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SAFETY

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2023 COURSE CATALOG

THE SAN DIEGO MARITIME
INDUSTRY AND ITS FUTURE

FIRE SAFETY TRAINING

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INSIDE

ON THE COVER



The UC San Diego OTI Education Center has partnered with the legendary **USS Midway Aircraft Carrier** in San Diego to provide classes aboard the ship beginning in 2023.

This is a very rare opportunity to be a part of history and gain knowledge in occupational safety and health. The USS Midway offers hands-on training settings, fully equipped training rooms and a walk through a historical time capsule. Although Tom Cruise will not be making an appearance, you will surely never forget your time on "America's Living Symbol of Freedom".

CERTIFICATE PROGRAMS



Safety and Health Specialist (SHS)

Designed to introduce participants to the occupational safety and health industry, this program includes online and one day courses, such as Introduction to Fire and Life Safety in the Workplace and Workers' Compensation for Safety Professionals.

Professional Safety and Health Officer (PSHO)

This certificate program is designed for safety professionals looking to advance their career and enhance their skill set as well as clearly define specializations within the OS&H industry.

Safety and Health Fundamentals Certificate Program

The certificate program in Safety and Health Fundamentals supports OSHA's mission by training employees in occupational safety and health to reduce incident rates for workers in state and local governments and private industry. Industry tracks are available for construction, general industry, and maritime. See pages 14-19 for full details on certificate programs.

WHO WE ARE



In 1992, UC San Diego's interest and suggestions helped the U.S. Department of Labor – OSHA, Office of Training and Education (OTE) to create the OSHA Training Institute Education Center (OTIEC), a network for premiere safety training. This includes universities, colleges, and non-profit organizations that provide unrivaled safety training. UC San Diego was one of the first four authorized training centers. The UCSD OTIEC represents OSHA's Region 9 and provides courses in 11 locations.

TRAINING BROUGHT TO YOU



UC San Diego Extension's Occupational Safety and Health Department offers on-site training for utility, government, business, and other organizations. Our expert instructors specialize in designing training programs tailored to meet your unique organizational needs with a focus on cost-effective solutions that are aligned with your mission, values, and strategic goals.

For more information, see page 37 or email oshatraining@ucsd.edu.

GET IN TOUCH WITH US!

OSHA TRAINING INSTITUTE EDUCATION CENTER DEPARTMENT:

For information on OSHA courses, OSHA trainer courses, prerequisite verification forms, or trainer card replacements.

Email: oshatraining@ucsd.edu

Phone: (800) 358-9206

OUTREACH TRAINER DEPARTMENT:

For information on OSHA student cards, online portal (Storefront) questions/assistance, trainer address/contact information changes.

Email: oti-outreach@ucsd.edu

Phone: (858) 534-9283

SOCIAL MEDIA:

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SAFETY AND COMMUNITY:

The Future of the San Diego Maritime Industry

The maritime industry has long been an important part of the history and economy of San Diego. Since the city was founded, San Diego has been a hub for maritime trade, commercial fishing, and is currently a key port for the United States Naval Base. San Diego is the largest base of the United States Navy on the west coast and makes San Diego the home port of the largest naval fleet in the world.





In addition to the Navy, the maritime industry in San Diego supports cargo shipping, cruise ships, commercial and sport fishing, and ship building and repair. According to the Port of San Diego, "the maritime industry in San Diego is responsible for about 13,400 direct jobs and has a \$2.7 billion economic impact on the region." The Port of San Diego brings in nearly 3 million metric tons of cargo per year through the Tenth Avenue Marine Terminal and the National City Marine Terminal. For shipbuilding, National Steel and Shipbuilding Company, commonly referred to as NASSCO, is the largest new construction shipyard on the West Coast of the United States.

In short, the maritime industry is a key component of the San Diego economy, and by extension a valuable aspect of the West Coast economy as a whole. It supports the lives and livelihoods of many of us here in San Diego.

"The maritime industry provides numerous job opportunities for families in our region, in addition military personnel who are transitioning back to the civilian community can find employment in the maritime industry," says Brandon Phillips, the lead maritime instructor at the OSHA Training Institute Education Center (OTIEC) at UC San Diego Division of Extended Studies. "There are many trades the maritime industry provides such as welders, pipe fitters, mechanical engineers, electricians, and program managers."

We wanted to know more about the future of the maritime industry in San Diego so we reached out to three instructors from the UC San Diego OTIEC to get their thoughts. The instructors are Brandon Phillips, Kimberly Counts, and Barton Deems, all of whom are also important figures subject matter experts in the maritime industry.

They all highlighted three key themes important to the future of the maritime industry in San Diego: the safety of the workers, the important maritime industry contracts, and the continued growth of the maritime community in San Diego. Let's explore their thoughts on each of those in turn.

SAFETY OF MARITIME WORKERS

All of our interview subjects agreed that an important part of keeping the maritime industry in San Diego thriving is the safety of its workers.

"There are so many moving parts and pieces in a shipyard that safety is of the utmost importance," says Kimberly Counts, OTIEC Maritime Instructor. "Even for experienced workers, shipyards have hazards that you don't always have in general industry and construction."

"Even though I'm retired, as a safety professional I still feel I have an obligation to share what I've learned," adds Barton Deem, another OTIEC Maritime Instructor. "We have so many hazards in our industry that it's important to bring up the next generation of safety professionals so these skilled technicians can go home every night safely and come back and do it again the next day."

Shipyards require that personnel working on the ships have specific training, as set forth by the Occupational Safety and Health Administration (OSHA), that ensures the safety of themselves and others while on the job site.

The maritime industry relies on UC San Diego and the OSHA Training Institute Education Center (OTIEC) for these requirement trainings. The university works diligently to make sure they are supporting the maritime industry with all the necessary training. This includes classes on industrial hygiene, electrical standards, fall protection, and general health and safety standards for the maritime industry.

"[It] is the 1915 Occupational Safety and Health Standards for Shipyard Employment that [sets] the minimum requirements for safety," adds Deem. "This includes everything from general OSHA instruction, PPE, coating and presentation, working in confined spaces, welding and hot work, working surfaces and scaffolding, 'lockout/tagout,' fire prevention and more."

"The maritime community has required courses for safety employees to attend; there are 4 specifically starting with OSHA 5410 - Maritime Safety Standards, 3115 - Fall Protection, 3095 - Electrical Standards, and 521 - Industrial Hygiene," said Phillips. "All these courses have increased the knowledge of the maritime safety community contributing to a safer work environment."

To bring the point of safety home, it wasn't that long ago that we had a major maritime fire disaster in San Diego with the burning of the USS Bonhomme Richard at the naval shipyard in July of 2020. Counts gives some perspective into the different elements of safety when it comes to fire hazards on a ship. "Some of these ships are so big that they are like little floating cities. There are only a small number of ways you can get out in case of a fire. That's why we stress the importance of 'muster points,' where to meet in the case of an emergency and knowing how to get out."

"There are so many moving parts and pieces in a shipyard that safety is of the utmost importance. Even for experienced workers, shipyards have hazards that you don't always have in general industry and construction."

NEW PARTNERSHIPS

An especially exciting development of the OSHA Training Institute Education Center is a new partnership with the USS Midway Museum on the San Diego waterfront. The OTIEC will be offering a "Workshop Week" with four different one day classes on the Midway. As the OTIEC returns to an in-person class schedule following the pandemic and other challenges, the use of the Midway offers some other exciting new benefits also.

Deem shares that one primary advantage of hosting classes on the USS Midway is that it offers students the opportunity to learn on a full scale working model of the kinds of ships they'll be working on in and around in the shipyards. "[Hosting classes on the USS Midway] provides a better visual of the concepts we're talking about. When we talk about a confined space, we can go to a confined space to see it for ourselves. When we talk about "lockout/tagout" we can go to the power panel and look at the breakers aboard the ship so the students know exactly what it means. The Midway can be an excellent field lab for our course material."

Phillips shares Deem's enthusiasm. "Recently I set up a tour on the Midway to explore possible training opportunities for classes. The visit was nothing short of amazing. Our guide was an excellent host and showed us around the ship to classrooms used for teaching. We were shown areas that the general public were not allowed in, but we could use for training purposes."

CONTINUED GROWTH OF THE MARITIME INDUSTRY IN SAN DIEGO

All of this is so important because for San Diego the maritime industry only figures to grow. Kimberly Counts says it well, "It's very important that we use UCSD to train our workforce on



Left to right:
UC San Diego OTIEC instructors
Brandon Phillips, Kimberly Counts
and Bart Deem.

maritime safety because of the growth and vast number of jobs that will be available."

This growth will come in all sectors but one in particular will always be key. "For the maritime industry in San Diego, I think the most important thing is the continued distribution of the Navy contracts," said Deem. "Those navy contracts have continued to maintain the need for new skill levels and mechanics that maintain the ships. This encourages young people to get involved in the field and make their way through. It keeps the industry strong and growing here in San Diego."

Counts agrees, "As part of a previous position I had with the government, a big project was repositioning and rehoming much of the west coast Navy fleet to San Diego. That has brought a lot of jobs to San Diego."

Counts also shares what this means for young individuals that are getting into the workforce.

"In the maritime industry you can learn a trade and make a career out of that. You don't have to have a degree, just some specialized training. We work closely with programs that kids from disadvantaged communities through training courses that teach them a trade, like welding or machinist. They get hired in the shipyard just like that!"

In addition to the continued Navy contracts, another key aspect of keeping the maritime industry in San Diego strong is the community of professional organizations that has emerged to offer support and continuity in the industry. "There is the San Diego Ship Repair Association and the Ship Repair Safety Committee. These are both how we stay connected with a community for trends, safety standards and other issues," said Deem.

"Many of our safety leaders are students at UCSD OSAH Training Institute Education Center. The connection is very strong."

Counts also shares the importance of these organizations. "Anybody can join and they try to stay in tune with maritime safety and other big maritime issues going on. It's a place where people can bring up problems and help each other find solutions. It's also good for networking."

Brandon Phillips is the Chairperson for the Port of San Diego Ship Repair Safety Committee and highlights the value of the connection with the UCSD OTIEC.

"Many of our safety leaders are students at UCSD OSHA Training Institute Education Center," said Phillips. "The connection is very strong. [OTIEC Outreach Training Director] Stephanie MacGillfrey has been a frequent guest speaker at our committee meetings and has supported the maritime trainers in their outreach classes. I have had nothing but solid support from the staff at UC San Diego."

