

Safety & Health Course Descriptions

Aerial Lift Operator
American Red Cross First Aid / CPR / AED
Asbestos Abatement Worker or Supervisor Training
Blood Borne Pathogens
Confined Space Entry
Ergonomics Awareness for Carpenters
Fall Protection for Carpenters
Hazardous Waste General Site Worker Training
Lead Abatement Worker or Supervisor
Millwright 16 Hour Safety
OSHA 10 Hour Safety Training / U.B.C. Smart Mark Program
OSHA 30 Hour Safety Training
Pneumatic Tools
Powder Actuated Tools
Powered Industrial Truck Operator
Table Saw Safety
Understanding Material Safety Data Sheets

AERIAL LIFT OPERATOR (8 Hours)

This course addresses OSHA requirements for workers performing work from boom supported working platforms or self-propelled platform lifts. ANSI (American National Standards Institute) regulations are also covered in detail. ANSI 92.5 (1992) refers to "Boom Supported Plat- forms" and ANSI 92.6 (1999) refers to "Self Propelled Platforms".

The course consists of classroom presentations and instruction combined with hands-on training. The classroom instruction is followed by the student's pre-operation safety checks which mirror specific manufacturers' requirements. The course is then combined with hands-on training using boom supported platforms and self propelled platforms (ie. Scissors Lift). Students maneuver through an obstacle course and practice operating at extended heights. A UBC photo ID card will be issued to those students who successfully complete this course.

AMERICAN RED CROSS FIRST AID / CPR (8 Hours)

This course provides basic First Aid/CPR training in the performance of emergencies for conscious and unconscious victims, recognizing signs of a heart attack and the proper techniques for administering CPR. First Aid training deals with controlling bleeding, burns, sprains, strains, poisoning, broken bones, and caring for victims of sudden illness. This class meets or exceeds California OSHA and Federal OSHA training requirements.

ASBESTOS ABATEMENT WORKER OR SUPERVISOR TRAINING (40 Hours)

Training for this program will be conducted by The Center To Protect Workers Rights, by special request only. Requests for training must be made well in advance to allow The Center To Protect Workers Rights to conduct the training at our location. A minimum of 20 students must be in attendance. A photo ID card with a one (1) year expiration date will be issued, refreshers are available.

BLOOD BORNE PATHOGENS (4 Hours)

This course explains safe work practices for carpenters who may become exposed to human blood or tissues. Materials covered in this course include the definition of blood-borne pathogens, modes of transmission, protection from exposure including universal precautions, engineering and work practice controls, exposure control plans, hepatitis B vaccinations, spill cleanup procedures and other information needed to ensure worker safety.

CONFINED SPACE ENTRY (16 Hours)

Students in this course are instructed in safe access and monitoring methods for Confined Space Entry which include preparing permits and identifying the role of the attendant and the worker making the entry utilizing a chamber mock-up with several working and emergency rescue procedures. Both CAL-OSHA and Federal OSHA regulations are covered in detail. The importance of a respirator fit test and respiratory protection training are covered in this course. A photo ID card will be issued by the UBC to those students who successfully complete this course. This course meets or exceeds the training requirements of CAL-OSHA and Federal OSHA.

ERGONOMICS AWARENESS FOR CARPENTERS (4 Hours)

Ergonomics Awareness is designed to answer many of the questions Carpenters are confronting on a daily basis. What is Ergonomics? It asks: What is muscle fatigue?, How does the body work?, What are cumulative trauma disorders?, The back: How does it work and why does it Hurt?, and How do you control and prevent cumulative trauma disorders? Lecture and classroom participation provide the means of presenting the materials, making the Ergonomics course a great learning experience. A UBC ID card will be issued to participants successfully completing this course.

FALL PROTECTION FOR CARPENTERS (4 Hours)

This course provides general awareness training to inform the participants on the importance and need for fall protection on today's jobsites. This class also includes the introduction of current CAL-OSHA and Federal OSHA regulations dealing with Fall Protection and the demonstration of state of the art equipment (PPE). An ID card will be issued from the UBC to all participants.

HAZARDOUS WASTE GENERAL SITE WORKER TRAINING (40 Hours)

The (HAZWOPER) training meets all states and federal requirements for members working on hazardous waste sites. Participants are trained to recognize hazards and determine if safety procedures are adequate in the work setting. The control and minimization of hazards and how to adopt proper work practices are emphasized throughout the 40-hour training program.

Classroom instruction is combined with hands-on training, including suit-up in state of the art personal protective equipment. This course will be conducted by The Center to Protect Workers Rights, by special arrangements only. The course requires a minimum of 20 students in attendance. Requests for training must be made well in advance to allow The Center to Protect Workers Rights to conduct the training at our location.

LEAD ABATEMENT WORKER OR SUPERVISOR (32/40 Hours)

Training for this program will be conducted by The Center to Protect Workers Rights, by special request only. Requests for training must be made well in advance to allow The Center to Protect Workers Rights to conduct the training at our location. A minimum of 20 students must be in attendance.

MILLWRIGHT 16-HOUR SAFETY

(16 Hours)

The "Westinghouse 16-hour Safety Course" has been updated and renamed the "Millwright 16-Hour Safety Course." This course will discuss safety and health problems affecting Millwrights and methods to prevent serious illnesses and injuries.

This course is a prerequisite for the Siemens Westinghouse CT Program and the GE Gas Turbine Qualification Program. This course is also highly recommended for the USPS Bulk Mail Qualification Program.

Effective September 1, 2004, all Millwrights are required to complete this course as a condition of employment with Siemens Westinghouse Generation Services (SWGS). Participants completing this course will receive: a Millwright 16-Hour Safety Course Certificate, an OSHA 10-Hour Card, and a Smart Mark Qualification Card.

OSHA 10 HOUR SAFETY TRAINING / U.B.C. SMART MARK PROGRAM

(10 Hours)

Up to 10 safety topics covered in 10 hours is the basis for this highly informative course. Safety topics are based on OSHA regulations and optional subjects are included to meet the needs of the participants. Video presentation and classroom activities comprise the training. This class meets the training requirements of CAL-OSHA and Federal OSHA.

OSHA 30 HOUR SAFETY TRAINING

(30 Hours)

OSHA 30 hour safety training is for those participants needing to expand their safety training beyond the basic hours of training allows the participants to cover more safety training based on OSHA regulations. This class meets the training requirements of CAL-OSHA and Federal OSHA.

PNEUMATIC TOOLS

(4 Hours)

Pneumatic tools offer great versatility and efficiency for production on the jobsite. This workshop covers basic handling, use, accessories and storage techniques that will minimize potential hazards created by these compressed air tools. Students explore the major parts of pneumatic tools/equipment and demonstrate optimal operator safety through the proper use of these tools.

POWDER ACTUATED TOOLS

(4 Hours)

Powder Actuated Tools training provides the participant with all the current OSHA regulations dealing with such tools. Safe operation of the tools is the primary emphasis in this training program. Disassembly, cleaning, maintenance, care and storage are also covered in detail during the training program. Students, during the hands-on training, must demonstrate the safe operation of the Powder Actuated Tool in a simulated jobsite condition.

POWERED INDUSTRIAL TRUCK OPERATOR

(8 Hours)

This comprehensive course includes classroom instruction, workbook activities and video presentations in the safe operation of a Powered Industrial Lift Truck (Forklift/Gradall). Hands-on training requires that the student demonstrate the ability to operate the lift truck safely. Training meets or exceeds California OSHA and Federal OSHA regulations.

TABLE SAW SAFETY**(24 Hours)**

This workshop highlights the major parts of the table saw and how to safely rip and crosscut sheet and solid lumber stock. An emphasis will be placed on milling wood joints including taper and cove cutting using shop made jigs & fixtures. Saw tooling and maintenance will also be established in detail.

UNDERSTANDING MATERIAL SAFETY DATA SHEETS (MSDS)**(8 Hours)**

Under the Hazard Communication Standard (HAZCOM) both California OSHA and Federal OSHA require employers to reveal potential chemical hazards workers may be exposed to. This course covers the following topics as required by regulations:

Health Effects of Chemicals, Recognizing Chemical Hazards, Reading Labels, Reading Material Safety Data Sheets (MSDS), Rights and Responsibilities under Current Regulations. This class meets or exceeds all Cal-OSHA Regulations