOOK HOW FAR  
WE'VE COME**

# 50 OSHA

Protecting the American Workforce



**1970:** Occupational Safety and Health Act signed.



**1971:** Occupational Safety and Health Administration established.



**1972:** First standard, on asbestos, adopted.



**1972:** OSHA Training Institute established to train compliance officers, federal personnel and general public on workplace safety and health.



**1980:** U.S. Supreme Court rules that the OSH Act provides American workers right to refuse work deemed hazardous or causing serious injury without fear of retaliation.



**1992:** The OSHA Training Institute Education Center at the University of California San Diego was established.



**2004:** Alliance Program created to foster OSHA's relationships with organizations committed to workplace safety.



**2014:** Annual National Safety Stand-Down to Prevent Falls in Construction launched.



**2019:** OSHA co-created #MySafeSummerJob, a social media campaign to educate young workers on job safety, rights in the workplace and voicing their concerns.



**2020:** Virtual Instructor Led Training (VILT) authorized by OSHA at the UC San Diego OTIEC.



**BEYOND 2020:** The new decade began with a challenge unlike any other faced by the American workforce as the coronavirus pandemic impacted workplace safety and health in unprecedented ways. OSHA acted quickly to protect the nation's workers through outreach and education efforts, ensuring compliance with agency standards, and collaboration with federal, state and local authorities.

Even with the dramatic improvements to workplace safety over the last five decades - and now with the nation responding to a global pandemic - OSHA's mission is as important as ever. Please join OSHA in making a renewed commitment to keeping workers safe and healthy - it's every worker's right.





EDUCATE YOURSELF FROM HOME

# LIVE ONLINE OTI EDUCATION CENTER COURSES

This is an unprecedented opportunity for the UCSD OTI Education Center students! The Virtual Instructor Led Training (VILT) UCSD OTIEC classes are administered with the same standards, guidelines and policies as in-person OTIEC 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 all required forms and course materials.

The VILT 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").

- Electrical High Voltage Standards - Federal
- Introduction to Fire and Life Safety
- Safety Leadership I and II
- Workers' Compensation for the Safety Professional

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

[OSHA.UCSD.EDU/COURSES](https://www.osha.ucsd.edu/courses) | INFORMATION: [OSHAttraining@ucsd.edu](mailto:OSHAttraining@ucsd.edu)



# CANNABIS INDUSTRY:

## GROWING THE NEED FOR SAFETY TRAINING

### THE CANNABIS INDUSTRY INCLUDES:

- Cultivation
- Distribution
- Laboratory testing
- Manufacturing
- Retail

The Bureau of Cannabis Control is the lead agency in regulating commercial cannabis licenses for medical and adult use in California. The Bureau is responsible for licensing retailers, distributors, testing laboratories, microbusinesses and temporary cannabis events. For more information: [bcc.ca.gov](http://bcc.ca.gov)

There are many occupational health and safety regulations that may apply to employers in the cannabis industry:

- Electrical Hazards
- Exposures to Airborne Contaminants
- Flammable Liquids and Gases
- Hazard Communication
- Hazardous Energy – Lockout/Tagout
- Heat Illness Prevention
- Injury and Illness Prevention Program (IIPP)
- Machine Hazards
- Personal Protective Equipment
- Point of Operations Hazards
- Pressure Vessels
- Prohibition of Smoking in the Workplace
- Repetitive Motion Injuries
- Sanitation and Pest Control
- Slips, Trips, Falls and Use of Ladders

Visit Cal/OSHA's website: [dir.ca.gov/dosh/cannabis-industry-health-and-safety.html](http://dir.ca.gov/dosh/cannabis-industry-health-and-safety.html)

### OSHA COURSES TO HELP PROTECT WORKERS

#### Cal/OSHA 30-Hour General Industry Outreach Training Course\*

OSHA 2015 – Hazardous Materials  
OSHA 2225 – Respiratory Protection  
OSHA 2255 – Principles of Ergonomics  
OSHA 2264 – Permit Required Confined Space Entry  
OSHA 5119 – Cal/OSHA Standards for General Industry  
OSHA 7105 – Introduction to Evacuation and Emergency Planning  
OSHA 7115 – Lockout/Tagout  
OSHA 7205 – Health Hazard Awareness  
OSHA 7510 – Introduction to OSHA for Small Businesses



**\*REQUIREMENT:** In accordance with the California Business and Professions Code, section 26051.5 (DIVISION 10. Cannabis [26000 – 26250]), employers with two or more employees must ensure one supervisor and one employee have successfully completed a Cal/OSHA 30-hour General Industry Outreach Training Course offered by a training provider that is authorized by an OSHA Training Institute Education Center.

