

SAFETY TOPICS	Description
Practical Techniques to Prevent Strains, Pains, Falls, and Serious Injuries	This workshop is a realistic and practical approach to recognizing and preventing the root cause of most physical injuries. It is designed to enable workers of all ages to understand the body mechanics and identify areas and positions of strength and weakness. Participants will learn to adapt their practices to use their strengths and avoid strains and injuries from everyday activities. Our discussions will address special practices for an aging workforce as well as new employees.
Outdoor Safety: Preventing Lyme & Tick-Borne Diseases, Poison Ivy, & Common Outdoors Health Hazards	In this workshop, we will discuss the range of minor to serious safety risks associated with working outdoors including, diseases and viruses from exposure to insects, arachnids, and animals; heat & cold, stress, UV exposure, allergic reactions and poisonous plants, and more.
American Heart Association Cardio Pulmonary Respiration (CPR) Certification Training For Adult & Child , includes Use of Automated External Defibrillator (AED)	Training will help participants learn how to recognize the signs of a sudden cardiac arrest, when to activate the EMS system, how to help choking victims, and how to do CPR. This portion of the American Heart Association Certification Training will also enable participants to become familiar with and operate an AED in an emergency situation. CPR Certification workshop is approximately 3 hours in length.
American Heart Association Certification Training for First Aid	The First Aid portion of the American Heart Association Certification Training teaches participants how to handle injuries seen more frequently. This session will train participants to recognize and react to situations such as low blood sugar, bleeding, broken bones and sprains, seizures, strokes, insect bites and stings, and temperature related injuries. Certification workshop is approximately 3 hours in length.
Vehicle Safety & Safe Driving	Motor Vehicle Accidents is one of the leading causes of death in the United States. In this workshop we will review safe driving practices and accident prevention techniques ranging from pre-trip inspection, commercial passenger vans, distracted driving, night blindness, weather conditions, defensive driving, and more.
Defending Yourself Without Fighting Regardless of Age or Size - Part I – Defending Against Aggression Through Verbal De-escalation	This workshop emphasizes techniques to improve our ability to adapt communication methods and body language to deter and de-escalate aggressive behavior. We will review ground rules for deterring aggression, study the different types of aggressors and the methods they use, determine practices that result in a safe outcome, and learn basic survival techniques for hostile situations.
Defending Yourself Without Fighting Regardless of Age or Size - Part II – Physical De-escalation Defending against the Common Unarmed Attacks	Too often conflict can escalate beyond verbal to physical, and understanding how to get out of holds and common physical attacks can not only help to de-escalate the situation back to verbal, but also in many cases prevent serious injury or death. In this session we will focus on practicing these physical defense techniques.
Defending Yourself Without Fighting Regardless of Age or Size - Part III – Learning How to Safely Restrain People.	Due to a number of factors, people under your responsibility, can get out of control. This workshop will teach participants how to safely restrain a person without injury to others and yourself. We will guide participants how to others re-establish their self-control.
MOST TOPICS ARE OFFERED AT VARIOUS LEVELS AND LENGTH,	TYPICAL LENGTHS ARE AS FOLLOWS: <u>Introduction Level:</u> 1 to 2 Hours <u>Application Level:</u> Half Day (approximately 3 hours) <u>Advanced Level:</u> Full Day (approximately 6 hours)

