

SAVING LIVES WITH WORKFORCE EDUCATION, PREPARATION & AWARENESS

SAFETY Source

2025 COURSE CATALOG

IN THIS ISSUE:

**FROM THE COAST GUARD
TO THE CLASSROOM**

**OSHA REGIONAL
REALIGNMENT - NOW
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OREGON AND WASHINGTON!**

**EVENT SAFETY CERTIFICATE
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OSHA Training Institute
Education Centers®
University of California San Diego

INSIDE

THE REGION JUST GREW!



As of September 1, 2024, OSHA Regions 9 and 10 have been merged and are now referred to as the San Francisco Region.

This large region includes the following: Alaska, American Samoa, Arizona, California, The Commonwealth of the Northern Mariana Islands, Guam, Hawaii, Idaho, Nevada, Oregon and Washington.

Our instructors love to travel, so let us come to you!

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 UC San Diego OTIEC represents OSHA's San Francisco Region and provides courses in many locations.

TRAINING BROUGHT TO YOU



UC San Diego Extended Studies' 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 33 or email oshatraining@ucsd.edu.

CERTIFICATE PROGRAMS

EVENT SAFETY

The Event Safety Certificate is a one-of-a-kind, undoubtedly essential program for this industry. This program began its inception in early 2020 and has now come to fruition with the dedication of industry professionals. The Advisory Committee from across the U.S. has worked diligently to bring this to the public and will be fully available in 2025.

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

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.

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.

See pages 10-17 for full details on certificate programs.

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: (858) 534-9271

OUTREACH TRAINER DEPARTMENT:

For information on OSHA student cards, online portal (Storefront) questions/assistance, 10/30-Hour class guidelines/documentation, trainer address/contact information changes.

Email: oti-outreach@ucsd.edu

Phone: (858) 534-9283

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EMERGENCY INCIDENT MANAGEMENT AND LEADERSHIP COURSES

UC San Diego Extended Studies is partnering with San Diego Miramar College and State Fire Training to offer the Instructor Development series. These courses are designed to meet the needs of public safety officials and beyond, helping participants learn the latest innovative teaching strategies while fulfilling the minimum requirements to teach in the State Fire Training system.

The series covers topics essential for instructors at various levels. Participants will learn how to safely, effectively, and competently teach and deliver instruction from prepared lesson plans, utilizing instructional aids and evaluation tools. The courses also focus on principles of media selection for instructional purposes, the use of computers in the classroom, and both basic and advanced forms of instructional media.

In addition, the series includes individualized instruction programs, the analysis of resources, and the formulation of program budgets. Leadership development is a major component, as participants will enhance their skills in group dynamics, problem-solving techniques, and interpersonal relations. These skills will be useful in staff meetings, brainstorming sessions, formal public meetings, panel discussions, and forums.

The complete Instructor Development series consists of over 200 hours of curriculum delivered through a combination of remote and face-to-face class meetings.



FROM THE COAST GUARD TO THE CLASSROOM

The Journey of a Dedicated Safety Expert

For over 43 years, Mark Norton has been involved in the field of safety.

In that time, he has served as a hospital corpsman in the U.S. Coast Guard, worked in compliance and consulting for the Arizona Division of Occupational Safety and Health (ADOSH), and over time advanced through the ranks to become Assistant Director and eventually Director of ADOSH, holding every position within the agency along the way. Since retiring from public service, Mark has become a well-regarded speaker, instructor, consultant and author in the field of safety." He also holds a BS in Business Management and an MA in Organizational Management.

Throughout his career, Mark Norton has witnessed firsthand how organizations approach safety—and the consequences of neglecting it. Having sustained an injury in his own career and experienced the effect it's had on his life, he advocates strongly for a holistic and proactive approach to safety for every employee in the organization.



“Safety is not just about compliance with regulations; it is about creating a culture where every employee feels responsible for their own safety and the safety of their colleagues. It’s about protecting lives and preventing the kind of pain and disruption that injuries can cause.”

— Mark Norton

Mark Norton’s extensive experience across various industries—ranging from construction and manufacturing to general industry—provides a wealth of practical knowledge for him to share with his students at the UC San Diego Division of Extended Studies OSHA Training Institute Education Center.

