

# 2018-2019 Safety Training

*Funding Provided By: New York State Occupational Safety and Health Hazard Abatement Board through the OSH T+E Fund*



## Safety Training

- Sessions conducted at the Chamber office
- Registration fee includes cost of meals/refreshments
- Certificate of Achievement will be given to attendees for each class completed.
- Cancellation must be received 3 days before day of seminar and may be subject to refund charges & no shows will be charged



**NORTH COUNTRY**  
**CHAMBER OF COMMERCE**  
**PLATTSBURGH**

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**OSH T+E**

Funding Provided By:  
New York State Occupational Safety  
& Health Hazard Abatement Board  
through the OSH T+E Fund



To: Safety Member

As you know, the North Country Chamber of Commerce has been the recipient of funding for several years from the New York State Labor Dept., Occupational Safety and Health Hazard Abatement Board.

This funding has permitted us to develop and deliver an active and multi-faceted program of services in support of workplace safety in the North Country, including year-round seminars and training programs, our actively used Safety Lending Library, and on-site employer specific training.

We are pleased to be able to offer on-site safety training for your company through the fund again this year. For many years now we have received this grant from the NYS Department of Labor to help with safety training. In that time we have purchased safety training videos and conducted many safety training sessions at the Chamber. We have also received permission to use the funds to pay for training at your facility when you have a group of people who need training on a particular subject. We may be able to bring in a qualified safety trainer at no cost to you.

A list of possible training subjects is shown below, but even if you don't see the subject you are interested in listed, please contact us to see if your training session qualifies. There is almost no paperwork for you to fill out. We take care of everything.

Please let us know if you have any questions or need any further information about the safety training assistance we can provide. Please call Becky at 518-563-1000.

***Suggested Safety Training Subjects:***

- |  |   |
|--|---|
| Safe Lifting                             | Forming Safety Committees               |
| Lockout/Tagout                           | Respiratory Safety                      |
| Repetitive Motion Injury Prevention      | Safely Working with Hazardous Materials |
| HazWoper                                 | Behavior Based Safety                   |
| Back Safety                              | Working Safely with Compressed Gases    |
| Personal Protective Equipment            | Fall Protection                         |
| Ergonomics in the Work Place             | Hazard Communication                    |
| Protect your Hearing                     | Electrical Safety                       |
| Hand Safety                              | Silica                                  |
| Working Safely with Flammables and Fuels | Confined Space Entry                    |
| Lift Truck                               | Industrial Hygiene                      |
| Safety Inspections                       | Blood Borne Pathogens                   |
| Asbestos                                 | Recordkeeping                           |

We look forward to continuing to help serve your safety related needs in the year ahead.

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**REGISTER ONLINE: [www.NorthCountryChamber.com](http://www.NorthCountryChamber.com)**

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# BIOGRAPHIES



## **CHARLES ALEXANDER, INJURY & HEALTH MANAGEMENT SOLUTIONS**

Charles Alexander is an occupational therapist. He has been at IMHS since 2005. He has a Bachelor of Science Degree from Utica College of Syracuse University. He has experience in Industrial Rehabilitation with a specialty in Job Site Ergonomics, Functional Capacity Evaluation, Industrial Rehabilitation and Ergonomics, Orthopedic Injury and Chronic Pain, Post Offer Screening, Marketing, Job and Work Risk Analysis and Body Mechanics Training. His other coursework includes Matheson Functional Capacity, Evaluation Certification, Topics of Rehabilitation After Spine Surgery, Vermont State Worker's Compensation, Shoulder Rehabilitation and Body Weight Training.



## **TOM BROIDO, CARDNO ATC**

Mr. Broido is a Branch Manager and Principal Scientist for Cardno ATC in Williston, Vermont. Cardno ATC performs a wide range of environmental engineering and consulting activities including environmental site assessments, hydrogeological consulting, industrial hygiene monitoring, indoor air quality studies water/wastewater engineering and construction materials testing. Mr. Broido has received a Bachelors of Science Degree in Forest Biology from the State University of New York at Syracuse and a Masters of Science Degree in Natural Resources Planning from the University of Vermont. Mr. Broido has been active in the Environmental Information Association. He has been a member of EIA conference committees, has co-chaired the Regulatory Affairs Committee, has presented technical sessions at several national conferences, has served on the EIA Board of Directors and as its President.



