

OSHA Resources

Saving Employers Money



How Much Do Companies Spend on Safety?

- 24% of companies spend less than \$5,000 on safety in their total annual budget.
- Of these, most companies (44%) spent less than \$200 per employee for safety training.
- Ultimately, the question isn't how much a company should spend on safety per employee, but rather the value that they get for those safety dollars.



Basic Business Philosophy

"An untrained worker can't be expected to work safely or professionally. This usually results in poor workmanship, more injuries and property damage, and ultimately, higher business and insurance costs."



OSHA Resources

OSHA has all the resources an employer needs to develop and implement a safety and health program and provide safety training to their employees. All these resources are free to both employers and employees. There is no need for an employer to spend money on the materials needed to have a great safety program in their company.





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Help and Resources

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File a Complaint

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Compliance Assistance

Compliance Assistance Specialists

Consultation Services

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Small Business Resources

Training

Training Requirements and Resources

Outreach Training Program (10- and 30-hour Cards)

Find a Trainer

Replace a Card

Avoid Card Fraud

OSHA Training Institute Education Centers

Find a Center

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Susan Harwood Training Grants



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1

1-Bromopropane: OSHA/NIOSH Hazard Alert

(OSHA 3676 - 2014) ([English: PDF](#))

A

A Brief Guide to Mold in the Workplace

(OSHA SHIB 10-10-2003 - 2003) ([English: HTML](#))

Abatement: Small Entity Compliance Guide for OSHA's Abatement Verification Regulation (29 CFR 1903.19)

(1997) ([English: PDF](#))

Abrasive Blasting: Protecting Workers from the Hazards of Abrasive Blasting Materials Fact Sheet

(OSHA FS 3697 - 2014) ([English: PDF](#))

Aerial Lift Fall Protection Over Water in Shipyards

(OSHA 3452 - 2011) ([English: PDF](#))

(OSHA 3475 - 2012) ([Español: PDF](#))

Sandbags: Filling, Moving and Placing Sandbags During Flooding Disasters QuickCard™

(OSHA 3361 - 2010) (**English:** [HTML PDF](#))

(OSHA 3383 - 2010) (**Spanish:** [PDF](#))

SARS Fact Sheet

(**English:** [PDF](#))

**5X5 Rule
5 copies of up
to 5 publications
per day!**

Scaffolding

(OSHA 3150 - 2002) (**English:** [HTML PDF](#))

Scaffolding: Narrow Frame Scaffolds Fact Sheet

(OSHA 3722 - 2014) (**English:** [HTML PDF](#))

Scaffolding: Ladder Jack Scaffolds Fact Sheet

(OSHA FS 3857- 2016) (**English:** [PDF](#))

Scaffolding: Tube and Coupler Scaffolds - Erection and Use Fact Sheet

(OSHA FS-3759 - 2014) (**English:** [PDF](#))

Scaffolding: Tube and Coupler Scaffolds - Planning and Design Fact Sheet

(OSHA FS-3760 - 2014) (**English:** [PDF](#))

Scissor Lifts: Working Safely with Scissor Lifts Hazard Alert

(OSHA HA 3842 - 2016) (**English:** [PDF](#))



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Aerial Lift Fall Protection Over Water in Shipyards

(OSHA 3452 - 2011) (English: [PDF](#))

(OSHA 3475 - 2012) (Español: [PDF](#))



From ▾

mike@corporatesafetyservices.com

To

oshapubsrequest@dol.gov

Cc

Bcc

Subject

Publications Bulk Order

Aerial Lifts Fact Sheet

(OSHA FS - 2011) (English: PDF)

25 copies

Asbestos Fact Sheet

(OSHA FS 3507 - 2014) (English: PDF)

50 copies

(OSHA FS 3737 - 2014) (Español: PDF)

50 copies

Black Widow Spider Fact Sheet

(OSHA FS - 2005) (English: PDF)

25 copies

(OSHA FS - 2010) (Español: PDF)

25 copies



Michael Rosser

Corporate Safety Services
President

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Aurora, CO 80014

PROUD MEMBER



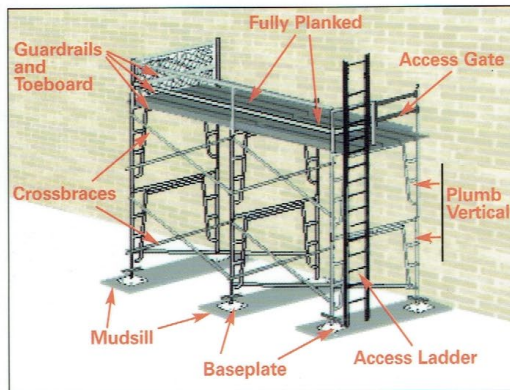
Check out the **NEW**
Masonry Systems
Design Guide
at rmmi.org



Supported Scaffold Inspection Tips

Inspect scaffolds and scaffold parts daily, before each work shift, and after any event that may have caused damage.

