

For more information on these programs, please email [Safety@training4life.org](mailto:Safety@training4life.org).

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**OSHA 10 Hour Course:**

**Course 200**

This 10 hour course has been designed to provide instructions on various construction industry safety and health standards. It introduces workers to safety standards and makes them able to recognize hazards, avoid dangerous situations and prevent accidents. Course Content: Intro to OSHA, fall protection, electricity, personal protective equipment, handling, storage, use and disposal of tools. Each participant who completes the course will receive a certificate of completion.

**OSHA Confined Space: (24 hours)**

**Course 201**

This course is designed to enable students to recognize, evaluate, control and abate safety and health hazards associated with permit-required confined space entry. The course focuses on the specific requirements of OSHA 29 CFR 1910.146.

Course Content: Recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards, and general permit space ventilation techniques.

**7 Hour Sit Safety Manager Refresher Course:**

**Course 202**

This 7 hour Site Safety Manager Refresher Course is designed for construction professionals interested in registering as construction superintendents with NYC Department of Buildings. This is an all inclusive course that allows you to complete the 7 hours of continuing education that is required every three years within renewing you license.

**30 Hour OSHA Construction Safety and Health:**

**Course 203**

This 30 hour safety course has been designed to provide instruction on various occupational safety and health standards. Course Content: OSHA policies, procedure, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards with a special emphasis on those areas that are most hazardous.

**40 Hour Site Safety Manager Training:**

**Course 204**

This 40 hour program is designed for qualified construction professionals applying to take the site safety manager license exam or registering with the NYC DOB as a Registered Construction Superintendent (RCS), Certified Site Safety Coordinator (SSC), or Licensed Site Safety Manager (SSM). The course is designed to give you a clear understanding of the new NYC Codes, existing Federal and State standards and applicable local laws to promote sound and code compliant construction practices. Site Safety managers are required to be on site for the construction of new buildings 15 or more stories, or 200 feet or more in height, or with lot coverage of more than 100,00 square feet.

**Blood Borne Pathogens: (8 hour)**

**Course 206**

This course has been designed to help safety and health professionals in analyzing the workplace creating an exposure control plan and developing workplace practices that will minimize risks. Course Content: Review the OSHA standard universal precautions, personal protective equipment, safe work practices and engineering controls, decontamination, housekeeping, labels and signs, information and training.

**40 Hour OSHA Hazardous Waste Operations:**

**Course 205**

Eighteen hours of hands-on training, lectures and in-depth discussions assist students in complying with OSHA and CERCLA regulations, which require a minimum of 40 hours of off-site initial health and safety instruction for all those involved in hazardous waste operations. This course satisfies regulations under RCRA that mandate 40-hour training for major corrective actions and hazardous waste operations designated for cleanup by state or local governments. Students gain knowledge in: categories of hazards relating to hazardous waste site health and safety; interpreting data from air monitoring instruments; and basic approaches to conducting activities at hazardous waste sites.

**Audience:** Private and public sector engineers, technicians and those who conduct site investigations and feasibility studies.

**Course Topics:**

- Hazard Recognition and Evaluation
- Basics of Toxicology
- Personal and Respiratory Protective Equipment/Clothing
- Site Investigation and Control
- Decontamination
- Confined Space Entry

**Mold Remediation Technician: (24 hours)**

**Course 207**

Students will learn and discuss the facts associated with mold. They will also learn about the interpretation of data and the current general status of mold-related litigation, legislation, licensing and certification. The following specific issues will be what are molds / Common health problems, what factors affect mold growth, how to detect mold growth, how to prevent mold problems, (Mold & Mildew Remediation in Schools & Commercial Buildings - U.S. EPA / NYC DOH)

**Mold Remediation Supervisor: (24 hours + 8)**

**Course 207 + 208**

Mold class with additional Training:

Mold Remediation Supervisor will be able to perform all tasks related to Mold Remediation run project, coordinate worker activities, sampling techniques and analysis and abatement procedures and protocols.

**4-Hour Supported Scaffold User's Class:**

**Course 209**

Satisfy New York City Department of Buildings Code 3314.4.6 which requires that every worker who uses a supported scaffold to perform his or her job shall complete a 4-hour training program and a 4-hour refresher course every four years. Upon successful completion of the course, you will receive a scaffold user certificate that is valid for four years from its date of issuance.