His ability to draw examples from his own real-world experience enables him to make the material relatable to almost every student, no matter their industry or background. This highly engaging and relevant approach to teaching helps ensure his students are well-prepared to handle the variety of safety challenges they might encounter throughout their careers.

“I enjoy getting safety professionals at the very beginning of their career and being able to keep them engaged by using examples that are relevant to their work environments,” Norton shared.

Norton’s dedication and extensive safety experience make him an invaluable instructor for preparing the next generation of safety professionals to lead with an engaged and proactive safety mindset.

Early Career and Introduction to Safety

Norton’s introduction to the world of safety began during his time in the Coast Guard.

“I joined the Coast Guard intending to become an oceanographer’s mate but that role was phased out while I was in boot camp,” he shared.

With the original plan no longer available, Norton chose a new path as a hospital corpsman. He was sent to Hospital Corps School and eventually to the Navy’s Preventive Medicine School. He describes the role he came to adopt as “the Coast Guard’s version of a safety and health technician.”



In addition to serving as a flight rescue medic—oftentimes aiding fishermen injured at sea on the Eastern seaboard or off the coast of Alaska—Norton also conducted inspections throughout all the different Coast Guard facilities and environments to ensure safety and compliance with key regulations.

"I was doing inspections in all of the facilities," said Norton. "The hangers, the living quarters, the restaurant facilities, the housing units... Anything they had on the base, I was responsible for inspecting."

Eventually, Norton's duties expanded to include developing curriculums and conducting health and safety training to other Coast Guard service members and recruits.

"My 'mission goal' was to make sure that my fellow service members were keeping themselves healthy and not getting hurt," Norton explained. "Part of that was teaching service members to be cognizant and proactive about their own safety."

From Norton's point of view, he was on track for a long and fulfilling Coast Guard career.

A Life-Changing Injury

All of that changed when Norton sustained an injury to his leg during a boarding operation.

Multiple surgeries kept him out of commission for several months, and the physical damage he incurred ultimately ended his career with the Coast Guard.

"They told me I was disqualified from even being in the Coast Guard due to my injuries," he said.

The sudden shift from being a highly trained military professional to an unemployed civilian was jarring for Norton. He struggled with depression and financial difficulties that stemmed from the sudden loss of income, all while trying to support his wife and two children.

To add insult to injury, he also experienced stigma and limitations to his career options based on his status as a "disabled veteran."

"My discharge papers marked me as 'retired by reason of physical disability,' which became a major hurdle in finding employment," Norton said.

His original plan for life after the Coast Guard was to pursue a career in law enforcement, but that was no longer an option.

Many other employers were hesitant to hire someone with a documented disability.

"The injury was a turning point in my life. It changed everything," Norton said. "I had to come up with a new plan, a new way forward."

The shift came nearly a year later when he found a job listing for an OSHA compliance officer with Arizona's state worker health and safety agency.

"I read the description of the job duties and said, 'That's everything I did in the Coast Guard on the safety side,'" Norton explained.

He applied and was eventually hired for the role, which marked the beginning of a nearly 26-year tenure with the Arizona Division of Occupational Safety and Health (ADOSH).

Though his career with the Coast Guard ended, Norton's passion for safety was just beginning. His transition to the role with ADOSH allowed him to channel his experiences into a new path focused on preventing workplace injuries.

A Career in Safety and Service

Norton's initial role as an ADOSH compliance officer involved conducting inspections and ensuring that businesses adhered to safety regulations.

"I enjoyed the whole process of trying to evaluate workplace systems and activities and trying to make sure that people were working as safely as they could," he said.

This period was also formative, exposing him to a wide range of safety issues and workplace accidents.

"Having been injured myself, I know how life-changing it could be," Norton reflected. "I wanted to do what I could to ensure that what happened to me wouldn't happen to others. That's what motivated me in my work every day."

The stark reality of workplace hazards and the consequences of neglecting safety protocols became more and more apparent to him during his time in this role too.

"I did dozens and dozens of fatality investigations in those first ten years," he shared. "I saw a lot of things that people shouldn't have to see in a workplace."

