

SAFETY & HEALTH TRAINING CATALOG



Rocky Mountain Center
for Occupational and
Environmental Health

Continuing Education

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OSHA Training Institute
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Mountain West OSHA Education Center



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RMCOEH

The Rocky Mountain Center for Occupational and Environmental Health (RMCOEH) is dedicated to providing employees with vital safety training in a professional manner.



Partnering with agencies like the National Institute for Occupational Safety and Health (NIOSH) and Occupational Safety and Health Administration (OSHA), RMCOEH offers a variety of safety and health courses. With flexible course delivery options including onsite contract courses, open enrollment courses, and online courses, RMCOEH empowers professionals across industries with essential knowledge and skills by providing accessible training when and where it's needed. We offer professional development opportunities that include Continuing Education Units (CEUs) and Certification Maintenance (CM) points.

If your workplace has specific safety training needs not addressed by our current courses, we can collaborate with our subject matter experts and academic partners to develop customized training solutions. Contact us to create a specialized program that strengthens your organization's safety culture.

CONTACT:

rmcoeh@weber.edu
801-581-4055

Visit rmcoeh.com/ce ▶
to learn more.



Mountain West OSHA

RMCOEH's OSHA programming is offered through the Mountain West OSHA Training Education Center (MWOTIEC). As one of 26 official OSHA Training Institute Education Centers since 2002, the MWOTIEC offers specialized courses that can only be delivered by authorized centers. Popular programs include hazard recognition and abatement, OSHA Authorized Outreach Trainer courses, and professional development opportunities with Continuing Education Units (CEUs) and Certification Maintenance (CM) points. We are also pleased to offer select courses in Spanish to increase accessibility. MWOTIEC provides community outreach, safety stand-downs and youth initiatives while tailoring training solutions to meet diverse needs. Whether through onsite contract courses, open enrollment classes at conveniently located host training organizations or Virtual Instructor-Led Training (VILT), MWOTIEC provides flexible, high-quality training to equip individuals with the tools and knowledge to achieve workplace safety success.



CONTACT:

mountainwestosha@weber.edu
801-581-4055



Visit
mtnwestosha.com
to learn more.



Follow
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on **LinkedIn**.

Course Delivery Options

We offer safety courses in a variety of formats, including:

In-Person Courses

We are proud to offer traditional in-person classroom training at our campuses and OSHA Training Institute (OTI) Education Centers throughout the Denver region for Mountain West OSHA.

Virtual Instructor-Led Training

Our virtual instructor-led training (VILT) courses are conducted online in a live-video delivery format. Attendance and active participation at all class sessions is required and accessible to those who live or work in Utah, Colorado, Montana, North Dakota, South Dakota and Wyoming for Mountain West OSHA.



OSHA COURSES

OSHA 510: Occupational Safety and Health Standards for the Construction Industry



This course covers OSHA standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA construction standards, construction safety and health principles, and special emphasis on the most hazardous areas of construction. Upon course completion, students will have the ability to define construction terms found in OSHA construction standards, identify hazards that occur in the construction industry; locate and determine appropriate OSHA construction standards, policies, and procedures; and describe the use of the OSHA construction standards and regulations to supplement an ongoing safety and health program.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- Contractor Core Credit Hours: 6.0
- Electrician Professional Credit Hours: 4.0
- Plumber Core Credit Hours: 6.0

There is a \$15 fee for each type of DOPL credit requested.

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 511: Occupational Safety and Health Standards for General Industry



This course covers OSHA standards, policies and procedures in general industry. Topics include scope and application of the OSHA general industry standards, general industry principles, and special emphasis on the most hazardous areas in general industry. Upon course completion, students will have the ability to define general industry terms found in the OSHA general industry standards; identify hazards that occur in general industry; locate and determine appropriate OSHA general industry standards, policies, and procedures; and describe the use of OSHA general industry standards and regulations to supplement an ongoing safety and health program.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 521: OSHA Guide to Industrial Hygiene



This course addresses industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements, and other industrial hygiene topics. The course features workshops in health hazard recognition, OSHA health standards, and a safety and health program workshop.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2015: Hazardous Materials



This course covers OSHA general industry standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gasses, LP-gasses, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical

equipment in hazardous locations, are also discussed. Upon course completion, students will have the ability to assess compliance with OSHA hazardous materials standards; determine hazardous (classified) locations; and properly move, store, and handle hazardous materials.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2045: Machinery and Machine Guarding Standards



This course covers the various types of common machinery, machine safeguards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safeguards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion, students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, determine methods of control and hazard abatement, and selection of appropriate machine safeguards.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2055: Cranes in Construction



This course covers the requirements for the operation of cranes in the construction industry using the OSHA construction cranes and derricks standard as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in

workshops to reinforce concepts of safe crane operation. Upon course completion, students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 22.50

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2225: Respiratory Protection



This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion, students will have the ability to identify and describe the elements of a respiratory protection program, including the proper selection, use, and inspection of respiratory protection; protection factors; and compliance with OSHA Standards.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person



►► Increase your expertise. Many of these courses are part of full OSHA certificates, which set you apart as a highly skilled, safety-minded professional. See which courses count at the bottom of each description, and visit our Certificates section on page 12 for more.

OSHA 2255: Principles of Ergonomics



This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, patient transfers in health care, and risk factors such as vibration, temperature, material handling, repetition, and lifting. The course's emphasis is on industrial case studies covering the analysis and design of workstations and equipment, workshops for manual lifting, and the coverage of current OSHA compliance policies and guidelines. Upon course completion, students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employers' ergonomic programs, and conduct ergonomic evaluations.

This course is associated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 18

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2264: Permit-Required Confined Entry Space



This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit- and non-permit-required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion, students will have the ability to identify permit- and non-permit-required confined spaces, reference the OSHA permit-required confined spaces standard, conduct atmospheric testing, and implement a permit-required confined space program.

