



SAFETY & HEALTH TRAINING

- Construction
- General Industry
- Safety Program Management
- Federal and State Standards
- Free Quarterly Updates

2008-2009



Osha

Education Center **Region IX**
California State University Dominguez Hills

www.csudh.edu/OSHA 888-4LA-OSHA

Building a Safer World Together....

Marge Gordon

Dean of the CSUDH College of Extended and International Education and the Executive Director of the new Region IX Dominguez Hills OSHA Training Institute Education Center....

“After a nationwide search, CSUDH is delighted to be named by the U.S Department of Labor as one of eight new OSHA Training Institute Education Centers (OTIECs). The search focused on finding institutions located within metropolitan areas whose workforce was determined to be in significant need of safety and health training.

CSUDH was chosen as the most qualified candidate to deliver OSHA curriculum to the more than 7.5 million workers in the greater Los Angeles area because of the University’s 17 year history of providing excellent environmental, safety and health training, its highly qualified and experienced team of instructors, and the superb training facilities, which are conveniently located close to LAX and adjacent to three major southern California freeways.

We are honored to serve as the Los Angeles area’s first authorized OSHA Education Center. Come join with us in the effort to create a safer world for our community, our co-workers, and our families!”

Bringing the Training Conveniently On-Site....Saving Lives, Saving Money....

The **Center for Training and Development** at CSUDH is working with the Dominguez Hills OSHA Education Center to deliver on-site, customized training to company sites. Deeply discounted rates are available to groups of 15 students or more. Contact Center Director, Jason Vogel, at (310) 243-3355 for further details.

Don’t have a group big enough....? Volume discounts are available for companies and organizations sending five or more participants to one of our regular classes. Contact Jason at the **Center for Training and Development** at (310) 243-3355 to register your group or to receive further information.

Reward Your Training Efforts....Earn the CSUDH Advanced Certificate in Safety and Health....

Participation in the OSHA courses at the Dominguez Hills OSHA Education Center can earn you professional recognition when you receive the **Advanced Certificate in Safety and Health!** This Certificate consists of two required courses and five electives. Complete Certificate information can be found at www.csudh.edu/osha



Recognizing courses taken at other OSHA Education Centers....

The Dominguez Hills OSHA Education Center recognizes courses taken at other authorized OSHA Education Centers across the country by accepting up to four courses taken through them towards meeting the requirements of the **CSUDH Advanced Certificate in Safety and Health**. Full details and the certificate application can be found at the www.csudh.edu/osha

Where Military Service counts!

CSUDH has a proud tradition of serving America's military. The recognition of training taken at OTIECs across the nation and the world by service members is just one example! Learn more about our other military friendly policies by visiting www.csudh.edu/military

Earn the CSUDH Advanced Certificate in Safety and Health Evenings and Weekends!

The Dominguez Hills OSHA Education Center offers students the option of completing the **Advanced Certificate in Safety and Health** in six months or less through participation in weekend and evening courses. All Certificate guidelines apply. Any student may take the accelerated courses on a space-available basis although priority seating will be given to those students who sign up for five or more accelerated courses at once. For complete Certificate guidelines see www.csudh.edu/osha

Become a Trainer: Participate in FOUR OSHA Outreach Trainer Programs....

The Dominguez Hills OSHA Education Center offers four OSHA authorized Train-the-Trainer programs in **Construction, General Industry, Maritime Safety and Disaster Site Worker**. If you have the required experience (requirements differ for each program) this can be an excellent opportunity to become an authorized Trainer for your company, or to build your own business! Consult www.csudh.edu/osha for further information.

Trainer Programs offered on weekends in Carson, the Inland Empire and Orange County

Don't have the time to become a Construction or General Industry Trainer during the week? Weekend Train-the-Trainer programs are available in Carson, the Inland Empire and Orange County.... check www.csudh.edu/osha for further information.

Training Available online....

Through partnerships with 360 Training and the University of South Florida, the Dominguez Hills OSHA Education Center is pleased to offer the Construction and General Industry 30 Hour Standards and Trainer Courses completely online. Fully authorized by OSHA, these excellent online programs can provide potential Trainers the opportunity to receive their credentialing online. Information about this and all of the online Safety and Health programs available through CSUDH can be found at www.csudh.edu/osha



Apply your Training to a Bachelor's Degree

Through a partnership with Columbia Southern University courses taken through the Dominguez Hills OSHA Education Center can be applied to an online Bachelor's Degree in Occupational Safety & Health offered by Columbia Southern University. For further information contact Columbia Southern directly at www.columbiasouthern.edu/osha or by calling (800) 977-8449. Students enrolled in or graduated from the **CSUDH Advanced Safety and Health Certificate** will receive a 10% tuition discount for courses taken through Columbia Southern University.