## **KATE CHEPELEFF, CITEC**

Kate is a project/process engineer with 20 years of progressive engineering responsibility in heavy industry and manufacturing. She is a certified Lean Green Belt and Six Sigma Black Belt with strong communication skills applied across many levels of an organization. She is recognized for her leadership on transformational team-based initiatives for operational excellence, continuous improvement expertise and as a results-driven technical leader, change agent and new equipment installation startup leader with a solid background in training program development and delivery.



## **RON COONS, CATAMOUNT CONSULTING**

Ron Coons has more than 30 years of business leadership experience in various industry sectors with the last 16 years spent helping businesses make dramatic improvements with their safety and health programs. He is the founder and past president of the Safety & Health Council of the Hudson Valley, a VPP affiliated not-for-profit that offers free training and networking opportunities to its more than 500 members. He is an OSHA outreach trainer for both construction and general industry and recently launched the Academy for Performance Excellence which offers seminars and workshops that focus on developing an organization's in-house resources who are charged with the responsibility of improving employee safety and health. He holds Bachelors in Occupational Safety & Health Management as well as a Certificate in Industrial Hygiene and Human Resource Management.



## **ANGELO GARCIA, FUTURE ENVIRONMENT DESIGNS**

Angelo Garcia, III is founder and president of Future Environment Designs (FED), one of the nation's leading indoor air quality, industrial hygiene and safety service companies that is based in Syosset, New York. He has been a consultant working with government and industry on issues relating to asbestos and indoor air quality since he founded the company in 1988. An industrial hygienist since 1981, Mr. Garcia is certified on the national level as a Council-Certified Indoor Environmental Consultant (CIEC), Indoor Air Quality Professional (CIAQP) and Indoor Air Quality Consultant (CIAQC) and has achieved the highest level of accreditation in the field.



## **BRUCE GRAY, LANDROCK E&S CONSULTING**

Bruce Gray is President of Landrock E&S Consulting, Inc., a Plattsburgh firm providing Environmental and Safety consulting services since 2003. Previously, Bruce has twenty-three years experience in the chemical and pharmaceutical industries, including 15 years as the Environmental & Safety Manager at Wyeth Pharmaceuticals in Rouses Point. Bruce received his Bachelor of Science in Chemical Engineering from Lehigh University and his Master of Arts in Management from Plattsburgh State University.



## **MICHAEL HUGHES, INJURY HEALTH MANAGEMENT SOLUTIONS**

Michael graduated from Colby-Sawyer College with a Bachelor's degree in Health Promotion and from Bay State College with an Associate's degree as a Physical Therapist Assistant. Michael has been employed with IHMS since 2015 where he has provided a variety of injury prevention services to the State of Vermont and currently provides ergonomics and injury prevention services for United Technologies Aerospace Systems, Green Mountain Power, Weidmann Electric, Vermont Electric Co-Op, and Global Foundries. His focus is in outpatient orthopedic physical therapy as well as promotion of workplace wellness & injury prevention.



## **STEVE HUNTINGTON, CATAMOUNT CONSULTING**

Steve Huntington is a certified Police Firearms Instructor (in Patrol Rifle, Shotgun and Handgun) as well as a General Topics Police Instructor. He has over 27 years of experience as a Police Officer and Instructor. Mr. Huntington instructed firearms training at the Zone 5 New York State Law Enforcement Officers Academy, Fort Edward Police Officer's Part Time Law Enforcement Academy as well as School Director & Instructor for the village of Lake George Peace Officer Academy. Steve has recently started instructing Active Shooter training classes to help prepare the public and private sectors for active shooter situations. Steve is also a AAA Defensive Driving Instructor.

## BIOGRAPHIES cont.



### **ED JEROME, CATAMOUNT CONSULTING**

Ed Jerome has a career that spans over 35 years in the occupational safety and health profession. Ed served as the Chief of Safety, Health and Emergency Management for the US Department of Interior's Bureau of Land Management (BLM) in Washington, DC. Ed also has extensive experience with the Occupational Safety and Health Administration (OSHA). Over his 33 year career at OSHA, he worked in a number management and technical positions including as Area Director for OSHA's Albany Area Office.



