

SOUTHERN SAFETY SHIELD TRAINING COURSES

Course Title	Number of Hours	Description
(1) Accident Investigation	8	Root cause analysis.
(2) Aerial Lift	4	29 CFR 1910.178 compliance, technical and hands-on applications for aerial lift operations.
(3) Basic Electric Safety	4	An overview of lock out/tag out, circuitry design. Also covers electrical cords, ground fault interrupters (GFI's), and grounding.
(4) Benzene Awareness	4	Regulatory standard, monitoring, medical history, work place exposure guidelines, and PPE.
(5) Blood borne Pathogens	4	Creating an Exposure Control Plan, universal precautions, engineering and work controls, PPE, housekeeping, HIV and HBV research laboratories and production facilities. Hepatitis B vaccination, post-exposure evaluation and follow-up, labels and signs, information and training.
(6) Chemical Spill Prevention	8	Notification, PPE, assessment and control.
(7) Confined Space	8/16/24	This course covers attendance, entrance responsibilities, permit and non-permit confined space, PPE, monitoring, equipment, rescue plan, and communication responsibilities.
(8) Fall Protection	8	This course consists of the various types of fall protection equipment, anchor points, requirements for the use of fall protection and impact.
(9) Fire Extinguisher	4	This course has a hands-on approach to the use of fire extinguishers for incipient stage of fire fighting. It covers different classifications of fire extinguishers, chemistry of fire and detection.
(10) Fire Watch	4	Duties and responsibilities, limitations and authority as a fire watch.
(11) First Aid/CPR	8	8-hour course for adult CPR first aid through the American Heart Association. Provide latest standards and guidelines for cardio, pulmonary, resuscitation and emergency care.
(12) Forklift Training	4-8	This course offers a hands-on and technical approach. Courses are required prior to operation for site-specific requirements.
(13) Hazard Communication	4	This course educates employees on the Hazard communication standard. Teaches employees on the various types of labeling systems, how to read a Material Safety Data Sheets and implementation of the Hazard Communication System. In order to ensure chemical safety in the workplace, information must be available to employees about the identities and hazards of the chemicals. The hazard communication standard provides this information to the employees.

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Course Title	Number of Hours	Description
(14) Hazmat Transport HM-126R	8	This course focuses on transportation of hazardous materials with emphasis on placarding UN / NA manifestation and driver requirements.
(15) Hazmat Transport HM-181	8	This course focuses on transportation of hazardous materials with emphasis on placarding UN / NA manifestation and driver requirements.
(16) Heavy Equipment Safety	4	The specifics to operations, environmental hazards, Emergency procedures, Inspections
(17) Hot Work Permits	4	The use, the need and responsibility for hot work permit. Application, monitoring and special equipment associated with hot work permits.
(18) Hearing Conservation	4	This course covers the employee noise exposure, how we hear, factors of hearing loss, noise exposures that are hazardous, controlling a noise source, OSHA's policy
(19) Job Safety Analysis	Site Specific	This course covers assessment and job requirements with emphasis on safety protocols associated with tasks and equipment mentioned.
(20) Lockout/Tagout Machine Guarding	8	This course covers the differentiation between maintenance protocols and locks out / tag out requirements with emphases on the various models of requirements of locking and tagging procedures.
(21) Respiratory Protection	8	This course covers the standard requirements, supplied air vs. air purifying, respirators, responsibilities and requirements. This use of various types of supplied air equipment.
(22) Rigging & Hoisting	4	The various types of rigging, inspection, requirements, hand signals, application
(23) Supervisor Roles and Responsibilities	8	Supervising people is hard work. Achieving project goals, keeping people safe and gaining the respect of peers is difficult for new supervisors, and it is not getting any easier. Demands continue to increase, supervisors are expected to accomplish more with less and OSHA regulations are more complicated and confusing than ever.
(24) Trenching and Excavation	16	This course covers shoring, stabilization, soil classifications, equipment, personnel training requirements, emergency response, and monitoring requirements.

