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SAFETY | TRAINING

C A L E N D A R

July - December 2010



Pacific Safety Council

Your Safety is Our Business!

888-846-4200

www.pscsd.com



Your Safety is Our Business!

ABOUT US

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

Our Mission

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

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

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

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

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

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

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

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

Your safety is our business!

ON-SITE TRAINING

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

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

Automated External Defibrillator (AED)

Back Injury Prevention

Backhoe Operator

Bloodborne Pathogens

Bobcat Training

Cal/OSHA Standards

Cardiopulmonary Resuscitation (CPR)

Certified Occupational Safety Specialist (COSS)

Confined Space: Entrant & Attendant, Supervisor and Rescue

Crane Rigging

Disaster Preparedness

DOT- Hazardous Materials

Driving Safety

Drug and Alcohol Use and Abuse
Ergonomics & Office Safety

Fall Protection

Fire Extinguisher

First Aid

Flagger Safety

Forklift Instructor and Operator

Hazard Communication

HAZWOPER: 8, 16, 24, 40, Awareness

Heavy Equipment Safety

Incident Investigation and Reporting

Injury and Illness Prevention Program

Job Safety Analysis

Lockout/Tagout

OSHA 10-Hour Construction Safety

Personal Protective Equipment

Rattlesnake Avoidance and Envenomation

Respiratory Program Administrator

Respirator Fit Testing & Training

Safety Orientation for

New Employees

Spill Prevention

Supervisor Safety Training

Tool Safety

Traffic Control

Trench and Shore

Workers' Compensation

Workplace Violence

For more information or to register for classes:

Visit our website or call us toll-free
www.pscsd.com : toll free 888-846-4200

Pacific Safety Council

E-Learning

On-Site Training

Any Time/ Any Place/ Any Pace

Quality training is available to you 24/7 via our E-Learning Campus Website. The courses are offered at basic or advanced levels and many courses are offered in Spanish.

A variety of courses offered include:

- OSHA- Construction (Fall Protection, Confined Space, Scaffolding and more)
- OSHA- General Industry (Workplace Violence, Bloodborne Pathogens, Personal Protective Equipment and more)
- OSHA Outreach training (OSHA 10 hour and 30 hour General or Construction Industry)
- OSHA- Hazardous Waste Training (HAZWOPER 8, HAZWOPER 24 and more)
- Alcohol Seller/Server
- Food Safety (handling)
- Human Resources



The E-Learning Campus offers a certificate of completion and flexibility allowing each student to manage their progress and learn at their own pace. Courses start at just \$13 and bulk pricing is available to make it more cost effective.

Consulting

Safety Consulting Services

Lack of written programs is consistently one of the most frequently cited violations from OSHA. The Pacific Safety Council is here to help you by providing:

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



PSC completes various consulting projects including but not limited to:

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

Let PSC help you identify, control, and eliminate hazards!

"PSC helped us get back on track with our safety compliance programs quickly and inexpensively."

- Steve Eaton,
Environmental & Safety Director,
Frazee Paint

"This COSS program should be taken by all compliance professionals. I found this course incorporated not only the regulatory requirements, but provided implementation solutions as well!"

- Kelly Hunt, COSS,
SDG&E

Course Descriptions

Apollo Root Cause Analysis

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

Contact hours: 16

Investment: \$895 Member / \$995 Non-member

Dates: September 8-9 & December 1-2



Backhoe Operator

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

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

Contact hours: 8

Investment: \$149 Member / \$179 Non-member

Dates: September 14 & December 15

Cal/OSHA Standards

This class is recommended for those new to safety responsibilities. Course includes: outline of supervisors and workers responsibilities, overview of major programs covered by safety regulations and a safety program checklist to assist in identifying which programs apply to your company.

Contact hours: 4

Investment: \$79 Member / \$99 Non-member

Dates: November 9

Certified Occupational Safety Specialist (COSS)

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

Contact hours: 40

Investment: \$1,699 Member / \$2,199 Non-member

Dates: July 26-30 & October 13, 20, 27, November 3, 10

Coaching the Experienced Driver

This concentrated program is for drivers who think they drive defensively. Specifically designed to counter bad driving habits, this course offers comprehensive coverage collision prevention techniques.