With the continued growth of the maritime industry, the opportunities it brings to the local economy, and the ongoing need for the safety of maritime workers, the connection between the UCSD OTIEC and the maritime industry figures to be a strong and productive one for years to come. ■

WILDLAND ENTRAPMENT FOR FIRE FIGHTERS

In August 2007, Damian Guilliani was with a hotshot crew, an elite team of firefighters, battling a fire in Los Padres National Forest when the group was “burned over,” meaning they were forced to take refuge in a temporary shelter as the fire raged around them.

Everyone survived. Guilliani, who suffered minor burns, described the experience as an “eye opener” that led him to develop the Wildland Entrapment for Firefighters program, a daylong course that addresses what firefighters should do if they’re trapped by a life-threatening fire.

Guilliani has been a firefighter for 22 years — three years with Cal Fire, 12 years with the San Miguel Fire District and, for almost eight years, he’s been a captain with the Encinitas Fire Department. In 2017, he started teaching classes for UC San Diego’s Division of Extended Studies on land navigation. As a field observer, he is the person responsible for gathering information about things like fire perimeter location, fire behavior, fuel conditions, and on-site weather conditions, all important pieces of information needed to keep firefighters safe. Through these classes, he has created a process to make it easier for firefighters to communicate their location and needs when they’re in a life-threatening situation.

Motivated by the tragic deaths of 19 members of the Granite Mountain Hotshots in a massive wildland fire in 2013, Guilliani began building the Wildland Entrapment for Firefighters protocol. It was adopted by San Diego County as a standard and now

the state is looking to make it part of its firefighting standards. Guilliani’s course addresses what to do when a firefighter is entrapped — in other words, in a situation where there’s no safe way to escape an oncoming fire. “The class basically moves from entrapment avoidance to entrapment planning,” he said.

“The idea is that your avoidance [of the fire] has failed, and now you’re trapped. What do you do? It creates that process of fire-line leadership, being organized, knowing where you are going, what radio channels to use. If things go sideways and your entrapment avoidance fails, what is your plan? And how are you going to communicate that plan?”

– Damian Guilliani

“Damian’s gone out and gathered the critical factors and put them into a program that’s easy to understand, easy to apply — and particularly easy to apply under stress,” said Don Butz, Chief of the Lakeside Fire Protection District. Chief Butz, who has more than four decades of firefighting experience, first met Guilliani when the teen joined the youth program Fire Explorers. Butz has watched Guilliani climb the ranks and was one of the many experts who reviewed the protocol. “I’m really proud of how he’s helping make firefighters safer,” Butz said.

The protocol helps add structure to the chaos of realizing that your life — and potentially other’s lives — are in danger, Butz explained.



"When you're about to be overrun by fire, and you're getting into your fire shelter, or you're running for your life, or you're trying to get back to the fire truck, the quicker you can get the message out — you don't want to play five questions, you don't want to play 20 questions — you just want to get that information out. That gives everybody who's hearing it the opportunity to start to take action to send help to you."

– Chief Don Butz

The plan is based on the simple acronym LAND: Location, Action, Needs, Designator, all key pieces of information that a trapped firefighter needs to be able to quickly communicate to rescuers.

Students in Guilliani's course learn land-navigation techniques, what to do once their fire shelter is deployed, whom they should be communicating with, and what information they should be providing to that person. The point is to have a process in place so firefighters don't need to guess what comes next. "There's a lot of things that happen before getting into a fire shelter," Guilliani said. "There's a lot of things that happen while you're in a fire shelter. And there's a lot of things that happen after the fire shelter deployment."

Currently Guilliani is working with FIREScope (Firefighting ReSources of California Organized for Potential Emergencies), the state agency that creates firefighting standards, to create a Wildland Entrapment for Firefighters training template that other agencies can adjust to meet their particular needs. It's been in the works for two years, he said, and has been vetted by hundreds of firefighters.

"This is actually a pretty significant change," he said, "because we don't have a standard, so it's not like we're just modifying something — we're actually creating something new." He hopes the state standard will be in place by the end of the year and, after that, he'd like to see it become a national standard. He credits UC San Diego's Division of Extended Studies for allowing him to teach the course.

"The idea behind the class is not every fire agency has somebody who is a wildland expert," he said. "There are some agencies that are, like, 'Hey, we don't really know a lot about wildland, but we go to fires.' What this does is bridge that gap of, if you don't have people who can teach it, well, we can teach it to you, or we can teach it to people who then can teach it to other people."

The program has wide application — it's not just for situations involving fires. Urban search-and-rescue teams could apply the concepts, for instance. "It's very similar to what the Coast Guard uses for marine safety," he said. "Out in the middle of the ocean, there's no landmarks — you don't have anything to really articulate where you are if you're out in the middle of the ocean. In the wildland, out in the middle of the woods, in the wilderness, it's a very similar situation — you don't have landmarks, you may not have street names, you may not even know what direction is north, south, east or west. So, this gives you some skills to be able to make sure that you know where you're at. And then the second component is, how do I communicate that?"

Guilliani said firefighters are good at adapting strategies quickly, but having a solid foundation on which to base decision-making is essential. "If you don't have a standard operation procedure, or a guideline," he said, "it's really hard to kind of come up with that on the fly. The goal for this [class] is to be another tool in the firefighter's toolbox." ■

UC SAN DIEGO JOINS OSHA REGION 9 ALLIANCE

BY STEPHANIE SPANN

OSHA's Alliances provide organizations an opportunity to participate in a voluntary cooperative relationship with OSHA for purposes such as raising awareness of OSHA's initiatives, outreach, communications, training, and education. These Alliances have proven to be valuable tools for both OSHA and Alliance participants.

On October 21, 2021, the UC San Diego OSHA Training Institute Education Center along with the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) San Francisco Regional Office and the OSHA Training Institute Education Centers at Arizona State University, California State University Dominguez Hills, Chabot-Las Positas Community College District, in Region 9 had a virtual signing of their Alliance. During the 2022 Region 9 VPPPA Safety Summit, held in Henderson, Nevada, the Alliance was signed in person to formalize the agreement.

These entities recognize the value of maintaining a collaborative relationship to foster safety and health practices and programs to improve American workplaces. OTI Education Centers are an extension of the OSHA Training Institute and support OSHA's training and education mission by offering courses and seminars on a variety of safety and health topics and through other programs, based upon regional worker and industry needs.

Through the Alliance, the organizations will use available injury, illness, and hazard exposure data, when appropriate, to help identify areas of emphasis for Alliance awareness, outreach, and communication activities. The Alliance will evaluate its impact on improving workplace safety and health. In developing this Alliance, OSHA and the OTI Education Centers recognize that OSHA's State Plans and On-Site Consultation Program partners are an integral part of the OSHA national effort and will share information about the products and activities of the Alliance with these partners for the advancement of common goals.



Pictured above (left to right): Raul Guzman (California State University, Dominguez Hills), Lisa Hogle (Arizona State University), James Wulff (U.S. Department of Labor - OSHA), Stephanie Spann (University of California San Diego), Cari Elofson-Callahan (Chabot Las-Positas Community College District)



RAISING AWARENESS: OUTREACH AND COMMUNICATION

The Alliance participants intend to work together to achieve the following objectives:

- Share information on OSHA initiatives, campaigns, and emphasis programs and opportunities to participate in OSHA activities and the rulemaking process.
- Share information on occupational safety and health laws and standards, including the rights and responsibilities of workers and employers.
- Develop information on the recognition and prevention of workplace hazards, and communicate such information (e.g., print and electronic media, electronic assistance tools, and OSHA and the OTI Education Centers' websites) to employers and workers in the industry.
- Speak, exhibit, or appear at OSHA and OTI Education Center conferences, local meetings, or other related events.
- Encourage constituent participation in workplace safety and health by providing information on OTI Education Center programs and other safety and health resources available through OSHA and the State plans.
- Convene or participate in forums, roundtable discussions, or stakeholder meetings on safety and health issues to help forge innovative solutions in the workplace or to provide input on safety and health issues.
- Collaborate with other Alliance participants on national and regional campaigns, safety stand-downs, the Pacific Coast Safety Fest, and other events developed through the Alliance.
- Share information among OSHA personnel, State Plans, and industry safety and health professionals regarding the OTI Education Centers' support of OSHA's mission through training, workshops, seminars, and lectures (or any other applicable forum).

TRAINING AND EDUCATION

The participants intend to work together to achieve the following objectives:

- Assess employer/employee training needs and trends in Region 9 and communicate those needs and trends to OSHA Area offices, State Plans, and OTI Education Centers.
- Develop effective training and education programs for safety and health in construction, general industry, maritime, agriculture, and disaster sites. Promote safety and health management programs and OSHA initiatives through training and education programs.
- Develop effective training and education programs to promote understanding of workers' rights, including the use of the OSHA complaint process, and the responsibilities of employers and to communicate such information to workers and employers.
- Deliver or arrange for the delivery of training in support of OSHA initiatives, campaigns, and emphasis programs at in-person or virtual events. ■





UC SAN DIEGO PARK & MARKET

*WHERE ART INTERSECTS
WITH SCIENCE, CULTURE
WITH TECHNOLOGY,
BUSINESS WITH
LIFELONG LEARNING.*

The pulse of a university extends beyond lecture halls and libraries. It draws energy from unexpected connections, research projects formulated over coffee, and thought-provoking ideas shared on the theater stage. Experts, community leaders, innovators, scientists, and lifelong learners now have a hub to mingle, collaborate, and flourish in downtown San Diego—at the corner of Park & Market.

Opened in May 2022, UC San Diego Park & Market is a state-of-the-art building housing a mix of public, business, arts, and educational spaces for learning, innovation, and progress. At Park & Market, UC San Diego convenes an unprecedented array of talent and resources from around the world. The building will serve as a catalyst for sustainable community growth and change by building a diverse talent pipeline, offering opportunities to cultivate the skill necessary to successfully compete in today's global innovation economy.

