

# Mass. Safety & Health Courses 10/09 - 7/10

TRAINING INSTITUTE  
EDUCATION CENTER



A cooperative program of Keene State College  
and the U.S. Department of Labor, OSHA

Courses available at Associated General Contractors, Wellesley, MA  
Williams College, Williamstown, MA  
Safety Council of Western New England, Springfield MA

## 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry

# of Days	Times	Credits	Tuition
4	8:30 am - 4:30 pm	3.0 CEUs; TCH 4.34 CM	\$885

**PREREQUISITES:** OSHA Course 510 and five (5) years of construction safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area, may be substituted for two (2) years of experience.

**Course Description:** This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour construction safety and health course and to issue cards to participants verifying course completion.

**NOTE:** Students in Course 500 who wish to participate as authorized trainers in the Outreach Program must prepare a presentation on an assigned OSHA construction Outreach topic individually or as part of a group and successfully pass a written exam at the end of the course. Authorized Outreach Trainers are required to attend Course 502 at least once every four years to maintain their trainer status.

Course Section	Date(s)	Days(s)	Location
NCOS-500-N12C	Oct. 26-29, 2009	Mon.-Thurs.	Williamstown, MA

## 510 Occupational Safety and Health Standards for the Construction Industry

# of Days	Times	Credits	Tuition
4	8:30 am - 4:30 pm	3.0 CEUs, TCH 4.34 CM	\$855

**PREREQUISITE:** None

**Course Description:** This course for private sector personnel covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide.

Course Section	Date(s)	Day(s)	Location
NCOS-510-N2C	Jan. 25-28, 2010	Mon.-Thurs.	Wellesley, MA
NCOS-510-N7C	Apr. 19-22, 2010	Mon.-Thurs.	Springfield, MA



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**AFFILIATED SPONSORS** host OSHA and other noncredit Keene State College safety courses listed in this brochure.

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Contact: Diane Malachowski, Manager, Region 1 OTIEC/Keene State College



The foyer at the AGC Conference Center in Wellesley

## 502 Update for Construction Industry Outreach Trainers

# of Days	Times	Credits	Tuition
2.5	M, Tu: 8:30 am - 4:30 pm & W: 8:30 am - noon <b>OR</b> W: 1 pm - 4:30 pm & Th, F: 8:30 am - 4:30 pm	1.7 CEUs 3.01 CM	\$785

**PREREQUISITE:** Course 500/502

**Course Description:** This course is designed for personnel in the private sector who have completed the 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and who are active trainers in the outreach program. It provides an update on such topics as OSHA construction standards, policies, and regulations.

**NOTE:** Construction Outreach Trainers are required to attend this course once every four years to maintain their trainer status. Prior to registration, students must provide a copy of their current trainer card for validation.

Course Section	Date(s)	Day(s)	Location
NCOS-502-N14C	Oct. 21-23, 2009	Wed.-Fri.	Wellesley, MA
NCOS-502-N4C	Apr. 12-14, 2010	Mon.-Wed.	Wellesley, MA



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<p><b>NCSH 510</b> 30-Hour Outreach OSHA's Standards for Construction &amp; a prerequisite to 500 Train-the-Trainer</p> <p><b>NCSH 511</b> 30-Hour Outreach OSHA's Standards for General Industry &amp; a prerequisite to 501 Train-the-Trainer</p>	<p><b>OSHA 10-Hr</b> Outreach Course in baseline Construction or Gen. Ind. hazard awareness. Card issued at completion.</p> <p><b>OSHA 30-Hr</b> Builds on the 10-hr for more insight in OSHA's baseline Construction or Gen. Ind. hazard awareness. Card issued at completion.</p>
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# Massachusetts Safety & Health Courses Oct. 2009 - July 2010

## 501 Trainer Course in Occupational Safety and Health Standards for General Industry

# of Days	Times	Credits	Tuition
4	8:30 am - 4:30 pm	3.0 CEUs 4.34 CM	\$885

**PREREQUISITES:** OSHA Course 511 and five (5) years general industry safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP), or a Certified Industrial Hygienist (CIH) designation, in the applicable area may be substituted for two (2) years of experience. Those registering for the OSHA 501 course must submit a resumé documenting specific general industry safety-related experience, a copy of your 511 training certificate, and a Prerequisite Verification Form along with the registration form, prior to the course start date.