### **LOUISE F. LYNCH, PT, INJURY HEALTH MANAGEMENT SOLUTIONS**

Louise has a bachelor's degree in Physical therapy from the University of Vermont. She has been an orthopedic and industrial physical therapist for 17 years. She is the owner/president of Injury & Health Management Solutions, Inc a consulting company specializing in training and prevention of workplace injuries. She has provided training to many companies including IBM, Burton Snowboards, Vermont Safety & Health Council and the Small Business Development Corp. She also provides training in Ergonomics, Functional testing, and marketing for Roy Matheson Associates. She has provided this training around the US and Canada, and as far away as Ireland and Hong Kong. She is a certified Ergonomic Evaluator specialist (CEES).



### **JEFF MALO, CHA COMPANIES**

Mr. Malo is responsible for managing, coordinating and facilitating all environmental, health and safety training and field services generated and performed through our company's national services area. Mr. Malo possesses extensive experience and knowledge working with various market sector industries both private and public entities in assisting in regulatory compliance and reducing work place injuries and illnesses. He has provided and managed on complex projects site safety supervision (*competent persons*) services to assure project-wide compliance and daily site direction regarding safety and health management and decision-making. Mr. Malo specializes in developing and facilitating company and industry specific health and safety training.



### **STEVE LOCKWOOD, CITEC**

Steve Lockwood is the Business Development Director and a former Business Advisor for CITEC Business Solutions. CITEC is a RTDC and part of the Department of Commerce's MEP system. CITEC performs various safety trainings though out the North Country Region as well as Lean Manufacturing and efficiency improvements. Steve has 20 years of experience in Operational Management working for companies such as GM, Camoplast, and Citizen Advocates. He received an Associates of Science Degree from SUNY Canton, and his Bachelors of Science in Business Management from Plattsburgh State University.



### **SCOTT MCKENNA, CATAMOUNT CONSULTING**

Scott McKenna is the President of Catamount Consulting of New York. He is a professional member of the International Society of Mine Safety Professionals (ISMSP), a certified instructor with the Mine Safety Health Administration, and an OSHA Certified Construction Trainer. He has over 10 years experience in the mining and construction industries and is active in the Joseph A. Holmes Safety Association among others. He has authored or contributed to several published articles on construction and mining safety and lectures on a regular basis to a wide variety of business and safety professionals. Mr. McKenna is also a certified trainer or instructor in a broad range of disciplines.



### **GEORGE MAUCH, CITEC**

George Mauch has spent over thirty years with General Motors in various management positions. The majority of his career was spent in manufacturing. Concerning his role dealing with safety specifically responsible for training and implementation of safe work practices, rolling out new safety initiatives. Job hazard analysis, What's wrong with this picture, Pre-task planning, Take two, Team board implementation and related safety metrics, and fork truck/hoist inspection to name a few, lead role in accident investigation, root cause analysis and report out and involvement in various plant safety steering committees relating to safety improvements and new equipment/process installations from a safety perspective.



### **LOLA MILLER, LLM SAFETY CONSULTING**

Lola Miller is Owner of LLM Safety Consulting. Lola has over fifteen years experience in health and safety. Her services include compliance and risk audits. Creation of corporate safety standards including implementation guidance and training materials. Land consultation assistance when dealing with OSHA and maintaining compliance with OSHA regulations. Lola has over 25 years of experience as an Advanced EMT - Critical Care Tech and is a Red Cross First Aid/CPR/AED instructor.



### **ROBERT MONTGOMERY, CARDNO ATC**

Mr. Montgomery currently is a Project Manager for the Cardno ATC Williston, Vermont office. For more than 10 years, he has performed Phase I and II environmental site assessment studies, including the oversight of drilling, excavation, and underground storage tank removal activities. He also performs environmental sampling of surface water, groundwater, and soils at hazardous waste and petroleum sites. He conducts comprehensive asbestos services including bulk sampling, air monitoring, project monitoring, PCM analysis, report generation, and project management. He also conducts lead based paint inspections, various types of lead sampling, and abatement monitoring activities. He also performs field instrument maintenance and calibration. generation, and project management. He also conducts lead based paint inspections, various types of lead sampling, and abatement monitoring activities. He also performs field instrument maintenance and calibration.