Managed by UC San Diego's Division of Extended Studies, Park & Market is a 66,750-square-foot, mixed-use building that makes the resources of a global research university accessible to the public—all in one location. A wide array of programs will encourage the public to learn new skills and work alongside others, from educational programs and trainings, to art installations and cultural events. Park & Market features:

- Courses, trainings, and classes for students and community members of all ages and skill levels.
- Meeting spaces, conference rooms, and venues for rent to accommodate groups from 15 to 1,000.
- Advanced audio-visual capabilities including a leading-edge, 12' x 17' dual-sided video wall maintained by the Qualcomm Institute.
- Nearly 30 resident partners, including academic programs and community organizations.
- A variety of arts and cultural organizations from the university and community, along with space for cultural programming, including symposia, music and dance performances, culinary events, and more.

Join us in San Diego's East Village neighborhood—connected by trolley from the jobs center of Torrey Pines Mesa and UC San Diego's La Jolla campus to the U.S.-Mexico border. The opportunities are endless. Your next career opportunity, business investor, or spark of inspiration awaits you at Park & Market.

Learn more and be a part of the at parkandmarket.ucsd.edu.

EVENTS OFFERED BY THE OUTREACH TRAINING DEPARTMENT



Outreach Training Department attending the Pacific Rim Safety and Health Conference (October 2022)

Keeping in touch with our trainers during the pandemic became challenging as we went to a remote work environment. To maintain our strong trainer relationships and communications, we launched monthly sessions via Zoom called, Lunch & Learn and Trainer Talk. These are casual, hour-long conversations that allow trainers to meet the outreach department staff, ask questions, and stay up-to-date on the latest outreach training news and practices. Look for emails from the outreach department or go to our website at: osha.ucsd.edu, to sign-up for one of our free sessions.

LUNCH & LEARN

Grab your lunch and join us on Zoom to learn how you can become an authorized outreach trainer at UC San Diego. All industries will be discussed (construction, general industry, maritime, and disaster site worker).

Find out what the requirements are to become authorized to teach the OSHA 10- and 30-hour courses. Information regarding the prerequisites, Prerequisite Verification Form, and required documentation will be provided.

TRAINER TALKS

Join the entire Outreach Training Team for monthly Zoom webinars covering important topics regarding training and options for course delivery. All sessions include an open forum for questions. **Space is limited.** Sign up early!

POPULAR SESSIONS:

Video Conference Request and Best Practices for Teaching Live Online

How to Organize and Start Teaching Your First Outreach Class (Online Card Portal - Storefront)

For more information email oti-outreach@ucsd.edu

OCCUPATIONAL SAFETY AND HEALTH CERTIFICATE PROGRAMS

Benefits

Regardless of your educational background, UC San Diego Extended Studies certificate programs provide seasoned and beginning safety professionals with important workplace knowledge and practical experience regarding safety and health standards.

- Practical application of OSHA regulations in your workplace
- Networking with other professionals
- Opportunities for new jobs or careers
- Access to the most current information
- Justification for advancement or promotion

Financial Assistance

(Including GI Bill and San Diego Workforce Partnership Funds)

The OS&H Department at UC San Diego Extended Studies is pleased to provide information regarding financing your continuing education needs. Paying for a certificate program should not be an obstacle. Private loans are available to assist students with enrollment and certificate fees. For more information on loans and other financial resources (including GI Bill and San Diego Workforce Partnership Funds), please visit extension.ucsd.edu/financial.



Certificates at a Glance

	Safety Leader (5+ years exp.)	Safety Student (1-5 years exp.)	Safety Starter (0-1 years exp.)	Construction Specialty	General Industry Specialty	Cal/OSHA Specialty	Maritime Specialty
Safety and Health Specialist Certificate		X	X				
Professional Safety and Health Officer Certificate	X			X	X	X	
Safety and Health Fundamentals Certificate Program	X	X	X	X	X		X

SAFETY AND HEALTH SPECIALIST CERTIFICATE

osha.ucsd.edu/SHS



TARGET AUDIENCE:

The curriculum is intended for:

- Students looking to enter a career in safety (or who are transitioning from another field, existing military service, etc.)
- Employers, managers, employees, and/or employee representatives who are in some way responsible for the health and safety of themselves and/or others in the workplace
- Individuals whose current occupations require them to have a solid understanding of safety principles and accident prevention techniques

PROGRAM AT-A-GLANCE:

- 7 courses required
- 11.5 total units
- Can be completed in as little as three to six months, although many students prefer to take a year or more

This program provides students with baseline skills in occupational safety and health. These skills are essential to getting a job in the field, meeting minimum job requirements for current workers, and/or advancing a career focused entirely, or in part, on workplace safety. Certificate students will gain experience and knowledge in key occupational safety and health topics, such as:

- OSHA policies, procedures and standards, as well as construction and general industry safety and health principles
- The benefits of implementing a safety and health management system in the workplace
- An overview of workers' compensation requirements and procedures
- An introduction to basic accident investigation procedures and accident analysis techniques, providing the basic skills necessary to conduct an effective workplace accident investigation
- Employer's role and responsibilities as well as the codes and standards of fire and life safety in the workplace

SAFETY AND HEALTH SPECIALIST CERTIFICATE

TITLE and COURSE NUMBER (You must complete all of the courses for a total of 11.5 units)		UNITS
<input type="checkbox"/> OSHA 510 - Occupational Safety and Health Standards for the Construction Industry FPM-40299		3.0
<input type="checkbox"/> OSHA 511 - Occupational Safety and Health Standards for General Industry FPM-40366		3.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness FPM-40403		0.5
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management FPM-40379		0.5
<input type="checkbox"/> Introduction to Fire and Life Safety in the Workplace FPM-40636		1.5
<input type="checkbox"/> Safety Inspection Techniques FPM-40490		2.5
<input type="checkbox"/> Workers' Compensation for Safety Professionals FPM-40640		0.5

PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

osha.ucsd.edu/PSHO

The curriculum helps safety professionals achieve their career goals with its focus on safety regulations and in-demand skill sets for leadership and training. Certificate students will acquire the skills needed to help them get hired and promoted.



TARGET AUDIENCE

The curriculum is designed for safety professionals with at least five years of experience in the field—the minimum requirement to complete the OSHA outreach trainer courses. Professionals with the desire to excel in leadership positions in safety are highly encouraged to apply.

PROGRAM AT-A-GLANCE

- Minimum of 23 units
- Can be completed in as little as three to six months, although many students prefer to take one year or more
- Both in-class and online courses are required to complete the certificate

Please note: Prerequisite course units do not count towards the total minimum required units.

✓ REQUIRED FOR CERTIFICATE COMPLETION

One prerequisite course, one trainer course, all other remaining required courses and a minimum of three specialty courses. To be awarded a certificate in the PSHO program, a student must be a current authorized Outreach Trainer in the construction industry and/or general industry at the UC San Diego OTI Education Center.

✓ CERTIFICATE ELECTIVES REQUIRED

The PSHO certificate requires the completion of electives in one of the following areas: Cal/OSHA, construction, or general industry. The OSHA Training Institute Education Center / OS&H Department at UC San Diego Extended Studies will allow up to two (2) OTIEC courses to be transferred/substituted from another authorized OTIEC into the PSHO program. If a student is intending to complete more than one specialization (track), the student may still only transfer two classes.

BENEFITS TO COMPLETING THE CERTIFICATE PROGRAM

- OSHA 10- and 30-hour outreach trainer authorization
- The knowledge to create a safety culture in the workplace that includes leadership commitment, organization-wide safety communication, and safety training as an investment for the organization
- The knowledge, skills, and tools needed to conduct accident and incident investigations
- Leadership and communication skills, including constructive intervention, fostering a two-way dialogue, setting and maintaining expectations, and alignment of values around safety
- How to minimize the threat of illnesses by learning industrial hygiene practices and related OSHA regulations and procedures



PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

Course Title	Course Number	Units
PREREQUISITE COURSES		
Choose either OSHA 510 or OSHA 511 (not both).		
<input type="checkbox"/> OSHA 510 - Occupational Safety & Health Standards for the Construction Industry	FPM-40299	3.0
<input type="checkbox"/> OSHA 511 - Occupational Safety & Health Standards for General Industry	FPM-40366	3.0
REQUIRED TRAINER COURSES		
Choose either OSHA 500 or OSHA 501 (not both).		
<input type="checkbox"/> OSHA 500 - Trainer Course in Occupational Safety & Health Standards for the Construction Industry	FPM-40280	3.0
<input type="checkbox"/> OSHA 501 - Trainer Course in Occupational Safety & Health Standards for General Industry	FPM-40281	3.0
OTHER REQUIRED COURSES		
Students must complete all of the following courses.		
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	FPM-40296	3
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	FPM-40297	3
<input type="checkbox"/> OSHA 3095 - Electrical Standards (Low Voltage - Federal)	FPM-40300	3
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	FPM-40637	0.5
<input type="checkbox"/> Safety Leadership I	FPM-40641	2
<input type="checkbox"/> Workers' Compensation for Safety Professionals	FPM-40640	0.5
SPECIALTY COURSES		
Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)		
CONSTRUCTION (Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	FPM-40413	3
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	FPM-40301	2.5
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	FPM-40638	2.5
<input type="checkbox"/> OSHA 3115 - Fall Protection	FPM-40489	3

Course Title	Course Number	Units
<input type="checkbox"/> EM385-1-1 40-Hour Safety	FPM-40507	4
<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> Trainer Course - Fall Protection	FPM-40566	0.5
<input type="checkbox"/> Trainer Course - Rigging Safety	FPM-40349	3
<input type="checkbox"/> Trainer Course - Trenching	FPM-40308	1.5
GENERAL INDUSTRY		
(Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 2015 - Hazardous Materials	FPM-40302	3
<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	FPM-40298	3
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	FPM-40303	3
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 7105 - Introduction to Evacuation and Emergency Planning	FPM-40410	0.5
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	FPM-40497	0.5
<input type="checkbox"/> OSHA 7200 - Bloodborne Pathogens Exposure Control	FPM-40378	0.5
<input type="checkbox"/> Trainer Course - Confined Space	FPM-40291	1.5
<input type="checkbox"/> Trainer Course - Forklift Safety	FPM-40307	1.5
<input type="checkbox"/> Safety Leadership II	FPM-40642	2
CAL/OSHA		
(Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 5109 - Cal/OSHA Standards for the Construction Industry	FPM-40511	3
<input type="checkbox"/> OSHA 5119 - Cal/OSHA Standards for General Industry	FPM-40512	3
<input type="checkbox"/> Laws and Regulations	FPM-40060	3
<input type="checkbox"/> Safety Leadership II	FPM-40642	2

SAFETY AND HEALTH FUNDAMENTALS CERTIFICATE PROGRAM

TARGET AUDIENCE:

The curriculum is intended for those new to safety in both the public and private sectors.