**32-Hour Supported Scaffold User's Class:**

**Course 210**

Satisfy the New York City Department of Buildings requirement (Code 3314.4.5) for workers who erect, repair, maintain, modify and remove supported scaffolds (an 8-hour refresher course must be completed every 4 years thereafter.) This training program is based on the US Department of Labor Occupational Safety and Health Department (OSHA) scaffold safety and training guidelines. Upon completion of the program, you will receive a photo ID certification card.

**Fire Safety Director Class: (24 hours)**

**Course 211**

This 20 hour course, approved by the New York City Fire Department, is for candidates for the Certificate of Fitness for Fire Safety Director (F-58) in New York City. Candidates must successfully complete this class, before they are eligible to take the Fire Department computer based test and ultimately the onsite examination at their specific facility. Topics include: Fire Alarm Systems; Emergency Procedures; Training Requirements; Fire Suppression Systems; Other Building Systems; and Knowledge of the NYC Rules as they pertain to fire safety.

**Fire Safety/Emergency Action Plan Director Class: (24 hours)**

**Course 212**

This class is available to Fire Safety Directors and Deputies who already hold a Certificate of Fitness (F-58) for Fire Safety. It is an eight-hour class, approved by the New York City Fire Department and is required by candidates for the Fire Safety/Emergency Action Plan Director and Deputy Director Certificates of Fitness (F-59.) After completing the course, candidates must attain a passing grade to be eligible to take the Fire Department computer based test and ultimately, the onsite examination at their specific building. Topics include: Local Law 26; EAP Responses; Biological, Chemical, Radiological and Nuclear releases and other emergencies; Training Requirements; Drills; and preparation for the onsite examination.

**NYC Construction Worker Safety Program:**

**Course 213**

Program of Eleven (11) Certifications

**160 Hours**, 4 weeks, Monday – Friday, 8:00 AM – 5:00 PM

This program will provide a new level of training in the construction field. This course is designed for a person to be able to work in all aspects of the construction field. This course covers topics such as NYC Dept. of Building and NY State laws, OSHA safety and the pros and cons of “Green Construction, Scaffolding, Mold and Confined Space. Within this program student have the opportunity to do the medical examination as required by NYS regulations. It includes the Respiratory Fit Test (Half face). This program includes the following courses:

1. OSHA Blood Borne Pathogens
2. NYC DOB Supported Scaffold
3. Confined Space Entry
4. Indoor Air Quality-Mold
5. 10 Hours OSHA Health and Safety
6. OSHA Ergonomics
7. Respirator Fit Test (half face)
8. Green Construction Practices,
9. NYC FD Fire Safety
10. NYC DOB Site Safety Manager
11. NYC DOT Flag Person Class

**OSHA Ergonomics: (24 hours)**

**Course 214**

This course covers the use of ergonomic principles to prevent musculoskeletal disorders. Topics include anthropometry, video display terminals, work physiology, musculo - skeletal disorders and risk factors such as vibration, temperature, material handling, repetition and lifting and transfers in health care. The course features industrial case studies covering analysis and design of work stations and equipment, laboratory sessions in manual lifting and coverage of current OSHA compliance policies.

**Green Construction Practices: (24 hours)**

**Course 215**

The “Green” initiative is a concept in construction that is now a “Job Site Skill Level” for the labor and supervisor. Understanding the required day to day protocols for the green method of construction is now a mandate. The Safety and Certification class emphasize “Green Methodology” as the way to perform work activities on the construction job site. We offer the opportunity for the existence of the “Green Labor Force”. The history, present day use and the future of Green Methodology & Practices

**OSHA Excavation, Trenching and Soil Mechanics: (24 hours)**

**Course 216**

This course focuses on OSHA standards and on the safety aspects of excavation and trenching. Students are introduced to practical soil mechanics and its relationship to the stability of shored and un-shored slopes and walls of excavations. Various types of shoring (wood timbers and hydraulic) are covered.

## **Remediation Technician for Construction and Brownfield Sites**

**Course 219**

Program of Ten (10) Certifications

**160 Hours**, 4 weeks, Monday – Friday, 8:00 AM – 5:00 PM

This program will provide a Intermediate level of training in the environmental/ construction field. This course is designed for a person to be able to work in all aspects of the construction and Brownfield work sites. This course covers topics such as, OSHA safety and the pros and cons of “Green Construction.” Within this program student have the opportunity to do the medical examination as required by NYS regulations. It includes the Respiratory Clearance & Fit Test.