### **KEVIN O'BRIEN, ACCESS COMPLIANCE**

Kevin O'Brien holds a Bachelor's of Science degree (Business Administration) from the University of NY at New Paltz. He has seven years of experience in the area of occupational health and safety. Kevin serves on the Executive Board for VPPPA Region 2 (Treasurer). As Safety Manager, Kevin is responsible for managing employee health at Access Health Systems. Access Health Systems is a risk management company with three occupational health clinics located in Albany (NY), Utica (NY) and North Brunswick (NJ). Through its affiliate, Access Compliance, AHS provides safety training and compliance services to general industry and construction. Kevin is also an Outreach Trainer in General industry.



### **JOHN OLSEN, BLUE COLLAR SAFETY & TECHNICAL SERVICES**

John Olsen is retired from Georgia Pacific in Plattsburgh NY, after 37 years as an Electrical and Instrumentation Technician. He has developed and implemented safety courses in Ergonomics, General Electrical Safety, Electrical Safe Work Practices, Lock out /Tag out, Hoist and Material Handling Equipment Safety, NFPA 70-E+ and Safety for Maintenance Workers+. Some of the companies and organizations that received training from John are the North Country Chamber of Commerce, IBM in Essex Junction Vt., NYCO, Multina, Moldrite, Nova Bus, Clarkson University, SUNY Potsdam, Albany University, Pfizer, Mankind, Plattsburgh City Fire Department, Cumberland Head Fire Department and Georgia Pacific. He was a board member of The Region II VPPPA, and has been asked to give presentations and training at the Region II VPPPA and National VPPPA Conferences.



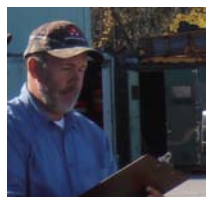
### **JOHN REINEMANN, ACCESS COMPLIANCE**

John has worked over eleven (11) years for the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) in Albany as a Compliance Safety and Health Officer. His primary role as a Compliance Officer was to inspect workplaces for compliance with Occupational Safety and Health Standards. He addressed over four hundred (400) complaints, conducted over two hundred and fifty (250) work site inspections and performed fatality investigations. Inspections included evaluations of employer's workplace health and safety programs, job hazards, injury/illness logs, exposure monitoring reports and training records. He also provided compliance assistance activities to businesses. John has very diverse environmental, health and safety (EHS) experience and had previously worked as an EHS Consultant, providing regulatory program support services to clients.



### **ERIK SANDBLOM, P.E., KAS INC.**

Mr. Sandblom is Vice President and Principal Engineer at KAS, Inc., a professional consulting firm providing services in the areas of civil engineering, environmental management, and industrial hygiene. Mr. Sandblom has over 20 years of experience in design and construction and in the investigation and remediation of hazardous waste sites. He has real world experience in implementing the health and safety programs that he covers in the programs that he presents and brings that experience into the classroom.



### **LEW TROAST, EMPIRE SAFETY TRAINING & CONSULTING**

Lew Troast is the Vice President of Empire Safety Training & Consulting, Inc.. Lew's responsibilities include assuring compliance and reducing accidents through training, program development, monitoring, and client advocacy in dealings with regulatory entities. Twenty years experience in General Industry, Construction Safety, Hazardous Materials Control, and Emergency Management.



### **RON WITT, CATAMOUNT CONSULTING**

Ron Witt has been involved with safety and safety training for over 25 years. His work experience includes mining and construction and general industry. 12 years working in surface mining, 13 years working for a large Mid-Atlantic Construction company as their Safety Management expert. As a safety professional Ron has provided a wide variety of training and consulting solutions to industry as well as being a speaker at many mining and construction safety seminars and conferences. As a past instructor for both Penn State and Drexel University, currently working with Lehigh- Carbon Community College, he is the owner of Catamount Ron Witt LLC. Ron is a Certified MSHA Instructor, Master OSHA Instructor, ATSSA work zone Instructor. Ron is also an instructor for the Rigging Institute providing expertise in rigging, signaling and crane safety. Ron holds certifications from the NCCCO for both certified signal person and rigger.