The certificate program in Safety and Health Fundamentals supports OSHA's mission by training employees in occupational safety and health to reduce incident rates for workers in state and local governments and private industry workers.

Participants have the opportunity to earn certificates in Construction, General Industry and Maritime industries.

CONSTRUCTION

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 68 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 39 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

GENERAL INDUSTRY

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 68 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 39 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

MARITIME

Participants must successfully complete a minimum of 7 OTI Education Center courses, comprised of required and elective courses that include a minimum of 77 contact hours of training.

- Participants must complete the 3 required courses for a minimum of 48 contact hours of training.
- Participants must complete a minimum of 4 elective courses listed below that include a minimum of 29 contact hours of training.

Visit our website for the following information and more:

- Requirements for Completion
- How to Submit When Completed
- Certificate Processing Fee

extension.ucsd.edu/osh/certificate

CONSTRUCTION

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 510 - Occupational Safety and Health Standards for Construction	26.0
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	39.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26.0
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26.0
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18.0
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20.0
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	22.0
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26.0
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4.0
<input type="checkbox"/> OSHA 7110 - Safe Bolting: Principles and Practices	7.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6.0
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime and General Industries	7.0
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit Required Confined Space Standard	7.0
<input type="checkbox"/> OSHA 7400 - Occupational Noise Exposure Standards	5.5
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4.0
OSHA 3015 - Excavation, Trenching and Soil Mechanics	20.0
or	6.5
OSHA 7410 - Managing Excavation Hazards	
OSHA 3115 - Fall Protection	18.0
or	
<input type="checkbox"/> OSHA 7405 - Fall Hazard Awareness for the Construction Industry	5.0

GENERAL INDUSTRY

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 511 - Occupational Safety and Health Standards for General Industry	26.0
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	39.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26.0
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18.0
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26.0
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26.0
<input type="checkbox"/> OSHA 7000 - OSHA Training Guidelines for Safe Patient Handling	7.5
<input type="checkbox"/> OSHA 7005 - Public Warehousing and Storage	7.0
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4.0
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	7.5
<input type="checkbox"/> OSHA 7200 - Bloodborne Pathogens Exposure Control	7.0
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6.0
<input type="checkbox"/> OSHA 7210 - Pandemic Illness Preparedness	5.5
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime and General Industries	7.0
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4.0
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20.0
or	
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7.0
<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	26.0
or	
<input type="checkbox"/> OSHA 7100 - Introduction to Machinery and Machine Safeguarding	4.0

MARITIME

Required Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 5410 - Occupational Safety and Health Standards for the Maritime Industry	35
<input type="checkbox"/> OSHA 7500 - Introduction to Safety and Health Management	5.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	7.5
Total Hours	48.0
Elective Courses	Min. Contact Hours
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	26
<input type="checkbox"/> OSHA 2015 - Hazardous Materials	26
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	22.5
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	26
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	18
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	22
<input type="checkbox"/> OSHA 3095 - Electrical Standards	26
<input type="checkbox"/> OSHA 3115 - Fall Protection	18
<input type="checkbox"/> OSHA 7005 - Public Warehousing and Storage	7
<input type="checkbox"/> OSHA 7105 - Evacuation and Emergency Planning	4
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	7.5
<input type="checkbox"/> OSHA 7120 - Introduction to Combustible Dust Hazards	6.5
<input type="checkbox"/> OSHA 7205 - Health Hazard Awareness	6
<input type="checkbox"/> OSHA 7215 - Silica in Construction, Maritime, and General Industries	7
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	20
or	
<input type="checkbox"/> OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7
<input type="checkbox"/> OSHA 2045 - Machinery & Machine Guarding Standards	26
or	
<input type="checkbox"/> OSHA 7100 - Introduction to Machinery and Machine Safeguarding	4



BE AN AUTHORIZED OUTREACH TRAINER

TEACH OSHA 10/30-HOUR CLASSES

Benefits of being an authorized trainer at UC San Diego:

- Career advancement
- Promotion with current employer
- Online portal and database to report and track classes University of California San Diego affiliation
- Rapid card processing and shipping
- Excellent customer service
- Experienced instructors in their fields
- Professional staff to assist with all training needs

Trainer Authorizations

CONSTRUCTION

Prerequisite/Standards: OSHA 510
Trainer Course: OSHA 500
Update Course: OSHA 502

MARITIME

Prerequisite/Standards: OSHA 5410
Trainer Course: OSHA 5400
Update Course: OSHA 5402

GENERAL INDUSTRY

Prerequisite/Standards: OSHA 511
Trainer Course: OSHA 501
Update Course: OSHA 503

DISASTER SITE WORKER

Trainer Course: OSHA 5600
Update Course: OSHA 5602

FOLLOW THESE STEPS TO APPLY

STEP 1:	Attain five (5) years of safety experience relevant to the industry in which you are applying (construction, general industry, maritime or disaster site worker).
STEP 2:	Successfully complete the OSHA Standards Course corresponding to the OSHA Trainer Course.
The OSHA Standards course completion date must be within seven years of the corresponding Outreach Trainer Course.	
STEP 3:	Download the required Prerequisite Verification Form by clicking the Apply Now button on the relevant trainer course page. You may also email oshatraining@ucsd.edu for an electronic copy.
HELPFUL HINTS: <ul style="list-style-type: none"> • "Working safely" does not meet the requirements of safety experience for any course • Sign your name • Include the date • Check Box #41 	
STEP 4:	Email the completed form along with a copy of your trainer card or required documentation to oshatraining@ucsd.edu . Please note that your verification form cannot be processed without proper proof of the required prerequisites.
STEP 5:	Once you have received an approval email from the OS&H department, follow the instructions to enroll in the class of your choice.

STAY AUTHORIZED!

IMPORTANT: There is no grace period for a trainer's expiration.

Any trainer who allows their authorization to expire is required to:

1. Retake the OSHA 500/501/5400 and demonstrate proof of the prerequisite requirements (5 years of construction/general industry/maritime safety experience)

AND

2. Attend the OSHA 510/511/5410 standards course. If previously taken, the date of completion must be within the last 7 years.



ARE YOU IN CALIFORNIA?

Here's how to obtain your Cal/OSHA Outreach Trainer Authorization:

1. You must be currently authorized as a Construction or General Industry Outreach Trainer.*
2. Show a minimum of one year of Cal/OSHA experience (the Statement of Eligibility Form is provided prior to attending a class).
3. Attend the OSHA 5109 (construction) or OSHA 5119 (general industry) course, depending on your relevant industry experience.
4. **Your Cal/OSHA authorization expires the same date as your federal outreach trainer authorization expires.** The Cal/OSHA update courses are OSHA 5029 (construction) and OSHA 5039 (general industry).

*You may also attend the OSHA 5109 or OSHA 5119 up to six months prior to obtaining your federal outreach authorization or anytime after you have become an authorized trainer.

COURSE DESCRIPTIONS

Cal/OSHA Courses

OSHA 5029

CAL/OSHA UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINERS

This course updates OSHA 5109 Cal/OSHA Standards for the Construction Industry. Students will learn about the most significant changes within Cal/OSHA Title 8 that affect the construction industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as they relate to the construction industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. This course continues the student's authorization to teach both the 10- and 30-hour Cal/OSHA Construction Industry Outreach Training Program. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, construction standards, and legal decisions affecting the construction industry.

Required prerequisite: OSHA 5109 or OSHA 5029 within four years. See osha.ucsd.edu for additional requirements.

Cal/OSHA expiration: The Cal/OSHA authorization expires on the same date as the trainer's Federal authorization.

Cost: \$325

OSHA 5039

CAL/OSHA UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINERS

This course updates the Cal/OSHA 5119 Cal/OSHA Standards for General Industry. Students learn about the most significant changes with Cal/OSHA Title 8 that affect general industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA Standards as it relates to general industry, navigation of the Cal/OSHA Web site, and availability of publications and resources. Upon course completion students will have the ability to identify recent changes and updates to Cal/OSHA structure, General Industry standards, and legal decisions.

Required prerequisite: OSHA 5119 or OSHA 5039 within four years. See osha.ucsd.edu for additional requirements.

Cal/OSHA expiration: The Cal/OSHA authorization expires on the same date as the trainer's Federal authorization.

Cost: \$325

OSHA 5109

CAL/OSHA STANDARDS FOR THE CONSTRUCTION INDUSTRY

This course is designed for individuals interested in teaching the 10- and 30-hour Cal/OSHA construction safety and health Outreach Training Program to their employees and groups interested in learning about Cal/OSHA Title 8 Construction Standards and policies. Course topics include construction industry standards and compliance, training topics required in the 10- and 30- hour Outreach Training Program as well as those which are most hazardous in the construction industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will have the ability to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in the construction industry, locate and determine appropriate Cal/OSHA Construction Standards, policies, and procedures, and describe the use of Cal/OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

Important: Students may also take this course if they do not intend on teaching the Cal/OSHA Outreach Training.

Prerequisite for Outreach Trainers:

Existing Construction Outreach Trainers in good standing seeking to become Cal/OSHA Construction Outreach Trainers may use this course to obtain the Cal/OSHA endorsement. See osha.ucsd.edu for additional requirements.

Cost: \$795

OSHA 5119

CAL/OSHA STANDARDS FOR GENERAL INDUSTRY

This course is designed for individuals interested in teaching the 10- and 30- Cal/OSHA general industry safety and health Outreach Training Program to their employees and groups interested in learning more about Cal/OSHA General Industry Standards and policies. Course topics include Title 8 General Industry Standards and compliance, training topics required in the 10- and 30- hour Outreach Training Programs as well as those which are most hazardous in general industry, Injury and Illness Prevention Program, and Cal/OSHA training guidelines. Upon course completion students will be able to understand the relationship between OSHA and Cal/OSHA Standards, policies, and procedures, identify hazards which occur in general industry, locate and determine appropriate Cal/OSHA General Industry Standards, policies, and procedures, and describe the use of Cal/OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

Important: Students may also take this course if they do not intend on teaching the Cal/OSHA Outreach Training.