Over time he transitioned to the consultation side of ADOSH which offered a new perspective.



"Consultation is the friendlier side of OSHA," he said. "It focuses on helping employers improve their safety programs rather than penalizing them."

His duties included overseeing Arizona's Voluntary Protection Program, which allowed him to work closely with proactive employers who wanted to do the right thing. The role also provided Norton with the opportunity to work collaboratively and provide safety guidance across a broad spectrum of workplaces.

"One day you're in a construction site, the next day you're in a manufacturing facility," said Norton. "It was something different every day."

By drawing on these experiences, Norton has been able to provide both his students at UC San Diego and his clients with a wide-ranging perspective on safety management.

"Every industry has its unique set of risks and safety needs," he noted. "The consulting work I've done allows me to bring a broader perspective to what I share in the classroom, both for organizations and aspiring safety professionals."

Sharing Knowledge Through Writing

In addition to teaching at UC San Diego's OSHA Training Institute Education Center and conducting independent consulting work, Norton has also made a significant contribution to the field of safety as a published author.

The title of his first book, "It's Not My Job," reflects a frequent yet unfortunate attitude Norton has encountered throughout his career—one where employees and managers alike fail to take responsibility for safety by each thinking it's the responsibility of the other.

"The book is about getting everyone to understand that safety is a shared responsibility," Norton explained. "I developed it as a guide that can be used by safety committees and workforces to build improvements into their processes."

His second book, "If You Could See What I See," draws on his extensive experience investigating workplace incidents. The goal of the book is to emphasize the importance of identifying and addressing safety disconnects before they lead to accidents.

"That book was based on my years as an investigator," said Norton. "I learned what safety breakdowns look like, feel like, and sound like—and how to engage the workforce to identify those breakdowns before they happen."

Observations on Safety Culture in Companies

For workers looking to stay safe, companies looking to enhance their safety practices, and safety officers early in their careers, Norton offers several pieces of key advice.

Safety is Top Down

First and foremost, he emphasizes the importance of leadership's commitment to safety.

"When leadership is visibly committed to safety, it sets the tone for the entire organization," he said. "The commitment needs to be reflected in action to really sink in, so regular safety training, transparent communication, and investment in the necessary safety equipment."

Safety is More than Compliance

Another recurring theme Norton notes from throughout his career is companies applying a compliance-driven approach to safety rather than a more comprehensive safety for safety's sake approach.

"Compliance is important, but it shouldn't be the only focus," he said. "A true safety culture goes beyond just following the rules. It involves a commitment to doing the right thing, even when no one is watching."

Safety is Vigilance

Norton also advises companies to take a proactive approach to safety. He noted that many companies fall into a false sense of security when they go a stretch without accidents.

“Complacency is the enemy of safety,” Norton warns. “The moment you think it won’t happen to you is the moment you’re most at risk.”

He recommends staying vigilant even if everything seems okay. This means conducting regular risk assessments, encouraging employees to report hazards, and continuously reviewing safety protocols.

Safety is Communication

Another recurring theme behind workplace safety hazards is a lack of communication and shared safety training between management and frontline employees.

“Continuous training helps keep safety top of mind and ensures that both management and line-level employees are aware of the latest practices,” he said.

Communication is also a two-way street. Norton emphasizes the importance of encouraging employees to speak up and providing channels for workers to voice concerns or suggest improvements too.

“Employees are often the first to notice potential hazards,” said Norton. “Their input is valuable and can significantly improve safety outcomes in a workplace.”

Safety is Everyone's Concern

Norton also encourages workers to continuously update their knowledge and take personal responsibility for their own safety.

“Every employee has a role to play in maintaining a safe work environment,” Norton said. “Don’t rely solely on management or safety officers. Take an active role in your own safety.”

Continuing the Mission of Safety Education

Norton’s contributions to the field of safety and health have not gone unnoticed. His work has been recognized with several prestigious honors, including the 2008 National Voluntary Protection Programs Participants’ Association (VPPPA) Chairman’s Award and the 2009 American Society of Safety Engineers (ASSE) Southern Arizona Chapter Safety ‘Professional of the Year’ award.