VISIT [OSHA.UCSD.EDU](http://OSHA.UCSD.EDU) FOR AVAILABLE COURSE DATES



*UC SAN DIEGO OUTREACH TEAM'S  
FOCUS ON CUSTOMER SERVICE  
YIELDS HIGHER SATISFACTION,  
MORE TRAINERS*

BY STEPHANIE SPANN  
& MARG STARK





"Who gets service this fast?!" That's how Scott Hultstrom, a national coordinator and general industry trainer in Arizona, reacted recently, after receiving—in short order—his official Occupational Health and Safety Administration (OSHA) cards from OSHA personnel at UC San Diego Extension.

Indeed, this outreach team has become known for its rapid turnaround of the all-important Department of Labor-issued cards, which certify completion of safety courses and often serve as the entry ticket for workers to their job sites. The UC San Diego OSHA Training Institute Education Center (OTIEC) issues 98 percent of its cards within 48 hours, while 30 days is the standard processing time in other regions—a dramatic contrast.

The importance of these cards has never been lost on Stephanie MacGilfrey, who has served since 2011 as Outreach Training Manager for the UCSD OSHA OTIEC.

"I joined OSHA in 2011 to convert the paper documentation for cards to an electronic system" she says, "something no one believed could be done—and which we were the first center in the nation to execute."

A leader from the start, UC San Diego was among the first groups selected by the federal government to become an OSHA-authorized education center; indeed, the idea for the centers came directly from Dr. John Peak, the director of engineering at UC San Diego in 1991.

UC San Diego OTIEC coordinates training across Region IX, in 12 cities in California, Nevada, Arizona, Hawaii, Guam, American Samoa and the Northern Mariana Islands. In 2011, when MacGilfrey joined the OTIEC Outreach Team, they issued 11,000 cards to 1,000 trainers each year. Today, the four-member team issues 150,000 cards to 4,000 trainers.

Who are the trainers? They are professionals who have completed the required prerequisites; have a minimum of five years of safety experience in construction, general industry, maritime

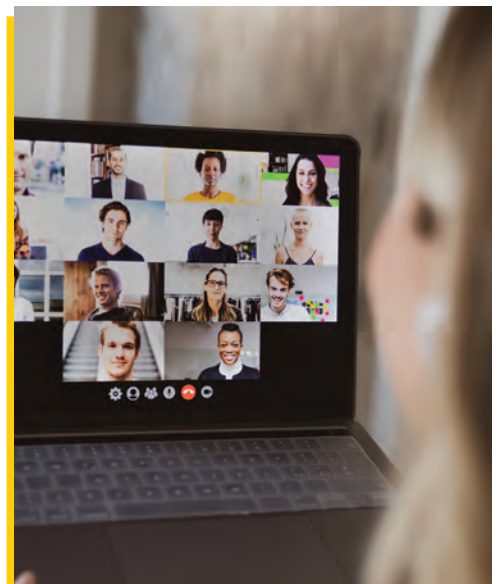
or disaster-site worker; and have completed an OSHA trainer course at an Authorized Training Organization (ATO). Once they successfully pass the trainer course, they can teach OSHA Outreach Training Program classes for their employer or as consultants.

Coming from a health care background, MacGilfrey had a vision to offer a higher standard of customer service to these trainers. "Perhaps not always face-to-face, but I wanted it to be as personable as possible, always intent on relationship building."

When the COVID-19 crisis hit, MacGilfrey and her team members began offering "Trainer Talk Tuesdays," web forums in which they answer questions from trainers dealing with unprecedented challenges.