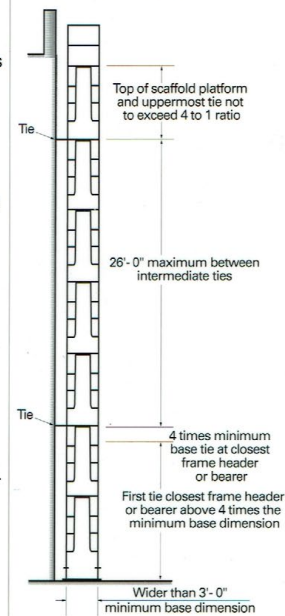
- Check to see if powerlines near scaffolds are deenergized or that the scaffolds are at least 10 feet away from energized powerlines.
- Make sure that tools and materials are at least 10 feet away from energized powerlines.
- Verify that the scaffold is the correct type for the loads, materials, employees, and weather conditions.
- Check footings to see if they are level, sound, rigid, and capable of supporting the loaded scaffold.



- Check legs, posts, frames, and uprights to see if they are on baseplates and mudsills.
- Check metal components for bends, cracks, holes, rust, welding splatter, pits, broken welds, and non-compatible parts.
- Check for safe access. Do not use the crossbraces as a ladder for access or exit.

- Check wooden planks for cracks, splits greater than 1/4 inch, end splits that are long, many large loose knots, warps greater than 1/4 inch, boards and ends with gouges, mold, separated laminate(s), and grain sloping greater than 1 in 12 inches from the long edge and are scaffold grade lumber or equivalent.
- If the planks deflect 1/60 of the span or 2 inches in a 10-foot wooden plank, the plank has been damaged and must not be used.
- Check to see if the planks are close together, with spaces no more than 1 inch around uprights.
- Check to see if 10-foot or shorter planks are 6 to 12 inches over the center line of the support, and that 10-foot or longer planks are no more than 18 inches over the end.
- Check to see if the platform is 14 inches or less away from the wall or 18 inches or less away if plastering/stucco.
- Check for guardrails and midrails on platforms where work is being done.
- Check for employees under the platform and provide falling object protection or barricade the area. Make sure that hard hats are worn.
- Use braces, tie-ins and guying as described by the scaffold's manufacturer at each end, vertically and horizontally to prevent tipping.

Maximum Vertical Tie Spacing Wider Than 3'- 0" Bases



Working safely in trenches



Do **NOT** enter an unprotected trench!

Each employee in a trench shall be protected from a cave-in by an adequate protective system.

Some of the protective systems for trenches are:

- Sloped for stability; or



- Cut to create stepped benched grades; or



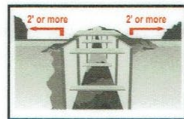
- Supported by a system made with posts, beams, shores or planking and hydraulic jacks; or



- Supported by a trench box to protect workers in a trench.



Additionally, excavated or other materials must be at least 2 feet back from the edge of a trench; and



A safe means of egress shall be provided within 25 feet of workers in a trench.



Trabajando de manera segura en una trinchera



¡**NO** entre en una trinchera que careza de protección!

Todo empleado en una trinchera tiene que ser protegido de un derrumbe por un sistema de protección adecuado.

Algunos de los sistemas de protección para trincheras son:

- Inclin para estabilidad, o



- Cortar para crear pasos o niveles escalonados, o



- Sostener por un sistema formado de postes, vigas, puntales o tablas con gatos hidráulicos, o



- Sostener por una caja de zanja que proteja a los trabajadores en la trinchera.



Además, los materiales excavados u otros materiales tienen que colocarse a un mínimo de 2 pies de la orilla de la trinchera y



Un medio seguro de salida tiene que ser colocado en una trinchera a un máximo de 25 pies de los trabajadores.



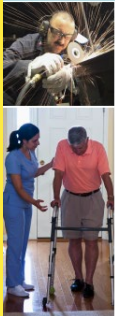
A Guide to
**Scaffold Use in the
 Construction Industry**

Small Business Safety Management Series

OSHA 3150
 2002 (Revised)



Recommended Practices for
**Safety and Health
 Programs**



OSHA[®]
 Occupational Safety
 and Health Administration
osha.gov/safetymangement
 OSHA 3885 October 2016

**Falling Off
 Ladders Can Kill:
 Use Them Safely**

**Las caídas desde
 escaleras pueden
 ser mortales:
 Úselas de forma
 segura**



OSHA 3625-04R 2018

Falls from ladders, scaffolds and roofs can be prevented
 Caídas desde escaleras, andamios y techos pueden prevenirse