Looking forward, Norton remains committed to his role as an educator at the OSHA Training Institute Education Center within UC San Diego Division of Extended Studies and his



work as an independent consultant. He sees these roles as opportunities to continue making a positive impact on workplace safety.

“My goal is to share what I’ve learned with the next generation of safety professionals,” he explained. “Teaching and consulting allow me to keep learning and growing, while also giving back to the community.”

Norton hopes that his work will inspire others to prioritize safety in their organizations and to view it as an integral part of their business operations.

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.

- Increased safety and health knowledge and awareness
- Opportunities in current job or new career
- Networking with other professionals and instructors
- Skills to promote a safety culture for employees
- Motivation for improving safe workplace practices
- Schedule offerings for in-person and live online classes
- Education from a top-ranked University of California institution

CERTIFICATES AT A GLANCE

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



SAFETY AND HEALTH SPECIALIST CERTIFICATE



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

(You must complete all of the courses for a total of 11.5 units)

Course Title	Course Number	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



EVENT SAFETY PROFESSIONAL CERTIFICATE

The UC San Diego Division of Extended Studies is proud to announce the **FIRST** of its kind - **CERTIFICATE PROGRAM IN EVENT SAFETY**

The event safety profession is a long-standing part of American life. From festivals to concerts to sporting events, parades and religious gatherings, the event safety profession has continued to evolve. This program is part of that evolution.

The Event Safety Certificate Program is designed in conjunction with professionals and leaders in the event safety industry. This comprehensive safety training program is designed to equip individuals with the knowledge and skills necessary to ensure the safety and well-being of everyone involved in organizing, attending, and participating in live events.

TARGET AUDIENCE

Any individual who works in the live event and entertainment industry.

This includes, but is not limited to:

- Event Planners and Managers
- Production Crew
- Performers
- Event Promoters
- Venue Staff
- Audiovisual (AV) Technicians
- Event Designers
- Ticketing and Box Office Staff
- Logistics and Operations Manager

PROGRAM BENEFITS:

- Equip individuals with the knowledge and skills necessary to ensure the safety and well-being of everyone involved in organizing, attending, and participating in live events
- Courses designed and taught by event industry leaders, such as the Event Safety Alliance (ESA)
- Learn how to apply the basic skills of hazard identification, risk management and emergency response to a variety of live events
- Opportunities in current job or new career in the event industry
- Networking with other professionals
- Education from a University of California institution

STAY IN TOUCH AND SUBSCRIBE TO 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](https://www.osha.ucsd.edu)

EVENT SAFETY PROFESSIONAL CERTIFICATE

Course Title	Course Number	Units
REQUIRED COURSES		
Students must complete ALL of the following courses.		
<input type="checkbox"/> Introduction to Event Safety* <i>*Required Prerequisite for Required Courses only</i>	FPM-40700	1.5
<input type="checkbox"/> Weather Safety for Live Events	FPM-40712	1.5
<input type="checkbox"/> Event Safety Planning and Design	FPM-40711	3
<input type="checkbox"/> Event Safety Management	FPM-40710	3
<input type="checkbox"/> Event Incident Planning and Management	FPM-40709	2
Total Required Course Units		11
ELECTIVE COURSES		
Students are required to complete TWO elective courses below for certificate completion. (Total of 3 units required)		
<input type="checkbox"/> Production and Workforce Safety	FPM-40708	1.5
<input type="checkbox"/> Crowd Safety, Planning and Management	FPM-40707	1.5
<input type="checkbox"/> Temporary Event Structures	FPM-40706	1.5
Total Units Required to Complete Program		14

Units required to complete: 14

Duration of completion: The entire certificate can be completed in one year, however students have 5 years to complete the program.

Total cost: \$4,755 (this includes a \$95 nonrefundable certificate fee)

Submit Application: Visit apply.ucsd.edu to create an account and apply online.





PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

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

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	Course Title	Course Number	Units
PREREQUISITE COURSES			GENERAL INDUSTRY		
Choose either OSHA 510 or OSHA 511 (not both).			(Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 510 - Occupational Safety & Health Standards for the Construction Industry	FPM-40299	3.0	<input type="checkbox"/> OSHA 2015 - Hazardous Materials	FPM-40302	3
<input type="checkbox"/> OSHA 511 - Occupational Safety & Health Standards for General Industry	FPM-40366	3.0	<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	FPM-40298	3
REQUIRED TRAINER COURSES			<input type="checkbox"/> OSHA 2225 - Respiratory Protection	FPM-40303	3
Choose either OSHA 500 or OSHA 501 (not both).			<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 500 - Trainer Course in Occupational Safety & Health Standards for the Construction Industry	FPM-40280	3.0	<input type="checkbox"/> OSHA 7005 - Public Warehousing and Storage	FPM-40405	2.5
<input type="checkbox"/> OSHA 501 - Trainer Course in Occupational Safety & Health Standards for General Industry	FPM-40281	3.0	<input type="checkbox"/> OSHA 7105 - Introduction to Evacuation and Emergency Planning	FPM-40410	0.5
OTHER REQUIRED COURSES			<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	FPM-40497	0.5
Students must complete all of the following courses.			<input type="checkbox"/> OSHA 7515 - Job Hazard Analysis (JHA)	FPM-40691	0.5
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	FPM-40296	3	<input type="checkbox"/> Heat Stress	FPM-40695	0.5
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	FPM-40297	3	<input type="checkbox"/> Trainer Course - Confined Space	FPM-40291	1.5
<input type="checkbox"/> OSHA 3095 - Electrical Standards (Low Voltage - Federal)	FPM-40300	3	<input type="checkbox"/> Trainer Course - Forklift Safety	FPM-40307	1.5
<input type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	FPM-40637	0.5	<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> Safety Leadership I	FPM-40641	2	CAL/OSHA		
<input type="checkbox"/> Workers' Compensation for Safety Professionals	FPM-40640	0.5	(Must complete a minimum of 8 units)		
SPECIALTY COURSES			<input type="checkbox"/> OSHA 5109 - Cal/OSHA Standards for the Construction Industry	FPM-40511	3
Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)			<input type="checkbox"/> OSHA 5119 - Cal/OSHA Standards for General Industry	FPM-40512	3
CONSTRUCTION (Must complete a minimum of 8 units)			<input type="checkbox"/> OSHA 7515 - Job Hazard Analysis (JHA)	FPM-40691	0.5
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	FPM-40413	3	<input type="checkbox"/> Heat Stress	FPM-40695	0.5
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5	<input type="checkbox"/> Laws and Regulations	FPM-40060	3
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	FPM-40301	2.5	<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	FPM-40638	2.5			
<input type="checkbox"/> OSHA 3115 - Fall Protection	FPM-40489	3			
<input type="checkbox"/> OSHA 7515 - Job Hazard Analysis (JHA)	FPM-40691	0.5			
<input type="checkbox"/> EM385-1-1 40-Hour Safety	FPM-40507	4			
<input type="checkbox"/> Safety Leadership II	FPM-40642	2			
<input type="checkbox"/> Heat Stress	FPM-40695	0.5			
<input type="checkbox"/> Trainer Course - Fall Protection	FPM-40566	0.5			
<input type="checkbox"/> Trainer Course - Trenching	FPM-40308	1.5			

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 extendedstudies.ucsd.edu/financial.



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 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

TARGET AUDIENCE

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

Visit our website for the following information and more:

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

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 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 7400 - Occupational Noise Exposure Hazards	5.5
<input type="checkbox"/> OSHA 7845 - Recordkeeping Rule Seminar	4.0
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	20.0
or	6.5
<input type="checkbox"/> OSHA 7410 - Managing Excavation Hazards	
<input type="checkbox"/> OSHA 3115 - Fall Protection	18.0
or	
<input type="checkbox"/> OSHA 7405 - Fall Hazard Awareness for the Construction Industry	5.0
<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

SAFETY & HEALTH™ FUNDAMENTALS

OSHA® Certificate Programs

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 - 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 Pathogen 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
<input type="checkbox"/> or OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7.0
<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	26.0
<input type="checkbox"/> or 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 - 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
<input type="checkbox"/> or OSHA 7300 - Understanding OSHA's Permit-Required Confined Space Standard	7
<input type="checkbox"/> OSHA 2045 - Machinery & Machine Guarding Standards	26
<input type="checkbox"/> or 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
- Online portal and database to report and track classes
- University of California San Diego affiliation, which is one of the top tier OSHA training Education Centers in the country
- Rapid card processing and shipping
- Excellent customer service and professional staff
- Experienced instructors in their fields
- In-person and VILT classes