Prerequisite for Outreach Trainers:

Existing General Industry Outreach Trainers in good standing seeking to become Cal/OSHA General Industry Outreach Trainers may use this course to obtain the Cal/OSHA endorsement. See osha.ucsd.edu for additional requirements.

Cost: \$795

OSHA Safety Courses

OSHA 510

OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE CONSTRUCTION INDUSTRY

This course covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and special emphasis on those areas in construction which are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

Cost: \$795

OSHA 511

OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR GENERAL INDUSTRY

This course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

Cost: \$795

OSHA 521

OSHA GUIDE TO INDUSTRIAL HYGIENE

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement.

Note: Recommended prerequisite courses: OSHA 510, OSHA 511, OSHA 5109 or OSHA 5119.

Cost: \$825

OSHA 2015

HAZARDOUS MATERIALS

This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials.

Cost: \$795

OSHA 2045

MACHINERY AND MACHINE GUARDING STANDARDS

This course covers the various types of common machinery, machine safe guards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safe guards.

Cost: \$795

OSHA 2055

CRANES IN CONSTRUCTION

This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. Topics include hazards associated with crane assembly and disassembly, types of cranes; lifting concepts; rigging and wire rope; signaling; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion, students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA standards.

Cost: \$725

OSHA Safety Courses

OSHA 2225

RESPIRATORY PROTECTION

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards.

Note: It is highly recommended that the OSHA 521 course is completed prior to this course.

Cost: \$795

OSHA 2255

PRINCIPLES OF ERGONOMICS

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, and risk factors such as vibration, temperature, material handling, repetition, and lifting and patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

Cost: \$795

OSHA 2264

PERMIT-REQUIRED CONFINED SPACE ENTRY

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program.

Cost: \$725

OSHA 3015

EXCAVATION, TRENCHING AND SOIL MECHANICS

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

Cost: \$725

OSHA 3085

PRINCIPLES OF SCAFFOLDING

This course covers the requirements for the safe construction and use of scaffolding using the OSHA construction scaffold standard as a guide. Topics include hazards associated with scaffold design; assembly; disassembly and use; types of scaffolds; determining scaffold capacity; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion, students will have the ability to identify the types of scaffolds and their components; determine safe assembly, use, and disassembly; and recognize common violations of OSHA standards.

Cost: \$725

OSHA 3095

ELECTRICAL STANDARDS (LOW VOLTAGE - FEDERAL)

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.

Cost: \$795

OSHA Safety Courses

OSHA 3115

FALL PROTECTION

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

Cost: \$795

OSHA 5410

OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE MARITIME INDUSTRY

This course covers OSHA policies, procedures, and standards for the maritime industry. Using the OSHA Maritime Standards as a guide, special emphasis is placed on those areas in the maritime industry which are most hazardous. Upon course completion students will define maritime terms found in the OSHA Maritime Standards, identify hazards in the maritime industry and determine appropriate controls and abatement, locate OSHA Maritime Standards, policies and procedures, and describe the use of the OSHA Maritime Standards and regulations to supplement an ongoing safety and health program.

Cost: \$1095

OSHA 6005

COLLATERAL DUTY COURSE FOR OTHER FEDERAL AGENCIES

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. Special emphasis is placed on the areas in general industry that are most hazardous. Upon course completion, students will have the ability to define general industry terms; identify hazards that occur in general industry; determine appropriate standards and regulations for federal agencies; locate OSHA general industry standards, policies and procedures; and describe the use of OSHA general industry standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts.

Cost: \$795

OSHA 7000

OSHA TRAINING GUIDELINES FOR SAFE PATIENT HANDLING

This course covers OSHA ergonomic guidelines for safe patient handling and methods to protect workers in all health care settings. Using OSHA's Ergonomics Guidelines for Nursing Homes as a basis for any healthcare facility, this course focuses on analyzing and identifying ergonomic hazards and practical solutions to address these issues. Course topics include developing an ergonomic work process, risk factors in patient handling and transfers, identifying work processes with the potential for musculoskeletal injuries and illnesses, protocol for resident and patient assessment, and implementing solutions including work practices and engineering controls. Upon course completion students will have the ability to apply "OSHA's Ergonomics Guidelines for Nursing Homes" in their healthcare facility, understand the benefits of implementing an ergonomics process, and identify, analyze and develop solutions for ergonomic problem jobs in healthcare.

Cost: \$275

OSHA 7005

PUBLIC WAREHOUSING AND STORAGE

This course covers the hazards and injuries likely to occur in public warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting and ergonomics, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting. Upon course completion students will have the ability to recognize the potential for injuries from forklifts, material handling and lifting, exposure to hazardous substances, slips, trips, and falls and methods to control and abate these hazards.

Cost: \$275

OSHA 7100

INTRODUCTION TO MACHINERY AND MACHINE SAFEGUARDING

This course covers the process to identify, select and properly safeguard machinery to protect employees and others in the work area and deliver appropriate training in safe work practices. Course topics include types of machinery requiring guarding, point of operation, emergency eyewash/shower requirements, hazard communication, OSHA Machinery and Machine Guarding Standards violations, and corrective actions. Upon course completion students will have the ability to explain hazardous actions and motions of various types of machinery, identify methods of safeguarding, and match identified safeguards with the applicable OSHA Machinery and Machine Guarding Standards to reduce and eliminate the potential for accidents and injuries.

Cost: \$275

OSHA Safety Courses

OSHA 7105 **EVACUATION AND** **EMERGENCY PLANNING**

This course covers OSHA requirements for emergency action and fire protection plans. Topics include purpose and requirements of emergency action and fire prevention plans, elements of an emergency evacuation plan, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion, students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans.

Cost: \$275

OSHA 7115 **LOCKOUT/TAGOUT**

This course covers the role and responsibility of the employer to develop and implement an energy control program, or lock-out/tag-out (LOTO) for the protection of workers while performing servicing and maintenance activities on machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy.

Cost: \$275

OSHA 7120 **INTRODUCTION TO COMBUSTIBLE** **DUST HAZARDS**

This course covers the hazards posed by combustible dust within general industry. Course topics include recognizing the hazards and risks associated with combustible dust, control of electrical installation hazards, and developing controls and strategies to prevent or mitigate combustible dust fires and explosions. Upon course completion the student will have the ability to utilize strategies that assure employee safety while using or producing materials that generate combustible dust and the ability to use OSHA Standards, National Fire Protection Association (NFPA) Standards, and other applicable consensus standards that impact industries which generate combustible dust.

Cost: \$275

OSHA 7200 **BLOODBORNE PATHOGENS** **EXPOSURE CONTROL**

This course covers the development and implementation of exposure control plans (ECP) for healthcare facilities. Topics include understanding the OSHA bloodborne pathogens standard, determining potential exposure and methods of control, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is program administrators, managers, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP for a healthcare facility. Course highlights include students developing a template for their facility's ECP. Upon course completion, students will have the ability to take a step-by-step approach to develop an ECP for their healthcare facility while utilizing the OSHA bloodborne pathogens standard as a reference.

Cost: \$275

OSHA 7205 **HEALTH HAZARD AWARENESS**

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion, students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards.

Cost: \$275

OSHA 7210 **PANDEMIC ILLNESS PREPAREDNESS**

This course covers recognition of hazards and risks associated with a pandemic illness event and development of strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic illness event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of operations. This course offers information on strategies that can be used to control the spread of the illness, minimization of exposure to employees and family, and resources available from OSHA and other government agencies. The intended audience is the business leader and members of their management team who may be integral to preparedness planning. Upon course completion, students will have the ability to prepare for a pandemic to assure business continuity and employee safety.

Cost: \$275

OSHA Safety Courses

OSHA 7215

SILICA IN CONSTRUCTION, MARITIME, AND GENERAL INDUSTRIES

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure.

Cost: \$275

OSHA 7225

TRANSITIONING TO SAFER CHEMICALS

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives. Course topics include identification, evaluation, assessment, and implementation of safer chemical alternatives. In particular, participants will use OSHA's seven-step substitution planning process. The course features workshops and hands-on activities with the use of various online chemical databases and tools. The target audience is purchasing staff, maintenance supervisors, facility managers, and workers who utilize hazardous chemicals at their worksites, along with occupational safety and health professionals who provide technical assistance on the control of chemical hazards. Upon course completion participants will have the ability to recognize and evaluate hazardous chemicals in their workplace, assess safer alternatives, and implement those alternatives.

Available for onsite training.

Contact oshatraining@ucsd.edu.

OSHA 7300

UNDERSTANDING OSHA'S PERMIT-REQUIRED CONFINED SPACE STANDARD

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the OSHA #2264 Permit-Required Confined Space Entry. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit-required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space.

Cost: \$275

OSHA 7400

OCCUPATIONAL NOISE EXPOSURE STANDARDS

This course covers the evaluation and reduction of noise hazards in the construction industry. Course topics include OSHA Construction Noise Standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, conducting sound level surveys, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the construction employer or representative designated with the responsibility to develop a construction noise program. Upon course completion students will understand the properties of sound and its relationship to noise-induced hearing loss, hearing protection usage, how to conduct sound level surveys and the requirements for training workers.

Cost: \$275

OSHA 7405

FALL HAZARD AWARENESS FOR THE CONSTRUCTION INDUSTRY

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards.

Cost: \$275

OSHA 7410

MANAGING EXCAVATION HAZARDS

This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties.

Cost: \$275

OSHA Safety Courses

OSHA 7415

OSHA CONSTRUCTION INDUSTRY REQUIREMENTS (MAJOR HAZARDS AND PREVENTION)

This course provides federal and public sector employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. Topics include recognition of major safety and health hazards in the construction industry, prevention strategies, safety and health management systems, OSHA requirements and guidelines, and resources available. The course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have an awareness level of the major construction hazards and prevention strategies.

Cost: \$450

OSHA 7500

INTRODUCTION TO SAFETY AND HEALTH MANAGEMENT

This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company.

Cost: \$275

OSHA 7505

INTRODUCTION TO INCIDENT (ACCIDENT) INVESTIGATION

This course covers an introduction to basic accident investigation procedures and describes accident analysis techniques. Course topics include reasons for conducting accident investigations, employer responsibilities related to workplace accident investigations, and a six-step accident investigation procedure. The target audience is the employer, manager,

employee or employee representative who is involved in conducting accident and/or near-miss investigations. Upon course completion, students will have the basic skills necessary to conduct an effective accident investigation at the workplace.