SPECIAL Introductory Discount for ASSE, AIHA and CSSSP Chapter Members in 2008/2009!

Active dues paying members of Southern California Chapters of ASSE (American Society of Safety Engineers), AIHA (American Industrial Hygienists Association) and CSSSP (California Society for Safety and Security Professionals) earn a 10% discount on all CSUDH OTIEC courses taken in 2008 and 2009. Details on this special offer are at www.csudh.edu/osha

Partnerships Build Opportunity....

The Dominguez Hills OSHA Education Center continues to seek ways to expand delivery of the best in worker based safety and health training by developing innovative partnerships with other academic institutions. Current partnerships include the University of California, San Diego (UCSD), the University of California, Los Angeles (UCLA), the University of Southern Florida (USF), Columbia Southern University (USC) and California State University, San Bernardino (UCSB).

Training based on Federal and State Standards....

All training offered through the Dominguez Hills OSHA Education Center references applicable Federal and State Standards.

Free Cal/OSHA Update offered every quarter....

Once a quarter the Dominguez Hills OSHA Education Center, in partnership with Cal/OSHA and the California Society for Safety and Security Professionals (CSSSP), offers a free public seminar designed to keep safety professionals and local employers informed on what's new in safety and health compliance. To be put on the contact list to receive information about the next Cal/OSHA Update contact Jason Vogel at jvogel@csudh.edu or (310) 243-3355.



OSHA 500 Training Course in OSHA Standards Fee: \$725

For Construction Industry

Gain effective training techniques with a special emphasis on the most Hazardous areas in construction. Using OSHA standards as a guide, this course is designed for private sector workers interested in developing safety and health programs in the construction industry. Those who successfully complete the course and pass a multiple-choice test become outreach trainers, authorized to conduct both 10 and 30-hour construction courses. *Prerequisite: OSHA 510 and five years construction safety experience*

2008

Nov 17-20	M-Th	8-5	Carson, CA
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2009

Feb 23-26	M-Th	8-5	Carson, CA
May 30-31 & Jun 6-7	S-S & S-S	8-5	Carson, CA
Aug 3-6	M-Th	8-5	Carson, CA
Oct 17-18 & 24-25	S-S & S-S	8-5	San Bernardino, CA
Nov 2-5	M-Th	8-5	Los Angeles, CA



OSHA 502 Update for Construction Industry Fee: \$650

Outreach Trainers

This course is for private sector personnel who have completed the OSHA 500 instructor courses. It refreshes your knowledge and provides an update on recent changes to OSHA's most common hazards and violations. Construction industry outreach trainers must take this update course every four years. If your card has expired, you must retake the OSHA 500 course and exam.

2009

Feb 2-4	M-W	8-5	Carson, CA
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OSHA 510 OSHA Standards for the Construction Industry Fee: \$725

This course provides an overview of OSHA policies, procedures, and standards for the construction industry, as well as safety and health principles. Each section of the OSHA construction standards is covered with special emphasis placed on more hazardous areas, using OSHA standards as a guide. Upon successful completion of the course, you receive a 30-hour Construction Safety and Health Outreach Training course completion card.

2008

Oct 6-9	M-Th	8-5	Carson, CA
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2009

Jan 26-29	M-Th	8-5	Los Angeles, CA
Mar 14-15 & 21-22	S-S & S-S	8-5	San Bernardino, CA
Apr 6-9	M-Th	8-5	Carson, CA
May 30-31 & Jun 13-14	S-S & S-S	8-5	Carson, CA
Jul 13-16	M-Th	8-5	Carson, CA
Sep 12-13 & 19-20	S-S & S-S	8-5	San Bernardino, CA
Sep 14-17	Mon-Th	8-5	Los Angeles, CA



OSHA 501 Training Course in OSHA Standards For General Industry

Fee: &725

This course presents information on how Occupational Safety and Health Act provisions may be implemented in the workplace. Worker and employer rights and responsibilities under the OSH Act, the appeals process, record keeping, and voluntary protection programs will be covered. It includes an overview of OSHA's general industry standards and the requirements of the more frequently referenced standards. Those who successfully complete the course and pass a multiple-choice test become outreach trainers, authorized to conduct both 10-and 30-hour general industry courses. *Prerequisite: OSHA 511 and five years of General Industry Safety experience.*

