



2010 CCIA Safety Seminar Course Descriptions



To register for any of these classes, or for more information, please contact John Wilhelm:

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Location: All classes held in the CCIA Training Room, 912 Silas Deane Highway, Wethersfield, 06109.

CPR & First Aid Training

Class Overview: The course is developed by the American Heart Association, which teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until EMS personnel arrive. It also provides a complete health and safety training solution for first aid adult CPR (cardiopulmonary resuscitation).

Instructor: Tara Fleming, Occupational Safety Instructor with CINTAS First Aid & Safety since May 2006. Certifications include: OSHA Outreach 10/30 Hour General and Construction Industry Instructor for both Lay Responder and Healthcare Providers.

Certification: Both CPR & First Aid are for 2 years. *For individuals who have not previously been certified by the American Heart Association, and who now require CPR recertification, it is recommended that they take the entire CPR/First Aid class.* Training methods enable the American Heart Association to cover the entire course in half a day, whereas other programs require a full day.

Hours: 8:00 am – 12 Noon

Member Price: \$125.00

Non-Member Price: \$150.00

Confined Space and Trenching & Excavation – 2 classes in 1 Day

Class Overview: **Confined Space** answers compliance questions such as: What are the minimum requirements for a confined space program? Are all trenches classified as confined space? Can space which is properly designed for occupants be a confined space? **Trenching & Excavation** addresses such questions as: What criteria does OSHA use to determine who is a competent person? What area of construction must a competent person know and what are his responsibilities? Can a contractor legally fabricate trench boxes and other shoring systems?

Instructor: Dan Gorman, Owner/President, Safe at Work, OSHA outreach instructor for the past 20 years.

Hours (both classes): 7:30 am - 6:00 pm

Hours, Confined Space: 7:30 am – 12 Noon

Hours, Trenching & Excavation: 1:00 pm – 6:00 pm

Member Price (both classes): \$200.00

Non-Member Price (both classes): \$250.00

Member Price (one class): \$100.00

Non-Member Price (one class): \$125.00

Member and Non-Member pricing includes: 6% sales tax, course materials, pastry, lunch (full days only) and certificate.

OSHA 10-Hour Construction Safety Training

Class Overview: Review of OSHA's Policies & Procedures: electrical hazards/assured equipment grounding conductor programs, fall protection requirements, scaffolding, ladders, excavation & shoring, lock-out tag-out procedures, occupational health & hygiene, hazard communication/MSDS sheets, confined space, respiratory protection, personal protective equipment, and job hazard analysis.

Instructor: **Dan Gorman**, Owner/President, **Safe at Work**, OSHA outreach instructor for the past 20 years.

Upon successful completion of the course, students will be provided proof of completion and will receive a certificate from OSHA by mail.

Hours: 7:00 am – 5:30 pm

Member Price: \$159.00

Non-Member Price: \$196.00

Member and Non-Member pricing includes: 6% sales tax, course materials, pastry, lunch (full days only) and certificate.

MSHA 8-Hour Refresher Training

Class Overview: MSHA's new training rules, referred to as Part 46, require new and current workers to be properly trained on mine safety and health standards. Refresher training will cover: confined space entry, electrical safety, hazard communication, fire prevention, machine guarding, emergency medical procedures, and power haulage.

Instructor: **Stuart Bennett**, Professor Emeritus, Central Connecticut State University, School of Construction Management and MSHA-certified trainer.

Hours: 8:30 am – 4:30 pm

Member Price: \$30.00

Non-Member Price: \$50.00

Scaffolding and Fall Protection *(Combined Class)*

Class Overview: Review of scaffolding, an overview of the OSHA regulations applicable to their use, and a review of OSHA standards which apply to workers engaged in projects that require the use of fall protective systems when working at elevations 6 feet or higher.

Instructor: **Dan Gorman**, Owner/President, **Safe at Work**, OSHA outreach instructor for the past 20 years.

Hours: 7:00 am – 12 Noon

Member Price: \$99.00

Non-Member Price: \$125.00

Member and Non-Member pricing includes: 6% sales tax, course materials, pastry, lunch (full days only) and certificate.

Flagger Certification Training *(Classes planned for March and April, details to follow)*

Class Overview: The program will cover flagger visibility, personal protective equipment, flagger equipment, selection of traffic control station, parts of signing pattern, and general work zone safety.

Member and Non-Member pricing includes: 6% sales tax, course materials, pastry, lunch (full days only) and certificate.



**Connecticut Construction Industries Association
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