This course is associated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 20

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 2455: Safety and Health Management Program



This course covers safety and health management responsibilities. Participants will be able to implement a workplace Safety and Health Management Program (SHMP) according to OSHA's recommended practices for safety and health programs and related guidance. The course covers the fundamentals of an occupational safety and health management program (SHMP), SHMP recordkeeping requirements, and how to assess workplace safety and health management programs.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 18

MODALITY: Virtual instructor-led training (VILT) or in-person



"I would highly recommend this course to industry professionals." – Student in OSHA 2455

OSHA 3015: Excavation, Trenching, and Soil Mechanics



This course covers the OSHA excavation standards and the safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated, and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion, students will have the ability to assess their employer's compliance with the OSHA excavation standard, utilize soil testing methods to classify soil types, and determine protective systems for excavation operations and training requirements.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 20

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 3085: Principles of Scaffolding



This course covers the requirements for safe construction and use of scaffolding using OSHA's construction scaffold standards as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly, and use; types of scaffolds; determining scaffold capacity; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion, students will have the ability to identify the types of scaffolds and their components; determine safe assembly, use, and disassembly; and recognize common violations of OSHA standards.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 22

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 3095: Electrical Standards



This course covers OSHA electrical standards and the hazards associated with electrical installations and equipment. Course topics include single and three-phase systems, cord and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA standards, policies, and procedures, as well as applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion, students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate potential electrical hazards, reference the applicable OSHA standard to determine hazard abatement measures, and understand the proper use of electrical testing equipment.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 3115: Fall Protection



This course covers the OSHA fall protection standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion, students will have the ability to assess compliance with the OSHA fall protection standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this OSHA Fall Arrest Systems course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.0
- **Electrician Professional Credit Hours:** 4.0

There is a \$15 fee for each type of DOPL credit requested.

MINIMUM CONTACT HOURS: 18

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 5810: Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production



This course covers OSHA construction and general industry standards relating to the oil and gas industry. It provides information for employees and employers to protect themselves by developing the knowledge and skills to anticipate, recognize, evaluate, and control hazards common to the on-shore oil and gas exploration and production industry. This includes worksites associated with the on-shore exploration and production oil and gas industry, such as drilling, well-servicing and production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion, students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry.

GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 30

MODALITY: Virtual instructor-led training (VILT) or in-person



"Everything about this course will benefit me in my career and motivates me to take more OSHA courses." – Student in OSHA 3115

OSHA 7500: Introduction to Safety and Health Management



This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. It is an interactive training session focusing on class discussion and workshops. Upon course completion, students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company.

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 5.5

MODALITY: Virtual instructor-led training (VILT) or in-person

►► Gain the knowledge you need to become an authorized safety and health trainer with our Outreach Training Program on page 10.

OSHA 7845: Recordkeeping Rule Seminar



This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, as well as reporting specific cases to OSHA. Upon course completion, students will have the ability to identify OSHA requirements for recordkeeping, posting, and reporting, and to complete OSHA Form 300 "Log of Work-Related Injuries and Illnesses," OSHA Form 300A "Summary of Work-Related Injuries and Illnesses," and OSHA Form 301 "Injury and Illness Incident Report."

This course is affiliated with the following OSHA certificates:



GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 4

MODALITY: Virtual instructor-led training (VILT) or in-person

►► **Master a new skill 12 hours or less!**
Register today for one of our short OSHA courses:



OSHA 7000: OSHA Training Guidelines for Safe Patient Handling

OSHA 7005: Public Warehousing and Storage

OSHA 7100: Introduction to Machinery and Machine Safeguarding

OSHA 7105: Evacuation and Emergency Planning

OSHA 7110: Safe Bolting: Principles & Practices

OSHA 7115: Lockout Tagout

OSHA 7120: Introduction to Combustible Dust Hazards

OSHA 7200: Bloodborne Pathogens Exposure Control for Healthcare Facilities

OSHA 7205: Health Hazard Awareness

OSHA 7210: Pandemic Illness Preparedness

OSHA 7215: Silica in Construction and General Industries

OSHA 7225: Transitioning to Safer Chemicals

OSHA 7230: Infectious Disease Preparedness in the Workplace

OSHA 7235: Respiratory Protection Program

OSHA 7300: Understanding OSHA's Permit-Required Confined Space Standard

OSHA 7400: Occupational Noise Exposure Hazards

OSHA 7405: Fall Hazard Awareness for the Construction Industry

OSHA 7410: Managing Excavation/Trenching Operations

OSHA 7415: OSHA Construction Industry Requirements (Major Hazards and Prevention)

OSHA 7500: Introduction to Safety & Health Management

OSHA 7505: Introduction to Incident [Accident] Investigation

OSHA 7510: Introduction to OSHA for Small Businesses

OSHA 7515: Job Hazard Analysis

OSHA 7845: Recordkeeping Rule Seminar



OUTREACH TRAINING PROGRAM

BECOME AN OSHA-AUTHORIZED OUTREACH TRAINER

THREE EASY STEPS:

1. Have five years of industry safety experience
2. Complete the OSHA standards course for your industry
3. Complete the OSHA trainer course for your industry

OSHA 500: Trainer Course in Occupational Safety and Health Standards for the Construction Industry



This course is designed for individuals interested in teaching the 10-hour and 30-hour Construction Safety and Health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, special emphasis is placed on those topics required in the 10-hour and 30-hour programs, as well as those that are most hazardous. Students are briefed on effective instructional approaches, the use of visual aids, and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program,

conduct both 10-hour and 30-hour construction outreach classes, and issue cards to participants after verifying course completion. Students who wish to participate as authorized outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

This course is affiliated with the following OSHA certificates:



PREREQUISITES: Students must pass OSHA 510: Occupational Safety and Health Standards for the Construction Industry and have five years of safety and health work experience in the construction industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two years of work-related experience.

GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this Trainer Course in Occupational Safety and Health Standards for the Construction Industry. Credits available are as follows:

- Contractor Core Credit Hours: 6.0
- Electrician Professional Credit Hours: 4.0
- Plumber Professional Credit Hours: 6.0

There is a \$15 fee for each type of DOPL credit requested.

