

American Compliance Systems, Inc. offer the following workplace safety training courses:

Back Safety (Course #115)

Body Mechanics & Range of Motion
Causes of Back Problems
Common Back Injuries
Preventive Measures
Proper Lifting Techniques

Bloodborne Pathogens (Course #103)
Review of Standard (29 CFR 1910.1030)
Bloodborne Diseases
Misconceptions About Exposures
Limiting/Eliminating Exposure
Universal Precautions & PPE
Emergency Procedures & Waste Disposal

Burn Prevention (Course #119)
Common Burn Hazards
Degrees of Burn Injuries
Basic First Aid for Burns
Steps to Reduce Potential Accidents
Engineering & Administrative Controls; PPE

CPR Certification (Course #114)
(min. 3 hours)
Recognizing & Responding to Emergencies
ABC's of Adult CPR
Mechanics of Artificial Life Support
Heart Disease Prevention
Introduction to AEDs
*Program course completion cards/certificates issued through the National Safety Council.

Confined Space Entry Awareness (Course #109)
(min. 2 hours)
Review of Standard (29 CFR 1910.146)
Identification of Permit & Non-Permit Space
Hazards Associated w/Confined Space & Appropriate Equipment
Team Responsibilities
Proper Entry Procedures
Atmospheric Testing & Monitoring

Electrical Safety (Course #116)
Fundamentals of Electricity
Recognizing Electrical Hazards
Electrical Shock & Effects
Current Control & Shock Prevention
Inspection & Care of Equipment
Safe Work Practices
Equipment & Tool Grounding

Emergency Action & Fire Safety (Course #104)
Review of Applicable Standards
(29 CFR 1910.38 & .157)
Recognition of Alarms
Awareness of Fire Hazards
Fire Prevention
Elements & Classes of Fires
How to Extinguish Small Fires
Emergency Evacuation Procedures

Ergonomics: General Awareness (Course #112)
Overview of Ergonomics
Repetitive Motion Injuries & Musculoskeletal Disorders
Ergonomic Risk Factors & Hazards
Body Mechanics & Working in Neutral Postures
Customizing Your Work Space
Healthy Work Habits

Fall Protection Awareness (Course #117)
Review of Standard (29 CFR 1926.503)
Fall Protection Plan
Recognizing Fall Hazards
Types of Fall Protection
Personal Arrest Systems

First Aid Certification (Course #113)
(min. 4 hours)
Recognizing & Responding to Emergencies
Breathing Emergencies in Adults
Identifying & Caring for Bleeding, Sudden Illness, & Injuries
Rescuing & Moving Victims
Preventing Disease Transmission
*Program course completion cards/certificates issued through the National Safety Council.

Forklift Operator Safety (Course #107)
Review of Standard (29 CFR 1910.178)
Forklift Components & Safety Features
Basics of Forklift Operation
Inspections & Maintenance
Proper Procedures for Loading, Unloading
Fuel Handling & Storage

General Safety Awareness (Course #110)
Unsafe Conditions & Housekeeping
Electrical Hazards
Tool & Equipment Safety
Ladder Safety & Fall Protection
Material Handling
Chemical & Fire Safety

Hazard Communication (Course #101)
Review of Standard (29 CFR 1910.1200)
Safe Use, Storage & Handling of Hazardous Materials
Container Labeling
Material Safety Data Sheets (MSDS)
Non-Routine Tasks

HazMat/DOT Awareness (Course #122)
(min. 2 hours)
Review of DOT Regulations (49 CFR 172)
Recognition & Identification of Hazardous Materials
DOT Hazard Classes
Labels & Placards
Shipping Papers
Emergency Response for Basic Hazmat Employees

Hazardous Waste Operations and Emergency Response (24/40 Hour) (Course #126-24, Course #126-40)
Understanding Hazwoper and the Emergency Response Plan
MSDS and Hazard Evaluation
Personal Protective Equipment
Accidental Release Measures
Hazmat Labeling
Work Practices and Engineering Controls
Hands-on Mock Emergency Response Drills

Hazardous Waste Operations and Emergency Response (8 hour annual refresher) (Course #126-8)
Review of Hazwoper Standard
Personal Protective Equipment, Containment and Decontamination
Chemical Hazards and Exposure Monitoring

For more information regarding training or other occupational safety and risk management services contact:

American Compliance Systems, Inc.
610.755.0728 or 1.800.55.HELPS
www.ACS-safety.com

Hearing Conservation (Course #108)
Review of Standard (29 CFR 1910.95)
Basics of Hearing
Causes & Effects of Hearing Loss
Engineering & Administrative Controls
Hearing Protection Devices
Audiometric Testing

Laboratory Safety Awareness (Course #111)
Review of Standard (29 CFR 1910.1450)
Physical & Health Hazards of Chemicals in the Workplace
Hazard Information Sources (Labels & MSDS)
Safe Laboratory Practices
Protective Equipment
Emergency Procedures

Lockout/Tagout (Course #102)
Review of Standard (29 CFR 1910.147)
Recognition & Control of Hazardous Energy Sources
Roles & Responsibilities of Affected & Authorized Employees
Energy Types & Characteristics
Lockout/Tagout Procedures
Using PPE & Other Precautions

Machine Guarding (Course #118)
Basic Machine Operation
Types of Hazards & Controlling Them
Types & Locations of Guards
Proper Use of Guards
Adjustment, Inspection, & Maintenance

New Hire Orientation (Course #124)
General Safety & Housekeeping
Hazard Communication
Fire Safety
Personal Protective Equipment
Lockout/Tagout

OSHA 10 + 30 Hour (Courses #125-10, #125-30)
OSHA policies, procedures, standards, and safety and health principles are the main focus of this course. Topics include the scope and application of the 29 CFR 1926.

Personal Protective Equipment (Course #105)
Review of Applicable Standards
(29 CFR 1910.132-.138, & .95)
Review of Hazard Assessment
Role & Importance of PPE
Determining When & Which PPE is needed
Various Types of PPE & Their Limitations
Proper Use & Maintenance

Respiratory Protection (Course #106)
Review of Standard (29 CFR 1910.134)
When & Why Respirators are Necessary
Medical Evaluations
Types of Respirators & Selection
Inspect, Use, & Care for Respirators
Limitations & Capabilities of Respirators
Fit Testing

Safety Committee (Course #123)
Roles & Responsibilities
Purpose, Conduct, & Operation
Hazard Identification
Periodic Safety Inspections
Accident Investigation
General Workplace Safety