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# SAFETY | TRAINING

C A L E N D A R



**Your  
FULL  
Service  
Safety  
Provider**



**Pacific Safety Council**

Your Safety is Our Business!

[www.pscsd.com](http://www.pscsd.com) | 888-846-4200

## ABOUT US

Since 1953, Pacific Safety Council (PSC) has specialized in on-site, customized safety training and consulting for business and community organizations. PSC is a non-profit, non-governmental, educational organization.

### Our Mission

PSC is dedicated to making our communities safer places to live, learn, work and play by providing quality education, information, programs and events. Partners for Life!

While other companies dabble in safety, the Pacific Safety Council specializes in the field. The enclosed information is reflective of the following principles:

**Affordability:** As a non-profit organization, PSC delivers high quality training at affordable rates. Quality is never compromised!

**Convenience & Flexibility:** Courses may be conducted at your facility (on-site) or in our training room (open enrollment). Courses can also be divided into modules to accommodate your time constraints.

**Quality Instructors:** With multiple instructors of varied backgrounds, PSC has the ability to choose the instructor most suitable for your specific training based on their expertise.

**Variety of Resources:** Having access to several qualified instructors ensures that clients receive site and topic specific training and consulting.

**Competency & Recordkeeping:** Competency tests are administered in courses to document proficiency and understanding of topic specific training. Upon successful completion of the course, all participants receive certificates of completion and/or wallet cards.

We partner with you to help accomplish your safety goals. PSC is your safety resource.

*Your safety is our business!*

## ON-SITE TRAINING

### Don't see what you need? Invite PSC to be your safety resource...

Courses in this calendar can be conducted at your facility and customized for your specific needs. When you use the Pacific Safety Council, you can expect a trainer with a solid background and years of experience! PSC has the resources for almost any safety-related topic, just call 888-846-4200 for a quote.

Automated External Defibrillator  
(AED)

Back Injury Prevention

Backhoe Operator

Bloodborne Pathogens

Bobcat Training

Cal/OSHA Standards

Cardiopulmonary Resuscitation (CPR)

Certified Occupational Safety  
Specialist (COSS)

Confined Space: Entrant & Attendant,  
Supervisor and Rescue

Crane Rigging

Disaster Preparedness

DOT- Hazardous Materials

Driving Safety

Ergonomics & Office Safety

Ethics for Safety Leaders

Fall Protection

Fire Extinguisher

First Aid

Flagger Safety

Forklift Instructor and Operator

Front End Loader Safety

Hazard Communication

HAZWOPER: 8, 16, 40, Awareness

Heat Illness Prevention

Heavy Equipment Safety

Incident Investigation and Reporting

Injury and Illness Prevention Program

Job Safety Analysis

Lockout/Tagout

Noise Conservation

OSHA 10-Hour Construction Safety

OSHA 300

Personal Protective Equipment

Pesticide Safety

Rattlesnake Avoidance and  
Envenomation

Respiratory Program Administrator

Respirator Fit Testing & Training

Safety Orientation for  
New Employees

Spill Prevention

Supervisor Safety Training

Tool Safety

Traffic Control

Trench and Shore

Workers' Compensation

Workplace Violence

**For more information or to register for classes:**

Visit our website or call us toll-free  
[www.pscsd.com](http://www.pscsd.com) : toll free 888-846-4200

# Pacific Safety Council

## E-Learning

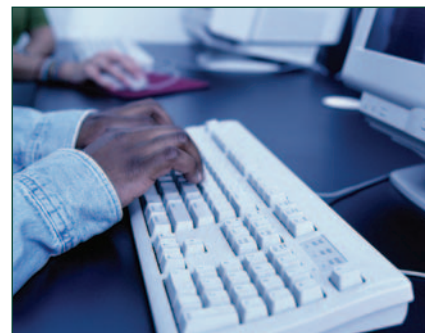
### On-Site Training

#### Any Time/ Any Place/ Any Pace

Quality training is available to you 24/7 via our new Online Institute. The courses are offered at basic or advanced levels. A variety of courses offered include:

- OSHA- Construction (Fall Protection, Confined Space, Scaffolding and more)
- OSHA- General Industry (Workplace Violence, Bloodborne Pathogens, Personal Protective Equipment and more)
- OSHA-Outreach training (OSHA 10-hour General Industry and Construction and OSHA 30-hour Construction)
- OSHA- Hazardous Waste Training (HAZWOPER 8 and more)
- DOT CSA 2010
- Transportation (DOT)
- DOT HAZMAT
- Human Resources

The E-Learning Campus offers a certificate of completion and flexibility allowing each student to manage their progress and learn at their own pace.



## Consulting

### Safety Consulting Services

Lack of written programs is consistently one of the most frequently cited violations from OSHA.