"The first time, we wondered if anyone would show up," she admits, "but the response has been wonderful. We answered questions such as 'What do I do if my authorization status expires during the pandemic?' and 'Which OTIEC locations are closed?'"

Prior to the pandemic, the outreach team made themselves available in-person, traveling to safety courses to meet students personally and encourage them to become trainers. In another creative initiative, the team held "Lunch and Learns," inviting prospective trainers to



come for pizza and some help as they complete the cumbersome application process. Since the pandemic, the outreach team joins Zoom meetings to assist prospective trainers.

A tribute to the quality of the program and its service, 75 percent of the students who take OSHA classes at UC San Diego go on to become authorized trainers. Recently, two professionals flew from New York to Las Vegas to take safety classes with Region IX's OTIEC, "because they heard about the customer service at the UCSD OTIEC Outreach Training Department," MacGilfrey shares.

Once authorized, the trainers commit to the UCSD OTIEC for four years, becoming the arms of the organization to train workers in safety in a myriad of industries and locations. Not only does this ensure that health and safety know-how is seeded throughout the region's workplaces, it brings in revenue that expands the programs the UCSD OTIEC is able to offer.

While MacGilfrey can't currently travel to the host sites she planned to visit in 2020, her team is proud of how they pivoted during the pandemic. In mid-May, the U.S. Department of Labor, Directorate of Training and Education, for the first time granted permission for Virtual Instructor Led Training courses. MacGilfrey and her staff now tune into these courses via Zoom to introduce themselves and offer information about the authorized trainer opportunities at UC San Diego.

Indeed, the outreach office never closed amid the COVID-19 shutdowns and received special permission from the Associate Dean to return to work. Team members who were comfortable doing so go into the office once a week to process the cards. In this way, UC San Diego continues to rapidly deliver OSHA cards that represent the gold standard in the safety industry and are critical to the productivity and wellbeing of American workers.

## MEET THE OSHA TEAM



**Julia Dunlap**  
*Academic Director  
Business, Legal and  
Safety Programs*



**Stephanie Spann**  
*Associate Director*



**Stephanie MacGilfrey**  
*Outreach Training  
Department Manager*



**Linda Savitch**  
*Program Manager*



**Connie Roloff**  
*Outreach Training  
Coordinator*



**Kaila Seppala**  
*Program Manager*



**Marina Jurich**  
*Financial Representative*



**Danielle Dietrich**  
*Program Support*



**Jordynn Bartomole**  
*Outreach Training  
Coordinator*







# INTERESTED IN BECOMING AN OUTREACH TRAINER?

## LEARN HOW TO TEACH AND REPORT ONLINE FOR OSHA 10- AND 30-HOUR COURSES

UC San Diego OTIEC's Outreach Department is dedicated to providing friendly, efficient and accurate service. The advanced online submission tool for reporting 10- and 30-hour outreach courses was designed to provide a database for trainers to access all student and card information. This system is continually upgraded to ensure quality control. Trainers can expect to receive their student cards as soon as 48 hours after submitting a training report. Outreach comments and questions should be directed to dedicated staff members.

---

### FOR IMMEDIATE CUSTOMER SERVICE

Email [oti-outreach@ucsd.edu](mailto:oti-outreach@ucsd.edu) or call (858) 534-9283



# SAFETY LEADERSHIP

These two five-week, self-paced courses are intended for safety professionals looking to expand their safety leadership skills and determine their strengths and weaknesses.

## SAFETY LEADERSHIP I

By the end of this course, students will be able to:

- Determine their communication type
- Identify key aspects of integrity
- Explain worker motivation and how leadership affects motivation
- Identify and explain the seven components of a safety and health program
- Identify good leadership skills
- Be able to incorporate leadership skills into a safety and health program

**Topics include but are not limited to:**

Communication, Motivation, Integrity, Leadership, Safety and Health Programs. Hazard Recognition, Risk, Hazard Prevention and Control, JSA, Hazard/Injury Reporting, Management Leadership, Employee Participation, Training, Safety Inspections, Safety Culture and New Hire

## SAFETY LEADERSHIP II

By the end of this course, students will be able to:

- Describe the importance and aspects of new hire as it relates to safety
- Define requirements and competencies of a professional safety position
- Describe ISO 45001
- Explain normalization of deviation and how it undermines safety
- Describe best practices of injury management
- Explain total worker health
- Explain conflict resolution

**Topics include but are not limited to:**

Mentorship, Safety Capabilities, Professional Safety Position, ISO 45001, Behavior Based Safety, Incident Investigations, Normalization of Deviation, Injury Management, Conflict Resolution, Workplace Violence, Team Building, Total Worker Health, Human Error, Fail Safe and Goal Setting



# OCCUPATIONAL SAFETY AND HEALTH CERTIFICATE PROGRAMS

## Benefits

Regardless of your educational background, UC San Diego Extension certificate programs provide experienced 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 student 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](http://extension.ucsd.edu/financial).



### Certificates at a Glance

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

# PUBLIC SECTOR SAFETY AND HEALTH FUNDAMENTALS CERTIFICATE PROGRAM

The Public Sector Safety and Health Fundamentals certificate program supports OSHA's mission by training public sector employees in occupational safety and health to reduce incident rates (the certificate program is applicable to private industry workers as well). Participants have the opportunity to earn certificates for construction and general industry training. Participants must complete a minimum of seven OTIEC courses (68 contact hours minimum) to earn a certificate in either construction or general industry.

[osha.gov/training/public-sector](https://osha.gov/training/public-sector)

### TARGET AUDIENCE:

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



## CONSTRUCTION

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

## GENERAL INDUSTRY

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



# SAFETY AND HEALTH SPECIALIST CERTIFICATE

[osha.ucsd.edu/SHS](https://osha.ucsd.edu/SHS)



## TARGET AUDIENCE:

The curriculum is intended for:

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

## PROGRAM AT-A-GLANCE:

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

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

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

## SAFETY AND HEALTH SPECIALIST CERTIFICATE

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

# PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

[osha.ucsd.edu/PSHO](https://osha.ucsd.edu/PSHO)

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



## TARGET AUDIENCE

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

## PROGRAM AT-A-GLANCE

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

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



## REQUIRED FOR CERTIFICATE COMPLETION

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



## CERTIFICATE ELECTIVES REQUIRED

The PSHO certificate requires the completion of electives in one of the following areas: Cal/OSHA, construction or general industry. The OSHA Training Institute Education Center / OS&H Department at UC San Diego 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
- How to create a safety culture in the workplace that includes leadership commitment, organization-wide safety communication and safety training as an investment for the organization
- The knowledge, skills and tools needed to conduct accident and incident investigations
- Leadership and communication skills, including constructive intervention, fostering a two-way dialogue, setting and maintaining expectations and alignment of values around safety
- How to minimize the threat of illnesses by learning industrial hygiene practices and related OSHA regulations and procedures





**PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE**

Course Title	Course Number	Units
<b>PREREQUISITE COURSES</b> – Choose either OSHA 510 or OSHA 511 (not both).		
OSHA 510 – Occupational Safety & Health Standards for the Construction Industry	FPM-40299	3.0
OSHA 511 – Occupational Safety & Health Standards for General Industry	FPM-40366	3.0
<b>REQUIRED TRAINER COURSES</b> – Choose either OSHA 500 or OSHA 501 (not both).		
OSHA 500 – Trainer Course in Occupational Safety & Health Standards for the Construction Industry	FPM-40280	3.0
OSHA 501 – Trainer Course in Occupational Safety & Health Standards for General Industry	FPM-40281	3.0
<b>OTHER REQUIRED COURSES</b> – Students must complete all of the following courses.		
OSHA 521 – OSHA Guide to Industrial Hygiene	FPM-40296	3
OSHA 2255 – Principles of Ergonomics	FPM-40297	3
OSHA 3095 – Electrical Standards (Low Voltage – Federal)	FPM-40300	3
OSHA 7505 – Introduction to Incident (Accident) Investigation	FPM-40637	0.5
Safety Leadership I (ONLINE)	FPM-40641	2
Workers’ Compensation for Safety Professionals	FPM-40640	0.5
<b>SPECIALTY COURSES</b> – Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)		
<b>CONSTRUCTION</b> (Must complete a minimum of 8 units)		
OSHA 2055 – Cranes in Construction	FPM-40413	3
OSHA 2264 – Permit-Required Confined Space Entry	FPM-40289	2.5
OSHA 3015 – Excavation, Trenching and Soil Mechanics	FPM-40301	2.5
OSHA 3085 – Principles of Scaffolding	FPM-40638	2.5
OSHA 3115 – Fall Protection	FPM-40489	3
EM385-1-1 40-Hour Safety	FPM-40507	4
Safety Leadership II (ONLINE)	FPM-40642	2