### **BRENDA WIEDERKEHR, ACCESS COMPLIANCE**

Brenda is Owner/Principal of Access Compliance, LLC, a woman owned/veteran owned health and safety consulting business and Vice President at Access Health Systems, an occupational medicine practice. She is on the Board of the VPPPA program and is currently the Chairperson of Region II, covering New York, New Jersey, Puerto Rico, and the US Virgin Islands. She has been active in the safety field for over 22 years. Brenda served in the United States Army for four (4) years, United States Army Reserves for eight (8) years, and in 1992 moved into the Occupational Medicine and Health and Safety field. She believes safety impacts the individual, the family, and the community and that by providing access to valuable information and sharing the knowledge and insight acquired through our own experiences and training, we can help to prevent accidents, injuries, and unsafe situations/environments.

## SNOW PLOW REFRESHER

Instructor: **LEW TROAST, EMPIRE SAFETY TRAINING & CONSULTING**

This course will help snowplow operators make better, more informed decisions in every aspect of snowplow operation.

Agenda:

- √ Defensive Driving Defined
- √ Preventable Collisions Defined
- √ Hazard Recognition
  - The Perfect Trip
    - Five driving errors
    - What to do in case of a collision
  - Emergency Vehicle Law
- √ Six Conditions
  - Vehicle
  - Light
  - Road
  - Weather
  - Traffic
  - Driver
- √ Two Vehicle Collisions
  - Six Positions of two vehicle collisions
  - Vehicle ahead

- Vehicle behind us
- Stopping distances
- Stopping distances
- Head on crashes
- Intersections
- Vehicle passing us
- Vehicles we are passing
- √ Safe Backing techniques
- √ Other Plowing Hazards
  - Shelving Hazards
  - Sanding
- √ Hands on Snowplow Rodeo



**3 SESSIONS**  
 (pick what day works best for you)  
**OCTOBER 15, 16, 17, 2018**  
 8AM - 2:30PM each day  
**Located at: Town of Plattsburgh**  
**Office, 151 Banker Rd, Plattsburgh**  
**No Charge**  
 (Breakfast & lunch on your own)

## SUBPART M-FALL PROTECTION

Instructor: **KATE CHEPELEFF, CITEC**

This training will provide a basic overview and information about fall protection and the current OSHA standards. Items covered include the principals of fall protection, the different components of a fall arrest systems, limitations and general discussion of real and hazardous situations.

Course Objectives:

- Identify appropriate fall protection devices and systems
- Identify common fall hazards
- Identify possible abatement/correction methods for common fall hazards
- Briefly review and discuss applicable OSHA standards



**NOVEMBER 15, 2018**  
 8AM - 4:30PM  
**@ NORTH COUNTRY CHAMBER**  
**\$25 PER PERSON**

## LOCKOUT/TAGOUT (LOTO)

Instructor: **JOHN OLSEN, BLUE COLLAR SAFETY**

Serious accidents occur when someone thought a machine or the power to it was safely off. "Lock-out tag-out" is a way to protect yourself and others by ensuring that machines remain completely and safely off. This training is designed to help you understand what lockout/tagout is and how to put into place effective procedures to protect your company and employees. The lock-out tag-out standard requires that hazardous energy sources be "isolated and rendered inoperative" before maintenance or servicing work can begin. OSHA requires three basic elements in a lock-out tag-out program. Training, written procedures, and inspections. Training is required for two types of people: "authorized employees" and "affected employees." This training covers all aspects of authorized and affected worker's roles in Lock Out.

The topics covered in this training are:

- Scope and Application
- Purpose
- Definitions
- Energy Control Systems, Documentation, Required Content
- Periodic Inspections
- Employee Training and Communication
- Employee Retraining
- New or Modified Equipment
- Materials and Hardware
- Application of Lock Out
- Release from Lock Out
- Testing of Machines
- Outside Contractors
- Complex Lock Out
- Shift change and Personnel change



**DECEMBER 6, 2018**  
 8AM - 12PM  
**@ NORTH COUNTRY CHAMBER**  
**\$13 PER PERSON**

## HAZARDS OF ELECTRICITY NFPA 70E

Instructor: **JOHN OLSEN, BLUE COLLAR SAFETY**

Each year, electrical dangers in the workplace cause hundreds of deaths and thousands of injuries. *Hazards of Electricity* is the key to saving lives, reducing liability, and avoiding loss due to electrical incidents. This course will target low voltage (<1000Volts AC/DC) systems and circuits that are common in manufacturing ,residential and commercial facilities .This course will supply you with the knowledge and tools to help set up and follow an electrical safety program, as well as help document safety procedures for compliance with OSHA 1910 Subpart S. Whether you're an employer responsible for personnel safety or an employee tasked with identifying and addressing electrical hazards, "Electrical Safe Work Practices", training is vital.