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry



This course is designed for individuals interested in teaching the 10 and 30-hour General Industry Safety and Health Outreach Training Program to their employees and/or other interested groups. Using the OSHA general industry standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches, use of visual aids, and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour General Industry

► **IMPORTANT:** Before enrolling in a trainer course, you will need to complete and submit your OSHA Prerequisite Verification Form:



Outreach classes and to issue cards to participants after verifying course completion. Students who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

This course is affiliated with the following OSHA certificates:



PREREQUISITES: Students must pass OSHA 511: Occupational Safety and Health Standards for General Industry and have five years of safety and health work experience in general industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two years of work-related experience.

GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: N/A

MINIMUM CONTACT HOURS: 26

MODALITY: Virtual instructor-led training (VILT) or in-person

MAINTAIN YOUR OSHA AUTHORIZATION TRAINER CARD

►► **IMPORTANT:** You must renew your OSHA trainer card every four years. If you renew before the expiration date, you will only need to take the “update” course. If you renew after the expiration date, you will likely be required to take both the standards and trainer course again.

OSHA 502: Update for Construction Industry Outreach Trainers



This course is designed for outreach training program trainers who have completed OSHA 500: Trainer Course in Occupational Safety and Health Standards for the Construction Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA construction standards, policies, and regulations. Upon course completion, students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain construction industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour Construction Outreach Training Program classes.

PREREQUISITES: Students must pass OSHA 500: Trainer Course in Occupational Safety and Health Standards for Construction Industry.

GRADE REQUIREMENTS: Pass/fail

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this Trainer Course in Occupational Safety and Health Standards for the Construction Industry. Credits available are as follows:

- **Contractor Core Credit Hours:** 6.0
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Professional Credit Hours:** 6.0

There is a \$15 fee for each type of DOPL credit requested.

MINIMUM CONTACT HOURS: 18

MODALITY: Virtual instructor-led training (VILT) or in-person

OSHA 503: Update for General Industry Outreach Trainers



This course is designed for outreach training program trainers who have completed OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA general industry standards, policies and regulations. Upon course completion, students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain general industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour General Industry Outreach Training Program classes.

PREREQUISITES: Students must pass OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry.

GRADE REQUIREMENTS: Pass/fail

CREDIT HOUR REQUIREMENTS: N/A

MINIMUM CONTACT HOURS: 18

MODALITY: Virtual instructor-led training (VILT) or in-person

►► With RMCOEH, we work to prevent language from being a barrier to education. See our list of OSHA outreach courses entirely in Spanish on page 17.

►► Learn more about the Outreach Training Program.





OSHA CERTIFICATE PROGRAMS



NEW!

SAFETY FOUNDATIONS

This entry-level certificate program will teach safety foundations to advance one's understanding of workplace safety or increase employment opportunities in construction or general industries.

The OSHA Outreach Training Program 30-hour safety course and the 26-hour OSHA standards course (OSHA 510: OSHA Standards for Construction, OSHA 511: OSHA for General Industry) provide a variety of safety subjects and in-depth, industry-specific training and are intended for supervisors and workers with some safety and health responsibility.

The estimated cost to complete the Safety Foundations program is \$1,800.

Construction Track



Required Courses (1)

- OSHA 30-Hour for the Construction Industry **or** OSHA 510: OSHA Standards for Construction

Elective Courses (Choose 3):

- OSHA 7410: Managing Excavation/Trenching Operations
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident [Accident] Investigation
- OSHA 7515: Job Hazard Analysis (JHA)
- OSHA 7845: Recordkeeping Rule Seminar

General Industry Track



Required Courses (1)

- OSHA 30-Hour for General Industry **or** OSHA 511: OSHA Standards for General Industry

Elective Courses (Choose 3):

- OSHA 7115: Lockout/Tagout
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident [Accident] Investigation
- OSHA 7515: Job Hazard Analysis (JHA)
- OSHA 7845: Recordkeeping Rule Seminar

SAFETY & HEALTH FUNDAMENTALS

OSHA Certificate Programs

SAFETY & HEALTH FUNDAMENTALS

The Safety & Health Fundamentals Certificate program supports OSHA's mission by training public sector employees in occupational safety and health to reduce incident rates for workers in state and local governments. Participants have the opportunity to earn certificates for construction and general industry training.

The estimated cost to complete the Safety & Health Fundamentals certificate program is \$2,000.

Construction Track



Required Courses (3)

- OSHA 510: OSHA Standards for Construction
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident (Accident) Investigation

Elective Courses (Choose 4)

- OSHA 521: OSHA's Guide to Industrial Hygiene
- OSHA 2255: Principles of Ergonomics
- OSHA 2264: Permit Required Confined Space Entry
- OSHA 3095: Electrical Standards
- OSHA 7410: Managing Excavation Hazards **or** OSHA 3015: Excavation, Trenching, and Soil Mechanics
- OSHA 7405: Fall Hazard Awareness for the Construction Industry **or** OSHA 3115: Fall Protection
- OSHA 7105: Evacuation and Emergency Planning
- OSHA 7110: Safe Bolting: Principles and Practices
- OSHA 7205: Health Hazard Awareness
- OSHA 7400: Noise in the Construction Industry
- OSHA 7845: Recordkeeping Rule Seminar

General Industry Track



Required Courses (3)

- OSHA 511: OSHA Standards for General Industry
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident (Accident) Investigation

Elective Courses (Choose 4)

- OSHA 521: OSHA's Guide to Industrial Hygiene
- OSHA 2255: Principles of Ergonomics
- OSHA 3095: Electrical Standards
- OSHA 7300: OSHA's Permit-Required Confined Space Entry **or** OSHA 2264: Permit-Required Confined Space Standard
- OSHA 7000: OSHA Training Guidelines for Safe Patient Handling
- OSHA 7005: Public Warehousing and Storage
- OSHA 7100: Introduction to Machinery and Machine Safeguarding **or** OSHA 2045: Machinery and Machine Guarding Standards
- OSHA 7105: Evacuation and Emergency Planning
- OSHA 7115: Lockout/Tagout
- OSHA 7200: Bloodborne Pathogens Exposure Control for Healthcare Facilities
- OSHA 7205: Health Hazard Awareness
- OSHA 7210: Pandemic Influenza Preparedness
- OSHA 7845: Recordkeeping Rule Seminar



SPECIALIST IN SAFETY & HEALTH

The Specialist in Safety & Health certificate program aims to improve health and safety leaders' practical workplace skills. The courses examine workplace safety and health issues, and the need for managing a proactive health and safety program. Participants have the opportunity to earn certificates for construction and general industry training.