The Pacific Safety Council is here to help you. As a private, non-profit, non-governmental organization we provide:

- Highly qualified health and safety consultants
- Cost effective compliance solutions
- Evaluations of your existing programs and/or written customized programs
- Written report of recommendations

PSC completes various consulting projects including but not limited to:

- Injury & Illness Prevention Program
- Emergency & Disaster Preparedness Plans
- Safety Assessments
- Ergonomic Assessments and much more.....

**Let the Council help you identify, control, and eliminate hazards!**

*"I just wanted to take time to say thank you for sending Cesar Garcia for our CPR/FA refresher course. I have received nothing but positive feedback on his training. He was very upbeat and very interactive. This was the first time in any training course that the instructor had AED training units which allowed us to have hands on training. We were very impressed with his knowledge and presence. "*

**Terri Romero - Safety Officer**

**San Diego County Water Authority**

*"We are very pleased with the outcome of the recent HAZWOPER training. It went very well. We really enjoy instructor Carlos Bejar because he is so knowledgeable and some of our guys having had this training for 30 years, sometimes challenge what they hear, and Carlos can explain it further and make us all understand exactly what and why. He always makes it fun and interesting with such boring material. We really need that to keep us all engaged. He also keeps us awake with material that would normally put us all to sleep."*

**Crystal Yousef -Technical Support Assistant**

**San Diego Gas & Electric**



# Course Descriptions

## Apollo Root Cause Analysis

This course examines many of the common pitfalls used in problem solving and how to avoid them. Building on that knowledge, students learn how to clearly define any event-based problem and how to use the Apollo four-step process to develop a causal understanding of that event and identify effective solutions. Students learn how to use RealityCharting™ software to build cause and effect charts, prepare RCA reports and effectively communicate RCA findings. The course also covers the principles of gathering evidence, interviewing and facilitating an Apollo RCA with a team of participants. RCA skills and knowledge are reinforced with many "hands-on" exercises that allow students to apply the Apollo RCA method to real world problems. Upon successful completion of this course students will have gained the skill set of an Apollo RCA Practitioner.

**Contact hours:** 16 **Dates:** 9/21-22, 12/7-8  
**Cost:** \$1095 Member / \$1195 Non-member



## Backhoe Operator

This program is designed for field personnel with experience operating equipment or for those who want to learn the basics of backhoe operation. This class is predominantly a hands-on training conducted in a

safe environment. Instruction will include: equipment inspection, safe moving and operating procedures, safe excavating procedures, loading procedures and excavation techniques.

**Contact hours:** 8 **Dates:** 7/21, 11/17  
**Cost:** \$149 Member / \$179 Non-member

## Bloodborne Pathogens

Are your employees safe from the harmful effects of bloodborne pathogens? Cal OSHA Title 8, Section 5193 requires initial and annual training for all workers exposed to bloodborne pathogen hazards. Proper training will protect your workers and keep your worker's compensation costs under control. Topics of instruction will include: Definitions, HIV and HBV, Symptoms, Universal Precautions, Exposure Control Plan, Housekeeping, Methods of Compliance, Engineering Controls, Administrative Controls (Work Practice Controls), Personal Protective Equipment and Labeling and Disposal Regulations.

**Contact hours:** 2 **Dates:** 7/11  
**Cost:** \$39 Member / \$49 Non-member

## Certified Occupational Safety Specialist (COSS)

COSS is a highly intensive learning experience which educates students on managing safety effectively within your organization. Skills achieved in COSS include: calculating the true costs of accidents, identifying hazards and implementing corrective actions, performing risk assessments for key jobs and procedures, how to develop, implement and maintain safety plans and much more! COSS focuses on providing safety practitioners the tools and techniques needed to make an impact on the safety of their organization.

**Contact hours:** 40 **Dates:** 8/22-26, 10/19, 26, 11/2, 9, 16  
**Cost:** \$1,699 Member / \$2,199 Non-member

## Coaching the Experienced Driver

This concentrated program is for drivers who think they drive defensively. Specifically designed to counter bad driving habits, this course offers comprehensive coverage collision prevention techniques. Participants will complete and receive a Driver Performance Analysis System (DPAS) evaluation illustrating their skills based on the following areas: Driver and Traffic Knowledge, Traffic Perceptual skills, Traffic Risk and Driver and Traffic Procedures.

**Contact hours:** 4 **Dates:** 9/27, 12/19  
**Cost:** \$59 Member / \$69 Non-member

## Confined Space: Entrant & Attendant

This course is designed to meet the requirements of OSHA 29 CFR 1910.146 and CCR Title 8 Section 5156-5158. Following

completion, the participants will have the skills and knowledge needed to operate as trained entrants and attendants. This will teach both the hazards of confined spaces and ways of controlling these hazards.