**Upon completion you should be able to:**

- Understand the interaction between *NFPA 70E* and OSHA requirements
- Define electrical safety hazards and how to protect against shock, electrocution and arc flash
- Identify safety policies and procedures employers are legally required to provide for their workers
- Describe the safety procedures needed to work safely while exposed to live circuits
- Determine arc flash PPE categories for many common workplace tasks and conditions
- Recognize the intent and limitations of personal protective equipment
- Describe requirements for energizing and de-energizing power circuits
- Identify the elements of an Electrical Hazard Analysis
- Use the *NFPA 70E* Arc Flash PPE Tables to determine Arc Flash PPE Category for various tasks
- Identify safety-related maintenance requirements for a wide range of electrical equipment, including those specific to batteries and battery rooms, electrical distribution equipment, and safety grounding equipment
- Identify the hazards to personnel working with equipment, and employee responsibilities
- Identify the updates and changes in the new NFPA 70-E 2018 standard.



**Who Will Benefit:** Electrical engineers, safety managers, electricians, electrical contractors, electrical inspectors, project managers, risk managers, plant managers, and facility maintenance personnel.

**DECEMBER 11, 2018**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

## 8 HOUR HAZWOPER

Instructor: **ERIK SANDBLOM, KAS**

This course meets the requirements outlined in OSHA 29 CFR 1910.120 for eight hours of annual refresher training for workers at hazardous waste sites. This course is designed for general site workers who remove hazardous waste or who are exposed or potentially exposed to hazardous substances or health hazards. The course covers topics pertaining to workplace hazards associated with Hazardous Waste Operations and Emergency Response (HAZWOPER).

Agenda:

- HAZWOPER and other relevant regulations
- site characterization
- toxicology
- hazard recognition
- personal protective equipment
- air monitoring equipment
- decontamination, medical surveillance

**DECEMBER 18, 2018**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON



## 10 HOUR OSHA CONSTRUCTION

Instructor: **KEVIN O'BRIEN, ACCESS COMPLIANCE**

The OSHA Outreach Training Program for the construction industry provides training for workers and employers on the recognition, avoidance, abatement and prevention of safety and health hazards in the construction industry. The training also provides information regarding workers' rights, employer responsibilities and more.

*What the 2 Day course will include:* Includes mandatory instruction on: Introduction to OSHA, OSHA Focus Four Hazards (Falls, Electrical, Struck-By, and Caught-In or Between), Personal Protective and Lifesaving Equipment, and Health Hazards in Construction. The balance of 10 Hour Construction Training will cover a few of the following topics, but not limited to, excavations, material handling, scaffolds, stairway and ladders, and silica.



**JANUARY 10-11, 2019**  
8AM - 4:30PM/8AM-12PM  
@ NORTH COUNTRY CHAMBER  
\$36 PER PERSON

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## TRENCHING & EXCAVATION OSHA 29 CFR 1926.651

Instructor: **RON WITT, CATAMOUNT CONSULTING**

This course will focus on OSHA Standards and on the safety aspects of excavation and trenching. Students are introduced to practical soil mechanics and its relationship to the stability of protected and unprotected slopes and walls of excavations and trenches. Various types of protective systems and techniques will also be discussed.

This course covers OSHA standard 1926 subpart P as it relates to:

- Soil classification
- Sloping and benching
- Timber shoring
- Aluminum hydraulic shoring
- Requirements for protective systems
- Manufactured tabulated data
- Site specific engineering
- General requirement and competent person responsibilities



**JANUARY 29, 2019**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

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## SUPERVISOR SAFETY

Instructor: **GEORGE MAUCH, CITEC**

Every department in your organization is under the watch of your first line of management- your supervisor. In addition the supervisor is under the watch of his or her employees. No other group in your organization has this kind of hands on, daily presence to influence behavior. This makes them a key part of your safety management system. Whether your supervisor is new to their role or are due for a refresher the Safety for Supervisor course will provide them with important tools to improve the organization toward a goal of zero incidents.