This program includes the following Certification courses:

- 1) 40 Hour OSHA HAZWOPER, Field Technician
- 2) 8 Hour First Aid, CPR with AED
- 3) 16 Hour U.S. EPA Lead Awareness
- 4) 24 Hour Microbial Remediation Technician
- 5) 8 Hour Soil Vapor Intrusion
- 6) 16 Hour Confined Space Entry
- 7) 24 Hour Disaster Site Worker
- 8) 16 Hour 10 hour Construction Health and Safety
- 9) 8 Hour Blood Borne Pathogens
- 10) 8 Respiratory Clearance Test & Fit Test

## **Master Plumber and Fire Suppression Refresher (7 hour)**

**Course 220**

Master Plumber and Fire Suppression licensees are required to take a 7-hour continuing education course. Our course consists of seven different modules including safety, regulations, and business development and management issues.

## **New York City Department of Buildings Classes for:**

**Course 221**

**New York City Construction Supervisor, Auditor and Inspectors**

**(132 hours)**

- 1) 30 Hour OSHA Construction Health & Safety
- 2) 32 Hour NYC DOB Supported Scaffold
- 3) 30 Hour NYC DOB Concrete Manager
- 4) 40 Hour NYC DOB Site Safety Manager

This group of classes is at the Supervisor, Auditor and Inspector level.

These four (4) classes (132 hours) are required by New York City Department of Buildings. Each is a stand-alone certification.

**New York City Department of Buildings Classes for:  
N Y C Construction Worker: (21 hours)**

**Course 222**

- 1) 10 Hour OSHA Construction Health & Safety
- 2) 04 Hour NYC DOB Suspended Scaffold
- 3) 07 Hour NYC DOB Site Safety Class

**OSHA 7600 Disaster Site Worker (16 hours)**

**Course 223**

The goal of this course is to increase the participant's awareness of the safety and health hazards, including CBRNE agents that may be encountered at a natural or human-made disaster site. The importance of respiratory and other personal protective equipment and proper decontamination procedures that may be used to mitigate the hazards will be emphasized. Participants will support the use of an Incident Command System through the safe performance of their job responsibilities. They will be able to show awareness of effects of traumatic incident stress that can result from working conditions and measures to reduce this stress. In addition, participants will be able to perform the following specific tasks correctly: 1) inspection of an air-purifying respirator; 2) donning and doffing an air-purifying respirator; and 3) respirator user seal check. The audience for this course is Disaster Site Workers who provide skilled support services (e.g. utility, demolition, debris removal, or heavy equipment operation) or site clean-up services in response to a disaster. This is a Certification Class.

**OSHA 2225 Respiratory Protection (24 hours)**

**Course 224**

This course covers the requirements for the establishment, maintenance and monitoring of a respirator program. Topics include terminology, OSHA standards, NIOSH certification and medical evaluation recommendations. Course highlights include laboratories on respirator selection, qualitative fit testing and the use of a large array of respiratory and support equipment for hands-on training. (Included Respiratory Medical Clearance Test and Respiratory Mask Fit Test)

**30 Hour New York City Department of Buildings Concrete Manager Course 225**

The Department of Buildings requires a Concrete Safety Manager to be present on *all* construction sites where a minimum of 2,000 cubic yards of concrete will be poured. These individuals must be fully registered with the Department of Buildings and have their name on the permit application. Must have 5 years of experience in concrete operations Concrete Safety Managers must complete a 30- Hour concrete safety manager course before they can register with the NYC DOB.

**OSHA 3110 Fall Arrest Systems (24 hours)**

**Course 226**

This three-day course will provide the participants with an overview of state-of-the-Art technology for fall protection and current OSHA requirements, including the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment, and OSHA policies regarding fall protection. Course Objectives: Identify various types of fall protection and their components; Recognize fall hazards and identify abatement methods for fall hazards; Define the proper use of fall protection equipment and personal fall arrest systems; Select proper standards for citation purposes.

### **Lead - Renovation, Repair and Painting (RRP) Class**

**Course 227**

The U.S. Environmental Protection Agency (EPA) has enacted the Renovation, Repair and Painting (RRP) Rule, developed under the Toxic Substances Control Act, going into effect on April 22, 2010, which imposes a new set of requirements for contractors and property owners and managers who renovate, repair or prepare surfaces for painting in pre-1978 rental housing or space rented by child care facilities.

To become certified you must:

- Take training (8 hour class) to learn how to perform lead-safe work practices.
- Learn the lead laws that apply regarding certification and lead-safe work practices beginning in April 2010.
- Keep records to demonstrate that the owner and workers have been trained in lead-safe work practices and followed lead-safe work practices on the job. To make record keeping easier, an owner can use the sample record keeping checklist that the EPA has developed to help contractors comply with the renovation record keeping requirements.

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