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www.northwestsafety.com

2023 OPEN ENROLLMENT

COURSE CATALOG

Northwest Safety and Risk Services develops and delivers quality training courses and programs that engage participants and are designed on sound adult learning principles. We can tailor our training to meet the specific needs and policies of the client.

Onsite courses are available for your convenience. Pricing and discounts are available based on course participation and location.

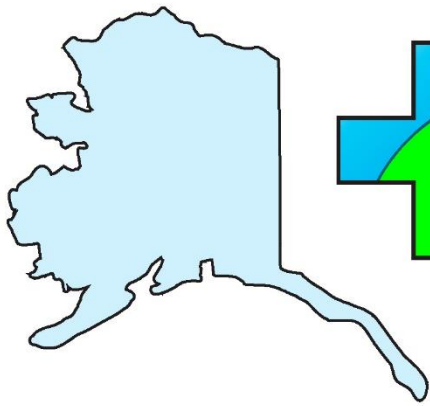
Open enrollment courses help clients meet their basic safety and regulatory needs, while helping ensure that employees at all levels within an organization are properly trained. We regularly offer OSHA 10 Hour and 30 Hour, First Aid/CPR, and competent person training courses in a variety of subjects. Contact us or visit our website for additional information.

Contact us about scheduling and pricing at 208-465-0215 or toll free at 855-697-4968 or by email at training@northwestsafety.com. For a full listing of available training courses and descriptions please visit our website at www.northwestsafety.com.

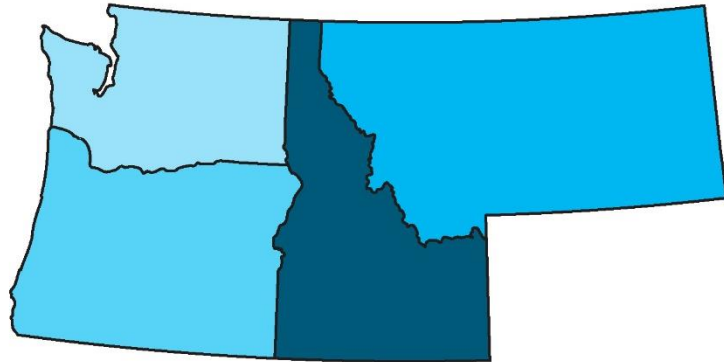
- + OSHA 10 & 30 Hour Training for General Industry & Construction
- + Focus Four Training
- + MSHA Part 46 & 48 Training
- + First Aid, CPR, & AED
- + Hazardous Communication
- + Fall Prevention & Protection
- + Excavation, Trenching, & Shoring
- + Confined Space Entry & Rescue
- + Forklift Certification
- + Aerial & Scissor Lift Certification
- + Job Safety Analysis
- + Mobile Crane Qualification
- + Rigging & Signaling Qualification
- + Defensive Driving
- + Flagger Certification Training
- + New Employee Orientation
- + Personal Protective Equipment
- + Fire Safety & Prevention
- + Safety Management Training
- + Task Specific Training
- + Customized Training

We gladly accept:





NORTHWEST SAFETY & RISK SERVICES



Serving Alaska, Idaho, Montana, Oregon, and Washington

CONTENT

2023 COURSE CALENDAR	1	OSHA 10 HOUR CONSTRUCTION	11
2023 COURSE SCHEDULE	2-3	OSHA 30 HOUR CONSTRUCTION	12
ADULT FIRST AID, CPR AND AED	4	RIGGING AND SIGNALING	13
AERIAL & SCISSOR LIFT (MEWP)	5	SUPPORTED SCAFFOLDING	14
COMPETENT PERSON SERIES	6	SAFETY CONSULTATION SERVICES	15
CONFINED SPACE	7	INDUSTRIAL HYGIENE SERVICES	16
EXCAVATION & TRENCHING	8	SAFETY & HEALTH PROGRAMS	17
FALL PREVENTION & PROTECTION	9	ONLINE TRAINING	18
FORKLIFT	10		

*Offered courses and pricing is subject to change.

