

MSHA - 8 Hour REFRESHER TRAINING

COURSE CONTENT

- 1) What's new with MSHA;
- 2) Mandatory Safety & Health Standards;
- 3) Transportation Controls;
- 4) Escape & Emergency Evacuation Plans:
Fire Warning & Firefighting;
- 5) Ground Control;
- 6) First Aid;
- 7) Electrical Hazards;
- 8) Prevention of Accidents;
- 9) Health;
- 10) Explosives;
- 11) Respiratory Hazards & Protective Measures.

CERTIFICATE is issued by instructor.

INSTRUCTOR: Steve D. Sandbrook, CMSP
Eagle Mine Safety

COST: \$185

TIME: 8:00 am - 4:00 pm

DATES: FRIDAY, FEBRUARY 14; WEDNESDAY, APRIL 2, 2014

PREVENTING RUNOVERS AND BACKOVERS 4 HOUR SUPERVISOR CLASS

Developing and implementing Internal Traffic Control Plans (ITCPs) on roadway construction sites. Course is designed for site workers, safety professionals, company safety officers, senior project managers, lead persons, and construction managers.

COURSE CONTENT

- 1) Functions and purpose of OSHA;
- 2) Employers' and Workers' Rights and Responsibilities;
- 3) Most common cause of death and injury for roadway construction;
- 4) Why workers on foot are vulnerable to runover; and backover incidents in heavy and highway construction;
- 5) Elements of an Internal Traffic Control Plan and hazards it's designed to mitigate;
- 6) Ensuring ITSCP Functions properly on a job site;
- 7) Implementing ITCP on a construction site.

INSTRUCTOR: ARTBA

SCHEDULE AND DETAILS TO BE ANNOUNCED

OSHA 10-Hour Safety Training

COURSE CONTENT

- 1) Review OSHA's Policies & Procedures;
- 2) Electrical Hazards/Assured Equipment;
- 3) Grounding Conductor Programs;
- 4) Fall Protection Requirements;
- 5) Scaffolding;
- 6) Ladders;
- 7) Excavation & Shoring;
- 8) Lock-Out Tag-Out Procedures;
- 9) Occupational Health & Hygiene;
- 10) Hazard Communication/MSDS Sheets;
- 11) Confined Space;
- 12) Respiratory Protection;
- 13) Personal Protective Equipment.

CERTIFICATE is issued by OSHA and mailed to students. OSHA-10 Hour certification is valid for 5 years.

INSTRUCTOR: Dan Gorman, Safe at Work

COST: CCIA Member: \$160 | Non-Members: \$220

TIME: 2-Day Class | Day 1: 7:00 am - 2:30 pm |
Day 2: 7:00 am - 10:30 am

DATES: JAN. 28/29, MARCH 4/5, APRIL 22/23, 2014

SCAFFOLDING AND FALL PROTECTION

COURSE CONTENT

- 1) Review of scaffolding;
- 2) OSHA regulations applicable to Scaffolding;
- 3) OSHA standards that apply to workers engaged in projects requiring fall protective systems for elevations of 6 feet or higher.

INSTRUCTOR: Dan Gorman, Safe at Work

COST: CCIA Member: \$135 | Non-Members: \$185

TIME: 7:00 am - Noon

DATES: February 26, 2014

CONNECTICUT CONSTRUCTION INDUSTRIES ASSOCIATION, INC.

SAFETY TRAINING

JANUARY - APRIL 2014



REGISTRATION

Company Name _____

Contact Name _____

Phone _____

E-mail _____

COURSES REGISTERED:

(Please use a separate sheet to add more attendees & courses.)