OSHA[®] Occupational
 Safety and Health
 Administration
www.osha.gov

**Resource for
 Development and
 Delivery of Training
 to Workers**



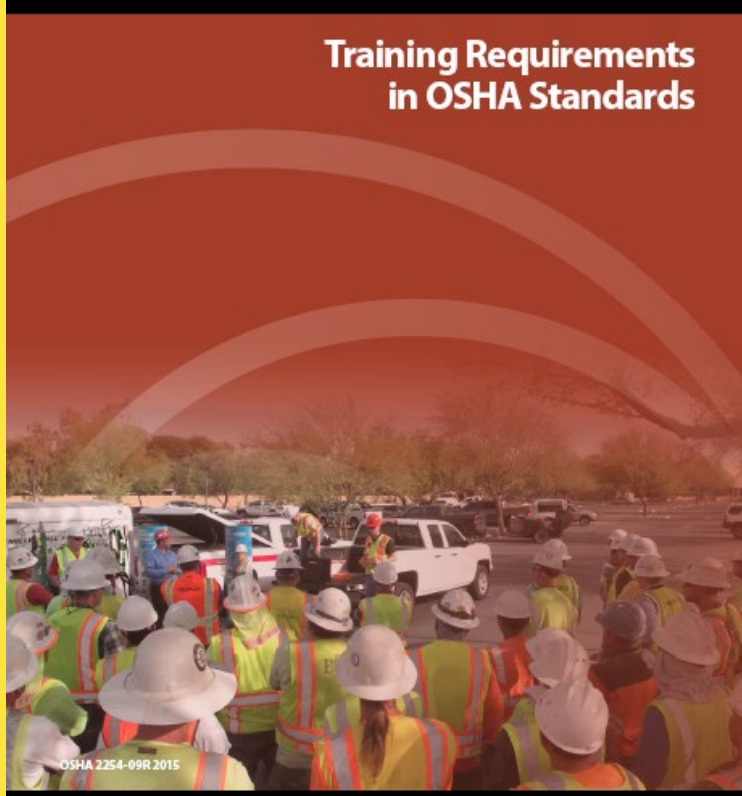
OSHA 3824-08 2015

OSHA[®]
www.osha.gov

What Training Must I Give To My Employees?



Training Requirements in OSHA Standards



Subpart M – Fall Protection

1926.503 Training requirements

The following training provisions supplement and clarify the requirements of 1926.21 regarding the hazards addressed in subpart M of this part.

(a) Training Program.

- (1) The employer shall provide a training program for each employee who might be exposed to fall hazards. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards.
- (2) The employer shall assure that each employee has been trained, as necessary, by a competent person qualified in the following areas:
 - (i) The nature of fall hazards in the work area;
 - (ii) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used;
 - (iii) The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used;
 - (iv) The role of each employee in the safety monitoring system when this system is used;
 - (v) The limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs;
 - (vi) The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and
 - (vii) The role of employees in fall protection plans;
 - (viii) The standards contained in this subpart.





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TRAINING REQUIREMENTS

Training Requirements by Standard

Letters of Interpretation



TRAINING RESOURCES

Developing and Delivering Effective Training

Publications

Videos

[Interactive Web-Based Training](#)

Safety and Health Topics

Hazard Alerts

Harwood Grantee Materials

Alliance Program Materials

Additional Resources

Training and Reference Materials Library

eTools, eMatrix, Expert Advisors and v-Tools

eTools and the eMatrix are "stand-alone," interactive, Web-based training tools on occupational safety and health topics. They are highly illustrated and utilize graphical menus. Some also use expert system modules, which enable the user to answer questions, and receive reliable advice on how OSHA regulations apply to their work site. Expert Advisors are based solely on expert systems and v-Tools are prevention video training tools. Selected eTools are available as downloadable files for off-line use.

Other **training and reference materials** are also available from the OSHA Directorate of Training and Education (DTE). In addition, OSHA also has other training **videos** available.

eTools

- Ammonia Refrigeration (08/2014)
- Battery Manufacturing (02/2004)
- Construction (08/2014) | Spanish (Translation Updated 02/2006)
- Electric Power Generation, Transmission, and Distribution (01/2010)
- Evacuation Plans and Procedures (09/2002)
- Hazard Identification (07/2014)
- Hospitals (09/2021)
- Lead: Secondary Lead Smelter (12/2002)
- Lockout/Tagout (09/1999)
- Logging (10/1998)
- Machine Guarding (06/2007)
- Oil and Gas Well Drilling and Servicing (05/2009; some modules updated 2018)
- Poultry Processing (06/2001)
- Powered Industrial Trucks (09/2008)
- Respiratory Protection (10/1998)
- Scaffolding (02/2017)
- Shipyard Employment (08/2006)
- Steel Erection (10/2002)
- Subpart S - Electrical Standard (08/2012)
- Wood Products: Sawmills (04/2002)
- Wood Products: Woodworking (04/2002)
- Young Worker Safety in Restaurants (07/2003)
- Youth in Agriculture (07/2003)