2023 OPEN ENROLLMENT COURSE CALENDAR

Adult First Aid with CPR and AED

<u>DATE</u>	<u>LOCATION</u>
January 25	Boise
February 22	Boise
March 29	Boise
April 26	Boise
May 24	Boise
July 26	Nampa
September 20	Boise
October 18	Boise
November 15	Boise
December 6	Boise

Construction Competent Person Series

<u>DATE</u>	<u>LOCATION</u>
March 7, 8, 14 & 15	Boise
May 4, 11, 18 & 25	Nampa
Oct 31-Nov 1, 7 & 8	Boise

Fall Prevention & Protection Competent Person

<u>DATE</u>	<u>LOCATION</u>
March 7	Boise
May 4	Nampa
October 31	Boise

OSHA 10 Hour Construction

<u>DATE</u>	<u>LOCATION</u>
February 7-8	Boise
April 13-14	Nampa
June 22-23	Nampa
October 24-25	Boise

Supported Scaffolding Competent Person

<u>DATE</u>	<u>LOCATION</u>
March 8	Boise
May 11	Nampa
November 1	Boise

Powered Industrial Truck (Forklift)

<u>DATE</u>	<u>LOCATION</u>
February 1	Nampa
March 22	Nampa
May 17	Nampa
July 19	Nampa
September 13	Nampa
November 29	Nampa

Excavation & Trenching Competent Person

<u>DATE</u>	<u>LOCATION</u>
March 14	Boise
May 18	Nampa
November 7	Boise

Aerial & Scissor Lift (MEWP)

<u>DATE</u>	<u>LOCATION</u>
February 15	Nampa
April 12	Nampa
June 14	Nampa
August 16	Nampa
October 11	Nampa
December 13	Nampa

Confined Space Competent Person

<u>DATE</u>	<u>LOCATION</u>
March 15	Nampa
May 25	Nampa
November 8	Nampa

Rigging and Signaling Qualification

<u>DATE</u>	<u>LOCATION</u>
April 5	Nampa
July 12	Nampa
October 4	Nampa

2023 OPEN ENROLLMENT COURSE SCHEDULE

DATE	COURSE TOPIC		TIME	LOCATION
1.25.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
2.1.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
2.7.2023	OSHA 10 Hour Construction	Session 1	8:00 am – 1:30 pm	Boise
2.8.2023	OSHA 10 Hour Construction	Session 2	8:00 am – 1:30 pm	Boise
2.15.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa
2.22.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
3.7.2023	Fall Protection Competent Person		8:00 am – 5:00 pm	Boise
3.8.2023	Supported Scaffolding Competent Person		8:00 am – 5:00 pm	Boise
3.14.2023	Excavation & Trenching Competent Person		8:00 am – 5:00 pm	Boise
3.15.2023	Confined Space Competent Person		8:00 am – 5:00 pm	Boise
3.22.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
3.29.2023	Adult First Aid with CPR & AED		1:00 am – 5:00 pm	Boise
4.5.2023	Rigging & Signaling Qualification		8:00 am – 5:00 pm	Nampa
4.12.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa
4.13.2023	OSHA 10 Hour Construction	Session 1	8:00 am – 1:30 pm	Nampa
4.14.2023	OSHA 10 Hour Construction	Session 2	8:00 am – 1:30 pm	Nampa
4.26.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
5.4.2023	Fall Protection Competent Person		8:00 am – 5:00 pm	Nampa
5.11.2023	Supported Scaffolding Competent Person		8:00 am – 5:00 pm	Nampa
5.17.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
5.18.2023	Excavation & Trenching Competent Person		8:00 am – 5:00 pm	Nampa
5.24.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
5.25.2023	Confined Space Competent Person		8:00 am – 5:00 pm	Nampa
6.14.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa
6.22.2023	OSHA 10 Hour Construction	Session 1	8:00 am – 1:30 pm	Nampa
6.23.2023	OSHA 10 Hour Construction	Session 2	8:00 am – 1:30 pm	Nampa