The following are some of the topics that will be covered:

- Developing and building a safety culture
- Managing performance issues
- Pre-job planning tools including Job Hazard Analysis, Single Point Lessons & other proactive tools.
- Accident Investigation
- Conducting safety meetings and safety tours/inspections
- Safety training for your employees. Training within Industry-Job Safety
- Using OSHA resources



**FEBRUARY 7, 2019**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

# ACCIDENT INVESTIGATION

Instructor: **BRUCE GRAY, LANDROCK E&S CONSULTING**

This course is intended for supervisors, safety team members and safety coordinators. Effective accident investigations are necessary to preventing repetitive accidents. The investigation must focus on the root cause and must avoid placing blame. The training will improve accident investigation and elimination of identified hazards. There will be several group discussion topics.

**Agenda:**

- Definition of an accident,
- Interview techniques,
- Determining root causes,
- Corrective actions,
- The investigation report,
- Final exercise



**FEBRUARY 12, 2019**  
 8AM - 2:30PM  
 @ NORTH COUNTRY CHAMBER  
 \$25 PER PERSON

# SAFETY INSPECTIONS

Instructor: **BRUCE GRAY, LANDROCK E&S CONSULTING**

A key element of any facility's safety program is the safety audit function. The ability to find and correct hazards can reduce injuries and improve OSHA compliance. This course is intended for safety coordinators, supervisors and safety team members. It will address how to handle external inspections and how to conduct an overall assessment of a safety program.

**Agenda:**

- Introduction,
- Conducting self inspections,
- Conduct during a third-party inspection,



**FEBRUARY 26, 2019**  
 8AM - 12PM  
 @ NORTH COUNTRY CHAMBER  
 \$13 PER PERSON

# HAZCOM – HAZARDOUS COMMUNICATION

Instructor: **ERIK SANDBLOM, KAS**

This course meets the requirements outlined in OSHA 29 CFR 1910.1200 for training of employees in the Hazard Communication Standard. The course will include newly adopted provisions that are in the United Nations Globally Harmonized System (GHS).

**Topics include:**

- Hazard identification and classification
- Labeling requirements
- Labeling systems (GHS, HMIS, DOT, NFPA)
- Safety Data Sheets (i.e., MSDS)
- Written program requirements
- Training and documentation requirements

**MARCH 7, 2019**  
 8AM - 12PM  
 @ NORTH COUNTRY CHAMBER  
 \$13 PER PERSON

## OSHA'S RESPIRABLE CRYSTALLINE SILICA CONSTRUCTION

Instructor: **RON COONS, CATAMOUNT CONSULTING**

There are approximately two million construction workers that are exposed to respirable silica every year. OSHA estimates that their new silica standard will save over 700 lives and prevent more than 1,600 new cases of silicosis each year. In order for this new standard to be effective however, employers and their workers need to be properly educated about silica and new requirements set forth in the new standard.

During this session, we will talk about the health effects of silica, potential exposures, engineering and work practice controls that can be implemented to minimize and eliminate exposures, respiratory protection as well as new requirements under OSHA's silica standard such as newly revised permissible exposure limits, medical surveillance and enforcement efforts.

Those participants that complete this session can be considered a **competent person** under the new standard.

**MARCH 12, 2019**  
8AM-12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

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## CONFINED SPACE OSHA 29 CFR 1910.146

Instructor: **ERIK SANDBLOM, KAS**

Confined spaces can be some of the most dangerous work areas at a jobsite. This eight-hour course will satisfy the confined space training requirements of 29 CFR 1910.146. Through this course you will learn what it takes to be compliant with the latest standards from OSHA on confined spaces in general industry.

Topics include:

- Requirements for employers
- Identifying permit-required confined spaces and non-permit required spaces
- Definition of **competent**
- Atmospheric hazards and physical hazards
- Permit-Required Confined Space Entry Program requirements
- Confined Space Entry equipment
- OSHA's alternate entry procedures
- Requirements for rescue and emergency services



**MARCH 26, 2019**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

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## OSHA 10 HOUR CONSTRUCTION OSHA 29 CFR 1926

Instructor: **ANGELO GARCIA, FUTURE ENVIRONMENT DESIGNS**

This course meets the training requirements of New York State Labor Law 220-h. This regulation requires all laborers, workers, and mechanics, working on construction, reconstruction, maintenance and/or repair of public work, where the total cost of all work to be performed under the contract is at least two hundred fifty thousand dollars, must have successfully completed this course. This includes the contractor and all subcontractors.