The estimated cost to complete the Specialist in Safety & Health program is \$2,500.

Construction Track



Required Courses (1)

- OSHA 510: OSHA Standards for the Construction Industry

Elective Courses (Choose 3)

- OSHA 2015: Hazardous Materials
- OSHA 2055: Cranes in Construction
- OSHA 2225: Respiratory Protection
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 2455: Safety and Health Management Program
- OSHA 3015: Excavation, Trenching, and Soil Mechanics
- OSHA 3085: Principles of Scaffolding
- OSHA 3095: Electrical Standards
- OSHA 3115: Fall Protection

General Industry Track



Required Courses (1)

- OSHA 511: OSHA Standards for General Industry

Elective Courses (Choose 3)

- OSHA 521: OSHA Guide to Industrial Hygiene
- OSHA 2015: Hazardous Materials
- OSHA 2045: Machinery and Machine Guarding Standards
- OSHA 2225: Respiratory Protection
- OSHA 2255: Principles of Ergonomics
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 2455: Safety and Health Management Program
- OSHA 3095: Electrical Standards
- OSHA 3115: Fall Protection





CERTIFIED SAFETY & HEALTH OFFICIAL

The Certified Safety & Health Official certificate program is meant for existing safety professionals. Participants will focus on OSHA-certified regulations including liability, training requirements, loss control, program development, and implementation. Participants have the opportunity to earn certificates for construction and general industry training.

The estimated cost to complete the Certified Safety & Health Official program is \$4,200.

Construction Track



Required Courses (5)

- OSHA 510: OSHA Standards for Construction
- OSHA 511: OSHA Standards for General Industry
- OSHA 3015: Excavation, Trenching, and Soil Mechanics
- OSHA 3095: Electrical Standards
- OSHA 3115: Fall Protection

Elective Courses (Choose 3)

- OSHA 500: Trainer Course for Construction
- OSHA 2015: Hazardous Materials
- OSHA 2045: Machinery and Machine Guarding Standards
- OSHA 2055: Cranes in Construction
- OSHA 2225: Respiratory Protection
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 3085: Principles of Scaffolding

General Industry Track

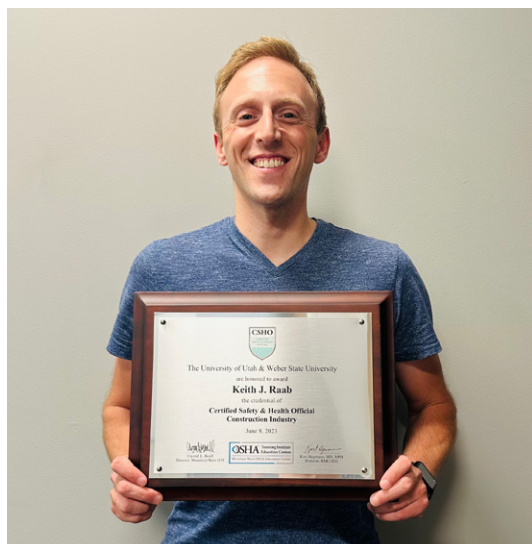


Required Courses (5)





- OSHA 510: OSHA Standards for Construction
- OSHA 511: OSHA Standards for General Industry
- OSHA 2045: Machinery and Machine Guarding Standards
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 3095: Electrical Standards

Elective Courses (Choose 3)

- OSHA 501: Trainer Course for General Industry
- OSHA 2015: Hazardous Materials
- OSHA 2225: Respiratory Protection
- OSHA 2255: Principles of Ergonomics
- OSHA 3115: Fall Protection
- OSHA 5810: Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production



Apply courses to multiple certificates!

	 Safety Foundations		 Safety & Health Fundamentals		 Specialist in Safety & Health		 Certified Safety & Health Official	
	● Required ○ Elective							
Course Number	Const.	Gen. Ind.	Const.	Gen. Ind.	Const.	Gen. Ind.	Const.	Gen. Ind.
OSHA 500							○	
OSHA 501								○
OSHA 510	●		●		●		●	●
OSHA 511		●		●		●	●	●
OSHA 521			○	○		○		
OSHA 2015					○	○	○	○
OSHA 2045				○		○	○	●
OSHA 2055					○		○	
OSHA 2225					○	○	○	○
OSHA 2255			○	○		○		○
OSHA 2264			○	○	○	○	○	●
OSHA 2455					○	○		
OSHA 3015			○		○		●	
OSHA 3085					○		○	
OSHA 3095			○	○	○	○	●	●
OSHA 3115			○		○	○	●	○
OSHA 5810								○
OSHA 7000				○				
OSHA 7005				○				
OSHA 7100				○				
OSHA 7105			○	○				
OSHA 7110			○					
OSHA 7115		○		○				
OSHA 7200				○				
OSHA 7205			○	○				
OSHA 7210				○				
OSHA 7300				○				
OSHA 7400			○					
OSHA 7405			○					
OSHA 7410	○		○					
OSHA 7500	○	○	●	●				
OSHA 7505	○	○	●	●				
OSHA 7515		○						
OSHA 7845	○	○	○	○				



CURSOS DE OSHA EN ESPAÑOL

Curso de Extensión de 10 Horas de OSHA Para la Industria de la Construcción



La capacitación de 10 horas de OSHA está diseñada para trabajadores de nivel de entrada en la construcción y la industria general. Aunque el Programa de Capacitación de Alcance de OSHA es voluntario, los empleadores pueden requerir que obtengas una tarjeta OSHA de 10 horas antes de comenzar a trabajar. Esta capacitación también es obligatoria en ciertos estados, ciudades y jurisdicciones locales.

La capacitación de 10 horas de construcción de OSHA es adecuada para trabajadores que realizan nuevas construcciones, modificaciones o reparaciones. Si trabajas en cualquier industria que no sea la construcción, la agricultura o el sector marítimo, OSHA te considera un trabajador de la industria general y recomienda el curso de 10 horas de OSHA para la industria general.

