

Utah 3 Hour OSHA Workplace Safety Training

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Course Description: This 3-hour class is based on OSHA regulations as well as recommendations by NIOSH, the EPA, and safety experts from private and non-profit organizations. The class explores all the significant risks those in the plumbing & HVAC trades face in a typical work environment (hazardous chemicals, flammable vapors, biohazards, physical strains and the potential for traumatic injury) along with the ways to mitigate or avoid those risks. The class focuses on the safety responsibilities of contractors or owners/employers as well as offering well-rounded safety training for workers. The class is designed to accompany 3 hours of "live, in-class" continuing education in order to fulfill the entire 6-hour CE requirement for plumbing contractors in the state.

Learning Objectives:

By the end of this course students will be able to:

- Apply the general principles of a safe work environment;
- Employ safe handling systems for hazardous substances, including lead-safe standards, mold, adhesives and solvents, welding and soldering, and mercury;
- Understand the risks and mitigating strategies for combustibles, including fuel gas and hydrogen sulfide;
- Navigate the interaction between that model codes, Utah amendments, and local enforcement;
- Teach and practice methods that reduce physical strains, including awkward positions, lifting, working in confined spaces, trenches, extreme temperatures, noise, and vibration;
- Teach and practice protection from physical hazards, including electricity, burns, eye injuries, tools, and wet environments; and
- Better utilize OSHA safety resources and comply with all reporting and other safety rules & regulations.

Course Outline:

Total Time: 3 Hours 9 Minutes

Section/Topic Titles	Section Time
I. Introduction to OSHA Workplace Safety Training for Utah HVAC and Plumbing Contractors	7 Minutes
II. Safety Principles and Systems, including Who's Responsible for Workplace Safety	16 Minutes
III. Hazardous Substances & Environmental Risks on Plumbing & HVAC job sites	38 Minutes
IV. Workplace Hazards including Flammable Material, Sewer Gases, and Biohazards (Sewage)	24 Minutes
V. Physical Strains including Awkward Positions, Heavy Lifting, Extreme Temperatures & Noise	42 Minutes
VI. Physical Hazards, including Electricity, Burns, Eye Injuries, Ladders, Wet Environments, Extended Workdays, and Working Alone	37 Minutes
VII. Employer Worksite Safety Responsibilities under OSHA Rules	25 Minutes

Requirements:

Our system is offered online and so there are a few requirements in order to complete our course. Our course can be taken with a minimal system that meets all of the requirements, but the learning experience will be best if your system meets the recommendations.

Required: Internet capable device. Our course is compatible with smart phones, tablets, and traditional computers both Apple and Windows based. It is not necessary that you own this device, merely that you have access to such a device.

Required: Internet connection. *Recommended:* High-speed internet connection. Our course requires student feedback over the internet; their experience will improve with a high-speed connection. *Required:* Up-to-date browser. *Recommended:* Up-to-date version of Google Chrome.

Course Setup:

This course is presented online. Students visit the website TradesmanCE.com in order to work on their course. For the student's convenience, our online system saves their progress as they go through the course, meaning they can leave the course at any time and return without losing their progress. Upon enrolling in our course students will have access for 365 days. After this 365-day period students can contact us to have their enrollment renewed at no additional charge.

Course completion is tracked through questions between the sections. In order to mark individual topics as complete, students will need to answer all of the questions attached to each topic. Additional questions complete the class. Any questions, concerns, or issues that arise while taking the class can be addressed by calling the contact number, writing to the contact e-mail, or sending a message through the "Suggestion Box" included in the course. Messages receive a response within one business day; usually within one hour.

Evaluation:

Student's attainment of the course objective is evaluated through the 7 in-text questions. Students must answer each of the questions correctly in order to progress in the class.