**Contact hours:** 8  
**Dates:** 7/6, 9/19, 12/5  
**Cost:** \$149 Member / \$179 Non-member



# Course Descriptions

## CPR / First Aid / AED

Chances are you may have the chance to make the difference between life and death for someone. This nationally accredited course meets the requirements and standards of OSHA, MSHA, DOT, national organizations, other state and federal agencies and is EMSA certified.

**Contact hours:** 8 **Dates:** 7/26, 9/7, 11/29

**Cost:** \$59 Member / \$69 Non-member



## CPR/First Aid/AED Refresher

This course is designed for those who possess current CPR/FA/AED certifications. This class reviews the techniques of CPR, first aid treatment and symptoms to look for when there is danger and reviews AED equipment operation and maintenance.

**Contact hours:** 4 **Dates:** 8/29, 10/25, 12/21

**Cost:** \$49 Member / \$59 Non-member

## DOT Hazardous Materials

This course is intended for anyone having to package, ship, load or transport hazardous materials, substances or hazardous wastes. This training will allow a person to correctly select the shipping name, the labels, packaging materials, correct loading and compatibility and the proper placarding for all modes of transportation. This training is for "haz-mat" handlers as defined by 49 CFR and complies with sections 173.1 and 172.704. Topics covered include: general awareness/familiarization, function-specific, training, safety and security awareness.

**Contact hours:** 8 **Dates:** 7/7, 9/20, 12/6

**Cost:** \$149 Member / \$179 Non-member



## Forklift Instructor

This professional training program covers all areas of lift truck operation, maintenance and safe practice. Participant will receive a complete presentation package including: guidelines, test, forms, inspections and

performance checklists, OSHA background information, exercises for conducting "hands-on" training and instructional videos or DVD's. (Standard sit-down lift used for skills test)

**Contact hours:** 8 **Dates:** 8/30, 10/24, 12/20

**Cost:** \$699 Member / \$799 Non-member

## Forklift Operator

Designed to help you meet and exceed the latest regulations and standards, this training encourages participants to take an active role by observing and discussing recommended safety practices. The program covers all areas of safe operation and maintenance, including operating principles, safety rules, recordkeeping, maintenance, material handling and regulations. (Standard sit-down lift used for skills test)

**Contact hours:** 5 **Dates:** 8/30, 10/24, 12/20

**Cost:** \$99 Member / \$119 Non-member

## HAZWOPER

### Awareness 8 hours

This course is for anyone who is expected to identify emergency situations involving chemicals. These people are trained to recognize, report and assist in emergency response but do not actually come in contact with hazardous materials. This course fulfills the requirements under OSHA 29 CFR 1910.120.

**Contact hours:** 8 **Dates:** 9/12, 12/12

**Cost:** \$119 Member / \$139 Non-member

### HAZWOPER Refresher 8 hours

First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release. They are strictly defensive in nature and have been trained to initiate an emergency response procedure by notifying the proper authorities. They would take no further action beyond that of notifying others of the incident.

**Contact hours:** 8 **Dates:** 8/10, 9/16, 10/17, 12/16

**Cost:** \$119 Member / \$139 Non-member

## HAZWOPER

### 16 hours

This 16 hour Emergency Spill Response class is at First Responder, Operations Level (FRO) CCR Title 9 - 5192 (q)(6)(B). First

Responder, operations level individuals are trained to respond in a defensive fashion without actually trying to stop the release. Their function is to contain the release from a safe distance, keep it from spreading, and prevent exposures.

**Contact hours:** 16 **Dates:** 9/12-13, 12/12-13

**Cost:** \$199 Member / \$259 Non-member



# Course Descriptions

## HAZWOPER 40 hours

Hazardous materials technicians are trained individuals who respond for the purposes of preventing or stopping a release. They are equipped to aggressively respond and approach the point of release to plug, patch, or otherwise stop the release of the hazardous materials. They are trained to handle or clean up the hazardous material. They are offensive in nature.

**Contact hours:** 40 **Dates:** 9/12-16, 12/12-16

**Cost:** \$499 Member / \$569 Non-member

## Respiratory Program Administrator

29 CFR 1910.134 requires the Respiratory Protection Program must have a designated Administrator. This course will explain the standard and how to apply it to meet the requirements as a Program Administrator. This course should be attended by personnel involved in the oversight or administration of a commercial respirator protection program.

**Contact hours:** 8 **Dates:** 9/26, 11/7

**Cost:** \$149 Member / \$179 Non-member

## Traffic Control and Flagger Safety

This program includes traffic control devices and protection as required by federal, state and city laws for those individuals whose work performance requires them to direct or control



drivers and foot traffic. Other topics include: regulations and standards, channelizing devices and barricades, construction signs, control of traffic through work zones, flagger safety, personal protective equipment, Cal/OSHA Construction Safety Order 1599.