**Course Description:** This course is designed for personnel in the private sector interested in teaching the 10-hour and 30-hour general industry safety and health outreach programs to their employees and other interested groups. Special emphasis is placed on those topics required in the 10-hour and 30-hour programs, as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants 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 and to conduct both 10-hour and 30-hour general industry safety and health outreach courses and to issue cards to participants verifying course completion.

**NOTE:** Students in Course 501 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry topic individually or as a part of a group and successfully pass a written exam at the end of the course. Authorized OSHA Outreach Trainers are required to attend Course 503 at least once every four (4) years to maintain their outreach program trainer status.

Course Section	Date(s)	Day(s)	Location
NCOS-501-N13C	Nov. 3-6, 2009	Tues.-Fri.	Wellesley, MA
NCOS-501-N0C	March 22-25, 2010	Mon.-Thurs.	Worcester, MA

## 511 Occupational Safety and Health Standards for General Industry

# of Days	Times	Credits	Tuition
4	8:30 am - 4:30 pm	3.0 CEUs, TCH 4.34 CM	\$855

**PREREQUISITE:** None

**Course Description:** This #511 course for private sector personnel covers OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. OSHA 29 CFR 1910 subparts are explored along with pertinent recordkeeping and program requirements. Upon completion of the hourly and course requirements, the student receives a certificate verifying course completion.

Course Section	Date(s)	Day(s)	Location
NCOS-511-N0C	March 9-12, 2010	Tues.-Fri.	Worcester, MA

## 3010 Excavation, Trenching, and Soil Mechanics

# of Days	Times	Credits	Tuition
3.5	Days 1-3: 8:30 am - 4:30 pm Day 4: 8:30 am - noon	2.5 CEUs, TCH 3.34 CM	\$855

**PREREQUISITE:** Course 510. Prerequisite requirements may change, please inquire prior to registering.

**Course Description:** This course focuses on OSHA standards and on the safety aspects of excavation and trenching. Students are introduced to practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations. Various types of shoring (wood timbers and hydraulic) are covered. Testing methods are demonstrated and a one-day field exercise is conducted, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods.

**Note:** Only the employer can determine competency in their employees.

Course Section	Date(s)	Day(s)	Location
NCOS-3010-N1C	May 10-13, 2010	Mon.-Thurs.	Wellesley, MA

## 7100 Introduction to Machinery and Machine Safeguarding

# of Days	Times	Credits	Tuition
1	8:30 am - 4:30 pm	0.7 CEUs; TCH	\$245

**Course Description:** The main focus of this course is to increase the participant's knowledge and skill in proper machine safeguarding techniques and to highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguards necessary to protect employees and others in the work area, as well as provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries. Advanced Machine Guarding training is available by enrolling in the OSHA 2045 Course.

Course Section	Date(s)	Day(s)	Location
NCOS-7100-N3C	Oct. 5, 2009	Mon.	Wellesley, MA

## 7505 Introduction to Accident Investigation

# of Days	Times	Credits	Tuition
1.5	8:30 am - 4:30 pm	1.0 CEUs, TCH	\$295

**Course Description:** This course provides an overview of basic accident investigation procedures and describes accident analysis techniques. The objective of this course is to help participants gain the basic skills necessary to conduct an effective accident investigation at their workplace. The target audience is the small employer, manager, employee, or employee representative who, as part of a firm's safety and health system, is involved in conducting accident and/or near-miss investigations.

Course Section	Date(s)	Day(s)	Location
NCOS-7505-N3C	June 24-25, 2010	Thurs. & Fri.	Wellesley, MA



### TNEC/UMASS LOWELL Extends a Hand for Safety

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**TNEC at University of Massachusetts Lowell – specialists in HAZWOPER and HAZMAT emergency responder training.**

website: [www.uml.edu/t nec](http://www.uml.edu/t nec)



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# Massachusetts Safety & Health Courses Oct. 2009 - July 2010

Programs and courses listed on this page are part of the Keene State College Continuing Education Safety and Health curriculum.