A través de este programa, los trabajadores pueden asistir a clases de 10 o 30 horas impartidas por instructores autorizados por OSHA. La clase de 10 horas está destinada a proporcionar a los trabajadores una conciencia sobre los peligros comunes de seguridad y salud relacionados con el trabajo, mientras que la clase de 30 horas es más apropiada para supervisores o trabajadores con alguna responsabilidad de seguridad. A través de esta capacitación, OSHA ayuda a garantizar que los trabajadores sean más conocedores de los peligros en el lugar de trabajo y de sus derechos.

Curso de Extensión de 10 Horas de OSHA Para la Industria General



La capacitación de 10 horas para la industria general de OSHA es apropiada para trabajadores en los siguientes campos: atención médica, operaciones de fábrica, almacenamiento, fabricación, almacenamiento y más. La inscripción y la finalización de la capacitación de la industria general de OSHA 10 ayudarán a educar a los trabajadores para predecir, prevenir, identificar y detener posibles peligros comunes en el lugar de trabajo.

A través de este programa, los trabajadores pueden asistir a clases de 10 o 30 horas impartidas por entrenadores autorizados por OSHA. La clase de 10 horas está destinada a proporcionar a los trabajadores la conciencia de los riesgos comunes de seguridad y salud relacionados con el trabajo, mientras que la clase de 30 horas es más apropiada para supervisores o trabajadores con alguna responsabilidad de seguridad. A través de esta capacitación, OSHA ayuda a garantizar que los trabajadores conozcan mejor los riesgos en el lugar de trabajo y sus derechos.

ASBESTOS TRAINING

Asbestos Contractor/Supervisor Training

An asbestos contractor/supervisor supervises a team of workers or other contractors/supervisors during the removal of asbestos-containing materials. The initial course is five days long. Topics covered include laws and regulations, personal protective equipment, the health effects of asbestos, and more. The course has a hands-on component where students demonstrate safe asbestos abatement practices.

This course satisfies the requirements of an initial asbestos training course set by the Utah Department of Environmental Quality (DEQ) and Utah Division of Air Quality. Therefore, attendees may apply to Utah DEQ to become certified asbestos professionals as asbestos contractors/supervisors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.5
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Professional Credit Hours:** 4.0

There is a \$15 fee for each type of DOPL credit requested.

Asbestos Contractor/Supervisor Refresher

This refresher course reviews and updates the key aspects of the initial course, followed by any changes in federal and state regulations. This course satisfies the requirements of a refresher asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as certified asbestos professionals or asbestos contractors/supervisors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.5
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Professional Credit Hours:** 4.0

There is a \$15 fee for each type of DOPL credit requested.



"Well done. Class information was relevant to my needs. Real-world examples were extremely helpful."

— Student in Asbestos Contractor/Supervisor Refresher



Asbestos Inspector Training

This three-day course is intended for individuals who inspect for asbestos, identify suspected asbestos-containing materials (ACM), collect samples, or assess the condition of ACMs. The U.S. Environmental Protection Agency (EPA), OSHA, and many states require this course for those who perform these activities.

This course provides Asbestos Hazard Emergency Response Act (AHERA) training as required by federal regulations. State and local agencies may also impose AHERA training requirements. Participants who complete the course and pass an exam will receive a certificate of AHERA accreditation.

This course satisfies the requirements of an initial asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to become certified asbestos professionals or asbestos inspectors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.0
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Professional Credit Hours:** 4.0

There is a \$15 fee for each type of DOPL credit requested.



AHERA training requirements. Participants who complete the course and pass an exam will receive an AHERA accreditation certificate.

This course satisfies the requirements of an initial asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to become certified asbestos professionals as asbestos management planners.

PREREQUISITES: Participants must first complete the three-day inspector course.

Asbestos Management Planner Refresher

This refresher course covers a review and update of the key aspects of the initial course, followed by any changes in federal and state regulations. This course satisfies the requirements of a refresher asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as certified asbestos professionals as asbestos management planners.

Asbestos Inspector Refresher

This refresher course covers a review and update of the key aspects of the initial course, followed by any changes in federal and state regulations.

This course satisfies the requirements of a refresher asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as certified asbestos professionals as asbestos inspectors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 3.5
- **Electrician Professional Credit Hours:** 3.0
- **Plumber Professional Credit Hours:** 3.0

There is a \$15 fee for each type of DOPL credit requested.

Asbestos Management Planner Training

This two-day course is intended for those responsible for managing asbestos hazards in buildings. The U.S. Environmental Protection Agency requires this training for those who write or revise school asbestos management plans, and it is recommended for others who manage asbestos hazards.

These courses provide Asbestos Hazard Emergency Response Act (AHERA) training as required by federal regulations. State and local agencies may also impose

Asbestos Project Designer Training

Abatement monitors, home improvement and remodeling contractors, environmental officers, occupational safety and health officers, and others who desire a broad overview of asbestos abatement may also benefit from this course.

This course includes practical training exercises and job-site simulations. These exercises allow participants to practice the knowledge and skills they have gained in the classroom in a realistic setting.

This course satisfies the requirements of an initial asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to become certified asbestos professionals as asbestos project designers.

Asbestos Project Designer Refresher

This refresher course reviews and updates the key aspects of the initial course, followed by any changes in federal and state regulations.

This course satisfies the requirements of a refresher asbestos training course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as certified asbestos professionals as asbestos project designers.



LEAD TRAINING

Lead Inspector Training

This course is intended to meet requirements established by regulatory agencies for lead abatement inspectors. Abatement monitors, home improvement and remodeling contractors, environmental officers, occupational safety and health officers, and others who desire a broad overview of lead abatement may also benefit from these courses.

The courses include practical training exercises and job-site simulations conducted in an on-campus training facility. These exercises allow participants to practice their classroom knowledge and skills in a realistic setting.

This course satisfies the requirements of an initial lead certification course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to become Utah-certified lead-based paint inspectors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.5
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Core Credit Hours:** 7.5

There is a \$15 fee for each type of DOPL credit requested.