WORKPLACE SAFETY TOPICS	Description
Emergency Preparedness and Planning	This workshop introduces and reviews the emergency planning requirements, roles, and responsibilities for organizations and employees in preparing for and handling emergencies ranging from weather-related issues to chemical spills.
Safe Work Practices for Preventing Back and Musculoskeletal Injuries	This session focuses on a realistic and practical approach to recognizing and preventing the root cause of most physical injuries. The workshop is designed to enable workers of all ages to understand the body mechanics and identify areas and positions of strength and weakness. Participants will be able to adapt their practices to use their strengths and avoid strains and injuries from everyday activities. Our discussions will address special practices for an aging workforce as well as new employees.
Chemical Safety and Hazardous Materials Management	This workshop is designed to aid employees in learning how to safely manage chemical hazards. We will discuss hazardous material identification, safe practices for shipping and receiving, safe storage, hazardous waste protocols, and associated regulatory requirements.
Emergency Management and Critical Incident Response	This session is design to provide guidance on how to effective manage critical incidents and emergencies. We will discuss first responder roles, managing special circumstances and personnel with disabilities, evacuation protocols, fire safety techniques, communication, coordination with emergency services and responders, Incident command system, practices to assure safe passageways, and emergency management protocols.
Hazard Communication and Right-to-Know	Hazard Communication training is required annually under OSHA 29 CFR 1910.1200 and is intended to provide employees who may be exposed to hazardous chemicals with basic information on working with these chemicals. We will review various hazard warnings, labeling systems and material safety data sheets (MSDS).
Hazardous Materials (HAZMAT) and Hazardous Waste Operations and Emergency Response (HAZWOPER) -	All personnel who are likely to witness or become involved in the clean up and response of hazardous material spills are required to have initial and annual refresher training on the appropriate procedures and safe limits for handling these events. This training introduces and reviews practices for hazard identification, site control, decontamination, monitoring, protection levels, and toxicology. The HAZMAT training sessions are based on assigned functions and include: HAZMAT Initial 24 hour Training, HAZWOPER 40 hour Initial Training, and 8 Hour Refresher Training
Personal Protective Equipment	Personal Protective Equipment (PPE) training is required under OSHA 29CFR 1910.132 and provides an overview of the various common types of PPE, PPE standards, the limitations of PPE, and a review of how to wear and use this equipment.
Respiratory Protection	Respiratory Protection training is required by OSHA Standard CFR 1910.134 and reviews the types of respiratory protection, protection levels, limitations, medical evaluation requirements, proper use of a respirators, and fit-testing protocols.
Chain Saw Safety	Chain Saw Safety is a safety training class that includes discussions and demonstrations on the following topics: safety, personal protective equipment, chain saw sharpening techniques, safe starting procedures, reactive forces & kick back, notches, directional felling, limbing & bucking, springpoles, and use of wedges.

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Construction Site Safety	Introduction to construction site safety for work in and near construction sites includes a review of general site control, protective equipment use such as hard hats, working near equipment, fall protection, trench safety, and site emergency management.
Traffic Workzone Safety	We will provide an introduction and review of safety practices and requirements for working on or near roadways, traffic areas, and parking lots. This session will cover required use of protective clothing, signage and cones.
Confined Space Entry Awareness	This workshop provides training required under OSHA 29 CFR 1910.146 and is designed for individuals who work near or in confined spaces. We will discuss types of confined spaces, hazards found in confined spaces, requirements for entering confined spaces, equipment needs, role of personnel, and more.
Blood-borne Pathogens	Training is required under OSHA 29 CFR 1910.1030 for persons with potential occupational exposure to blood, body fluids or other potentially infectious materials. We will provide an overview of the requirements covering bloodborne pathogens, universal precautions, and the steps to reduce the risk of infection.
Electric Safety and Lock Out / Tag Out Procedures	Electrical Safety is a general training course intended for all employees who may work on de-energized electrical systems or who may be affected by work being performed on live electrical parts in a nearby work area. This session will cover the power of electricity, even at low voltages, and review the main principles of electrical safety and precautions including Lock out Tag out procedures.
Safe Work Practices for Facility and Property Maintenance	This workshop discusses a variety of topics related to facility maintenance, including chemical safety, fall protection & ladders, injury prevention, equipment safety and more.
Safe Work Practices for Land Management and Field Work	This workshop discusses a variety of topics related to groundskeeping, including outdoor safety, chemical safety, physical injury prevention, equipment safety, mowing, and more.
Safe Work Practices for Young Workers (16-24)	This session will provide a basic safety foundation for employees new to the workforce and will cover topics such as chemical safety, material handling and injury, motor vehicle safety, equipment safety, and more.
Incorporating Safety into New Employee Orientation	This workshop provides guidance on designing and conducting New Employee Orientation programs with the objective of minimizing the potential for job-related accidents by increasing the safety knowledge-base of new employees, who are at a far greater risk for accidents.
Safety Management & Effective Safety Committees	The Safety Management System training is designed to provide the Safety Committee with a thorough understanding of how to lead, establish and implement a Safety Management System (SMS). A SMS evaluates all work-related hazards, potential future hazards, includes a risk analysis and change in conditions or practices. This training program will focus on the several key elements including: Creating a Safety Vision and Organizational Goals, Evaluating Risks, Conducting Worksite Analysis, Delineating Responsibility, Authority, Accountability, Action Plans, Developing Measures and Controls.
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