COURSE:

1. _____ Date _____

ATTENDEES:

COURSE:

2. _____ Date _____

ATTENDEES:

COURSE:

3. _____ Date _____

ATTENDEES:

COURSE:

4. _____ Date _____

ATTENDEES:

_____ **CCIA MEMBER** | _____ **Non-MEMBER**

Amount Enclosed \$ _____

Please make checks payable to CCIA and send to:

CCIA SAFETY TRAINING

Connecticut Construction Industries Association, Inc.
912 Silas Deane Highway
Wethersfield, CT 06109

For more information on classes or registration, or to
schedule a class to meet your needs, please contact:

John Wilhelm at: 860-529-6855 or
jwilhelm@ctconstruction.org

BASIC RIGGING & CRANE SIGNALING

To Comply with OSHA's Revised November

2010 Standards

This class is designed for anybody who rigs a load to be
lifted by a crane, and satisfies the Basic Rigging & Hand
Signaling requirements of the Revised November 2010
Crane Standard.

COURSE CONTENT

- 1) Types of slings;
- 2) Rigging hardware;
- 3) Safe rigging practices;
- 4) Hand signals;
- 5) Verbal communications.

CERTIFICATE of attendance is issued by instructor.

INSTRUCTOR: Dan Gorman, Safe at Work

COST: \$110.00 member & non-member

TIME: 7:00 am - 10:30 am

DATES: **WED., MARCH 26, 2014**

CONFINED SPACE/ TRENCHING & EXCAVATION

CONFINED SPACE PROGRAM 4 HOUR CLASS

- 1) Minimum requirements for a confined
space program;
- 2) Trenches classified as confined space;
- 3) Properly designing for confined space occupants.

TRENCHING & EXCAVATION PROGRAM 4 HOUR CLASS

- 1) OSHA's criteria for determining a Competent Person;
- 2) Construction areas that are a competent person's
responsibilities;
- 3) Can a contractor legally fabricate trench boxes
and other shoring systems?

CERTIFICATE of attendance is issued by instructor.

INSTRUCTOR: Dan Gorman, Safe at Work

COST: CCIA Member: \$135 each class | \$250 both classes
Non-Members: \$160 each class | \$320 both classes

TIME: 7:30 am - 11:30 am - Confined Space
12:30 pm - 4:30 pm - Trenching & Excavation

DATES: **FRIDAY, MARCH 14, 2014**

MINIMUM OF 5 PERSONS IN EACH COURSE REQUIRED TO RUN CONFINED SPACE
& TRENCHING & EXCAVATION .

CPR/FIRST AID & AED TRAINING

The Heart Saver First Aid Course, developed by the
American Heart Association, teaches rescuers to recognize
and treat adult emergencies in the critical minutes before
EMS arrives. It provides a complete health and
safety training solution for first aid, adult CPR
(cardiopulmonary resuscitation) and AED (Automated External
Defibrillator).

COURSE CONTENT

- 1) Hands-on practice with manikin and with CPR;
- 2) Medical & environmental emergencies;
- 3) Opening airway;
- 4) Rescue breathing with or without a barrier device;
- 5) Checking for circulation;
- 6) Techniques for choking adults;
- 7) Legal and ethical issues.

Course completion card, AED Training & Certification.

CERTIFICATION: Both CPR & First Aid are valid for 2 years.

INSTRUCTOR: Tara Fleming, Occupational Safety
Instructor, CINTAS.

COST: CCIA Member: \$125 | Non-Members: \$150

TIME: 7:30 am - 1:30 pm

DATES: **FRIDAYS, FEB 21, MARCH 21, APRIL 25, 2014**

- All courses are held at: Connecticut Construction Industries Association, Inc., 912 Silas Deane Highway, Wethersfield, CT 06109.
- Classes are subject to cancellation due to inclement weather or an insufficient number of students registered.
- Cancellations made within 7 business of the class will receive a full refund, with the exception of CPR/First Aid, which requires 10 days notice.
- Additional classes can be scheduled if a company has adequate numbers of students to register.
- Cost includes 6.35% Sales Tax for most classes.
- Coffee and pastry served for morning classes, lunch also served for full-day classes.