2023 OPEN ENROLLMENT COURSE SCHEDULE CONTINUED

DATE	COURSE TOPIC		TIME	LOCATION
7.12.2023	Rigging & Signaling Qualification		8:00 am – 5:00 pm	Nampa
7.19.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
7.26.2023	Adult First Aid with CPR & AED		8:00 am – 12:00 pm	Nampa
8.16.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa
9.13.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
9.20.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
10.4.2023	Rigging & Signaling Qualification		8:00 am – 5:00 pm	Nampa
10.11.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa
10.18.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
10.24.2023	OSHA 10 Hour Construction	Session 1	8:00 am – 1:30 pm	Nampa
10.25.2023	OSHA 10 Hour Construction	Session 2	8:00 am – 1:30 pm	Nampa
10.31.2023	Fall Protection Competent Person		8:00 am – 5:00 pm	Nampa
11.1.2023	Supported Scaffolding Competent Person		8:00 am – 5:00 pm	Nampa
11.7.2023	Excavation & Trenching Competent Person		8:00 am – 5:00 pm	Nampa
11.8.2023	Confined Space Competent Person		8:00 am – 5:00 pm	Nampa
11.15.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
11.29.2023	Powered Industrial Truck (Forklift)		8:00 am – 5:00 pm	Nampa
12.6.2023	Adult First Aid with CPR & AED		1:00 pm – 5:00 pm	Boise
12.13.2023	Aerial & Scissor Lift (MEWP)		8:00 am – 3:00 pm	Nampa

ADULT FIRST AID WITH CPR AND AED

Health and Safety Institute Adult Course Description: Adult CPR, AED, and First Aid training program designed specifically for the occupational first aid provider. This extremely flexible program will help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work.

Who Should Attend: Required for occupational first aid providers and employees who have confined space rescue duties. We also recommended training for all other individuals who desire CPR, AED, and first aid knowledge and skills with a focus on adults.

IMPORTANT CONSIDERATIONS

Safety Information: Please wear loose, comfortable clothing. Participants will be practicing skills that require working on your hands and knees, bending, standing, and lifting. If you have any physical conditions that might prevent these activities, please inform one of the instructors immediately upon arrival. The instructor may be able to adjust the equipment if you have health or injury concerns.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises and skills evaluation. Upon successful completion participants will receive a certification card valid for two years from the date of the course.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 4 hours including classroom theory and activities. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$85.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$75.00 ea.

Association Member Participant Pricing: \$65.00 ea.

Retainer Client Participant Pricing: \$14.50 ea.

AERIAL & SCISSOR LIFT (MEWP) OPERATOR CERTIFICATION

Aerial & Scissor Lift (MEWP) Operator Certification Course Description: The course is designed to cover the general requirements for safe operation of Mobile Elevating Work Platforms (MEWP) including Aerial Boom Lifts, Scissor Lifts, also known as Type 1 or Type 2 or 3 Powered Personnel Platforms and the requirements of the ANSI A92 Standard. The course includes professional classroom theory instruction, a participant workbook, final written exam, and hands-on evaluation of the operator.

Curriculum covers OSHA Regulations and ANSI Standards, types and selection, safe operating practices, associated hazards, controls, capabilities, stability, fall protection, inspections and maintenance, fueling, work zones, and manufacturer specific requirements.

MEWP Operators Practical Evaluation: An operator practical evaluation is included and will be conducted for use of the MEWP operator's performance to ensure that the operator has the knowledge, skills, and competency needed to operate the equipment safely. Operators must be evaluated on each Type of personnel lift to be operated.

Who Should Attend: Required for employees who operate Aerial Boom Lifts, Scissor Lifts, also known as Mobile Elevating Work Platforms (MEWP). Only trained and authorized personnel shall be permitted to operate MEWPs. Participants must be a minimum of 18 years of age. Retraining and certification every 3 years or earlier due to unsafe act observed, a near miss or accident, and equipment or workplace changes.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing to participate in hands-on exercises and operator practical evaluation.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive a MEWP operator training certification card. Employer specific training and authorization is required.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 6 hours including classroom theory and activities followed by practical exercises and operator evaluations. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$115.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$105.00 ea.

Association Member Participant Pricing: \$105.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

CONSTRUCTION COMPETENT PERSON SERIES

Construction Competent Person Course Description: This series is designed to meet OSHA's competent person training requirements in four specific construction operations. OSHA standards require employers to identify a competent person in multiple regulations including Fall Prevention and Protection, Excavation and Trenching, Confined Space Entry, and Scaffolding.

OSHA defines a competent person as one who is capable of identifying existing and predictable hazards in the surrounding or working conditions, which are unsanitary hazardous, or dangerous to employees and who has authorization to take prompt corrective measures to eliminate them.

The series includes both classroom theory and practical onsite exercises in each session. Participants will earn a certification for each session completed and series completion commemoration plaque. By combining the four sessions we can offer training at a reduced and more affordable cost. Individual course descriptions included.

Who Should Attend: Training is intended for employees who have the responsibility for ensuring a safe, healthy and sanitary work environment.