Lead Inspector Refresher

This course is intended to meet refresher requirements established by the U.S. Environmental Protection Agency (EPA) and other regulatory agencies for lead abatement supervisors.

This course satisfies the requirements of a refresher lead certification course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as Utah-certified lead-based paint inspectors.

CREDIT HOURS: Upon request, Utah Division of Professional Licensing (DOPL) credits are available for this course. Credits available are as follows:

- **Contractor Core Credit Hours:** 7.5
- **Electrician Professional Credit Hours:** 4.0
- **Plumber Core Credit Hours:** 7.5

There is a \$15 fee for each type of DOPL credit requested.

Lead Safety for Renovation, Repair, and Painting (RRP)

This course is intended to meet requirements established by the U.S. Environmental Protection Agency (EPA) and other regulatory agencies for those involved in lead renovation, repair, and painting activities. The audience includes renovators, remodelers, painters, maintenance personnel, and other workers removing or modifying painted surfaces. The training will enhance credentials as private contractors and satisfy U.S. Department of Housing and Urban Development (HUD) requirements for interim controls training in federally-assisted housing.

This course satisfies the requirements of an initial lead certification course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Therefore, attendees may apply to Utah DEQ to become Utah-certified lead-based paint individuals as renovators.

Lead Supervisor Refresher

This course is intended to meet refresher requirements established by the U.S. Environmental Protection Agency (EPA) and other regulatory agencies for lead abatement supervisors.

This course satisfies the requirements of a refresher lead certification course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Therefore, attendees may apply to Utah DEQ to renew their status as Utah-certified lead-based paint individuals as supervisors.

Lead Risk Assessor Refresher

This course is intended to meet refresher requirements established by the U.S. Environmental Protection Agency (EPA) and other regulatory agencies for lead abatement supervisors.

This course satisfies the requirements of a refresher lead certification course set by the Utah Department of Environmental Quality (Utah DEQ) and Utah Division of Air Quality. Attendees may apply to Utah DEQ to renew their status as Utah-certified lead-based paint individuals as risk assessors.

OCCUPATIONAL HEALTH

National Institute for Occupational Safety and Health (NIOSH)-Approved Spirometry Training

This course is available to occupational health nurses and physicians, safety professionals, health technicians, and other personnel involved in performing and interpreting pulmonary function testing.

This course is math-intensive. It is essential that students bring a laptop or tablet to the class each day.

Council for Accreditation in Occupational Hearing Conservation (CAOHC)-Approved Occupational Hearing Conservation Initial Training

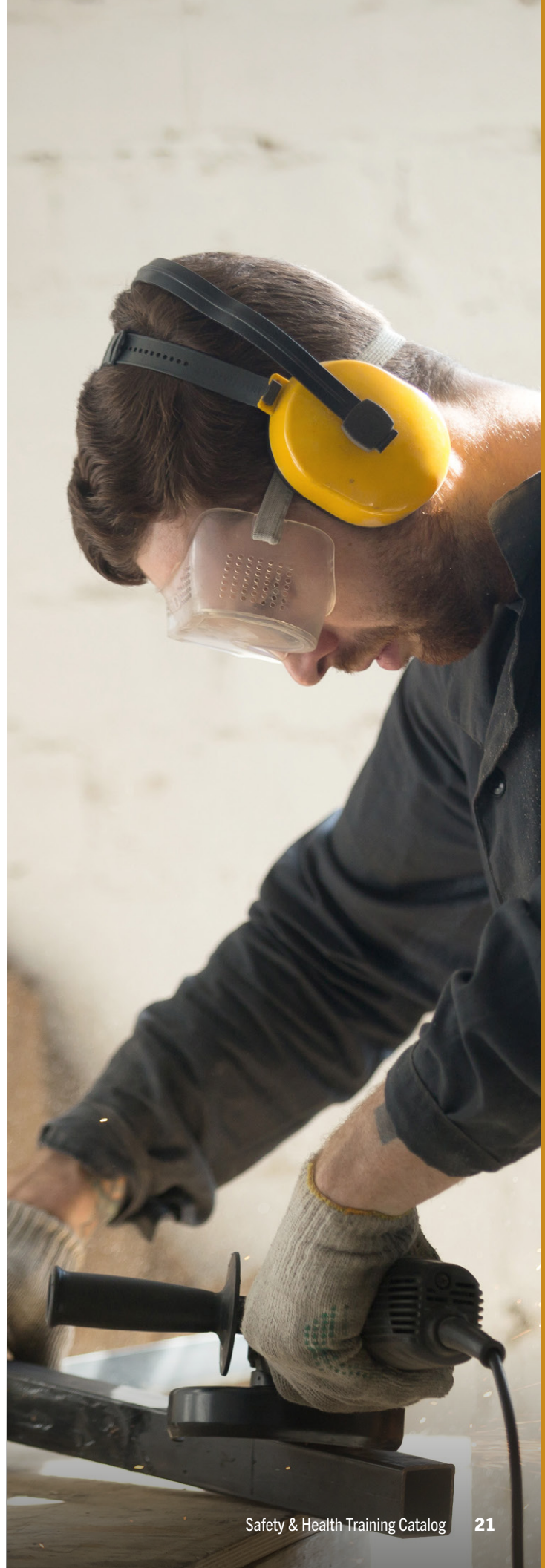
Certified Occupational Hearing Conservationists (COHC) play an integral role on the hearing conservation team. The COHC may be closely involved with noise-exposed workers and their activities. However, the audiometric testing program must be supervised by an audiologist or physician.

COHCs may be audiologists, physicians, occupational health nurses, industrial hygienists, human resources directors, workplace safety officers, or any person interested in occupational hearing conservation. COHCs may be responsible for performing pure tone air conduction audiometric testing, fitting hearing protection devices, providing education, and enforcing Hearing Conservation Program (HCP) compliance.

This course will cover topics such as audiometric technique, audiogram review and referral, recordkeeping, personal hearing protection, and more. The CAOHC certification examination will be administered at the conclusion of class.