Course Title	Course Number	Units
Trainer Course – Fall Protection	FPM-40566	0.5
Trainer Course – Rigging Safety	FPM-40349	3
Trainer Course – Trenching	FPM-40308	1.5
<b>GENERAL INDUSTRY</b> (Must complete a minimum of 8 units)		
OSHA 2015 – Hazardous Materials	FPM-40302	3
OSHA 2045 – Machinery and Machine Guarding Standards	FPM-40298	3
OSHA 2225 – Respiratory Protection	FPM-40303	3
OSHA 2264 – Permit-Required Confined Space Entry	FPM-40289	2.5
OSHA 7105 – Introduction to Evacuation and Emergency Planning	FPM-40410	0.5
OSHA 7115 – Lockout/Tagout	FPM-40497	0.5
OSHA 7200 – Bloodborne Pathogens Exposure Control for Healthcare Facilities	FPM-40378	0.5
Trainer Course – Confined Space	FPM-40291	1.5
Trainer Course – Forklift Safety	FPM-40307	1.5
Safety Leadership II (ONLINE)	FPM-40642	2
<b>CAL/OSHA</b> (Must complete a minimum of 8 units)		
OSHA 5109 – Cal/OSHA Standards for the Construction Industry	FPM-40511	3
OSHA 5119 – Cal/OSHA Standards for General Industry	FPM-40512	3
Laws and Regulations	FPM-40060	3
Safety Leadership II (ONLINE)	FPM-40642	2

# BE AN AUTHORIZED OUTREACH TRAINER

TO TEACH OSHA 10/30-HOUR CLASSES



## TRAINER AUTHORIZATIONS

### CONSTRUCTION

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

### GENERAL INDUSTRY

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

### MARITIME

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

### DISASTER SITE WORKER

Trainer Course: OSHA 5600  
Update Course: OSHA 5602

## IMPORTANT!

Please visit [osha.ucsd.edu](https://osha.ucsd.edu) for required prerequisites.

**MORE INFORMATION**

[OSHATRaining@UCSD.EDU](mailto:OSHATRaining@UCSD.EDU)



## FOLLOW THESE SIMPLE STEPS

to become a UC San Diego OSHA-authorized outreach trainer or to maintain your trainer status for construction, general industry, maritime, disaster site worker or Cal/OSHA.

**STEP 1:** Successfully complete the OSHA Standards Course corresponding to the OSHA Trainer Course. A valid government ID is required at the start of class.

	STANDARDS COURSE	TRAINER COURSE
<b>Construction</b>	OSHA 510	OSHA 500
<b>General Industry</b>	OSHA 511	OSHA 501
<b>Maritime</b>	OSHA 5410	OSHA 5400
<b>Disaster Site</b>	OSHA 5600	OSHA 5602

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

Download the Prerequisite Verification Form by clicking on the "Apply Now" button on the relevant trainer course page (500, 501, 502, 503, 5400, 5402, 5600 and 5602). You may also email [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu) for an electronic copy.

### HELPFUL HINTS:

- You are filling out an actual Federal government form. The instructions are at the back of the document. Why? The government creates them that way! Read the instructions on pages 6-8 before completing the form.

- Sign your name
- Include the date
- Check Box #41

**IMPORTANT:** "Working safely" does not meet the requirements of safety experience for any course.

**STEP 2:** Email the completed form along with a copy of your trainer card or required documentation to [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu). Please note that your verification form cannot be processed without proper proof of the required prerequisites.