Cost: \$275

OSHA 7510

INTRODUCTION TO OSHA FOR SMALL BUSINESSES

This course covers an introduction to the Occupational Safety and Health Administration (OSHA) and the OSH Act for owners and managers of small businesses. Course topics include an introduction to OSHA, OSHA Standards, the inspection process, implementing a safety and health program, worker training requirements and assistance available to small businesses. Upon course completion students will understand OSHA operations and procedures and how to work with OSHA to prevent or reduce injuries and illnesses in their workplace.

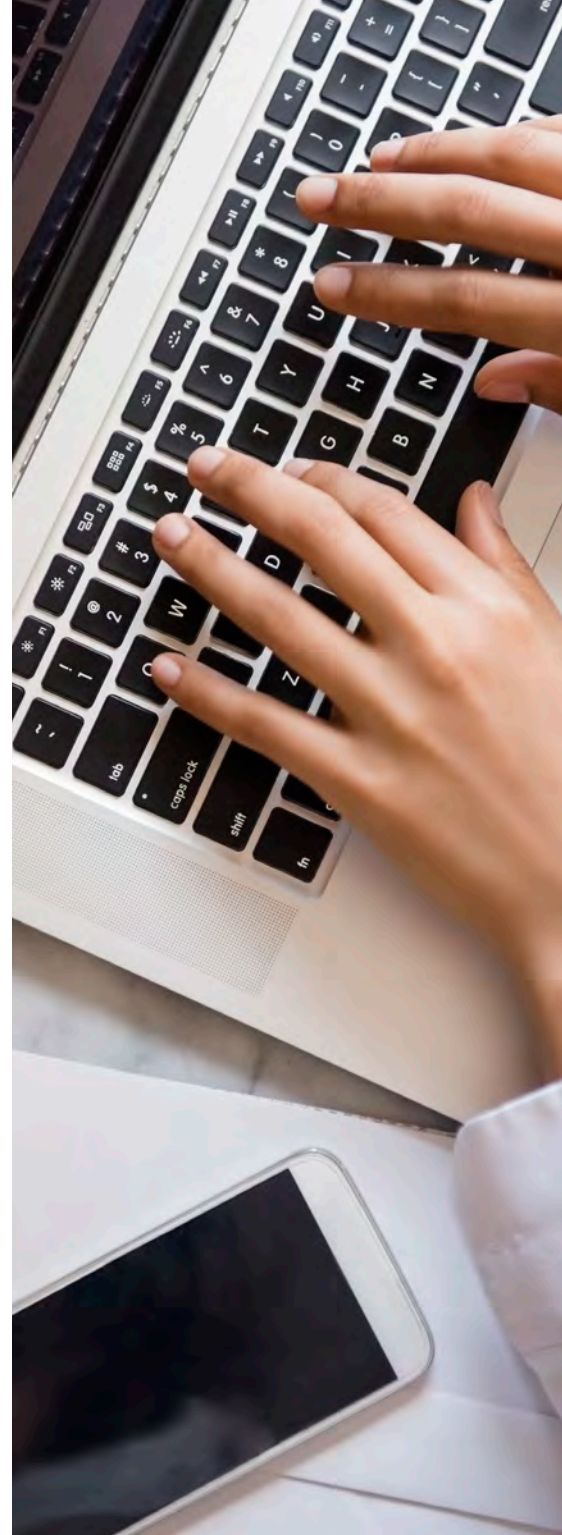
Cost: \$275

OSHA 7845

RECORDKEEPING RULE SEMINAR

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

Cost: \$250



SIGN-UP TO RECEIVE OUR EMAILS!

Stay informed. Visit our home page and sign up to receive e-mails about upcoming classes and events, certificate programs and first-hand industry-related information from OSHA.

OSHA.UCSD.EDU

OSHA Trainer Courses

OSHA 500

TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE CONSTRUCTION INDUSTRY

This course is designed for individuals interested in teaching the 10- and 30-hour construction safety and health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour Construction Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized Outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

Required prerequisite: OSHA 510 and five (5) years of construction safety experience. See osha.ucsd.edu for additional requirements.

Cost: \$795

OSHA 501

TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR GENERAL INDUSTRY

This course is designed for individuals interested in teaching the 10- and 30-hour general industry safety and health Outreach Training Program to their employees and other interested groups. Using the OSHA General Industry Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour General Industry Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

Required prerequisite: OSHA 511 and five (5) years of general industry safety experience. See osha.ucsd.edu for additional requirements.

Cost: \$795

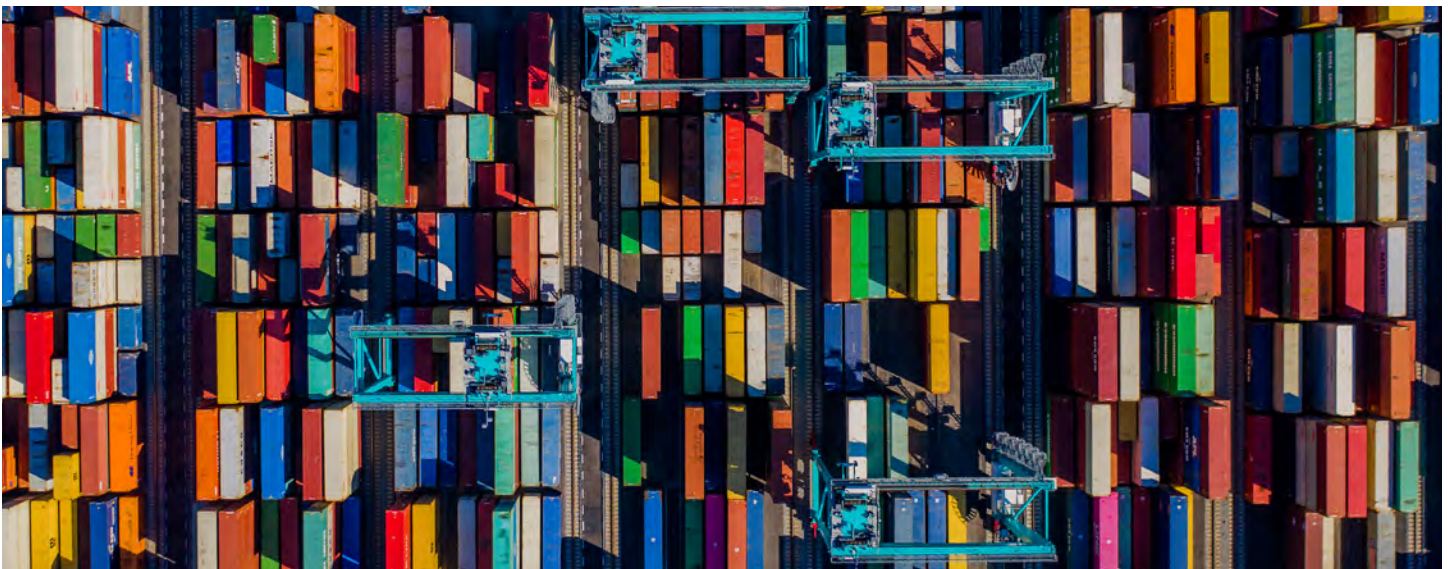
OSHA 502

UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINERS

This course is designed for Outreach Training Program trainers who have completed OSHA 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA Construction Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain construction industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour Construction Outreach Training Program classes.

Required prerequisite: OSHA 500 or OSHA 502 course within four (4) years. See osha.ucsd.edu for additional requirements.

Cost: \$600



OSHA Trainer Courses

OSHA 503 UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINERS

This course is designed for Outreach Training Program trainers who have completed the OSHA 501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA General Industry Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain general industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour General Industry Outreach Training Program classes.

Required prerequisite: OSHA 501 or OSHA 503 course within four (4) years. See osha.ucsd.edu for additional requirements.

Cost: \$600

OSHA 5400 TRAINER COURSE IN OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR THE MARITIME INDUSTRY

This course is designed for individuals interested in teaching the 10- and 30-hour Maritime safety and health Outreach Training Program to their employees and other interested groups. Special emphasis is placed on those topics required in the 10- and 30-hour Outreach Training Program as well as the most hazardous in the maritime industry using OSHA Maritime Standards as a guide. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Training Program, to conduct 10- and 30-hour maritime classes in shipyard employment, marine terminals, and longshoring, and to issue cards to participants after verifying course completion. Students in OSHA 5400 Trainer Course in OSHA Standards for the Maritime Industry who wish to participate as authorized Outreach Trainer Program trainers in the OSHA Outreach Training Program must successfully prepare a presentation on an assigned OSHA maritime industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

Required prerequisite: OSHA 5410, and five (5) years of maritime safety experience, OSHA 5400 or OSHA 5402. See osha.ucsd.edu for additional requirements.

Cost: \$825

OSHA 5402 MARITIME INDUSTRY TRAINER UPDATE COURSE

This course is designed for individuals who have successfully completed the OSHA 5400 Trainer Course in OSHA Standards for the Maritime Industry and are active Outreach Training Program trainers. The course updates the OSHA Maritime standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define and explain maritime industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour Outreach Training Program classes.

Required prerequisite: OSHA 5400 or OSHA 5402 within four (4) years. See osha.ucsd.edu for additional requirements.

Cost: \$725

OSHA Trainer Courses

OSHA 5600 DISASTER SITE WORKER TRAINER COURSE

This course prepares experienced Outreach Training Program trainers to present 7.5- and 15-hour Disaster Site Worker Outreach training classes intended for second responders (those arriving hours or days after the event). Course topics include the National Response Framework, the Incident Command System, disaster work zone safety, respiratory protection, communication issues, applying elements of successful adult training programs, and knowledge, skills, and attitudes to awareness training about safety and health standards at natural and human-made disaster sites.

Students are provided the opportunity to practice knowledge and skills through discussion, planned exercises, demonstrations, and presentations. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorizes students to become trainers in the Disaster Site Worker Outreach Training Program and issue course completion cards to participants.