INDUSTRY AUTHORIZATIONS

CONSTRUCTION

Prerequisite/Standards:
OSHA 510

Trainer Course:
OSHA 500

Update Course:
OSHA 502

GENERAL INDUSTRY

Prerequisite/Standards:
OSHA 511

Trainer Course:
OSHA 501

Update Course:
OSHA 503

MARITIME

Prerequisite/Standards:
OSHA 5410

Trainer Course:
OSHA 5400

Update Course:
OSHA 5402

DISASTER SITE WORKER

Prerequisite:
Refer to the Prerequisite Verification Form.

Trainer Course:
OSHA 5600

Update Course:
OSHA 5602

CAL/OSHA OUTREACH TRAINING

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

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.



FOLLOW THESE STEPS TO APPLY:

<p>1</p>	<p>Attain five (5) years of safety experience relevant to the industry in which you are applying (construction, general industry, or maritime).</p>
<p>2</p>	<p>Successfully complete the OSHA Standards Course corresponding to the OSHA Trainer Course.</p> <p>OSHA 510 - Occupational Safety and Health Standards for the Construction Industry OSHA 511 - Occupational Safety and Health Standards for General Industry OSHA 5410 - Occupational Safety and Health Standards for the Maritime Industry</p> <p>The OSHA Standards course completion date must be within seven years of the corresponding Outreach Trainer Course.</p>
<p>3</p>	<p>Download and complete 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.</p> <p>HELPFUL HINTS:</p> <ul style="list-style-type: none"> • Provide response in each field of page 1 • Write work descriptions in paragraph form with as much detail as possible. "Working safely" does not meet the requirements of safety experience for any course • Make sure job dates do not overlap • Check Box #41 • Sign and date on page 5
<p>4</p>	<p>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 will not be processed without proper proof of the required prerequisites.</p> <p>Please allow a minimum of two weeks for processing your application.</p> <p>The Training Department will either approve or deny your application. If approved, you will receive further enrollment instructions.</p>

ET&D (ELECTRICAL, TRANSMISSION AND DISTRIBUTION) OUTREACH TRAINING

- For inquiries regarding ET&D training, please email outreach@dol.gov
- Visit <https://powerlinesafety.org/> for more information on the ET&D Partnership

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. Attend the **OSHA 510/511/5410** standards course. If previously taken, the date of completion must be within the last 7 years.
AND
2. Retake the **OSHA 500/501/5400** and demonstrate proof of the prerequisite requirements (5 years of construction/general industry/maritime safety experience)



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.

Fee: \$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.

Fee: \$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.

Fee: \$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.

Fee: \$795

OSHA Safety Courses

OSHA STANDARDS 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.

Fee: \$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.

Fee: \$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.

Fee: \$1095

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.

Fee: \$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.

Fee: \$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.

Fee: \$795

OSHA Safety Courses

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.

Fee: \$725

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.

Fee: \$825

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.

Fee: \$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.

Fee: \$725

OSHA 2455

SAFETY AND HEALTH MANGEMENT PROGRAM

This course focuses on the Safety and Health Management Program (SHMP). The participants will learn about the SHMP fundamentals, recordkeeping requirements, and SHMP in the workplace. During the course, the participants will use different activities to learn how to implement a workplace Safety and Health Management Program (SHMP) according to OSHA's Recommended Practices for Safety and Health Programs and related guidance.

Fee: \$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.

Fee: \$725

OSHA Safety Courses

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.

Fee: \$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.

Fee: \$795

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.

Fee: \$795

OSHA 3365

HEALTHCARE - COMING IN FALL 2025

This course covers an overview of OSHA standards impacting the healthcare industry. Course topics include types of healthcare facilities, occupations, hazards, standards, and resources available in the healthcare industry. Training highlights record keeping, physical and health hazards, and activities to identify hazards and control strategies in the workplace.