2009

Mar 14-15 & 21-22	S-S & S-S	8-5	Carson, CA
Jun 22-25	M-Th	8-5	Los Angeles, CA
Aug 15-16 & 22-23	S-S & S-S	8-5	Orange County, CA
Oct 26-29	M-Th	8-5	Carson, CA
Dec 5-6 & 12-13	S-S & S-S	8-5	Carson, CA

OSHA 503 Update For General Industry Outreach Trainers

Fee: \$650

This course is for private sector personnel who have completed the OSHA 501 instructor courses. It refreshes your knowledge and provides an update on recent changes to OSHA's standards for the most common hazards and violations. General industry outreach trainers must take this course every four years. If your card has expired, you must retake the OSHA 500 course and exam.

2009

Aug 31 – Sep 2	M-W	8-5	Carson, CA
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OSHA 511 OSHA Standards for General Industry

Fee: \$725

This course provides an overview of OSHA policies, procedures, and standards as well as general industry safety and health principles. Using OSHA standards as a guide, topics include scope and application of the OSHA general industry standards, with special emphasis placed on the most hazardous areas. Upon successful completion of the course, you receive a 30-hour General Industry Outreach Training course completion card.

2009

Jan 24-25 & Jan 31 - 01	S-S & S-S	8-5	Orange County, CA
Feb 9-12	M-Th	8-5	Carson, CA
May 11-14	M-Th	8-5	Los Angeles, CA
May 30-31 & Jun 13-14	S-S & S-S	8-5	Carson, CA
Jul 20-23	M-Th	8-5	Carson, CA
Oct 31-01 & Nov 7-8	S-S & S-S	8-5	Carson, CA
Nov 16-19	M-Th	8-5	Los Angeles, CA

OSHA 521 OSHA Guide to Industrial Hygiene

Fee: \$725

This course is intended to increase your knowledge of industrial hygiene practices and related OSHA regulations and procedures. It focuses on the OSHA health standards and address topics such as permissible exposure limits, respiratory protection, engineering controls, hazard communication, sampling instrumentation, hearing conservation, workplace health program elements, and other industrial areas.

2009

Mar 2-5	M-Th	8-5	Carson, CA
Jul 22 - Sep 9	Wed	6-10 pm	Carson, CA

OSHA 2015 Hazardous Materials

Fee: \$725

An Overview of OSHA's general industry standards and proprietary standards relating to hazardous materials.

2009

Jun 8 - 11	M-Th	8-5	Carson, CA
Sep 16 - Nov 4	Wed	6 - 10 pm	Carson, CA

OSHA 2045 Machinery and Machine Guarding Standards

Fee: \$725

Become familiar with a wide variety of common machinery, related safety standards, and guarding methods. Learn the hazards associated with various kinds of machinery and how to control hazardous energy sources (lockout/tagout). Apply hazard recognition concepts on a site inspection at an operating facility with a variety of machine operations. Evaluate and document any machinery and machine guarding hazards, research the standards for citation references, and know your abatement options.

2009

Jan 20 - 23	M-Th	8-5	Carson, CA
Aug 22-23 & Sep 12-13	S-S & S-S	8-5	Carson, CA

OSHA 2225 Respiratory Protection

Fee: \$725

Gain knowledge of the requirements for the establishment, maintenance, and monitoring of a respiratory protection program.

2008

Nov 17 - 20	M-Th	8-5	Los Angeles, CA
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2009

May 4 - 7	M-Th	8-5	Los Angeles, CA
Nov 16 - 19	M-Th	8-5	Los Angeles, CA



OSHA 2250 Principles of Ergonomics Applied to Work-Related Musculoskeletal and Nerve Disorders

Fee: \$725

Familiarize yourself with the applications of ergonomic principles for the reduction of stress and strain to an employee's body and the control of workplace musculoskeletal and nerve disorders. Conduct task analysis of actual videotaped jobs looking for musculoskeletal disorder risk factors. Work as a team to apply class concepts to develop effective control strategies for each job.

2009

Nov 16 - 18 M-W 8-5 Carson, CA
Jul 11-12 & Aug 1-2 S-S & S-S 8-5 Carson, CA

OSHA 2264 Permit-Required Confined Space

Fee: \$650

Increase your knowledge of hazards associated with confined space entry and their environments.

2009

Mar 2-4 M-W 8-5 Los Angeles, CA
May 27- Jul 15 Wed 6:30-9:30 Carson, CA

OSHA 3010 Excavation, Trenching And Soil Mechanics

Fee: \$650

This course provides a focus on OSHA standards and on the safety aspects of excavation and trenching. Learn practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations. Various types of shoring (wood timbers and hydraulic) are covered, testing methods are demonstrated, and an exercise is completed using instruments such as penetrometers, torvane shears, and engineering rods. An interactive field exercise is included.

