

# Maine Safety & Health Courses 10/09-7/10

Courses available at Central Maine Community College, Auburn, ME  
Maine Dept. of Transportation Safety & Performance Training Center, Fairfield, ME  
Associated General Contractors, Augusta, ME



## 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)	Day(s)	Location
NCOS-500-N3C	Apr. 9,16,23,30, 2010	Fridays only	Augusta, ME

## 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-N6C	March 16-19, 2010	Tues.-Fri.	Augusta, ME



Safety & Performance Training Center in Fairfield, Maine



## 502 Update for Construction Industry Outreach Trainers

# of Days	Times	Credits	Tuition
2.5	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-N6C	May 19-21, 2010	Wed.-Fri.	Augusta, ME

## 7600 The 2-Day Disaster Site Worker

# of Days	Times	Credits	Tuition
2	8:30 am - 4:30 pm	1.5 CEUs 2.67 CM	\$355

**Course Description:** The Disaster Site Worker Outreach Training Program is a training program for Disaster Site Workers who provide skilled support services, (e.g., utility, demolition, debris removal, or heavy equipment operation) or site clean-up services in response to natural and man-made disasters. Specifically, it is recognized that all workers at disaster sites need to be aware of the differences between disaster sites and regular construction or demolition worksites and be able to inspect, don, and doff air-purifying respirators. The course is designed to develop an awareness of incident command systems and special safety and health hazards, including chemical, biological, radiological, nuclear, and explosive (CBRNE) hazards that may be present at such sites. Also, the program will make management and labor aware that pre-incident training is essential for ensuring disaster site worker safety and health.

Course Section	Date(s)	Day(s)	Location
NCOS-7600-N1C	Oct. 15-16, 2009	Thurs.-Fri.	Fairfield, ME