



Safety Training Topics

Aerial Lifts

Aerial/scissor lifts pose a serious safety hazard if not used properly. AsBuilt Safety will train employees on the hazards of operating aerial lifts and ensure such equipment is safety maintained.

Asbestos Awareness

Topics include what asbestos is and where it can be found, health effects of exposure, lung cancer, mesothelioma, determining factors for disease, and proper asbestos removal procedures.

Back Injury Prevention

Anatomy of the back, proper mechanics, leading injury factors, back injuries, safe standing techniques, safe sitting techniques, lifting, material handling equipment, back health, and back injury prevention stretches.

Bloodborne Pathogens

Exposure control plans, how exposure occurs, universal precautions, engineering and work practice controls, PPE, housekeeping, regulated waste, Hepatitis B vaccination requirements, what to do if exposure has occurred, biohazard warning labels, training requirements, and medical recordkeeping requirements.

Concrete Safety

Exposure and hazards, statistics, long term exposure, recognizing exposure, prevention, skin conditions, proper use of PPE, hygiene, and working safely around cement.

Confined Space Safety

Categories of confined spaces, hazards, hazardous atmospheres (flammable, carbon monoxide, carbon dioxide, oxygen deprivation), welding, cutting, and heating, ventilation, properties of gases, and rescue.

Construction Crane

Hazards, parts of a crane, types of cranes, pre-use planning, competent person, load capacity, speed, lifting principles, improper loads, power lines, hand signals, swing radius, operator visibility, suspended loads, boom angle (USE), supporting surface, and annual inspections.



Electrical Safety in Construction

The dangers of electricity, injuries, shock, burns, falls, control of electrical hazards, grounding, GFCI's, electrical protective devices, power tool requirements, tool safety tips, temporary lighting, lockout/tagout, wet conditions.

Emergency Action Plan

Employees will verbally be trained of the plan's purpose, emergency escape procedures and route assignments, procedures to be followed by employees who remain to control critical plant operations before they evacuate, procedures to account for all employees after emergency evacuation has been completed, rescue and medical duties for those employees who perform them, preferred means of reporting fires and other emergencies, types of evacuations to be used in various emergency situations, and the alarm system.

CPR/AED/First Aid

Priorities of the first responder, bleeding, shock, sprains and strains, dislocations and factors, poisoning, absence of breathing and/or pulse, etc...

Fall Protection

Fall prevention vs. fall protection, hazard recognition, types and components of fall protection, uses for personal fall arrest, the ABCs of a personal fall arrest system, equipment inspection, and rescue plans.

Fire Safety

Emergency action plans, basic requirements of exit routes, fire prevention plans, fire hazards, fire extinguishers (including types of extinguishers, classifications, fire tetrahedron, ratings, maintenance & inspection, training & education requirements, PASS method), and fire response.

Hand and Power Tool Safety

Hazards, good practices, guarding, inspections, general precautions, types of power tools, guarding requirements, and basic rules for power tool safety.



Hazard Communication

Chemical labeling, safety data sheets (SDS), and written program requirements.

HAZWOPER Awareness

Types of hazardous waste, hazards, regulatory guidelines (RCRA, CERCLA, Superfund, SARA Title III), HAZWOPER standard, how to determine if waste is hazardous, and health effects of exposure.

Hearing Safety

Hearing Safety- Area noise measurements, action level, engineering controls, administrative controls, PPE, types of PPE, and proper use.

Heat Stress

Factors leading to heat stress, symptoms of heat exhaustion and heat stress, prevention, and how to treat heat related illness.

Hexavalent Chromium

What Chromium IV is and where it is produced, exposure statistics, exposure routes, health effects, carcinogenic effects, engineering controls, PPE, recordkeeping, methods of compliance, respirators, and exposure monitoring.

Hot Work Permit Training

Topics include examples of hot work, fire potential, hot work permits, safety precautions, fire watch, hot work completion, and hazards associated with hot work.

Housekeeping

Good housekeeping helps to eliminate accidents, saves space, increases efficiency, and cases material handling. Employees are required to store all tools and materials in their designated areas when not in use.



Hydrogen Sulfide (H₂S)

Employees' will be trained for and comply with the requirements of any Host-employer's hydrogen sulfide exposure control program when such work operations require our employees to be exposed as part of their job duties.

Ladder Safety

Types of ladders, ladder construction, proper ladder procedures, improper use, climbing safety, ladder hazards, using ladders as working platform, ladder inspections, unsafe ladders, and proper ladder storage.

Lead Awareness

Routes of exposure, effects of lead exposure, exposure limit, methods of paint removal, safe work practices, disposal methods, training requirements, and recordkeeping.

Lock Out/Tag Out (Control of Hazardous Energy)

Types of hazardous energy, hazards, when LO/TO is needed, energy isolation devices, general awareness, why LO/TO is necessary, program requirements, energy control procedures, lockout devices, shift changes, types of machine guards, and maintenance requirements.

Machine Guarding on Saws

The purpose of machine guarding, types of machine guarding, and the hazards and guarding for different types of saws such as table, band, chop, straight line, radial, miter, etc.

Office Safety

Office safety concerns, ergonomics, workstations, chairs & desks, computers, stacking and storage, lighting, electrical safeguards, security, lifting, slips, trips, falls, stairs, and office machines.



Powered Industrial Trucks

Operating hazards, stability triangle, pre-operation inspections, operation, mounting and dismounting, loading/unloading, parking, and what to do if forklift tips over.

PPE

Employer and employee responsibilities, examples (including head, eye, face, foot, hand, and respiratory protection), and when PPE is necessary.

Slips, Trips, and Falls

Fall prevention plans, vision, lighting, elevated platforms, parking lots and sidewalks, accessing equipment/machinery, and housekeeping.

Respiratory

Training covers: hazards, types of respirators, limitations, fit-tests & seal-checks, inspection & care of respirators, facial hair.

Rigging

Employees will be trained and certified in the proper usage of Rigging for Material Handling prior to their initial usage of equipment and prior to the initial usage of newly introduced equipment.

Scaffold Safety

Hazards, types of scaffolds, elements of safe construction, proper use, inspections, fall protection, guardrails, fall arrest systems, requirements, falling object protection, overhead power lines, scaffold support examples, platform construction, and training requirements.

Silica Awareness

What silica is and where it can be found, silica exposure, silicosis, and how to protect against silica exposure.



Spill Prevention

Employees will be instructed on the proper response procedures for spilled materials prior to their initial job assignment. The training will include information about the materials available for use, proper waste disposal, and proper communication procedures for spills. Communication procedures training will include information on the various types and quantities of material that could be spilled.

Trenching and Excavating

General statistics, golden rule, definitions, public safety, plans, underground structures, inspections, soil mechanics, stresses, and deformations, determining soil type, sloping, line locator, shoring, trench shields, access/egress, and closing excavations and trenches.

Walking Working Surfaces

Slips, trips, and falls; housekeeping; aisles and passageways, covers and guardrails, floor loading protection, floor openings, guarding floor openings, wall openings, open sided floors and platforms, stairways, ladders, and scaffolding.