Participants will complete and receive a Driver Performance Analysis System (DPAS) evaluation illustrating their skills based on the following areas: driver and traffic knowledge, traffic perceptual skills, traffic risk and driver and traffic procedures.

Contact hours: 4

Investment: \$59 Member / \$69 Non-member

Dates: July 13 & September 2



Confined Space: Entrant & Attendant

This course is designed to meet the requirements of OSHA 29 CFR 1910.146 and CCR Title 8 Section 5156-5159. Following completion, the participants will have the skills and knowledge needed to operate as trained entrants and attendants. This will teach both the hazards of confined spaces and ways of controlling these hazards.

Contact hours: 8

Investment: \$149 Member / \$179 Non-member

Dates: August 19 & October 6

2010 Calendar

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 DOT Hazardous Materials 8am-5pm M- \$149 NM-\$179	8 Respiratory Program Administrator 8am-5pm M- \$149 NM-\$179	9	10
11	12	13 Coaching the Experienced Driver 8am-12pm M- \$59 NM-\$69	14	15 Traffic Control & Flagger Safety 8am-5pm M- \$149 NM-\$179	16	17
18	19 CPR/First Aid/Initial 8am-5pm M- \$59 NM-\$69	20	21	22	23	24
25	26 COSS (Day 1) 8am-5pm M- \$1,699 NM-\$2,199	27 COSS (Day 2) 8am-5pm	28 COSS (Day 3) 8am-5pm	29 COSS (Day 4) 8am-5pm	30 COSS (Day 5) 8am-5pm	31

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Trench & Shore 8am-5pm M- \$149 NM-\$179	4	5 OSHA 10 Hour (Day 1) 12:30pm-6pm M- \$199 NM-\$239	6 OSHA 10 Hour (Day 2) 7:30am-1pm M- \$199 NM-\$239	7
8	9	10 Ethics in Safety Leadership 8am-12pm M- \$79 NM-\$99	11	12	13	14
15	16	17	18 Forklift Operator 8am-1:30pm M- \$79 NM-\$99 Forklift Instructor 8am-5pm M- \$699 NM-\$799	19 Confined Space/Entrant/Attendant/Supervisor 8am-5pm M- \$149 NM-\$179	20	21
22	23 HAZWOPER 8 hour Awareness 8am-5pm M- \$119 NM-\$139 HAZWOPER 16 8am-5pm M- \$199 NM-\$259 HAZWOPER 40 8am-5pm M- \$499 NM-\$569	24	25	26	27 HAZWOPER 8 hour Refresher 8am-5pm M- \$119 NM-\$139	28
29	30	31 CPR/First Aid/AED Refresher 8am-12pm M- \$49 NM-\$59				

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Coaching The Experienced Driver 8am-12pm M- \$59 NM-\$69	3	4
5	6	7	8 Apollo RCA (Day 1) 8am-5pm M- \$895 NM-\$995	9 Apollo RCA (Day 2) 8am-5pm M- \$895 NM-\$995	10	11
12	13	14 Backhoe Operator 7:30am-4:30pm M- \$149 NM-\$179	15 Traffic Control & Flagger Safety 8am-5pm M- \$149 NM-\$179	16	17	18
19	20	21	22	23	24	25
26	27	28 CPR/First Aid/Initial 8am-5pm M- \$59 NM-\$69	29	30		

2010 Calendar

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 DOT Hazardous Materials 8am-5pm M- \$149 NM-\$179	6 Confined Space/Entrant/ Attendant/Supervisor 8am-5pm M- \$149 NM-\$179	7 Respiratory Program Administrator 8am-5pm M- \$149 NM-\$179	8	9
10	11	12	13 COSS (Day 1) 8am-5pm M- \$1,699 NM-\$2,199	14 Forklift Operator 8am-1:30pm M- \$79 NM-\$99 Forklift Instructor 8am-5pm M- \$699 NM-\$799	15	16
17	18	19	20 COSS (Day 2) 8am-5pm	21 HAZWOPER 8 hour Refresher 8am-5pm M- \$119 NM-\$139	22	23
24 31	25	26 CPR/First Aid/AED Refresher 8am-12pm M- \$49 NM-\$59	27 COSS (Day 3) 8am-5pm	28 Trench & Shore 8am-5pm M- \$149 NM-\$179	29	30