Fee: \$795

OSHA 6005

COLLATERAL DUTY COURSE FOR OTHER FEDERAL AGENCIES

This course covers an overview of OSHA standards impacting the healthcare industry. Course topics include types of healthcare facilities, occupations, hazards, standards, and resources available in the healthcare industry. Training highlights record keeping, physical and health hazards, and activities to identify hazards and control strategies in the workplace.

Fee: \$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.

Fee: \$275

OSHA 7005

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.

Fee: \$275

OSHA Safety Courses

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.

Fee: \$275

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.

Fee: \$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 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.

Fee: \$275

OSHA 7200 BLOODBORNE PATHOGEN EXPOSURE CONTROL

This course covers the development and implementation of Exposure Control Plans (ECP). Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and control methods, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP. Course highlights include students developing a template for their facility's ECP. Upon course completion, the participant will have the ability to take a systematic approach to develop an ECP.

Fee: \$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.

Fee: \$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.

Fee: \$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.

Fee: \$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 7230 INFECTIOUS DISEASE PREPAREDNESS IN THE WORKPLACE

This course is an introduction to protecting employees from infectious diseases in the workplace. Course topics include the definition of infectious disease, modes of transmission, specific types of infectious diseases, OSHA standards, and other industry requirements. Additionally, training will cover worker exposure classification, recordkeeping, and basic control measures, highlighting types of infectious diseases and OSHA standards, and drafting highlights highlighting types of infectious diseases, OSHA standards, and an infectious disease protection plan.

Fee: \$275

OSHA 7235 RESPIRATORY PROTECTION PROGRAM

This course is designed primarily for participants with limited technical backgrounds who need assistance understanding OSHA's requirements for written respiratory protection programs. It will help them make informed decisions about how to administer their program and who (within or outside of their organization) should help implement it. Depending on the extent and complexity of the hazards present and the level of respiratory protection needed, the course could benefit those interested in serving as a program administrator for their workplace respiratory protection program.

Fee: \$275

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.

Fee: \$275

OSHA 7400 OCCUPATIONAL NOISE EXPOSURE HAZARDS

This course focuses on describing noise hazards in the workplace. The course includes; OSHA occupational noise exposure standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, sound level surveys, noise dosimetry, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the employer or representative designated with the responsibility to develop a noise program. At the conclusion of this course, students will describe sound properties and their relationship to noise-induced hearing loss, hearing protection usage, and using a sound level meter.

Fee: \$275

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[OSHA.UCSD.EDU](https://www.osha.ucsd.edu)

OSHA Safety Courses

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.

Fee: \$275

OSHA 7410

MANAGING EXCAVATION/TRENCHING OPERATIONS

This course covers the requirements to manage excavation/trenching operations. The course will include an understanding of the OSHA excavation requirements, excavation/trenching hazards, and control measures. Additionally, participants will learn about soil analysis techniques and protective system requirements. At the conclusion of this course, participants will understand how to manage excavation/trenching operations.

Fee: \$275

OSHA 7415

OSHA CONSTRUCTION INDUSTRY REQUIREMENTS: AWARENESS OF MAJOR HAZARDS AND PREVENTION

This course provides pertinent information regarding OSHA requirements and guidelines for construction industry activities and operations. Topics include the industry's focus four safety and health hazards and prevention techniques. Participants will review associated OSHA standards and available resources. The course is an interactive training session focusing on class discussions and activities. It will help participants identify safety and health hazards in construction.

Fee: \$495

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.

Fee: \$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.

Fee: \$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.

Fee: \$275

OSHA 7515

JOB HAZARD ANALYSIS (JHA)

This course covers OSHA guidelines for developing a Job Hazard Analysis. Course topics include the purpose and requirements of a job hazard analysis, the relationship between worker tasks and tools in a work environment, identifying job hazards before they occur, and techniques for completing a job hazard analysis. Students will participate in activities about utilizing a job hazard analysis.

Fee: \$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.

Fee: \$250

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.

Fee: \$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.

Fee: \$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.

Fee: \$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.

Fee: \$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. See osha.ucsd.edu for additional requirements.

Fee: \$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.