- Construction Supervisors/Foreman
- Construction Managers/Superintendents
- Construction Company Owners

Competent Person Series Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exams, and practical evaluations. Participants who successfully complete the program will receive course certifications and series completion commemoration.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: The course is four sessions for a total of 32 hours. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Individual Course Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$90.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

Full Series Pricing:

Open Enrollment Participant Pricing: \$425.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$350.00 ea.

Association Member Participant Pricing: \$300.00 ea.

Retainer Client Participant Pricing: \$40.00 ea.

CONFINED SPACE COMPETENT PERSON CERTIFICATION

Confined Space Competent Person Course Description: The course is designed to meet OSHA requirements for confined space competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, field exercises and practical evaluation.

Curriculum covers OSHA regulatory requirements including, identifying types of confined spaces; the specific risks and hazards of confined spaces, and emergency procedures so employee can perform duties assigned. Includes training on attendant, entrant, and entry supervisor duties. Participants will be trained on basic atmospheric testing procedures, general ventilation practices, and common entry procedures. Participants will be familiarized with prevention methods, and the duties and responsibilities of the Competent Person at a confined space entry site.

Confined Space Field Exercise and Practical Evaluation: Course includes construction site training on worker safety while performing confined space entry and non-entry rescue activities. Participants will practice making confined space rescues by simulating rescue operations in which they remove manikins or participants from a confined space.

What is a confined space: A confined space has the following characteristics: Its size and shape allow an employee to enter it, it has limited openings for participants to enter and exit, and it is not designed for continuous employee occupancy.

Who Should Attend: Required for employer designated Competent Persons. OSHA requires that there be a Competent Person present whenever workers enter a confined space. All workers who perform confined space work by supervising, entering, or are responsible for attendant non-entry rescue duties are recommended to attend.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing for participation in the confined space practical exercise.

Confined Space Equipment Recommended: Participating workgroups are encouraged to bring fall protection harness, tripod, hoist, or entry system, and working atmospheric monitor, and ventilation equipment for field exercise.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises and written exam to receive certification. Employees will receive a certification of completion and a competent person card by actively participating in the course and demonstrating knowledge in the classroom and at the training exercise site.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 8 hours including classroom theory followed by confined space field exercises. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$90.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

EXCAVATION AND TRENCHING COMPETENT PERSON CERTIFICATION

Excavation and Trenching Competent Person Certification Course Description: The course is designed to meet OSHA requirements for excavation and trenching competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, field exercises and practical evaluation.

Curriculum covers OSHA regulatory requirements including, inspections and identification of potential and existing hazards inherent to working in or around excavations and trenches, prevention of trench collapses, atmospheric and water hazards, entry and exit requirements, working with heavy machinery, materials handling, traffic controls, overhead and underground utilities. and protective systems including sloping, shoring, and shielding. Participants will be familiarized with prevention methods, and the duties and responsibilities of the Competent Person at an excavation site.

Excavation and Trenching Field Exercise and Practical Evaluation: Course includes construction site training on worker safety while performing excavation and trenching activities. Participants will create an excavation plan, conduct site hazard assessments, practice soil sampling techniques, and select and inspect protective systems for entry.

What is an excavation or trench: An Excavation is any man-made cut, cavity, trench, or depression formed by earth removal. A Trench is a narrow excavation where the depth is greater than the width

Who Should Attend: Required for employer designated Competent Persons. OSHA requires that there be a Competent Person present whenever workers enter an excavation or trench. All workers that are exposed to excavation and trenching operations are required to be trained in the hazards and safe work practices. Initial training and refresher training every three years, or when the employer has reason to believe that any affected employee does not have the understanding and skills required to ensure safety.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing for participation in the excavation and trenching practical exercise.

Trenching Equipment Recommended: Participating workgroups are encouraged to bring working atmospheric monitor, ventilation equipment, and protective systems (shoring, shielding) for field exercise.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises and written exam to receive certification. Employees will receive a certification of completion and a competent person card by actively participating in the course and demonstrating knowledge in the classroom and at the training exercise site.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 8 hours including classroom theory followed by excavation and trenching field exercises. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$90.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

FALL PREVENTION AND PROTECTION COMPETENT PERSON CERTIFICATION

Fall Prevention and Protection Competent Person Course Description: The course is designed to meet all associated OSHA fall protection Regulations, the ANSI Z359, and industry standards for fall prevention and protection competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, practical exercise and evaluation.