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OSHA 10 Hour (Day 1) 12:30pm-6pm M- \$199 NM-\$239	2 OSHA 10 Hour (Day 2) 7:30am-1pm M- \$199 NM-\$239	3 COSS (Day 4) 8am-5pm	4	5	6
7	8 Ethics in Safety Leadership 8am-12pm M- \$79 NM-\$99	9 Cal/OSHA Standards 8am-12pm M- \$79 NM-\$99	10 COSS (Day 5) 8am-5pm	11	12	13
14	15	16	17 CPR/First Aid/Initial 8am-5pm M- \$59 NM-\$69	18 Traffic Control & Flagger Safety 8am-5pm M- \$149 NM-\$179	19	20
21	22	23	24	25	26	27
28	29	30 CPR/First Aid/AED Refresher 8am-12pm M- \$49 NM-\$59				

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Apollo RCA (Day 1) 8am-5pm M- \$895 NM-\$995	2 Apollo RCA (Day 2) 8am-5pm M- \$895 NM-\$995	3	4
5	6 HAZWOPER 8 Hour Awareness 8am-5pm M- \$119 NM-\$139 HAZWOPER 16 8am-5pm M- \$199 NM-\$259 HAZWOPER 40 8am-5pm M- \$499 NM-\$569	7	8	9	10 HAZWOPER 8 hour Refresher 8am-5pm M- \$119 NM-\$139	11
12	13	14 OSHA 300 Log Form 8am-10am M- \$79 NM-\$99	15 Backhoe Operator 7:30am-4:30pm M- \$149 NM-\$179	16 Forklift Operator 8am-1:30pm M- \$79 NM-\$99 Forklift Instructor 8am-5pm M- \$699 NM-\$799	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Course Descriptions

CPR / First Aid / AED

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

Contact hours: 8

Investment: \$59 Member / \$69 Non-member

Dates: July 19, September 28 & November 17



CPR/First Aid/AED Refresher

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

Contact hours: 4

Investment: \$49 Member / \$59 Non-member

Dates: August 31, October 26 & November 30

DOT Hazardous Materials

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

Contact hours: 8

Investment: \$149 Member / \$179 Non-member

Dates: July 7 & October 5

Ethics in Safety Leadership

This course will set the foundation of good safety leadership by providing moral, legal and financial guidance that drives typical decisions made by safety leaders. Participants will gain an understanding on motivating safe behaviors, communication and training techniques, hazard identification, incident investigation and the essential elements for actively caring for an injured worker.

Contact hours: 4

Investment: \$79 Member / \$99 Non-Member

Dates: August 10 & November 8

Forklift Instructor

Per Title 8, Sections 3657, 3664 and 3668, this professional training program covers all areas of lift truck operation, maintenance and safe practice. Participants will receive a complete presentation package including: guidelines, test, forms, inspections and performance checklists, OSHA background information, exercises for conducting "hands-on" training and instructional videos or DVD's. (Standard sit-down lift used for skills test)

Contact hours: 8

Investment: \$699 Member / \$799 Non-member

Dates: August 18, October 14 & December 16



Forklift Operator

Per Title 8, Sections 3657, 3664 and 3668, this professional training program is designed to help you meet and exceed the latest regulations and standards, this training encourages participants to take an active role by observing and discussing recommended safety practices. The program covers all areas of safe operation and maintenance, including operating principles, safety rules, recordkeeping, maintenance, material handling and regulations. (Standard sit-down lift used for skills test)

Contact hours: 5

Investment: \$99 Member / \$119 Non-member

Dates: August 18, October 14 & December 16

HAZWOPER Awareness 8 hours

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

Contact hours: 8

Investment: \$119 Member / \$139 Non-member

Dates: August 23 & December 6

HAZWOPER Refresher 8 hours

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

Contact hours: 8

Investment: \$119 Member / \$139 Non-member

Dates: August 27, October 21 & December 10

Course Descriptions

HAZWOPER Refresher 16 hours

This 16 hour Emergency Spill Response class is at First Responder, Operations Level (FRO) CCR Title 8 -5192 (q)(6)(B): First Responder, operations level individuals are trained to respond in a defensive fashion without actually trying to stop the release. Their function is to contain the release from a safe distance, keep it from spreading, and prevent exposures.