Required prerequisite:

1. OSHA 500 or OSHA 501
2. Three years safety training experience
-AND-
One of the following:
 - a. 40-hour HAZWOPER training (within the last five years)
 - b. 8-hour HAZWOPER refresher training (within the last 12 months), or
 - c. Possession of journey-level credentials in a building trade union

Cost: \$795



UC San Diego Safety Courses

CAL/OSHA

30-HOUR GENERAL INDUSTRY OUTREACH TRAINING COURSE

The OSHA Outreach Training Program provides workers with basic and more advanced training about common safety and health hazards on the job. The 30-hour training program is intended to provide workers with some safety responsibility and a greater depth and variety of training. All outreach training is intended to cover an overview of the hazards a worker may encounter on a job site. This training emphasizes hazard identification, avoidance, control and prevention, not Cal/OSHA standards.

Note: Students will receive a Cal/OSHA 30-hour course completion card at the end of the training. This training is required by the California Business and Professions Code, section 26051.5 (Cannabis).

Cost: \$550

EM385-1-1

COMPETENT PERSON FOR FALL PROTECTION

The most current revision to EM385-1-1, Section 21.C.04a, mandated that starting in May 2016, the competent person for fall protection shall attend a minimum of 24 hours of fall protection training with a combination of formal classroom training and practical applications. Falls are the leading cause of death in construction. Based on the seriousness of fall hazards, this training exceeds EM385-1-1 minimum requirements. This course consists of two days of classroom instruction with one day of hands-on experience. Emphasis will be on current ANSI fall protection requirements and specifics from EM385-1-1 fall protection standards. This training fulfills the SSHO competency requirement according to EM385-1-1 Section 01.A.17d.

Cost: \$725

EM385-1-1

40-HOUR SAFETY

This course is for contractors, military and government employees who enforce or must comply with the EM385-1-1 U.S. Army Corps of Engineers safety and health requirements. You will learn procedures of the Navy and U.S. Army Corps of Engineers contracts, and the safety and health requirements of the U.S. Army Corps of Engineers Safety and Health Requirements manual. Upon completion, students receive an official OSHA 30-hour card for construction. Topics include preparation of a site-specific accident prevention plan, intro to OSHA, site safety health officer's qualifications and responsibilities, activity hazard analysis development, on-site personnel training, incident response, job site auditing and hazard communication.

Cost: \$1095

ELECTRICAL HIGH VOLTAGE STANDARDS - FEDERAL

OSHA classifies any use of electrical service over 600 volts as high voltage. Regulations and accepted industry standards require employers to meet specific training requirements for their employees who work with high voltage electrical installations. These rules apply to commercial, industrial and government sites as well as electric utility generation, transmission and distribution installations. This course provides information crucial to safely operating your facility. Along with advanced knowledge of critical compliance issues, emphasis is placed on hazard awareness and abatement methods. Topics include fundamentals, definitions, wiring methods, practices and equipment and lockout/tagout.

Recommended prerequisite: OSHA 3095

Cost: \$795

NFPA 70E

ELECTRICAL SAFETY STANDARDS

If you work on or near energized electrical systems, have a safety role at these sites or are an emergency responder, this course is for you. The new electrical safety standards (NFPA 70E) are the next step to a safer electrical environment in the workplace. Anyone who deals with hazards such as electrocutions, fires and explosions should attend. Learn how to prevent serious disabling injuries, damage to equipment and work sites and, most importantly, save lives.

Cost: \$450

ELECTRICAL TRANSMISSION AND DISTRIBUTION (ET&D) 10-HOUR

The ET&D 10-hour program provides a concentrated study of high voltage safety for linemen and electricians in the transmission and distribution sector, regardless of experience level. Major emphasis is placed on minimum approach distances and grounding methods to establish electrically safe working conditions. Additional topics include: PPE, pre-job briefing, trenching and excavation, confined/enclosed space entry, lifting/rigging and fall protection. Students earn an ET&D 10-hour card upon course completion.

Available for onsite training.

Contact oshatraining@ucsd.edu.

UC San Diego Safety Courses

FIRE AND LIFE SAFETY IN THE WORKPLACE

Fire and explosions in the workplace can be dangerous for employees. Not just for construction sites and industrial plants, but also office spaces, buildings and other general industry facilities. It is the responsibility of the employer to develop and implement fire and life safety programs for the protection of their workers through fire prevention measures, fire protection and fire suppression. In this course, students will learn about the employer's roles and responsibilities as well as the codes and standards of fire and life safety in the workplace, allowing them to implement industry best practices. This includes fire prevention, protection and suppression as well as general life safety.

Cost: \$1095

INTRODUCTION TO FIRE AND LIFE SAFETY IN THE WORKPLACE (ONLINE)

This course is designed to provide students with the knowledge and understanding of fire and life safety requirements in the workplace including fire prevention, fire protection, and fire suppression methods. The class will familiarize students with the applicable codes, standards and regulations as well as the history leading to the fire and life safety requirements. Students will learn to apply the requirements to specific workplace situations. The class will cover systems and equipment used to provide fire & life safety in the workplace and how to maintain/inspect them.

Cost: \$725

LAWS AND REGULATIONS

This course includes a basic overview of Federal OSHA standards with main emphasis on Cal/OSHA standards. Students will be coached through a jobsite inspection process from the opening conference to the closing conference. Working group sessions will study actual court cases highlighting preparation for a hearing, burden of proof, affirmative defenses and discovery. The overall objective of this course is to enable students to better prepare for workplace inspections conducted by OSHA and responding to citations issued. Topics Include: Fed OSHA and Cal/OSHA, Citation categories, Abatement, Litigation and Hearing/Settlement Conference procedures, Injury Illness Prevention, Personal Protective Equipment, and Respiratory Protection.

Cost: \$795

SAFETY INSPECTION TECHNIQUES

Learn the most commonly used safety inspection standards, tools and techniques in this three-day course. Experience an organized approach to inspecting and auditing projects to insure OSHA compliance and injury prevention. Visit both construction and general industry sites to perform an inspection and prepare a final report.

Cost: \$725

SAFETY LEADERSHIP I (ONLINE)

A manager has employees that report to him or her, but not all managers have good leadership skills. Leadership can be defined as the ability to compel and motivate others towards the leader's goals. In safety, this translates into leaders that go beyond simply defining and implementing safety and health policies and procedures. Through lectures, presentations and real-world simulations, students will learn topics including: Alignment of values within an organization around safety, exhibiting visible leadership each day, identifying an organization's safety strengths and weaknesses and improvements, constructive intervention skills, fostering two-way dialogue between employees and leadership, setting and maintaining safety expectations. By the end of the course, safety professionals will have the skills necessary to become safety leaders.

Cost: \$725

SAFETY LEADERSHIP II (ONLINE)

Safety culture can be summed up as the approach, acceptance, attention, awareness and attitude that an organization and its employees have regarding safety in the workplace. Safety culture is a part of the larger organizational culture, and can be summed up as "the way we do things around here." When workplace illnesses, injuries and deaths occur, they can often be traced back to a breakdown in communication, and lack of understanding and adherence to the safety policies and procedures – and/or the inadequacy of the policies and procedures themselves. This course will help students identify, create and improve an organizational safety culture by focusing on areas such as: Ensuring leadership commitment at all levels, making workplace safety the top priority in all instances, organization-wide safety communication, discipline system for unsafe practices, employee empowerment to suggest improvements in safety practices and viewing safety as an investment and not a cost.

Cost: \$725

UC San Diego Safety Courses

TRAINER COURSE - CONFINED SPACE

Gain the knowledge and skills to instruct a confined space entry class within your organization. The course will cover advanced confined space issues, teaching, resources, instructional methodology and points on how to jazz up your presentation. Students will be required to give a ten minute presentation for evaluation by other students.

Note: Students should take this course only if they have taken OSHA 2264 or have sufficient Confined Space Entry experience/training to be considered competent in the subject.

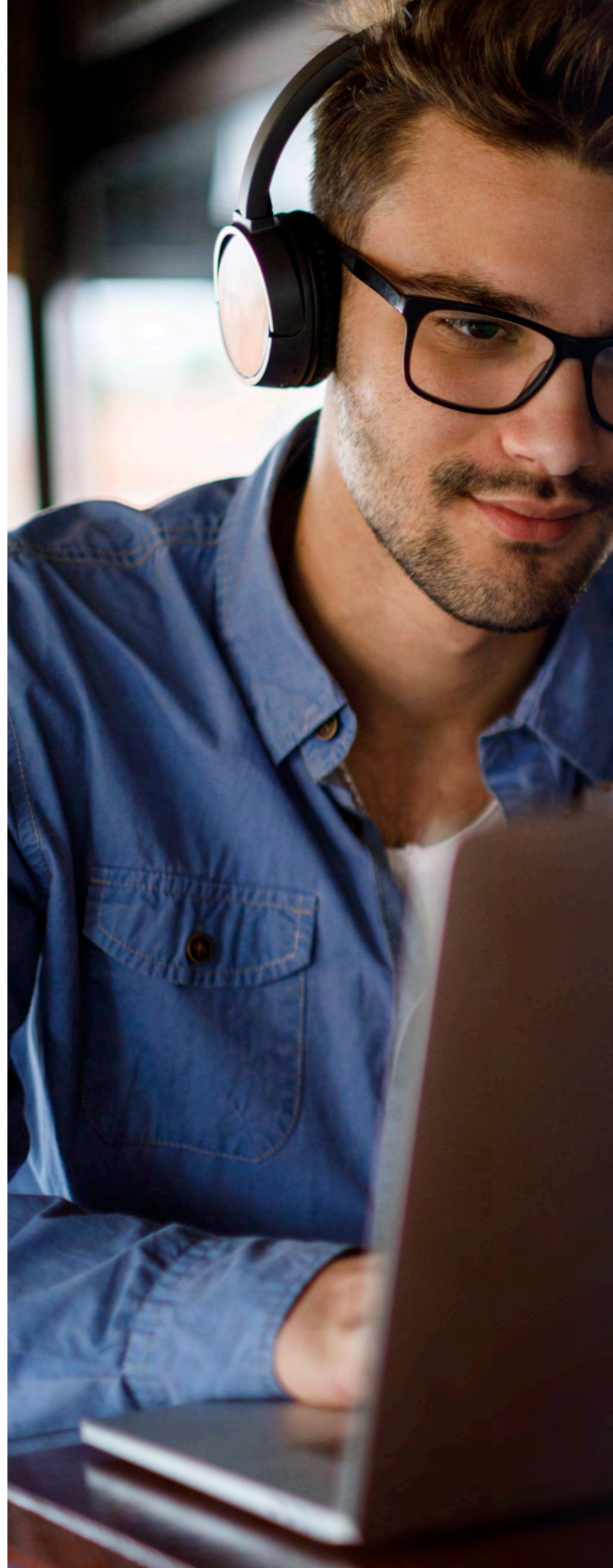
Recommended prerequisite: OSHA 2264 from UC San Diego.