**STEP 3:** Once you have received an approval email from the OS&H department, follow the instructions to enroll in the class of your choice.

## 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:

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

- You must be currently authorized as a Construction or General Industry Outreach Trainer.\*
- Show a minimum of one year of Cal/OSHA experience by submitting the "Statement of Eligibility" form (email [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu) for the form).
- Attend the OSHA 5109 (construction) or OSHA 5119 (general industry) course, depending on your relevant industry experience.
- 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

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

## 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](http://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](http://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 have the ability to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in the construction industry, locate and determine appropriate Cal/OSHA Construction Standards, policies, and procedures, and describe the use of Cal/OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

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

#### **Prerequisite for Outreach Trainers:**

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

**Fee:** \$765

### OSHA 5119

#### CAL/OSHA STANDARDS FOR GENERAL INDUSTRY

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

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

#### **Prerequisite for Outreach Trainers:**

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

**Fee:** \$765



Visit [OSHA.UCSD.EDU](http://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 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 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:** \$795

### **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 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 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

### **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

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

## OSHA Safety Courses

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 3015 EXCAVATION, TRENCHING AND SOIL MECHANICS

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

**Fee:** \$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 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



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

## OSHA Safety Courses

### **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 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 7105** **INTRODUCTION TO 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 7200** **BLOODBORNE PATHOGENS EXPOSURE** **CONTROL FOR HEALTHCARE FACILITIES**

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

Visit [OSHA.UCSD.EDU](https://www.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 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 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



## ADDITIONAL AWARENESS COURSES

OSHA 7000 – OSHA Training Guidelines for Safe Patient Handling

OSHA 7100 – Introduction to Machinery and Machine Safeguarding

OSHA 7120 – Introduction to Combustible Dust Hazards

OSHA 7210 – Pandemic Illness Preparedness

OSHA 7225 – Transitioning to Safer Chemicals

OSHA 7400 – Noise Hazards in the Construction Industry

OSHA 7405 – Fall Hazard Awareness for the Construction Industry

OSHA 7410 – Managing Excavation Hazards

OSHA 7415 – OSHA Construction Industry Requirements (Major Hazards and Prevention)

OSHA 7510 – Introduction to OSHA for Small Businesses

Email [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu) to inquire about scheduling these courses exclusively for your employees.



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

## 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](https://www.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](https://www.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](https://www.osha-ucsd.edu) for additional requirements.

**Fee:** \$525



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

## 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](https://www.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](https://www.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](https://www.osha.ucsd.edu) for additional requirements.

**Fee:** \$695

### OSHA 5600

#### DISASTER SITE WORKER TRAINER COURSE

This course prepares experienced Outreach Training Program trainers to present the OSHA 7.5 and 15 hour Disaster Site Worker Course, 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. Lesson plans and training materials for the OSHA #7600 Disaster Site Worker Course are provided. 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, to conduct the OSHA #7600 Disaster Site Worker Course, and to issue cards to participants after verifying course completion.

**Required prerequisite:** OSHA 500 or OSHA 501, 40-hour HAZWOPER course and three (3) years safety training experience, OSHA 5600 or OSHA 5602. See [osha.ucsd.edu](https://www.osha.ucsd.edu) for additional requirements.

**Fee:** \$765



## SIGN-UP FOR OUR NEWSLETTER!

Stay informed. Visit our home page and sign up to receive e-mails about courses and certificates from UC San Diego's OSHA Training Institute Education Center.

[OSHA.UCSD.EDU](https://www.osha.ucsd.edu)



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

## UC San Diego Safety Courses

### A WINNING SAFETY CULTURE

This course will focus on safety culture characteristics, ways to measure it and steps to improve it. By the end of this course the student will be able to define safety culture, identify good and bad characteristics of a safety culture, identify ways to measure a safety culture and steps to improve a safety culture.

**Fee:** \$95

### CALIFORNIA VALLEY FEVER REQUIREMENTS

This course will focus on California Valley Fever requirements for employers engaged in work that puts its employees at risk of valley fever. In addition to valley fever signs and symptoms, risks and prevention of the disease. By the end of this workshop students will be able to identify signs and symptoms of valley fever, areas of the state where it exists, common jobs that might cause exposure and prevention of the disease.