Contact hours: 16

Investment: \$199 Member / \$259 Non-member

Dates: August 23-24 & December 6-7

HAZWOPER 40 hours

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

Contact hours: 40

Investment: \$499 Member / \$569 Non-member

Dates: August 23-27 & December 6-10



OSHA 300 Log of Injuries

All employers are required to keep a log of injuries, report to OSHA and post annual summary reports every February through April. Come learn and understand the process and the forms required for maintaining the OSHA 300 log. This course is a must for all designated OSHA 300 record keepers.

Contact hours: 2

Investment: \$79 Member / \$99 Non-Member

Dates: December 14

Respiratory Program Administrator

29 CFR 1910.134 and Title 8 Section 5144 require the Respiratory Protection Program must have a designated Administrator. This course will explain the standard and how to apply it to meet the requirements as a Program Administrator. This course should be attended by personnel involved in the oversight or administration of a commercial respirator protection program.

Contact hours: 8

Investment: \$149 Member / \$179 Non-Member

Dates: July 8 & October 7

Traffic Control and Flagger Safety

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



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

Contact hours: 8

Investment: \$149 Member / \$179 Non-Member

Dates: July 15, September 15 & November 18

Trench and Shore

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



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

Contact hours: 8

Investment: \$149 Member / \$179 Non-Member

Dates: August 3 & October 28

Cancellation Policy:

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



Certified Occupational Safety Specialist

AUTHORIZED TRAINING PROVIDER



Certified Occupational Safety Specialist (COSS)

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

Upon Completing COSS you will receive:

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

Format

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



Investment

Member: \$1,699 per person

Non-Member: \$2,199 per person

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

– Steven Ramirez, COSS, City of San Diego

"Coming from ground zero, this class provided a solid fundamental overview of what encompasses a safety professional. The course was well organized and presented."

– Robert Grigg, San Diego Union Tribune

"This class has been great. I have a better understanding of how important safety plays a part in my company. This will help me grow and be a better safety coordinator."

– Don Rodmel, PriceSmart

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



Membership

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

Membership Benefits include:

Up to 30% discount on Training and Consulting.

Training: High quality and customized safety training delivered by experienced instructors. On-site training and open enrollment classes are available to meet your specific needs.

Consulting: Highly qualified consultants to assist with your compliance needs; from customized written programs to mock OSHA inspections and more.

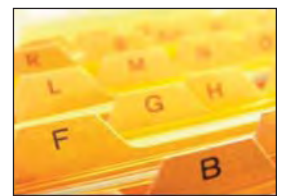
Safety Hotline: Find answers to your most pressing and confidential questions by partnering with PSC as your resource. Our staff can help you answer regulatory compliance issues, provide tailgate topics and other safety meeting topic information, etc.

Video/DVD Library: Select from over 500 safety titles or build your own library at reduced rates.

E-Facts: Weekly electronic newsletter full of valuable safety information.

Products: Professional safety materials ranging from software, posters, training programs and more.

Record Retention: Automatic record retention of all PSC safety training completed by your company.



Annual dues are based on the size of your organization. Use this chart to determine your dues amount, complete this application and submit payment to Pacific Safety Council.

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

Pacific Safety Council

Your Safety is Our Business!



Charter Member



MEMBER
SAN DIEGO



TORCH AWARDS
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**Torch Awards for
Marketplace Ethics**
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Finalist, 2009, San Diego BBB

www.pscsd.com

Pacific Safety Council

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If undeliverable, please forward to:

- HR Manager
- Safety Manager
- Risk Manager

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