Ergonomics-related eTools

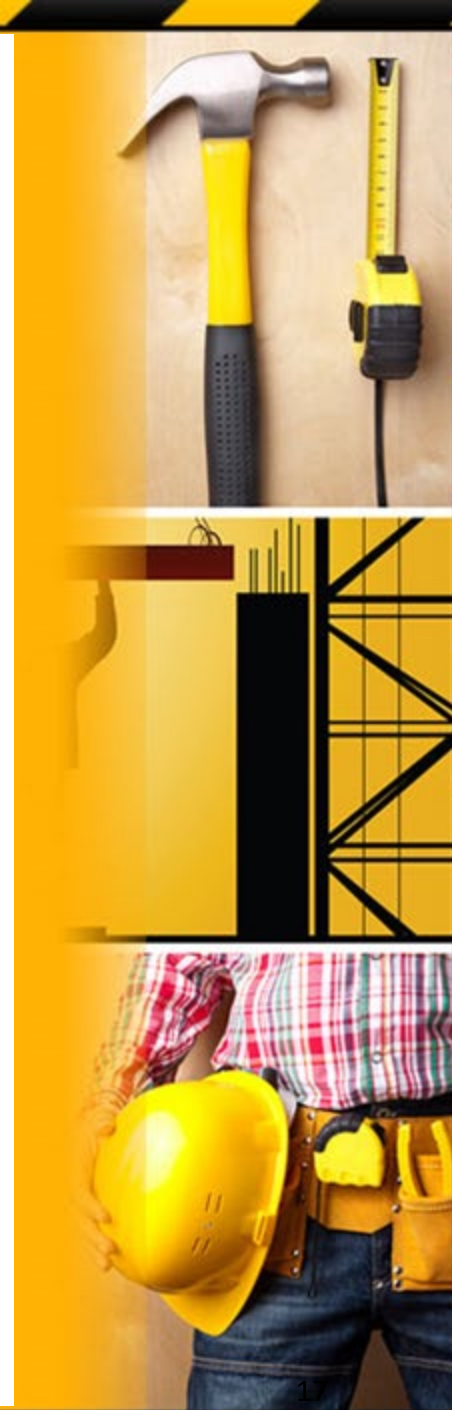
- Baggage Handling (09/2003)
- Beverage Delivery (01/2001)
- Computer Workstations (08/2003)
- Electrical Contractors (07/2003)
- Grocery Warehousing (01/2001)
- Printing Industry (08/2006)
- Sewing (01/2001) | Spanish (10/2001)

Expert Advisors

- Cadmium Biological Monitoring Advisor
- Confined Spaces
- Evacuation - Am I Required to have an Emergency Action Plan?
- Evacuation - Create Your Own Emergency Action Plan
- Hazard Awareness
- Lead in Construction
- Recordkeeping
- Respiratory Protection - Respirator Selection
- Safety Pays

eMatrix

- Hazard Exposure and Risk Assessment Matrix for Hurricane Response and





Construction eTool

- [Home](#)
- [Electrical Incidents](#)
- [Falls](#)
- [Struck-By](#)
- [Trenching and Excavation](#)

Preventing Fatalities

Despite its high fatality rate, construction can be a safe occupation when workers are aware of the hazards, and their employer implements an effective Safety and Health Program. There are numerous hazards that can lead to serious injury in the construction industry. The hazards addressed in this eTool* have been selected because statistics show they cause most construction-related fatalities. An effective [Safety and Health Program](#) should focus on these areas to help ensure that potentially fatal accidents are prevented.

Select a topic below to view information that will help you identify and control the hazards that commonly cause the most serious construction injuries.



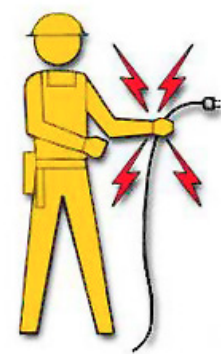
Did you know?

One of every five workplace fatalities is a construction worker.

Standards Highlights

No employer who performs any part of a construction contract shall require any employee to work in surroundings or under conditions which are [29 CFR 1926.20(a)(1)]:

- Unsanitary, and/or
- Hazardous, and/or
- Dangerous to health or safety.



- [Electrical Incidents](#)
- [Falls](#)
- [Struck-by](#)
- [Trenching and Excavation](#)





Falls



Instructor

- Fall Hazard Instructor Guide [\[PDF\]](#)
- Fall Hazard Recognition [\[PPT\]](#)

Student

Small Group Activities

- Personal Fall Arrest System Checklist [\[PDF\]](#)
- Ladder Safety Exercise [\[PDF\]](#)

Handouts [\[PDF\]](#)

- Guardrail and Safety Net Systems Summary
- Personal Fall Arrest Systems Summary
- Preventing Ladder Falls
- Scaffold Work Can Be Dangerous

Caught-In or -Between



Instructor

- Caught-In or -Between Hazard Instructor Guide [\[PDF\]](#)
- Caught-In or -Between Hazard Recognition [\[PPT\]](#)
- Accident Prevention Workshop [\[PPT\]](#)

Student

Small Group Activities

- Review Exercise [\[PDF\]](#)

Handouts [\[PDF\]](#)

- Ten Fatal Facts Accident Summary Reports

Struck-By



Instructor

- Struck-By Hazards Instructor Guide [\[PDF\]](#)
- Struck-By Hazard Recognition [\[PPT\]](#)

Student

Small Group Activities

- Focus Four Toolbox Talks [\[PDF\]](#)
- Four Fatal Facts Accident Summary Report [\[PDF\]](#)

Handouts [\[PDF\]](#)

- Hazard Alert - Nail Gun Safety
- Focus "Cranes and Rigging"
- PPE for Workers Checklist

Electrocution



Instructor

- Electrocution Hazard Instructor Guide [\[PDF\]](#)
- Electrocution Hazard Recognition [\[PPT\]](#)

Student

Small Group Activities

- Activity Options A and B [\[PDF\]](#)
- Eight Fatal Facts Accident Summary Reports [\[PDF\]](#)

Handouts [\[PDF\]](#)

- "Construction Focus Four: Electrocution, Safety Tips for Workers"
- Focus Four Toolbox Talks 1, 2, and 3
- OSHA Quick Card™ "Electrical Safety"



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Get Trained or Become a Trainer

The OSHA Outreach Training Program provides workers with basic and more advanced training about common safety and health hazards on the job. Students receive an OSHA 10-hour or 30-hour course completion card at the end of the training.



PROGRAM INFORMATION

Program Overview

Card Hierarchy

Statistics

FAQs

Contact Us



FOR WORKERS

How to Find Trainers

Class Information By Industry

- Construction
- General Industry
- Maritime Industry
- Disaster Site Worker

Outreach Trainer Watch List

How to Get a Replacement Card



FOR TRAINERS

Program Requirements

Trainer Information By Industry

- Construction
- General Industry
- Maritime Industry
- Disaster Site Worker

Trainer Reauthorization Change

NEW

Teaching Aids (English/Spanish)



Trainer Information for the Construction Industry

Find information on becoming an OSHA authorized trainer and for conducting the OSHA 10-Hour and 30-Hour classes in construction.

PROGRAM INFORMATION AND AUTHORIZATION

[Program Overview](#)

[Trainer Prerequisites](#)

[Trainer Courses](#)

[Trainer Course Search](#)

[Program FAQs](#)

[Contact Us](#)

TRAINER REQUIREMENTS AND GUIDELINES

[Program Requirements](#) **NEW**

[Construction Industry Procedures](#)

[Code of Conduct](#)

[Authorizing Training Organizations](#)

[Investigation & Review Procedures](#)

TRAINER RESOURCES

[Required Curriculum](#)

- [Introduction to OSHA](#)
- [Construction Focus Four](#)

[Other Training Resources](#)

[Spanish Language Resources](#)

[Construction Powerpoints](#)





Introduction to OSHA

One-hour training component emphasizes workers' rights.

Cranes

Cranes

10-Hour Construction Outreach

OSHA 3092 (Rev. 10/15/15) [Download \[17.7 MB Zip\]](#)

Excavations

Excavations

10-Hour Construction Outreach

OSHA 3093 (Rev. 10/15/15) [Download \[15.6 MB Zip\]](#)

Health Hazards in Construction

Health Hazards in Construction

10-Hour Construction Outreach

OSHA 3094 (Rev. 10/15/15) [Download \[4.7 MB Zip\]](#)

Materials Handling, Storage, Use, and Disposal



Materials Handling, Storage, Use, and Disposal

10-Hour Construction Outreach

Personal Protective Equipment

Personal Protective Equipment

10-Hour Construction Outreach

OSHA 3095 (Rev. 10/15/15) [Download \[15.6 MB Zip\]](#)

Scaffolds

Scaffolds

10-Hour Construction Outreach

OSHA 3096 (Rev. 10/15/15) [Download \[15.6 MB Zip\]](#)

Stairways and Ladders

Stairways and Ladders

10-hour Construction Outreach

OSHA 3097 (Rev. 10/15/15) [Download \[15.6 MB Zip\]](#)





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Harwood Grant Opportunities

Available Spring 2024

2023 Application Webinar

Program Information

[Announcements of Funding and Awards](#)

[Program Overview](#)

[FAQs](#)

[Program Training Statistics](#)

Contact OSHA [by Email](#) or Phone: 847-725-7805.

For Applicants and Grantees

[For Applicants](#)

[Learn About Funding Opportunities, Apply Using Grants.gov, and More](#)

For Grantees

- [See Grant Requirements](#)
- [Learn How to Develop and Evaluate Your Training](#)

Grantee-Developed Training

[By Topic](#)

[By Language](#)

[By Grantee](#)




Confined Spaces Hazards in Construction	Confined Spaces, PPE, and Air Monitoring	Western Iowa Technical Community College	2016	SH-29639-SH6	English
Construction	Utility Operations & Construction Hazards in Rural Alaska	The Alaska Native Tribal Health Consortium	2018	SH-05058-SH8	English
Construction Focus Four	Focus Four Hazards safety Training	Washington On-Site Sewage Association	2015	SH-27631-SH5	English Spanish
Construction Hazards	Safety Awareness Training	Florida State College at Jacksonville	2011	SH-22297-11	English Spanish
Construction Industry	Build a Better Safety Program – Confined Space and Fire Safety	Workers Defense Project	2016	SH-29624-SH6	English
Construction Industry	Construction Safety & Prevention Program	Building Industry Association - Hawaii	2016	SH-29640-SH6	English





Focus Four Hazards safety Training

Title	Language	Length	Format	File Size
Construction Focus Four				
Focus Four – 4 hr	English	162 slides	PPTX	14.54 MB
Focus Four – 8 hr Part 1	English	98 slides	PPTX	13.48 MB
Focus Four – 8 hr Part 2	English	98 slides	PPTX	7.25 MB
Training Activities	English	15 pages	 PDF	645.53 KB
Focus Four Part 1	Spanish	95 slides	PPTX	10.70 MB
Focus Four Part 2	Spanish	107 slides	PPTX	9.04 MB





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Find Training Tools

OSHA provides information on employers' training requirements and offers resources such as free publications, videos, and other assistance to help employers protect workers against injuries and illnesses.



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Letters of Interpretation



TRAINING RESOURCES

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Interactive Web-Based Training

Safety and Health Topics

Hazard Alerts

Harwood Grantee Materials

Alliance Program Materials

Additional Resources

Training and Reference Materials Library



Confined Space



[Improper Ventilation Causes Fire in Confined Space](#)

OSHA Examining Fatal Shipyard Accidents
01:39 mins | 2005



[Painting in Confined Space Causes Fire](#)

OSHA Examining Fatal Shipyard Accidents
02:17 mins | 2005

Construction



[5 Ways to Prevent Workplace Falls](#)

0:41 seconds | April 2018



[Construction Hazards Prevention Video Series](#)

14 Videos | December 2013



[Controlling Respirable Crystalline Silica: Handheld and Stand-Mounted Drills](#)

5:19 mins | 2018



[Controlling Respirable Crystalline Silica: Handheld Grinders for Mortar Removal \(Tuckpointing\)](#)

5:25 mins | 2018



[Controlling Respirable Crystalline Silica: Handheld Grinders for Uses Other Than Mortar Removal](#)

8:11 mins | 2018



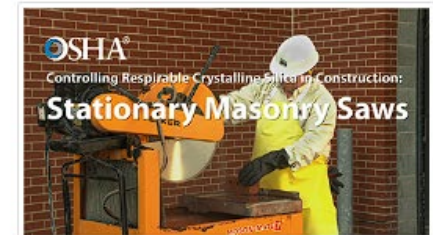
[Controlling Respirable Crystalline Silica: Jackhammers and Handheld Powered Chipping Tools](#)

6:56 mins | 2018



[Controlling Respirable Crystalline Silica in Construction: Handheld Power Saws](#)

5:49 mins | 2018



[Controlling Respirable Crystalline Silica in Construction: Stationary Masonry Saws](#)

5:12 mins | 2018

Find Training Tools

OSHA provides information on employers' training requirements and offers resources such as free publications, videos, and other assistance to help employers protect workers against injuries and illnesses.



TRAINING REQUIREMENTS

Training Requirements by Standard

Letters of Interpretation



TRAINING RESOURCES

Developing and Delivering Effective Training

Publications

Videos

Interactive Web-Based Training

Safety and Health Topics

Hazard Alerts

Harwood Grantee Materials

Alliance Program Materials

Additional Resources

Training and Reference Materials Library



Select a Topic ▾

Aerial Devices and Elevating Equipment

Ammonia Safety

Automotive Service and Repair

Biological Safety

Chemical Exposures

Cold Stress

Concrete Sawing and Drilling

Cranes and Hoists

Designing For Safety

Electrical Safety

Elevator Safety and Health

Ergonomics

Excavation and Trenching





Aerial Devices and Elevating Equipment

- [Aerial Devices - Vehicle-Mounted Elevating & Rotating Work Platforms](#) (PDF). Through the C "Platforms." The pamphlet provides information in English and Spanish to help employers i employees to follow. (2008, January; Spanish Translation 2008, August)
- [Aerial Equipment - Electrical Hazards](#) (PDF). Through the OSHA and Altec Alliance, Altec de Spanish to help employers inform their employees about the electrical hazards associated Spanish Translation 2008, August)
- [Operator Training for Aerial Equipment](#) (PDF). Through the OSHA and Altec Alliance, Altec c provides information in English and Spanish to help employers identify the training recom Translation 2008, August)

Your crew's safety is our number one priority. We've outlined for you in detail the measures needed to protect yourself from injury as well as guidance on training and insuring your equipment is in optimum working condition at all times. **Knowing your equipment has safety features is not enough. Knowing you have the tools to protect yourself is.**

PROTECT YOURSELF: Operator Training for Elevating Equipment

General Training Requirements*:

Only trained personnel who have received instruction on the inspection and operation of elevating equipment shall operate an aerial device or digger derrick. This training should include:

- Purpose and use of operational manuals
- The proper storage of operating manuals on the vehicle when not in use
- Pre-start inspection
- Responsibilities associated with problems or malfunctions affecting operation
- Factors affecting stability
- Purpose of placards and decals
- Workplace inspections
- Applicable safety rules and regulations
- Authorization to operate
- Operator warnings and instructions
- Proper use of personal fall protection equipment
- Recognition avoidance of hazards associated with equipment operation
- Actual operation of the aerial device *(Under the direction of a qualified person, the trainee should operate the aerial device or digger derrick for a sufficient period of time to demonstrate proficiency with operation.)*

Familiarization:

Before an operator is directed to operate an aerial device, he/she should be informed with regard to the following issues:

- Location of the manuals
- Purpose and function of all controls
- Safety devices and operating characteristics specific to the aerial device

** See Mandatory requirements of 29 CFR 1910.67 and 1926.453. See ANSI/SIA A92 publications for additional information.*

PROTEJASE:

Entrenamiento del Operador en Mecanismos de Elevación

GUÍA DE ENTRENAMIENTO GENERAL*:

Sólo personal entrenado que ha recibido instrucción sobre la inspección y el funcionamiento de mecanismos de elevación debe operar dispositivos aéreos o grúas perforadoras.

Dicho entrenamiento debe incluir:

- Propósito y uso de manuales operativos
- La localización apropiada de los manuales de operación en el vehículo cuando el mismo no esté en funcionamiento
- Inspección de pre-encendido
- Responsabilidades relacionadas a problemas o fallas que afecten el funcionamiento
- Factores que afectan la estabilidad
- Objetivo de placas y calcomanías
- Inspección del área de trabajo
- Reglas y regulaciones de seguridad aplicables
- Autorización para operar
- Advertencia e instrucciones para el operador
- Uso apropiado del equipo personal de protección para caídas



Select a Topic ▾

Heat Stress

Hexavalent Chromium

Isocyanates

Ladder Safety

Landcare and Horticulture

Laser Safety

Maritime

Metalforming Industry

Motor Vehicle Safety

Oil and Gas

Power Tools

Portuguese-Language Products

Powered Industrial Trucks



Ladder Safety

- Ladder Safety Toolbox Talks. Through the Alliance Program Construction Translation 2011, July):
 - Choosing the Right Ladder [English](#) (PDF), [Spanish](#) (PDF)
 - Inspect Ladders Carefully! [English](#) (PDF), [Spanish](#) (PDF)
 - Do's and Don'ts of Using a Ladder [English](#) (PDF), [Spanish](#) (PDF)
 - Set Up and Use of a Ladder [English](#) (PDF), [Spanish](#) (PDF)
 - Extension Ladder Safety [English](#) (PDF), [Spanish](#) (PDF)
 - Using a Stepladder Safely [English](#) (PDF), [Spanish](#) (PDF)

Safety and Health Programs

- [How to Conduct an Incident Investigation](#) (PDF). Through the Construction worker. (2014, December).
- [Near Miss Reporting Systems](#) (PDF). Through the OSHA and NS establishing a near miss reporting system. (2013, May).


Ergonomics

- [Beyond Getting Started: A Resource Guide for Implementing Safe Patient Handling Programs](#) (AOHP) Alliance, AOHP developed a guide to help health care professionals implement a safe patient handling program. (2006, June; updated 2011)
- [Ergonomic Guidelines for Common Job Function Within the Construction Industry](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health developed "Ergonomic Guidelines for Common Job Functions" to help construction workers prevent ergonomic injuries. (2004, March; updated 2007, November)
- [Laptop Computers](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health employees prevent ergonomic injuries when using laptop computers. (2004, March)
- [Office Lighting Fact Sheet](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health relationship between office lighting and ergonomics. (2004, March)
- [Prevention of Strains, Sprains, and Material Handling Injuries](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health presentation on the prevention of strains, sprains, and material handling injuries. (2004, March)
- [Retail Store Ergonomics Fact Sheet](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health Sheet highlights potential cumulative trauma disorder risk factors in retail stores. (2004, March)
- [Shoveling Fact Sheet](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health and suggestions for safe shoveling. (2010, March).
- [Sprains and Strains Prevention Toolbox Safety Talk](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health in construction. (2010, July).
- [Strains, Sprains and Material Handling Safety Tips for Employers](#) (PDF). Through the OSHA and National Institute for Occupational Safety and Health workers focusing on the reduction of strains and sprains in the construction industry. (2010, July).



OSHA Training Institute Education Centers



 U.S. DEPARTMENT OF LABOR

Occupational Safety and Health Administration

OSHA ▾

STANDARDS ▾

ENFORCEMENT ▾

TOPICS ▾

HELP AND RESOURCES ▾

NEWS ▾

Help and Resources

- Data
- Establishment Search
- Fatality Reports
- File a Complaint
- Publications
- Safety and Health Topics Pages
- Videos

Compliance Assistance

- Compliance Assistance Specialists
- Consultation Services
- Cooperative Programs
- Small Business Resources

Training

- Training Requirements and Resources
- Outreach Training Program (10- and 30-hour Cards)
- Find a Trainer
- Replace a Card
- Avoid Card Fraud
- OSHA Training Institute Education Centers**
- Find a Center
- Search for Classes
- Susan Harwood Training Grants

OSHA Training Institute Education Centers

The OSHA Training Institute (OTI) Education Centers are a national network of non-profit organizations authorized by OSHA to deliver occupational safety and health training for all levels of workers.