Council for Accreditation in Occupational Hearing Conservation (CAOHC)-Approved Occupational Hearing Conservation Refresher

This refresher course is for Certified Occupational Hearing Conservationists (COHC). It will cover topics such as audiometric technique, audiogram review and referral, recordkeeping, personal hearing protection, and more. The CAOHC recertification examination will be administered at the conclusion of class.





MINING SAFETY & HEALTH ADMINISTRATION (MSHA)

MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners

This is a web-based, interactive class that will complete the classroom requirement for the MSHA 24-Hour Part 48 Surface New Miner certification. This class is approved by MSHA, and students will receive a 5000-23 certificate upon completion. This certificate will expire one year after completion (by the end of the training month). This course covers all aspects of the initial training requirements for owners and operators under 30 CFR Part 48 and satisfies the total MSHA requirement for new/inexperienced miner training. Participants will learn their rights and responsibilities, job-related safety procedures, rescue and first aid techniques, as well as other safety and health hazards in the surface metal/non-metal industry.

Each student is required to have access to a desktop or laptop, a web camera, a microphone, speakers, and internet for all three days of the course. Training must be renewed annually with the MSHA 8-hour Refresher course.

MSHA 32-Hour Training for New/Inexperienced Metal/Non-Metal Underground Miners

This is a web-based, interactive class that will complete the classroom requirement for MSHA 32-Hour Underground New Miner. This class is approved by MSHA, and students will receive a 5000-23 certificate upon completion. This certificate will expire one year after completion (by the end of the training month). This course covers all aspects of the initial training requirements for owners and operators under 30 CFR Part 48 and satisfies the total MSHA requirement for new/inexperienced miner training. Participants will learn their rights and responsibilities, job-related safety procedures, rescue and first aid techniques, as well as other safety and health hazards in the surface metal/non-metal industry.

Each student is required to have access to a desktop or laptop, a web camera, a microphone, speakers, and internet for all four days of the course. Training must be renewed annually with the MSHA 8-hour Refresher course.

MSHA 8-Hour Annual Refresher Training for Metal/Non-Metal Surface Miners

This is a web-based, one-day course that covers all aspects of the annual training requirements for owners and operators under 30 CFR Part 48 for surface metal/non-metal mines. Those who complete this course will return to the job with the skills necessary to perform their work per MSHA regulations, updates, and general best practices. Students will receive a completed 5000-23 annual refresher training certificate upon completion. This certificate will expire one year after completion (by the end of the training month).

MSHA 8-Hour Annual Refresher Training for Metal/Non-Metal Underground Miners

This is a web-based, one-day course that covers all aspects of the annual training requirements for owners and operators under 30 CFR Part 48 for underground metal/non-metal mines. Those who complete this course will return to the job with the skills necessary to perform their work per MSHA regulations, updates, and general best practices. Students will receive a completed 5000-23 annual refresher training certificate upon completion. This certificate will expire one year after completion (by the end of the training month).



FALL PROTECTION TRAINING

EM-385 24-Hour Competent Person Fall Protection Training

Our EM-385 fall protection course is designed to equip government and military contractors and subcontractors with essential knowledge from the U.S. Army Corps of Engineers (USACE) EM 385-1-1 manual to ensure worker safety through the development and management of a fall safety program. By the end of this course, students should be able to identify and eliminate fall hazards in the workplace, demonstrate all necessary procedures relating to fall protection systems, calculate fall clearance requirements, and understand USACE vs OSHA requirements and definitions, among other course objectives. Once the course is finished, you will be sent a certificate of completion and be awarded university Continuing Education Units (CEUs).

CREDIT HOUR REQUIREMENTS: 24

MODALITY: Virtual Instructor-Led Training (VILT) or in-person



BIOSTET TRAINING

Biological Site and Infectious Agent Health and Safety in Emerging Technologies (BioSTET) training will introduce definitions, critical components, engineering controls, personal protection equipment (PPE) used, and the economics of an effective site health and safety plan. Additionally, students will learn specific applications where the site health and safety plan effectively includes biological safety, as demonstrated through clinical and/or medical device case studies.

This is an online, self-paced course delivered on Canvas.



CONTRACT COURSES

Customizable Courses

For many of our courses, our instructors can provide on-site training at your location, according to your schedule.

Benefits of offering our courses at your site include:

- Cost savings for groups
- No employee travel expenses
- Accommodating variable shifts and schedules
- Employees learning to use their equipment at their location

►► Interested in scheduling an on-site training? Please complete our Contract Course Intake Form.



EVENTS

Annual Utah Conference on Safety and Industrial Hygiene (October)

RMCOEH hosts the Utah Conference on Safety and Industrial Hygiene each fall, welcoming roughly 300 occupational and environmental health and safety professionals to the University of Utah campus for three days of learning and networking.

The conference is designed to provide a forum for information exchange and ideas related to current occupational and environmental health and safety issues that affect the workplace, the general environment, and communities. The first day of the conference includes selected short courses followed by two days of breakout sessions focused on current safety, industrial hygiene, and environmental issues.

Compensable Disability Forum (January)

RMCOEH's annual Utah Compensable Disability Forum provides an interdisciplinary forum for professionals and employers to generate dialogue while improving their skills in confronting compensable disability issues

that arise in the workplace. The forum hosts various attendees, including employers, attorneys, insurance adjusters, case managers, claims managers, risk managers, human resource managers, physicians, registered nurses, therapists, rehabilitation counselors, and safety practitioners.



WHO WE ARE

The Rocky Mountain Center for Occupational and Environmental Health (RMCOEH)

Safety and health education are at the forefront of our mission. The Rocky Mountain Center for Occupational and Environmental Health (RMCOEH) is committed to fostering a culture of safety through comprehensive training and dedicated service.

Since 1977, RMCOEH has provided quality education to help protect both workers and the environment. Through interdisciplinary programs, RMCOEH offers a variety of safety and health-related courses, partnering with key agencies like the National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA).

With flexible course delivery options including onsite contract courses, open-enrollment courses, and online courses, RMCOEH empowers professionals across industries with essential knowledge and skills by providing accessible training when and where it's needed. We offer professional development opportunities that include Continuing Education Units (CEUs) and Certification Maintenance (CM) points.