Curriculum covers the nature of common fall hazards in the workplace and prevention and protection methods, as well as the OSHA regulatory requirements including an in-depth instruction on 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 fall prevention and protection methods. Training covers correct procedures for inspecting, placing, maintaining, disassembling, maintenance and storage of fall protection systems.

Fall Prevention and Protection Exercise and Practical Evaluation: Includes site training on worker safety while performing fall protection setup and activities. Participants will create a fall protection plan, conduct site hazard assessments, and perform selection of fall protection and inspection to ensure that the participant has the knowledge, skills, and competency needed to prevent fall related incidents.

Who Should Attend: Recommended for all employees who are regularly exposed to fall hazards or are responsible for the immediate supervision, implementation and monitoring of a managed fall protection program. Initial training and refresher training every three years, or when the employer has reason to believe that any affected employee does not have the understanding and skills required to ensure safety.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing to participate in hands-on exercises and operator practical evaluation.

Safety Equipment Recommended: Attending participants should bring their personal fall protection systems equipment including harness, lanyards, anchorage systems and other fall equipment for inspection and practical training.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive a fall protection and prevention competent person certification and card.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 8 Hours including classroom theory and practical hands-on activities. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$90.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

POWERED INDUSTRIAL TRUCK (FORKLIFT) OPERATOR CERTIFICATION

Forklift Operator Certification Course Description: The course is designed to cover the general requirements for safe operation of Class 4, 5, & 7 Powered Industrial Trucks also known as Forklifts Mobile Powered Work Platforms and the requirements of the OSHA 1910.178 Regulations. The course includes professional classroom theory instruction, a participant workbook, final written exam, and hands-on evaluation of the operator.

Curriculum covers OSHA Regulations and ANSI Standards, types and classifications, safe operating practices, hazards, controls, inspections and maintenance, capabilities, stability, fueling, attachments, and manufacturer specific requirements.

Forklift Operator Practical Evaluation: An operator practical evaluation is included and will be conducted for use of the powered industrial truck type operated by the participant to ensure that the operator has the knowledge, skills, and competency needed to operate equipment safely. Operators must be evaluated on each Class and Model of forklift to be operated

Who Should Attend: Required for all employees who operate a forklift. Only trained and authorized personnel shall be permitted to operate powered industrial trucks. Participants must be a minimum of 18 years of age.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing to participate in hands-on exercises and operator practical evaluation.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive a powered industrial truck operator training certification card. Employer specific training and authorization is required. Retraining and certification every 3 years or earlier due to unsafe act observed, a near miss or accident, and equipment or workplace changes.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 8 hours including classroom theory and activities followed by practical exercises and operator evaluations. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$115.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

OSHA 10 HOUR CONSTRUCTION

OSHA 10 Hour Construction Course Description: The OSHA Outreach Training Program for Construction Industry is intended to provide entry level construction workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid and prevent job related hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. Training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards. OSHA has required content for this training with a variety of optional electives. The course is designed to cover an overview of the hazards a worker may encounter and may not meet training requirements in OSHA standards for task specific training.

Who Should Attend: The 10 Hour course is intended and recommended for all entry level workers that participate in construction work, alteration, and/or repair, including painting and decorating.

IMPORTANT CONSIDERATIONS

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive an OSHA 10-hour Construction Safety and Health Card.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Minimum of 10 hours of classroom theory and activities over the course of 2 days. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$140.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$125.00 ea.

Association Member Participant Pricing: \$100.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

OSHA 30 HOUR CONSTRUCTION

OSHA 30 Hour Construction Course Description: The OSHA Outreach Training Program for Construction provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. OSHA has required content for this training with a variety of optional electives. The course is designed to cover an overview of the hazards a worker may encounter and may not meet training requirements in OSHA standards for task specific training.

Who Should Attend: The 30 Hour course is appropriate all supervisors and management, and recommended for participants with some safety responsibilities in construction work, alteration, and/or repair, including painting and decorating.

IMPORTANT CONSIDERATIONS

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive an OSHA 30-hour Construction Safety and Health Card.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish translated courses are available upon request).

Course Length: Minimum of 30 hours of classroom theory and activities over the course of 4 days. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$350.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$300.00 ea.

Association Member Participant Pricing: \$300.00 ea.

Retainer Client Participant Pricing: \$50.00 ea.