Fee: \$725

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OSHA.UCSD.EDU

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

Fee: \$825



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).

Fee: \$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.

Fee: \$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.

Fee: \$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

Fee: \$795

HEAT STRESS

Every year thousands of workers face hot working conditions leading to illness and sometimes even death. This preventable exposure has recently received considerable attention and poses a risk to both outdoor and indoor workers. This course provides health and safety professionals and supervisory employees with in-depth information regarding heat stress. Topics include how heat affects the body, personal risk factors, methods used to measure environmental heat, methods used to conduct physiological monitoring, the spectrum of control measures, and how to develop and implement a heat stress program. The course will also discuss the status of the National Emphasis Program and the proposed federal regulations on heat stress. Case studies, exercises, and videos will be used throughout the course to facilitate the learning objectives.

Fee: \$275

INTRODUCTION TO FIRE AND LIFE SAFETY IN THE WORKPLACE

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.

Fee: \$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.

Fee: \$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.

Fee: \$450

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.

Fee: \$725

SAFETY LEADERSHIP I

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.

Fee: \$725

SAFETY LEADERSHIP II

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.

Fee: \$725

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.

Prerequisite: OSHA 2264 from UC San Diego.

Fee: \$495

TRAINER COURSE - FALL PROTECTION

This course is a continuation of the OSHA 3115 - Fall Protection Course. Students will learn how to apply the fall protection training standards, effective training techniques and develop a fall protection training plan. Course topics include: course introduction and orientation; Fall protection hierarchy; Training techniques; OSHA requirements for fall hazards training; ANSI Z 359.2 training requirements; Exercise - Develop a fall protection training program.

Prerequisite: OSHA 3115.

Fee: \$325

TRAINER COURSE - FORKLIFT SAFETY

In this course, participants will learn what the OSHA requirements are, how they affect your company and how to comply with the standards. This course is designed to give the participants the tools and knowledge needed to teach forklift operators about the OSHA requirements. Trainers should develop their own programs and audiovisual aids to use when they are teaching forklift safety courses. While this course is general in nature, as a trainer you will need to provide training which is specific to the types of powered industrial trucks (forklifts) which the students will be operating.

Fee: \$495

UC San Diego Safety Courses

TRAINER COURSE - TRENCHING

This course reviews the Federal and State OSHA requirements for excavation and trenching activities. Emphasis will be placed on training techniques, prevention strategies and practices such as inspections, permitting procedures, soil analysis, and competent person responsibilities.

Prerequisite: OSHA 3015.

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

Visit OSHA.UCSD.EDU for up-to-date information on course dates and locations.

VIRTUAL INSTRUCTOR LED TRAINING (VILT)

LIVE ONLINE!



BENEFITS

- 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
- Relationship building through Discussion Boards via Canvas
- Academic units from these classes may be applied to the Professional Safety and Health Officer and Safety and Health Specialist Certificate Programs
- 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.
- 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. 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 Alaska, American Samoa, Arizona, California, The Commonwealth of the Northern Mariana Islands, Guam, Hawaii, Idaho, Nevada, Oregon and Washington. 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).



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.
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3. Flexible scheduling
4. Cost savings
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6. Industry expert instructors

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oshatraining@ucsd.edu

TURN YOUR SAFETY TRAINING INTO COLLEGE CREDIT

As a UC San Diego 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 UC San Diego 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 UC San Diego when you Reach Out to get these valuable benefits!



Registration Information



ENROLLMENT

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

Online enrollment

myextension.ucsd.edu

After you have logged in, make sure to have the Section ID for the class in which you intend to enroll. Click on the "cart" icon to continue with registration. Students must receive prior approval before enrolling in an OSHA trainer course.

Assistance with payments:

Call (858) 534-3400 or email unex-reg@ucsd.edu

Purchase orders: Purchase orders must be submitted on company letterhead, and should be submitted to unex-cashiering@ucsd.edu.

Mail payment to:

UC San Diego
Division of Extended Studies
Attn: OSHA Training Institute Education Center
9500 Gilman Drive MC0170F
La Jolla, CA 92093
Payable to: UC Regents

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
- 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: (858) 534-9271

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

Connect on Social Media:



