

# OSHA/Safety Course Catalog



[www.energyu.org](http://www.energyu.org) | [www.midwestenergy.org](http://www.midwestenergy.org)



OS-0101 Introduction of OSHA Standards.....	2
OS-0102 Hazard Communication .....	2
OS-0103 Hazardous Materials .....	3
OS-0104 Hazardous Emergency Responses .....	3
OS-0105 Asbestos Awareness .....	3
OS-0106 Horizontal Directional Drilling Safety.....	4
OS-0108 Bloodborne Pathogens .....	4
OS-0109 Cadmium Awareness .....	5
OS-0110 Fire Extinguisher Safety .....	5
OS-0111 First Aid.....	5
OS-0113 Fall Protection and Prevention .....	6
OS-0121 Respiratory Protection.....	6
OS-0122 Radio Frequency Awareness.....	7
OS-0201 Forklift Safety.....	7
OS-0202 Hand & Power Tool Safety .....	8
OS-0203 Residential Meters Ergonomics and Safety .....	8

## OS-0101 Introduction of OSHA Standards

---

**MEA Certificate Numbers**            **TNG - MEA1665**  
   **KNT - MEA1664**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

For over 35 years, the Occupational Safety & Health Administration (OSHA) has been responsible for assuring safe and healthful conditions for working men and women. Standards created by the agency have successfully reduced injuries, illnesses, and deaths in the workplace.

### Objectives

- Provide a brief overview of the purpose and history of OSHA.
- Describe how OSHA determines and sets standards.
- List reasons for OSHA inspections and describe inspection procedures.
- Explain requirements for correcting violations.

## OS-0102 Hazard Communication

---

**MEA Certificate Numbers**            **TNG – MEA1672**  
   **KNT - MEA1671**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

The Occupational Safety and Health Administration (OSHA) established a Hazard Communication Standard (HCS) to ensure that employees are provided with information in regard to the identities and hazards of chemicals they are exposed to in the workplace, and protective measures that may be taken. This course provides information on employer requirements in regard to hazard communication, including information on the Globally Harmonized System of Classification and Labeling training requirement.

### Objectives

- Describe the purpose and task of OSHA's HCS.
- Identify the changes and updates associated with the adoption of the Globally Harmonized System (GHS).
- Identify each category for physical and health hazards.
- Recognize the appropriate SDS, labels and pictograms for hazard identification and communication.

---

**OS-0103 Hazardous Materials**

---

**MEA Certificate Number**            **TNG - MEA1512**  
   **KNT - MEA1348**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

This course covers "hazard communication," which is an OSHA regulation, "hazardous materials and transportation," and "hazardous materials security," which are both Department of Transportation (DOT) requirements.

**Objectives**

- Understand how to read hazard labels.
- Understand safe work practices.

---

**OS-0104 Hazardous Emergency Responses**

---

**MEA Certificate Number**            **TNG - MEA1513**  
   **KNT - MEA1349**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

Responding to hazmat spills is important to worker safety. You need to be aware of safe methods of use.

**Objectives**

- Understand the importance of responding to hazmat spills safely, quickly, and properly.
- Understand emergency response procedures.
- Learn how to clean up spills.
- Properly select the appropriate clean up materials and containers for spills.
- Learn to correctly label containers.

---

**OS-0105 Asbestos Awareness**

---

**MEA Certificate Number**            **TNG - MEA1514**  
   **KNT - MEA1352**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

Asbestos can cause terrible lung problems for those who come into contact with it. This course will help you recognize Asbestos and learn how to deal with it in a healthy and effective manner.

**Objectives**

- Define what asbestos is and describe the most common types.
- Recognize ACM in your work area.
- Describe health effects of asbestos.
- Identify uses and locations of asbestos.
- Define friable and non-friable asbestos.

**OS-0106 Horizontal Directional Drilling Safety**

---

**MEA Certificate Number**            **TNG - MEA1515**  
   **KNT – MEA1350**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

This course provides information on applicable OSHA standards, and safety information directly related to the task of horizontal directional drilling (HDD).

**Objectives**

- Describe mandatory safety standards which apply to horizontal directional drilling.
- Evaluate work site and identify precautions to take to eliminate hazards.
- List personal protection equipment requirements.
- Recognize and react to Abnormal Operating Conditions (AOCs).

**OS-0108 Bloodborne Pathogens**

---

**MEA Certificate Numbers**            **TNG - MEA1518**  
   **KNT – MEA1353**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

During the course of work, employees may come into contact with blood borne pathogens that can cause serious, even fatal illnesses. This course is designed to provide the knowledge and training necessary to protect employees from these organisms.

**Objectives**

- List three diseases transmitted through contact through contact with blood.
- Understand methods to prevent exposure and the concept of universal precautions.
- Describe emergency procedures and steps to take when an exposure incident occurs.

## OS-0109 Cadmium Awareness

---

**MEA Certificate Numbers**            **TNG - MEA1520**  
   **KNT – MEA1519**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

Cadmium is a hazardous, naturally occurring element that can be found in the workplace. Understanding where it can be found, what it can do, and how to avoid it can save you from ill health.

### Objectives

- Understand where cadmium can be found.
- Know the health effects of cadmium exposure.
- Describe work practices that are effective in minimizing exposure to cadmium.

## OS-0110 Fire Extinguisher Safety

---

**MEA Certificate Numbers**            **TNG - MEA1522**  
   **KNT – MEA1521**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

Fire is a common and serious hazard that can affect the utility industry. While proper procedure and training can minimize the chances of an accidental fire, you must still be prepared to deal with a fire emergency.

### Objectives

- Be able to list the elements of the fire tetrahedron.
- Explain the five classifications of fuel sources that sustain fire.
- Describe the different types of fire extinguishers and the fuel sources on which they can be safely used.
- Understand the fire extinguisher inspection responsibilities.
- Know the rules for fighting fires, including the P.A.S.S. system.

## OS-0111 First Aid

---

**MEA Certificate Numbers**            **TNG - MEA1524**  
   **KNT – MEA1523**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

Unfortunately, no matter how safe we work there is the possibility that accidents will happen. This course introduces you to the first aid procedures for treating bleeding, shock, burns & scalds, electric shock, head & spinal injuries, fractures, poisoning, and environmental emergencies.

**Objectives**

- State why the rescuer needs to work safely.
- Evaluate wounds.
- Describe treatments for the types of wounds.
- Identify symptoms.

**OS-0113 Fall Protection and Prevention**

---

**MEA Certificate Numbers**            **TNG - MEA1674**  
   **KNT – MEA1673**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

Falls account for a large number of workplace accidents each year. In 2006, there were 809 fatal falls, which was the third highest total since 1992. A vast majority of fall accidents can be prevented by identifying fall hazards, providing adequate training, and enforcing the use of fall protection systems.

**Objectives**

- Fall hazard identification.
- Components and usage of fall protection systems.
- Training requirements.
- General fall safety tips.

**OS-0121 Respiratory Protection**

---

**MEA Certificate Numbers**            **TNG - MEA1530**  
   **KNT - MEA1529**

**Continuing Education Unit (CEU)**   **0.1**

**Course Description**

Due to the nature of many Electrical and Gas utility job assignments it is sometimes necessary for workers to protect themselves from hazardous atmospheres by wearing respirators. Respirators are an effective method of protection against designated hazards when properly selected and worn. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker.

**Objectives**

- Know potential respiratory hazards.
- List the types of respirators.
- Describe the proper use of respiratory protection equipment.
- Select the appropriate cartridge.
- Perform fit tests.

- Understand the proper care and maintenance of respirators.

## OS-0122 Radio Frequency Awareness

---

**MEA Certificate Numbers**            **TNG - MEA1532**  
   **KNT - MEA1531**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

Many products make use of some form of electromagnetic energy. One type of electromagnetic energy that is of increasing importance is radio frequency or (RF) energy, including radio waves and microwaves, which is used for providing telecommunications, broadcast, and other services. Heightened awareness of the expanding use of RF technology has led some people to speculate that "electromagnetic pollution" is causing significant risks to human health from environmental RF electromagnetic fields.

### Objectives

- Describe the difference between ionizing and non-ionizing radiation.
- Describe the potential health effects of Radio frequency radiation exposure.
- Identify different types of transmitters and what they are used for.
- Recognize Radio frequency signage and describe what each individual sign means.

## OS-0201 Forklift Safety

---

**MEA Certificate Numbers**            **TNG - MEA1676**  
   **KNT – MEA1675**

**Continuing Education Unit (CEU)**   **0.1**

### Course Description

A forklift is considered a Powered Industrial Truck (PIT). According to the Occupational Safety & Health Administration, tens of thousands of injuries related to PITs occur in US workplaces each year. Many employees are injured when forklift trucks are inadvertently driven off loading docks or fall between the dock and an unsecured trailer. Employees are also injured when struck by a lift truck, or when they fall from elevated pallets and tines. Most employee injuries and property damage can be prevented by providing adequate training and enforcing safe operating practices.

### Objectives

- Forklift types and components.
- Forklift inspection.
- Operational hazards.
- Safe practices.

## **OS-0202 Hand & Power Tool Safety**

---

**MEA Certificate Numbers**            **TNG - MEA11304**  
   **KNT – MEA11303**

**Continuing Education Unit (CEU)**   **0.1**

### **Course Description**

Each year, thousands of people are injured by using tools. A great number of these injuries could be prevented through hazard awareness and training.

### **Objectives**

- Describe general tool safety practices.
- Describe hand tool safety practices.
- Describe general power tool safety practices.
- Describe specific power tool safety practices.
- Describe specific tool safety practices.

## **OS-0203 Residential Meters Ergonomics and Safety**

---

**MEA Certificate Numbers**            **TNG - MEA1666**  
   **KNT – MEA1667**

**Continuing Education Unit (CEU)**   **0.1**

### **Course Description**

This course covers hazard assessment, ergonomics, and wrenching in regards to ergonomics and safety of personnel working with residential meters.

### **Objectives**

- Perform a hazard assessment of the job site.
- Identify proper ergonomics for the job.
- Explain proper wrenching technique.