**Contact hours:** 8 **Dates:** 8/11, 10/18, 12/1

**Cost:** \$149 Member / \$179 Non-member



## Trench and Shore

This Competent person program meets the Construction Safety Orders Sections 1504, 1539-1543, CCR Title 8 Article 2. This course is designed to assist in identifying existing and predictable hazards in the



surroundings or working conditions, which are hazardous or dangerous to employees. This course includes: the shoring standard, duties and required knowledge, soil analysis, hydraulic shoring, shoring boxes and shields, sloping and benching and trenches as confined spaces and much more.

**Contact hours:** 8 **Dates:** 7/21, 9/8, 11/10

**Cost:** \$149 Member / \$179 Non-member

### Cancellation Policy:

In consideration of everyone's time, we require five (5) business days notice prior to the course date for cancellations or reschedules. Lack of required notice will result in a full charge (100%) for the course. Substitutions may be made at anytime. Thank you for your cooperation!

Course dates and times are subject to change.



Are you aware of the NEW Federal and Cal-OSHA crane related regulations for 2011?



Certified Occupational Safety Specialist

AUTHORIZED TRAINING PROVIDER



# Certified Occupational Safety Specialist (COSS)

Whether you want to transform your workplace or your career, the COSS course is the most effective method for the safety practitioner to achieve both.

## Upon Completing COSS you will receive:

- National COSS Designation
- OSHA 10-Hour Card of Completion (General)
- OSHA 10-Hour Card of Completion (Construction)
- 4 Continuing Education Units (CEU'S)
- 40 contact hours approved by CWEA

## Format

- 40 hours of hands-on, interactive learning
- Case studies are used extensively to bring learning objectives into focus
- Occasional Guest speakers from OSHA, Cal/OSHA and other governmental agencies to enhance the learning experience



## Investment

Member: \$1,699 per person

Non-Member: \$2,199 per person

For more information or to register  
call 888-846-4200 ext 120



COSS is offered  
at 14 locations  
nationwide!

*"The COSS program was an excellent experience. The material, instructor and interaction with other Safety Professionals was very supportive and refreshing. I look forward to using the resources and knowledge gained in my efforts to promote safety in my organization."*

- **Brian Teig, COSS, City of Riverside**

*"This was the best safety related training I have ever attended. The instructor was truly a subject matter expert and the quality of service we received from the PSC staff was second to none. The knowledge and experience of the other course participants was deep and it added meaningful and relevant information to the overall richness of the course content. I highly recommend the COSS Program to anyone interested in furthering their safety knowledge."*

- **Steven Ramirez, COSS, City of San Diego**

*"The information shared between students from different companies and industries was invaluable. As compared to other certifications, this is a hands-on approach to achieving a nationally recognized safety certification. I recommend this course to any safety professional, especially professionals already designated as a CSP, CIH, and/or CHMM. The class covered topics that will enable me to do my job better and achieve other safety certifications."*

- **Alexander D. Dajero, Jr., ASP, COSS, REA I, Raytheon Technical Services Company LLC**

API, ACCE and  
LSU Approved!

If undeliverable, please forward to:  
■ HR Manager  
■ Safety Manager  
■ Risk Manager

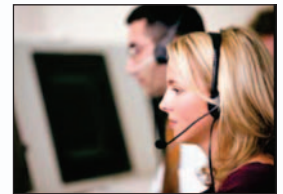
[www.pscsd.com](http://www.pscsd.com)

## Membership

By joining the Pacific Safety Council you can save money, find resources and achieve OSHA Compliance.

### Membership Benefits include:

- **Up to 30% discount on Training and Consulting.**
- **Training:** High quality and customized safety training delivered by experienced instructors. On-site training and open enrollment classes are available to meet your specific needs.
- **Consulting:** Highly qualified consultants to assist with your compliance needs; from customized written programs to mock OSHA inspections and more.
- **Hotline:** Find answers to your most pressing and confidential questions by allowing PSC to find the information for you.
- **Media Library:** Select from over 500 safety titles or build your own library at reduced rates.
- **E-newsletters:** Convenient electronic newsletters full of valuable safety information.
- **Products:** Professional safety materials ranging from software, posters, training programs and more.
- **Record Retention:** Automatic record retention of all PSC safety training completed by your company.
- **Peripheral Discounts:** Members receive various discounts on all of our other services, including motorcycle safety classes, car seat installations, driver's education, etc.



Annual dues are based on the number of employees in your company. Use this chart to determine your annual dues amount and submit your application online or call the office for a more personal experience.

Employees	Amount
00-10	\$130
11-100	\$255
101-250	\$380
251-500	\$505
501-1000	\$660
1001-2000	\$880
2001-4000	\$1,050
Over 4001	\$1,260

# Pacific Safety Council

**Your Safety is Our Business!**



**Torch Awards for Marketplace Ethics**  
Trust • Performance • Integrity

Winner, 2010, San Diego BBB