**Fee:** \$55

### 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 SSO 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

### ELECTRICAL LOW VOLTAGE STANDARDS – STATE

Get practical training so that your business can maintain a safe, hazard free workplace. This training course is built around state requirements for employees working on electrical installations and equipment. Included are safety related information regarding state standards, equipment safety practices, dealing with hazards and the use

of protective equipment. Topics include: Definitions, Wiring Methods, Practices and Equipment, Lockout/Tagout.

**Fee:** \$450

### ELECTRICAL HIGH VOLTAGE STANDARDS – STATE

For employees working on or near equipment energized above 600 volts, course is built around state requirements. Learn how to maintain a safe, hazard free workplace by learning safety related information regarding state standards, equipment safety practices, dealing with hazards and the use of protective equipment. Topics include: Personal Protective Equipment, Energized Parts, Grounding, Medical Services/First Aid, and Hazardous Energy Control.

**Fee:** \$450

### 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

### ELECTRICAL SAFETY STANDARDS - NFPA 70E

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.

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

## UC San Diego Safety Courses

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. This course is available as an on-site offering only. Contact [oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu) for more information.

### 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

### GENERAL OVERVIEW AND ASPECTS OF SAFETY AND HEALTH MANAGEMENT (CAL/OSHA)

This course targets personnel assigned to manage occupational safety and health for both small and medium California businesses. Provided is a

general overview on implementing safety and health management system techniques using common core elements and examples of program applications. Students will develop a better understanding on how to evaluate, develop and implement an effective safety and health management system for their company.

**Fee:** \$150

### INTRODUCTION AND APPLICATION OF A CALIFORNIA INJURY ILLNESS AND PREVENTION PROGRAM (IIPP)

This course targets California small and medium size businesses. Provided is a general overview on how to implement an Injury Illness Prevention program (IIPP) facilitating Cal/OSHA sources of information. Students will acquire the basic skills to conduct an effective mishap investigation at their company's workplace.

**Fee:** \$95

### INTRODUCTION TO FIRE AND LIFE SAFETY IN THE WORKPLACE (ONLINE)

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

### INTRODUCTION TO MISHAP INVESTIGATION FOR BUSINESSES AND INDUSTRIES

A basic mishap investigation introductory course addressing mishap investigation and mishap analysis techniques. Students will acquire the basic skills to conduct an effective mishap investigation at their company's workplace.

**Fee:** \$150

### LAWS AND REGULATIONS

This course includes a basic overview of federal OSHA standards with 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 defense and discovery. The overall objective is to help students better prepare for workplace inspections conducted by OSHA. Topics include federal OSHA and Cal/OSHA, litigation, injury and illness prevention, personal protective equipment and respiratory protection.

**Fee:** \$765

### MACHINE GUARDING, LOTO AND NFPA 70E - HOW THEY RELATE

This course will focus on the relationship between machine guarding, LOTO and NFPA 70E requirements. By the end of this course the student will be able to describe basic machine guarding, LOTO requirements and NFPA 70E requirements.

**Fee:** \$95

### 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



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

## UC San Diego Safety Courses

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

### 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 - FALL PROTECTION

This continuation of the OSHA 3115 course teaches students how to apply fall protection standards, teaches training techniques that are effective and develops an effective training course for both classroom and hands-on in the field.

**Recommended prerequisite:** OSHA 3115 from UC San Diego.

**Fee:** \$250

### 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

### TRAINER COURSE - RIGGING SAFETY

This course covers advanced rigging principles, safety requirements and key considerations for safe rigging. Students participating in this course will be able to identify appropriate rigging techniques; they will understand sling angles and the stresses imposed. They will go through OSHA's new regulations on qualifications of riggers and the national consensus standards for rigging to include sling and hardware inspections and rejection criteria. Training includes an emphasis on extensive use of hands-on practical techniques and the course wraps up with a tour of an active rigging shop.