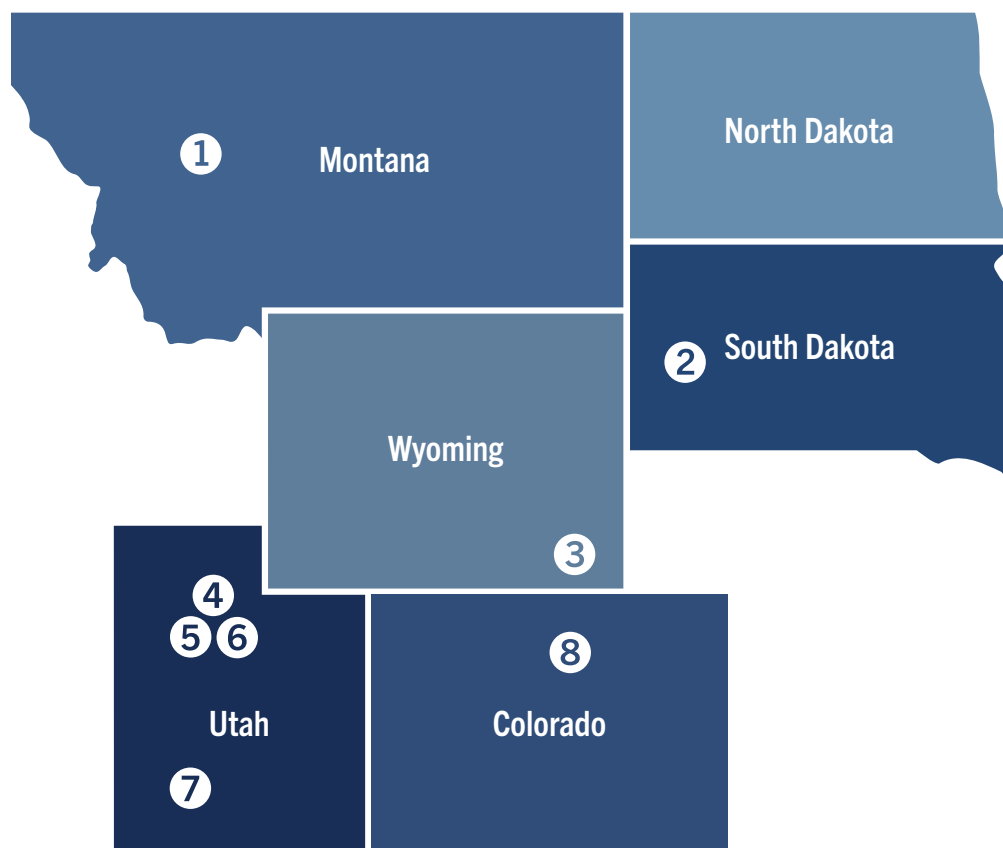


BACK ROW: Shalese Ramirez, Crystal Beall, Kirk Godfrey, Serena Woodhouse, Destiny Mora

FRONT ROW: Shay Baruffi, Jessica Gardner-Yates

Mountain West OSHA Training Institute Education Center

The Mountain West OSHA Training Institute Education Center (MWOTIEC) is proud to be part of the national network of OSHA Training Institute (OTI) Education Centers authorized by OSHA to deliver high-quality occupational safety and health training. For over 20 years, MWOTIEC has offered specialized, OSHA-authorized training to meet the diverse needs of individuals and organizations alike. Popular classes cover topics like hazard identification and abatement, OSHA outreach training, and professional development opportunities!



- | | |
|--|--|
| ① Helena College, Helena, MT | ⑤ RMCOEH, Salt Lake City, UT |
| ② Western Dakota Technical College, Rapid City, SD | ⑥ Utah Safety Council, Salt Lake City, UT |
| ③ Laramie County Community College, Cheyenne, WY | ⑦ Southwest Technical College, Cedar City, UT |
| ④ Weber State Farmington Station, Farmington, UT | ⑧ Front Range Community College, Westminster, CO |

As one of 26 official OTI Education Centers, MWOTIEC offers specialized courses that can only be delivered by authorized centers. Popular programs include Hazard Recognition and Abatement, OSHA Authorized Outreach Trainer courses, and professional development opportunities with Continuing Education Units (CEUs) and Certification Maintenance (CM) points. We are also pleased to offer select courses in Spanish to increase accessibility.

MWOTIEC supports OSHA's mission through community outreach, safety stand-downs, and youth initiatives while tailoring training solutions to meet diverse needs. Whether through onsite contract courses, open-enrollment classes at conveniently located host training organizations, or Virtual Instructor-Led Training, MWOTIEC provides flexible, high-quality education to equip individuals with the tools and knowledge to achieve workplace safety success.





LOCATIONS & PARTNERS

We want to give a special thanks to our Official Host Training Organizations for their continuing support in helping us provide OSHA courses at a facility near you.

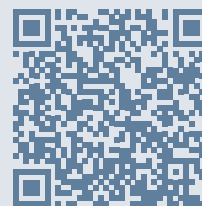


RESOURCES

- RMCOEH:
rmcoeh.com
- Mountain West OSHA:
mtnwestosha.com
- Outreach Training Program:
rmcoeh.com/outreach-training-program
- Safety and Health Training (Asbestos Training, CAOHC, EM-385, Lead Training, Mining Safety & Health, Pulmonary Function Testing):
rmcoeh.com/continuing-education/niosh
- OSHA Website:
osha.gov
- On-site Contract Course Training:
rmcoeh.com/on-site-contract-course-training

FAQ

To view our frequently asked questions, visit our website:



rmcoeh.com/ask-rmcoeh



Rocky Mountain Center for Occupational and Environmental Health

Continuing Education

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CONTACT:

rmcoeh@weber.edu

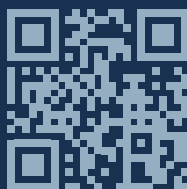
(801) 581-4055

◀ rmcoeh.com/ce

Mountain West OSHA

Utah | Colorado | Montana

North Dakota | South Dakota | Wyoming



CONTACT:

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(801) 581-4055

◀ mtnwestosha.com

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REGISTER TODAY: rmcoeh.com/register | 801-626-6600