OSHA Training Institute Education Centers



PROGRAM INFORMATION

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FIND TRAINING

Course Titles

Course Descriptions

Searchable Schedule

Spanish Training

List of Centers

Map of Center Locations



CERTIFICATES AND DEGREES

By Center Location

By Degree Program

- Certificate
- Associate
- Bachelor
- Master
- Doctorate
- OSHA Safety and Health Fundamentals Certificate

OSHA Training Institute Education Centers



WEBER STATE UNIVERSITY
Division of Online & Continuing Education

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Mountain West OSHA Education Center

The Mountain West OSHA Education Center (MWOEC) is proud to offer continuing education courses on the Occupational Safety & Health Administration subjects.

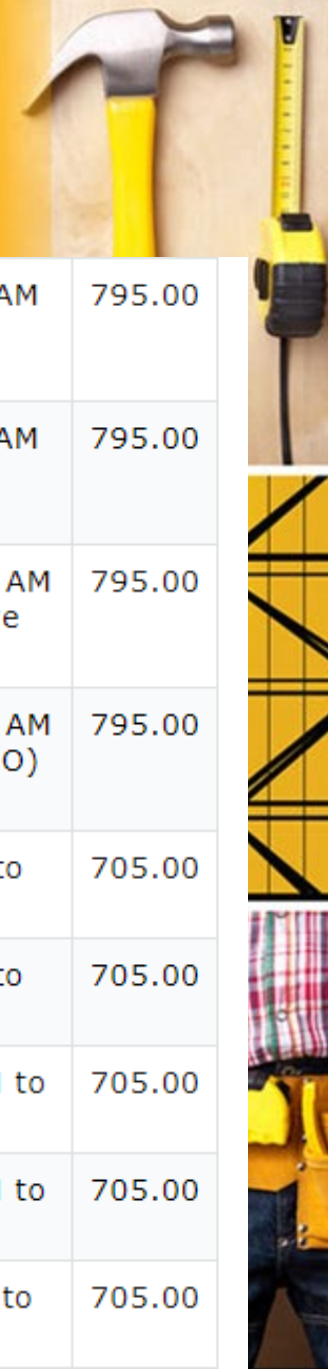
The center is authorized by [OSHA](#) to deliver occupational safety and health training on behalf of the OSHA Training Institute and has been conducting associated courses since 2002. Course topics include construction, oil and gas, public sector training and general industry training.

The MWOEC is part of the Rocky Mountain Center for Occupational & Environmental Health and is located in Salt Lake City. It provides open-enrollment classes in Utah, Colorado, Montana, Wyoming, North Dakota and South Dakota. In addition, the MWOEC can deliver courses on-site at your facility at other locations across the country.

[Courses](#)



OSHA Training Institute Education Centers



<u>OSHA 500: Trainer Course in Occupational Safety and Health Standards for the Construction Ind.</u>	10/17/23	10/20/23	Tu, W, Th and F from 8:00 AM to 4:30 PM (Bismarck, ND)	795.00
<u>OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry</u>	10/24/23	10/27/23	Tu, W, Th and F from 8:00 AM to 4:30 PM (ONLINE)	795.00
<u>OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry</u>	12/11/23	12/14/23	M, Tu, W and Th from 8:00 AM to 4:30 PM (SLC, UT - Arrive at least 15 mins. early)	795.00
<u>OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry</u>	11/13/23	11/16/23	M, Tu, W and Th from 8:00 AM to 4:30 PM (Westminster, CO)	795.00
<u>OSHA 502: Update for Construction Industry Outreach Trainers</u>	11/08/23	11/10/23	W, Th and F from 8:00 AM to 4:30 PM (ONLINE)	705.00
<u>OSHA 502: Update for Construction Industry Outreach Trainers</u>	11/01/23	11/03/23	W, Th and F from 8:00 AM to 4:30 PM (Farmington, UT)	705.00
<u>OSHA 502: Update for Construction Industry Outreach Trainers</u>	12/05/23	12/07/23	Tu, W and Th from 8:00 AM to 4:30 PM (Bismarck, ND)	705.00
<u>OSHA 502: Update for Construction Industry Outreach Trainers</u>	10/24/23	10/26/23	Tu, W and Th from 8:00 AM to 4:30 PM (Westminster, CO)	705.00
<u>OSHA 503: Update for General Industry Outreach Trainers</u>	10/23/23	10/25/23	M, Tu and W from 8:00 AM to 4:30 PM (ONLINE)	705.00

Questions?

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