**Recommended prerequisite:** OSHA 510, OSHA 511 or equivalent.

**Fee:** \$765

### TRAINER COURSE - TRENCHING

This course reviews the federal and state OSHA requirements for excavation and trenching activities. Emphasis will be placed on training techniques, prevention strategies and practices such as inspections, permitting procedures, soil analysis and competent person responsibilities.

**Recommended prerequisite:** OSHA 3015 from UC San Diego.

**Fee:** \$450

### UNDERSTANDING CAL/OSHA CONSTRUCTION REQUIREMENTS

This course will focus on California OSHA requirements for construction. By the end of this course students will be able to identify and explain common Cal/OSHA construction requirements related to postings, required documents, reports, permits, certifications, Code of Safe practices, IIPP, Competent person, Confined spaces, heat illness and silica.

**Fee:** \$150

### 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



# 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	SEMESTER HOURS	CSU EQUIVALENT
OSHA 500 and 510	3 Lower Level	BOS 3401 Construction Safety
OSHA 501 and 511	3 LL	BOS 4025 OSHA Standards
OSHA 2015 Hazardous Materials	2 LL	Elective Credit
OSHA 2045 Machinery and Machine Guarding Standards	2 LL	Elective Credit
OSHA 2225 Respiratory Protection	2 LL	Elective Credit
OSHA 3015 Excavation, Trenching and Soil Mechanics	2 LL	Elective Credit
OSHA 3095 Electrical Standards	2 LL	Elective Credit
OSHA 5400 Trainer in OSHA Standards - Maritime	2 LL	Elective Credit
OSHA 5410 OSHA Standards for Maritime Industry	2 LL	Elective Credit
OSHA 5810 Hazards Recognition and Standards for On-Shore and Gas Exploration	2 LL	Elective Credit

To learn more about our online degree programs, visit [ColumbiaSouthern.edu/OSH](https://ColumbiaSouthern.edu/OSH) or call 800.355.4977.



# TRAINING BROUGHT TO YOU



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

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

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

## BENEFITS

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

## MORE INFORMATION

[oshatraining@ucsd.edu](mailto:oshatraining@ucsd.edu)



## REGISTRATION INFORMATION

### SIGN UP FOR OUR NEWSLETTER!

Stay informed. Visit our home page and sign up to receive emails about courses and certificates from UC San Diego's OSHA Training Institute Education Center.

**OSHA.UCSD.EDU**



### 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\*):  
osha.ucsd.edu

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

**Phone enrollment and payment:**  
(800) 358-9206, option 1

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

**Email:** unex-cashiering@ucsd.edu

**Fax:** (858) 822-2243, Attn:  
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](http://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.**



# GENERAL INFORMATION

## 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:

COURSE TYPE	1/2-DAY	1-DAY	2-DAY	3-DAY	4-DAY	5-DAY
CEU	0.4	0.8	1.6	2.4	3.2	4.0
Academic Credit	0.4	0.5	1.5	2.5	3.5	4.0
ABIH (CM points)	.67	1.33	2.67	4.0	5.34	6.68
BCSP (COCs)	0.4	0.8	1.6	2.4	3.2	4.0



## 2021 COURSE CATALOG



Not Printed at State Expense

### UC SAN DIEGO'S OTI EDUCATION CENTER COURSE LOCATIONS



#### ARIZONA

##### Tempe (Phoenix)

Arizona Safety  
Education Center

##### Tucson

Arizona Dept. of Occupational  
Safety & Health (ADOSH)

#### CALIFORNIA

##### Anaheim (Orange County)

Holiday Inn Anaheim  
Area Resort

##### Bakersfield

Kern Community  
College District

##### Claremont (Inland Empire)

Safety Center

##### Los Angeles

UCLA School of Public Health  
Van de Kamp Center

##### San Diego

UC San Diego Extension  
OSHA Training Institute  
Education Center

##### Santa Barbara

UC Santa Barbara Extension

#### HAWAII

##### Waipahu (Oahu)

Construction Training  
Center of the Pacific

#### NEVADA

##### Las Vegas

Associated General  
Contractors, Las Vegas  
Chapter

##### Reno

Nevada Contractors  
Association

#### GUAM

Guam Contractors  
Association