2009

Mar 9-11 M-W 8-5 Carson, CA
Jul 11-12 & Aug 1-2 S-S & S-S 8-5 Carson, CA

OSHA 3095 Electrical Standards

Fee: \$725

Get an overview of electrical installations and equipment with emphasis on controlling electrical hazards by the application of OSHA standards and the National Electrical Code. Participate in an electrical lab.

2009

Nov 30 - Dec 2 M-Th 8-5 Carson, CA

OSHA 3110 Fall Arrest Systems

Fee: \$650

An overview of state-of-the-art technology for fall protection and current OSHA requirements, including the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment, and OSHA policies regarding fall protection. Participate in a one-day field exercise demonstrating fall protection equipment.

2009

Feb 2-4 M-W 8-5 Carson, CA
Sep Oct 3-4 & Oct 24 S-S & Sat 8-5 Carson, CA



OSHA 5400 **Trainer Course in Maritime Safety**

This is a Trainer Course for those interested in teaching the 10 and 30 Hour Maritime Outreach Program. Special emphasis is placed on required Outreach topics, using OSHA standards as a guide. Students are taught effective adult instructional techniques. This course authorizes students to become Maritime Outreach Trainers. **Required Prerequisite:** *Two years experience in ship repairing, shipbuilding, shipbreaking, maritime terminals, or longshoring AND at least one of the following: 1) 2 years of safety experience in any industry.*

2) A safety degree, or 3) Certification as ASP, CSP, or CIH, CMC, CSHM.

Following successful completion of the written exam, students become authorized Outreach Trainers in the 10 and 30 Hour Maritime Outreach Program for a 4 year period, after which training must be updated. Laptop recommended.

2009

Apr 20-23

M-Th 8-5

Carson, CA

Fee: \$725

OSHA 5600 **Trainer Course for Disaster Site Worker**

In this vital class experienced trainers will learn to present the Disaster Site Worker Course (OSHA 7600). The trainer will be able to apply elements of successful adult training programs. Trainers are given the opportunity to practice knowledge, skills and attitudes through discussion, planned exercises, demonstrations and presentations. Participants receive lesson plans and training materials for the Disaster Site Worker Course as well as information on training techniques and resources. Trainers will be expected to present a selected portion of the Disaster Site Worker Course and to use a "presentation evaluation" sheet to evaluate other presenters.

• *Current OSHA 500 or OSHA 501* • *Current 40-Hour HAZWOPER*

One of the following:

- Minimum of three years experience as an occupational safety and health trainer.
- Journey level credentials in the construction trades.
- Technical skills or credentials in construction work

See www.csudh.edu/OSHA for current schedule

OSHA 6000 **Collateral Duty for Federal Employees**

If you are a federal employee, learn to recognize basic safety and health hazards in the workplace and effectively assist agency safety and health officers in their inspection and abatement efforts. This course introduces federal agency collateral duty safety and health personnel to the OSH Act, Executive Order 12196, 29 CFR 1960, and 29 CFR 1910. A mock inspection of a government facility will provide hands-on experience.

Required Equipment: *Appropriate clothing for field exercise.*

TOPICS INCLUDE:

- Walking and Working Surfaces
- Industrial Hygiene
- Hazardous Materials
- Personal Protective Equipment
- Lockout/Tagout

See www.csudh.edu/OSHA for current schedule

The CSUDH OSHA Training Institute is pleased to offer the following courses in partnership with the OSHA Education Center at the University of California, San Diego.

These courses, though held at CSUDH, must be registered for directly through UCSD.

For updates to this list and registration information go to <http://www.csudh.edu/osha>

UCSD 3096 Electrical High Voltage Standards – Federal Fee: \$725

OSHA classifies any use of electrical service over 600 volts as high voltage. Regulations and accepted industry standards state that employers 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 operate your facility. Along with advance knowledge of critical compliance issues, emphasis is placed on hazard awareness and abatement methods.

Recommended prerequisite: OSHA 3095

TOPICS INCLUDE:

- Fundamentals
- Definitions
- Wiring Methods
- Practices and Equipment
- Lockout/Tagout

2009

Sept 28 – Oct 1 M-Th 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206

UCSD 3097 Electrical Low Voltage Standards – State Fee: \$395

Get practical training so that your business can maintain a safe, hazard free workplace. This intensive two day training course is built around state requirements for employees working on electrical installations and equipment. Included are safety related information regarding state standards, equipment safety practices, dealing with hazards and the use of protective equipment.