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Course Title	Number of Hours	Description
(25) OSHA 10 Hour Course	10	<p>10 Modules required in all:</p> <p>Mandatory Modules:</p> <ul style="list-style-type: none"> • Required(OSHA ACT/Intro to OSHA/General Duty Clause/Focus Inspection/Multi Employer Citations/Subpart C General Safety and Health Provisions / Competent Person) • Required(Subpart K - Electrical) • Required(Subpart M - Fall Protection) • Required one of these 3 (Subpart H - Materials Handling - Storage - Use and Disposal, Subpart N Cranes-Derricks-Hoist-Elevators-Conveyors, Subpart O Motor Vehicles-Mechanized Equipment, Construction Equipment) • Required one of these 3 (Subpart L - Scaffolding, Subpart P - Excavations, Subpart X - Stairways-Ladders) <p>Any 5 of these are Required</p> <ul style="list-style-type: none"> • Subpart D - Occupational Health and Environmental Controls • Subpart E - Personal Protective and Life Saving Equipment • Subpart F - Fire Protection and Preventing • Subpart G - Signs-Signals-Barricades • Subpart I - Tools-Hands and Power • Subpart J - Welding-Cutting • Subpart Q - Concrete-Masonry Construction • Subpart R - Steel Erection (New Standard) • Subpart S - Underground Construction-Caissons-Cofferdams-Compressed Air • Subpart T - Demolition • Subpart U - Blasting and the use of Explosives • Subpart V - Power Transmission and Distribution • Subpart W - Rollover Protective Structures, Overhead Protection • Subpart Y - Commercial Diving Operations • Subpart Z - Toxic and Hazardous Substances

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Course Title	Number of Hours	Description
(26) OSHA 30 Hour Course	30	<ul style="list-style-type: none"> • Required(OSHA ACT/Intro to OSHA/General Duty Clause/Focus Inspection/Multi Employer Citations/Subpart C General Safety and Health Provisions / Competent Person) • 29 CFR 1904, Recordkeeping • Subpart C; General Safety and Health Provisions, Competent Person • STD 3-1.1, Clarification of Citation Policy Regarding 29 CFR1926.20, 29 CFR 1926.21 and Related Safety and Health Provisions: Safety Programs • Required(Subpart K - Electrical) • Required(Subpart M - Fall Protection) • Environmental controls (emphasis on Hazard communication), Subpart D, <p>Choose at least 6 topics-</p> <ul style="list-style-type: none"> • Occupational Health and Health Hazards in Construction, Subpart D • Personal Protective and Lifesaving Equipment, Subpart E, • Fire Protection and Prevention, Subpart F • Materials Handling, Storage, Use and Disposal, Subpart H • Tools- Hand and Power, Subpart I • Welding and Cutting, Subpart J • Scaffolds, Subpart L • Cranes, Derricks, Hoists, Elevators, and Conveyors, Subpart N • Motor Vehicles, Subpart O,W, and G • Excavations, Subpart P • Concrete and Masonary Construction, Subpart Q • Steel Erection, Subpart R • Stairways and Ladders, Subpart X • Confined Space Entry
Course Title	Number of Hours	Description
(27) HAZ-WOPER REFRESHER	8	<p>Refresher</p> <ul style="list-style-type: none"> • HAZWOPER 8 hour Refresher training is designed to maintain learned competencies • Our training meets the refresher training requirements of OSHA 29 CFR 1910.120 • Instructor led

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Course Title	Number of Hours	Description
(28)24- HAZ-WOPER	24	<p>Hazardous Materials Technician</p> <ul style="list-style-type: none"> • Know how to implement the employer's emergency response plan • Know the classification, identification and verification of known and unknown materials by using field survey instruments and equipment • Be able to function within an assigned role in the Incident Command System • Know how to select and use proper specialized chemical personal protective equipment provided to the hazardous materials technician
Course Title	Number of Hours	Description
(29)40-HAZ-WOPER	40	<p>HAZWOPER applies to five distinct groups of employers and their employees. This includes any employees who are exposed or potentially exposed to hazardous substances—including hazardous waste and who are engaged in one of the following operations:</p> <ul style="list-style-type: none"> • Clean-up operations—required by a governmental body • Clean-up operations at RCRA sites • Voluntary clean-up operations at hazardous waste sites; • Operations involving hazardous wastes at TSD facilities • Emergency response operations for releases of, or substantial threats of release of, hazardous substances regardless of the location • Know how to implement the employer's emergency response plan • Know the classification, identification and verification of known and unknown materials by using field survey instruments and equipment • Be able to function within an assigned role in the Incident Command System • Know how to select and use proper specialized chemical personal protective equipment provided to the hazardous materials technician

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Course Title	Number of Hours	Description
(30) BASIC AERIAL/CONFINED SPACE RESCUE TRAINING	16	<ul style="list-style-type: none">▪ Regulatory Requirement Review▪ Entrants And Attendants Responsibilities▪ Specialized Equipment▪ Personal Protective Equipment▪ Rescue Rope And Knots▪ Anchoring And Rigging▪ Patient Packaging▪ Communications▪ Tripod And Winch Application▪ Hands-On Drill And Exam