## Construction Safety and Health

### NCSH 461 Work Zone Traffic Control

# of Days	Times	Credits	Tuition
1	8:30 a.m. - 4:30 p.m.	0.7 CEUs; TCH	\$245

**Course Description:** Few work sites present the multitude of risks as road construction. Daily, workers who operate in the roadway work zone and road construction site environment face the potential for serious injury and even death. Overall workplace fatalities have generally declined, but fatalities and injuries at work zone sites have not seen a similar decline. Based on the Manual on Uniform Traffic Control Devices (MUTCD), this workshop is for public or private agency personnel or contractors working in a public way. Road crews, utility workers, and contractors benefit from this workshop, which uses multi-media training, group activities, open discussions, hands-on and problem-solving activities. Topics include the latest minimum standards of the MUTCD, legal liability, proper uses of cones, signs, and flaggers; "parts" of a typical work zone; new standards on retro-reflective warning garments; common worksite problems and the dangers of complacency. Includes an update on current state regulations.

Course Section	Date(s)	Day(s)	Location
NCSH-461-N1C	March 16, 2010	Tues.	Wellesley, MA

### NCSH 462 Flagger Training / Skills Course

# of Days	Times	Credits	Tuition
0.5, 4 hours	8 a.m. - 12:30 p.m.	0.4 CEUs	\$225

**Course Description:** The objectives of this half day training are to become familiar with, or refreshed on, flagger requirements, qualifications, work zone methods and components, necessary flagging equipment, PPE, layout of the work zone and flagging station, positions, placement of flaggers on the jobsite, proper hand signals, use of paddles and flags, procedures for single and multiple flaggers, setting up and handling one-lane traffic on a two-way road, placement of signs, nighttime operations, communication methods, handling emergency vehicles, emergency situations and hostile drivers in the work zone, plus orientation to DOTs Traffic Control for Field Operations manual. Includes an update on current state regulations.

Course Section	Date(s)	Day(s)	Location
NCSH-462-N1C	March 17, 2010	Wed.	Wellesley, MA

### NCSH 214 Mobile Crane Hazards

# of Days	Times	Credits	Tuition
1	8:30 a.m. - 4:30 p.m.	0.7 CEUs	\$245

**Course Description:** Focusing on managing mobile cranes on construction job sites, this course discusses management issues, including selection and sizing of cranes, daily inspections, communication between site management and crane operators, and supervision of operators. Learn OSHA's position as to who is responsible for crane activities, hazards associated with crane operations, and the OSHA and ANSI regulations addressing these hazards. This course is for general contractors, subcontractors, and all employees who work around cranes.

Course Section	Date(s)	Day(s)	Location
NCSH-214-N1C	Feb. 8, 2010	Mon.	Wellesley, MA

### NCSH 200 Subpart R – Steel Erection Course

# of Days	Times	Credits	Tuition
1	8:30 a.m. - 4:30 p.m.	0.7 CEUs	\$245

**Course Description:** This practical, applications-based, one-day training focuses on topics and requirements applicable to OSHA 29 CFR 1926.750-761 Subpart R of the Steel Erection Standard. Primary concepts addressed include those hazards encountered on a day-to-day basis in the steel erection industry. The hazards that are discussed have been identified as the major causes of injuries and fatalities in the steel erection industry. Case studies and discussions are presented and controlling contractor duties and responsibilities are covered.

Course Section	Date(s)	Day(s)	Location
NCSH-200-N1C	July 27, 2010	Tues.	Wellesley, MA

### NCSH 201 Rigging Techniques/Inspections Course

# of Days	Times	Credits	Tuition
0.5	8 a.m. - noon	0.4 CEUs	\$225

**Course Description:** This half-day program can be tailored to the audience attending. The course addresses basic concepts in rigging and familiarity with OSHA regulations germane to rigging operations. Inspection procedures are covered.

Course Section	Date(s)	Day(s)	Location
NCSH-201-N1C	Feb. 9, 2010	Tues.	Wellesley, MA
NCSH-201-N2C	July 28, 2010	Wed.	Wellesley, MA

## OSHA 2009 D.O.L. Outreach Training Program Guidelines!

Construction Industry Safety & Health Updates  
available at <http://oshatraining.keene.edu>