TOPICS INCLUDE:

- Definitions
- Wiring Methods
- Practices and Equipment
- Lockout/Tagout

2009

March 16-17 M-T 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206

UCSD 3098 Electrical High Voltage Standards –State Fee: \$395

For employees working on or near equipment energized above 600 volts, this intensive two day training course is built around state requirements. Learn how to maintain a safe, hazard free workplace by learning safety related information regarding state standards, equipment safety practices, dealing with hazards and the use of protective equipment.

TOPICS INCLUDE:

- Personal Protective Equipment
- Energized Parts
- Grounding
- Medical Services/First Aid
- Hazardous Energy Control

2009

March 18-19 W-Th 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206

UCSD 3099 **Electrical Safety Standards – NFPA 70E**

Fee: \$225

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, prevent damage to equipment and work sites and, most importantly, save lives.

2009

March 20 F 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206



UCSD 9020 **Trainer Course in Forklift Safety**

Fee: \$395

Participants will learn the OSHA requirements, how they affect companies and how to comply with the standards. This course is designed to give the tools and knowledge needed to return to work and teach forklift operators OSHA requirements. Trainers should have a basic understanding of forklift operations and procedures. Forklift operating experience is helpful but not needed for this course. An operational supervisor may be needed to assist you in training and evaluation at your facility.

TOPICS INCLUDE:

- Rough terrain
- Extendable boom
- Vertical mast

2009

Dec 7-8 M-T 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206

UCSD 3200 **Scaffolding**

Fee: \$650

During this course you will become familiar with the OSHA compliance standards for various types of scaffolding including supported, suspended, and aerial lifts. You will also learn how scaffolds work and how to do basic load analysis. Hands-on field exercises, the OSHA standards for scaffolding, and resource material are included. Required Equipment: Appropriate clothing for field exercise.

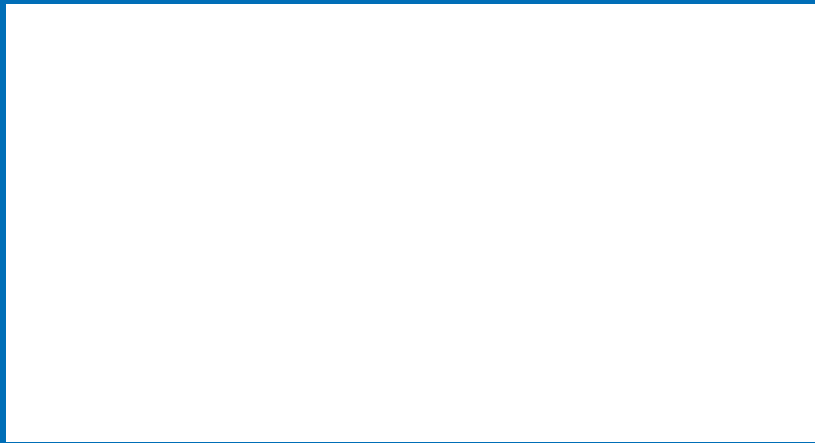
TOPICS INCLUDE:

- Platforms
- Bracing
- Guardrails
- Falling Objects
- Tie-Ins & Scaffold Bracing
- Mobile Scaffolds

2009

Jun 22-24 M-W 8-5pm Carson
Register directly with UCSD by calling (800) 358-9206

- The UCSD 3200 Scaffolding class can be used as an elective in the Dominguez Hills OSHA Education Center **Advanced Certificate in Safety and Health**. See www.csudh.edu/osha for details.



Managers and Supervisors
 HR Professionals and
 Training Managers
 Business Owners
 Environmental, Health
 and Safety Professionals

**Important Compliance
 Information for:**

Attention



California State University Dominguez Hills
 1000 E Victoria St
 Carson, CA 90747

Non-Profit Org.
 U.S. Postage
PAID
 Permit No. 246
 Gardena, CA

Osha

Training

Register Online at www.csudh.edu/OSHA or call 888-4LA-OSHA

Registration Form (refund policy available at www.csudh.edu/osha)

Name _____	Phone _____
Address _____	
Email _____	Company _____
Course Number _____	Class Date _____
Fee _____	Credit Card, Check or PO Number :
(exp.date _____)	_____

Mail to : CSUDH OSHA Education Center EE 1300 • 1000 E Victoria St Carson, Ca 90747