Fee: \$495

WORKERS' COMPENSATION FOR SAFETY PROFESSIONALS

All employers are required by law to cover their workers for damages that result from work-related injuries or illnesses, or to compensate surviving spouses or minor children when a worker is killed at work. Knowledge of the workers' compensation system should be understood by all safety professionals, and those employers rely on to manage the system must be well aware of how to control the costs of insurance premiums. This course will cover the fundamentals of coverage requirements, options for obtaining coverage, how premiums are calculated and how claims affect the cost and availability of continued coverage.

Fee: \$325





VIRTUAL INSTRUCTOR LED TRAINING (VILT) - **LIVE ONLINE!**

The VILT UC San Diego OTIEC classes are here to stay, which means you do not have to leave the comfort of your home or office to attend one of these coveted classes.

Instructors have discovered methods to increase student interaction, retention and learning capabilities through workshops and breakout rooms in Zoom. Students and instructors have learned that the virtual way of learning has significant benefits compared to the in-person classroom experience.

Although the classes are taught live via scheduled Zoom meetings, students will also be using Canvas, which provides administrative support and access to course materials.

*Additional VILT classes offered through the OS&H Department are open to anyone and do not have geographical boundaries or restrictions.

BENEFITS

- Safety! Your safety is our highest priority and you remain out of harm's way by not sharing germs in a traditional classroom.
- No travel or commuting to class. You no longer have to get on a plane or drive to class, which saves money for you and your company.
- Access to electronic materials.
- Academic units from these classes may be applied to the Professional Safety and Health Officer and Safety and Health Specialist Certificate Programs.
- Relationship building through Discussion Boards via Canvas.
- Networking with subject matter expert instructors and peers.

ARE VILT CLASSES FOR YOU?

What you need to know before attending:

- These classes use Zoom for the live video-based platform.
- A Requirements and Best Practices document will be provided prior to the start of class.
- Per OSHA's guidelines for VILT courses, students are required to have video capabilities and must be visible at all times to the instructor and facilitator during the class. (Unfortunately, if a student cannot comply with this requirement, they will not be able to attend the class.)
- Students are required to attend all days and times in order to receive a course completion certificate and/or trainer card.
- It is mandatory for students to be at a stationary site. Students are not allowed to be in a vehicle, driving, and/or on a phone while participating during class. Students must use a computer in order to achieve the highest level of participation with Canvas and Zoom.

Early registration is highly recommended.

The VILT classes at the UC San Diego OTIEC are available to anyone who lives or works in OSHA Region 9 (Arizona, California, Guam, Hawaii, Nevada, Pacific Territories, and American Samoa). Additionally, if you are a current Outreach Trainer with UCSD, regardless of your residence, you are still eligible to attend a Trainer Update Course (OSHA 502, OSHA 503, OSHA 5402).



TURN YOUR SAFETY TRAINING INTO COLLEGE CREDIT



**COLUMBIA
SOUTHERN**
UNIVERSITY

LEARNING PARTNER

As a UCSD OTI Education Center Student, when you attend Columbia Southern University, you will receive:

- A 10% Discount on all classes.
- Application and Transcript Request Service fees waived.
- Textbooks at NO COST through the CSU Book Grant.
- Access to Exclusive Scholarship Opportunities.
- GSP Recognition when graduating with a B.S. or M.S. in Occupational Safety & Health.

Many classes taken at UCSD will transfer into Columbia Southern University for college credit applicable to an Associates or Bachelor's degree at CSU. For a complimentary evaluation of your previous college credits, military, and job training (OSHA, Hazwoper, etc.), or if you have additional questions, please contact **Ernie Smith**, ernie.smith@columbiasouthern.edu, Call **800-977-8449**, or visit www.columbiasouthern.edu/OSH.

BE SURE to mention UCSD when you Reach Out to get these valuable benefits!



TRAINING BROUGHT TO YOU

The UC San Diego OTIEC is dedicated to providing a superior level of courses for companies seeking the benefit of on-site training.

UC San Diego will bring any class to your site or provide Virtual Instructor Led Training so employees don't have to travel—which saves you time and money. All of the administrative efforts from beginning to end are covered by our contract specialists.

Just tell us which class(es) you need, where the training will be held, when you need the training, and how many people will be participating. **It's that easy.**

BENEFITS

1. No travel required. We bring the instructor and materials to you.
2. Now available: Virtual Instructor Led Training (VILT)
3. Flexible scheduling
4. Cost savings
5. Customized courses available
6. Industry expert instructors

REGISTRATION INFORMATION

ENROLLMENT

You can enroll online, via mail or phone. Many courses have prerequisites that are required by OSHA. Please see individual course descriptions prior to enrolling.

Online enrollment

(excludes trainer courses*):
osha.ucsd.edu

**Students must receive prior approval before enrolling in an OSHA trainer course.*

Phone enrollment and payment:

(800) 358-9206, option 1

Purchase orders: Purchase orders must be submitted on company letterhead.

Email: unex-cashiering@ucsd.edu

Fax: (858) 822-2243, Attn:
Financial and Business Services

Mail payment to:

OSHA Training Institute
Education Center
UC San Diego Extended Studies
6256 Greenwich Drive, Suite 100
San Diego, CA 92122

UC San Diego Extended Studies reserves the right to cancel a class two weeks prior to the start date. In the event of a canceled course, students will be notified and refunded.

MY EXTENSION

- Access your student records
- Update your contact information
- Enroll in classes
- Request to drop a course
- Change your grading option
- Access course details and location information
- Choose your marketing and communication preferences

YOU CAN VIEW AND PRINT

- Enrollment receipts
- Enrollment verifications
- Grade reports
- Your academic history

LOG ON IN THREE EASY STEPS

1. Visit myextension.ucsd.edu (do not use www).
2. Enter your user name (email address).
3. Enter your password. If you do not know your password, click on the "Forgot your password?" link to create a new one.

If you need any assistance with this process, call (858) 534-3400.

GET IN TOUCH WITH US!

OSHA Training Institute Education Center Department:

For information on OSHA courses, OSHA trainer courses, prerequisite verification forms, or trainer card replacements.

Email: oshatraining@ucsd.edu

Phone: (800) 358-9206

Outreach Trainer Department:

For information on OSHA student cards, online reporting (Storefront portal) questions/assistance, trainer address/contact information changes.

Email: oti-outreach@ucsd.edu

Phone: (858) 534-9283

Social Media:

facebook.com/UCSDSafetyTraining
instagram.com/ucsd_osh_training
twitter.com/ucsd_otiec
linkedin.com/groups/12368650



GENERAL INFORMATION

COURSE DISCOUNT POLICY

\$50 DISCOUNT

A \$50 discount may be applied to the first 10 students who enroll in a course up to 30 days prior to the start date. To take advantage of this offer, students must enroll online and use the discount code OSHAEarly when submitting payment.

10% DISCOUNT

The following students are eligible for a 10% discount (valid any time prior to course start date):

Active military

Students must use a military email when enrolling. Please email unex-reg@ucsd.edu to provide a military email and Student Services will be able to take the enrollment in order to honor the 10% discount.

Federal and State OSHA employees

For approval, email: oshatraining@ucsd.edu

Companies enrolling five or more employees into the same class are eligible for a 10% discount.

Discounts cannot be used for the OSHA 502 and OSHA 503 trainer update courses, which have already been discounted, and one- or two-day courses. Discounts cannot be combined with other offers.

REFUNDS AND CANCELLATIONS

Cancellations must be made at least two weeks prior to the course start date to be eligible for a refund. Students who do not attend the first day of class will not be refunded.

Please note: In the unlikely event that UC San Diego cancels a course, students will receive a full refund.

MINIMUM CONTINUING LEGAL EDUCATION (MCLE) CREDIT

These credits apply to the Laws and Regulations course.

HOTEL ACCOMMODATIONS

Hotel information can be found at osha.ucsd.edu.

Preferred San Diego hotel: Holiday Inn Express and Suites Sorrento Valley. Use the discount code "OSHA" when making reservations.

Phone: (858) 731-0100

STAY INFORMED with Safety Matters and This Just In! Emails

- Upcoming Classes
- New Courses
- Certificate Programs
- Pacific Coast Safety Fest
- Events and Conferences
- Resources for Outreach Trainers
- First-hand Information from OSHA

Visit osha.ucsd.edu to sign up.

COURSE CREDIT

ABIH CREDIT: The American Board of Industrial Hygiene offers Certification Maintenance (CM) points for specific courses that have been registered.

BCSP CREDIT: The Board of Certified Safety Professionals offers Continuance of Certification (COC) points.

BRN CREDIT: The Bureau of Registered Nurses offers BRN credit. Reference UC San Diego provider number 00058.

All of the Occupational Health and Safety Department courses at UC San Diego Extended Studies, including the OTIEC courses, offer several types of academic and industry credit. The general key for calculating credits is:

COURSE TYPE	1/2-DAY	1-DAY	2-DAY	3-DAY	4-DAY	5-DAY
CEU	0.4	0.8	1.6	2.4	3.2	4.0
Academic Credit	0.4	0.5	1.5	2.5	3.0	4.0
ABIH (CM points)	.67	1.33	2.67	4.0	5.34	6.68
BCSP (COCs)	0.4	0.8	1.6	2.4	3.2	4.0

2023 COURSE CATALOG



Not Printed at State Expense

UC SAN DIEGO'S OTI EDUCATION CENTER COURSE LOCATIONS



ARIZONA

Phoenix

Training To You

Tucson

Arizona Dept. of Occupational
Safety & Health (ADOSH)

CALIFORNIA

Anaheim (Orange County)

Holiday Inn Anaheim
Area Resort

Bakersfield

Kern Community
College District

Los Angeles

UCLA School of Public Health

San Diego

UC San Diego Extended
Studies
OSHA Training Institute
Education Center

Santa Barbara

UC Santa Barbara Extension

HAWAII

Waipahu (Oahu)

Building Industry
Association at the
Construction Training
Center of the Pacific

NEVADA

Las Vegas

Associated General
Contractors, Las Vegas
Chapter

Reno

Nevada Contractors
Association

GUAM

Guam Contractors
Association