



# OCCUPATIONAL SAFETY & HEALTH

## Certificate in OSHA Compliance

### Instructor-led Classroom Course

### Focused Courses Clarify OSHA Regulations

The Certificate in OSHA Compliance provides a grounding in OSHA 1910 General Industry Standards. You choose the compliance issues that are most important to your organization, and obtain in-depth reviews of relevant standards. When you complete the certificate, you will have the ability to read and interpret specific OSHA standards.

#### What you will learn:

- Targeting standards most relevant to your organization
- Reviewing basic safety terms and concepts to help you better understand the principles of the standards
- How to read and interpret OSHA terms, concepts and principles to ensure compliance
- What triggers an OSHA inspection and how to be confidently and completely prepared
- Assessing your current level of compliance, identifying gaps, and creating and implementing an action plan to fill them
- Practices and procedures to help you identify appropriate training and protection requirements
- Participate in discussions that break down the standards in detail and answer your compliance questions
- How to take part in activities built around the standard, and work through ideas to implement at your facility

#### Program Description:

Complete the four-hour **Introduction to OSHA Seminar\*** and any five of the following elective seminars over a three-year period. Complete course descriptions are on the reverse side. Seminars are approximately four hours in length and are available onsite at your facility.

- |  |                                 |                                |
|--|---------------------------------|--------------------------------|
| • Confined Spaces  | • Fire Protection               | • Powered Industrial Trucks    |
| • Crane and Hoist  | • Hazard Communication          | • Recordkeeping                |
| • Electrical Safety  | • Lockout/Tagout                | • Walking/Working Surfaces     |
| • Exit Route, Emergency Action Plans and Fire Prevention Plans | • Machine Guarding              | • Welding, Cutting and Brazing |
|  | • Personal Protective Equipment |                                |

#### Who would benefit:

Anyone responsible for OSHA compliance — safety, human resources and loss control managers; safety coordinators; safety team members; line workers; and entry-level or part-time safety practitioners.



National Safety Council  
1121 Spring Lake Drive  
Itasca, IL 60143 U.S.A.  
(800) 621-7619  
nsc.org

*\* If you have completed the OSHA General Industry 1910 10-hour or OSHA 511 Standards for General Industry 30-hour, you may opt out of this module. Just present your course completion card*

## Certificate in OSHA Compliance Seminar Descriptions

### Required Seminar (4 hours)

#### Introduction to OSHA

OSHA 1910 CFR 29 General Industry Standard; how OSHA is organized; employer/employee rights and responsibilities; and the scope of 29 CFR 1910 Standards for General Industry\*

### Elective Seminars

(Choose any five. Up to 4 hours each.)

#### Confined Spaces

OSHA Permit-Required Confined Spaces Regulation 1910.146 Subpart J; hazard identification, evaluation and control; Personal Protective Equipment (PPE); rescue procedures

#### Crane and Hoist

OSHA Overhead Gantry Cranes Regulation 1910.179 Subpart N, OSHA Slings Regulation 1910.184 Subpart N, inspections, safe sling operation and recordkeeping

#### Electrical Safety

OSHA Electrical Safety Regulation 1910.301-399 Subpart S, types of electrical injuries, protecting employees working on/near electrical equipment

#### Exit Routes, Emergency Action Plans & Fire Prevention Plans

Emergency Plans & Fire Regulation 1910.33-39 Subpart E, alarms, evacuation methods, training, fire prevention

#### Fire Protection

OSHA Fire Protection Regulation 1910.155-156 Subpart L; equipment and protective wear; sprinkler and fire extinguishing systems; detection and alarm systems

#### Hazard Communication

OSHA Hazard Communication 1910.1200 Subpart Z, hazard communication programs, labeling hazardous materials, Material Safety Data Sheets

#### Lockout/Tagout

OSHA Control of Hazardous Energy Lockout/Tagout Standard 1910.147 Subpart J, key components of an energy control program, inspections, testing equipment

#### Machine Guarding

OSHA Machinery and Machine Guarding Standard 1910.211-219 Subpart O; common causes of machine incidents; which areas should be guarded

#### Personal Protective Equipment

OSHA PPE Standard 1910.132-140 Subpart I; PPE Hazard Assessments and Certification Statements; types of PPE and how to use them

#### Recordkeeping

OSHA Recordkeeping and Reporting Occupational Injuries and Illnesses Standard 1904, record retention and access, petitions for exceptions

#### Powered Industrial Trucks

OSHA Powered Industrial Truck Standard 1910.178 Subpart N, basic safety precautions, hazardous locations, maintenance, training

#### Walking/Working Surfaces

OSHA Walking and Working surfaces Standard 1910-21-30 Subpart D, housekeeping, rail guards and handrails, stairs, dock boards, ladders, scaffolding

#### Welding, Cutting and Brazing

OSHA Welding, Cutting and Brazing Standard 1910.251-255 Subpart Q; preventing fires and protecting workers; common hazards; hot work permits; fire watches



\* If you have completed the OSHA General Industry 1910 10-hour or OSHA 511 Standards for General Industry 30-hour, you may opt out of this module. Just present your course completion card