RIGGING AND SIGNALING QUALIFICATION

Rigging Qualification Course Description: The course is designed to cover the general requirements for the safe use and maintenance of rigging equipment as required by the OSHA 1926.1400 standard. Participants will be taught about the hazards of working with rigging equipment, risk management, general crane safety, rigging plans, basic hardware, slings, and calculating load weights and center of gravity. Basic math and technical skills are required for successful and effective rigging.

Signaling Qualification Course Description: This course includes the signaling training and qualification requirements, signal person responsibilities, basic hand and voice signals, actions, and hazards associated with signaling for crane operations.

Who Should Attend: Required for all employees who work within crane fall zones or participate in hooking, unhooking, guiding operators, or doing the initial connection of a load to a component or structure, or during hoisting activities for assembly and disassembly. Only trained and authorized personnel shall be permitted to conduct rigging or signaling for cranes. Participants must be a minimum of 18 years of age. Initial and retraining certification every 3 years or earlier due to unsafe act observed, a near miss or accident, and equipment or workplace changes.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing to participate in hands-on exercises and operator practical evaluation.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluations. Participants who successfully complete the program will receive a rigging and signaling qualification card. Employer specific training and authorization is required.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish translated courses are available upon request).

Course Length: Approximately 8 hours including classroom theory and activities followed by practical exercises and evaluations. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$115.00 ea.

Retainer Client Participant Pricing: \$20.00 ea.

SUPPORTED SCAFFOLDING COMPETENT PERSON CERTIFICATION

Supported Scaffolding Competent Person Certification Course Description: The course is designed to meet OSHA requirements for supported scaffolding systems competent person training including frame or fabricated, tube and coupler, mast climbers, mobile, pump jack, and ladder jack. The course includes professional classroom theory instruction, participant handouts, final written exam, and hands-on scaffolding practical exercise.

Curriculum covers the Competent Person duties and responsibilities associated with hazards as these relate to the proper use, erection, and work on supported scaffolds. Training includes fall hazards, falling object hazards, electrical hazards, maximum intended load, load-carrying capacities, material handling, and the correct procedures for inspecting, erecting, disassembling, moving, operating, maintaining and repair of scaffolding in accordance with OSHA 1926.454.

Course will instruct participants on how to preplan scaffold construction to ensure proper loading and use of the scaffold design. Participants will learn how to determine the correct type of scaffold necessary for the job, determine the maximum load of the scaffold, how to assure a good foundation for the scaffold, and how to address hazards.

Scaffolding Practical Exercise: A scaffolding exercise and evaluation is included and will be conducted for erection and dismantling of scaffolding to ensure that the participant has the knowledge, skills, and competency needed to setup scaffolding for safe use and disassembly control worker hazards.

Who Should Attend: Employers are required to have a minimum of one employee onsite that is considered to be Competent Person to recognize any hazards associated with the work in question. Recommended for participants looking to become involved in the scaffold selection, setup, and hazard avoidance on the construction site. Initial training required and refresher training required whenever workplace processes/procedures change, equipment changes, or the employer has reason to believe that an employee lacks the skill or understanding needed to ensure safety.

IMPORTANT CONSIDERATIONS

Safety Equipment Required: Attending participants are required to bring Hardhat, Safety Glasses, Work Gloves, Work Boots, Reflective Vest or Jacket and wear proper Work Clothing for participation in the scaffolding practical exercise.

Completion Requirements: Participants are required to be present and actively participate in all learning activities including hands-on exercises, written exam, and practical evaluation. Participants who successfully complete the program will receive a supported scaffolding competent person training card and certification. Employer specific training and authorization is required.

Learning Aids: Participants should come prepared with a note pad and pen. Guides and handouts will be provided at the start of the course. The presentation and materials are in English (Spanish courses are available upon request).

Course Length: Approximately 8 hours of classroom theory and activities followed by field exercises and evaluations. We will be covering a great deal of information in a short period of time; your punctuality will be greatly appreciated.

Pricing:

Open Enrollment Participant Pricing: \$125.00 ea.

Scheduled Groups with minimum of 8 Participants Pricing: \$115.00 ea.

Association Member Participant Pricing: \$90.00 ea.

Retainer Client Participant Pricing: \$10.00 ea.

SAFETY CONSULTATION SERVICES

Northwest Safety and Risk Services is a full-service occupational safety firm designed to provide organizations of all sizes with a variety of safety services, resources, tools, and educational training. We provide our clients with qualified, experienced safety advisors who assist in identifying, reducing, controlling, and managing risks, incidents, and losses while maintaining the client's confidentiality.

- + HAZARD REDUCTION & CONTROL
- + SAFETY PROGRAM MANAGEMENT
- + RISK & HAZARD ASSESSMENT SURVEYS
- + WRITTEN POLICY & PROGRAM DEVELOPMENT
- + JOBSITE & FACILITY INSPECTIONS
- + SAFETY TRAINING CLASSES & EVALUATIONS
- + COMPLIANCE ASSISTANCE & REPRESENTATION
- + ACCIDENT INVESTIGATIONS
- + CLAIMS MANAGEMENT
- + OSHA PARTNERSHIP & VPP
- + PROJECT PLANNING & REVIEW
- + WORKPLACE AUDITING
- + SAFETY STAFFING

INDUSTRIAL HYGIENE SERVICES

Northwest Safety and Risk Services provides its clients with industrial hygiene services to identify hazards and protect the health of workers. Our hygienists are equipped with advanced testing equipment that can provide comprehensive sampling, monitoring, and assessment of the workplace environment.

- + CHEMICAL EXPOSURE MONITORING
- + NOISE EXPOSURE MONITORING
- + RISK & HAZARD ASSESSMENT SURVEYS
- + ERGONOMIC EVALUATIONS
- + PARTICULATE EXPOSURE MONITORING
- + RESPIRATORY PROTECTION SERVICES & QUANTITATIVE FIT TESTING
- + MATERIAL SAMPLING AND ANALYSIS

SAFETY & HEALTH PROGRAMS

Northwest Safety offers clients a variety of safety and health program options designed to meet their needs and budgets.

We can work directly with clients to develop custom written safety programs, policies, and procedures intended to protect their best interest, while guaranteeing compliance with Federal and State safety regulations.

Northwest Safety also offers universal written safety programs and plans that can be modified to meet client's needs and their organizations' policies. These programs can be made available as a fillable templates for those wanting to build a safety program on their own.

We can review or audit your current written safety programs and provide a detailed assessment along with recommendations for improvements based on industry standards and regulatory compliance.

ONLINE TRAINING

Online training is widely recognized for its many benefits including accessibility, convenience, and flexibility. Northwest Safety recognizes the advancements in technology, our progressing society, the way in which we all consume and process information along with the constant evolution.

Northwest Safety is proud to offer over 200 online interactive safety training courses, including many in Spanish. Online safety training courses are recommended as an alternative for individuals who cannot attend onsite or open enrollment courses due to schedule, location, or language. While online training cannot totally replace the benefits of professionally led group training courses, online training can provide a great resource for new employee trainings, awareness and refresher level trainings, and countless opportunities in self-development.

We can coordinate directly with clients and vendors to develop tailored online training plans that are designed to foster a strong safety culture and meet the compliance requirements that are specific to your workplace. We are always working towards adding even more online courses to meet all your needs and provide you with unmatched service and resources.

Please visit www.northwestsafety.com to see our [Online Course List](#) for complete details or enroll for a course in just a few easy steps. Let us know if we can assist you with developing an online training plan designed exclusively for you and your employees.

We greatly appreciate our online training partners who offer customized training and a discounted price through our website.





SOUTHWEST SAFETY & RISK SERVICES



Please visit our southern regional location:

Southwest Safety and Risk Services, Inc.

(877)-697-4967 or (702) 920-5240

www.southwestsafety.com

Serving Arizona, California, New Mexico, Nevada, and Utah

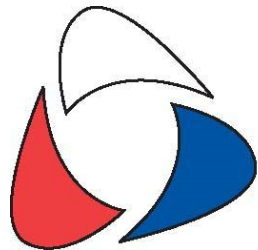
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(208) 465-0215 OR (855) 697-4968**

www.northwestsafety.com

Northwest Safety and Risk Services is a full-service safety firm, designed to provide organizations of all sizes with a variety of services, resources, tools, and educational training that will identify, reduce, control, and manage risks, incidents, and losses.

We provide our clients qualified safety advisors and instructors experienced in business processes and who are considerate and reasonable. Our clients will experience a relationship that will offer guidance and assistance in meeting goals, further their growth, increase performance, reduce liability and experience modification rates, enhance a beneficial workplace, and provide piece of mind.

INDUSTRIES

CONSTRUCTION

AGRICULTURE

MINING

GENERAL INDUSTRY

MANUFACTURING

GOVERNMENT