This course covers OSHA policies, procedures, and standards, as well as construction industry safety and health principles. Upon successful course completion, the student will receive an OSHA construction industry safety and health 10-hour course completion card.

Agenda:

- scope and application of the OSHA construction industry standards,
- special emphasis on those areas that are the most hazardous (i.e., fall protection, caught-in-between, struck by, and electrical)
- hazard communication, silica, personal protective equipment, hand & power tools, scaffolding, excavation, fire safety, etc.

**APRIL 4-5, 2019**  
4/4/19: 8AM - 4:30PM  
4/5/19: 8AM-12PM  
@ NORTH COUNTRY CHAMBER  
\$36 PER PERSON

## SPILL TEAM TRAINING

Instructor: **ERIK SANDBLOM, KAS**

This course provides awareness and basic training for employees to respond to spills. The course will focus on OSHA requirements in dealing with chemical and petroleum spills and will touch upon other jurisdictional requirements.

Topics include:

- Planning for spill response
- Use of the Emergency Response Guidebook
- Spill identification
- Protection of responders (personal protective equipment)
- Spill containment procedures
- Spill cleanup procedures
- Paperwork and final notification procedures



**APRIL 11, 2019**  
8AM - 12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

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## TWISTING TURNING BENDING/PREVENTING INJURY

Instructor: **MIKE HUGHES, INJURY HEALTH MANAGEMENT SOLUTIONS**

**What is it?** Education on safe work practices is a service tool that allows an employer to help employees understand and prevent potential ergonomic and musculoskeletal problems before they impact productivity and worker comfort and health.

**Body and Ergonomic Interface Education:** These sessions will reinforce basics of Ergonomic Interface principles and practice proper body mechanics specific to their jobs. The goal is to reduce the risk of soft tissue injury during work activities in any work environment. The training will focus on the Industrial athlete concept of having a body and mind that is fit enough to do the job. This training will cover:

**Topics:**

- Ergonomic Basics- Force/Posture/Repetition/Environment
- Proper Body Mechanics
- Body Patterning Changes
- Whole Body Motions
- Think
- Neutral Work Zones
- Prep & Recovery Review/Practice
- How the body works as a machine
- Basic ergonomic and body mechanic principles
- Education in stretching techniques to decrease worker fatigue and increase productivity.



**APRIL 23, 2019**  
8AM - 12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

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**Funding Provided By:**

**New York State Occupational Safety and Health Hazard Abatement Board through the OSH T+E Fund**

Cancellation must be received 3 days before day of seminar and may be subject to refund charges & no shows will be charged! Registration fee includes cost of meals/refreshments.

## HAZARDS OF ELECTRICITY NFPA 70E

Instructor: **JOHN OLSEN, BLUE COLLAR SAFETY**

Each year, electrical dangers in the workplace cause hundreds of deaths and thousands of injuries. *Hazards of Electricity* is the key to saving lives, reducing liability, and avoiding loss due to electrical incidents. This course will target low voltage (<1000Volts AC/DC) systems and circuits that are common in manufacturing ,residential and commercial facilities .This course will supply you with the knowledge and tools to help set up and follow an electrical safety program, as well as help document safety procedures for compliance with OSHA 1910 Subpart S. Whether you're an employer responsible for personnel safety or an employee tasked with identifying and addressing electrical hazards, "Electrical Safe Work Practices", training is vital.

**Upon completion you should be able to:**

- Understand the interaction between *NFPA 70E* and OSHA requirements
- Define electrical safety hazards and how to protect against shock, electrocution and arc flash
- Identify safety policies and procedures employers are legally required to provide for their workers
- Describe the safety procedures needed to work safely while exposed to live circuits
- Determine arc flash PPE categories for many common workplace tasks and conditions
- Recognize the intent and limitations of personal protective equipment
- Describe requirements for energizing and de-energizing power circuits
- Identify the elements of an Electrical Hazard Analysis
- Use the *NFPA 70E* Arc Flash PPE Tables to determine Arc Flash PPE Category for various tasks
- Identify safety-related maintenance requirements for a wide range of electrical equipment, including those specific to batteries and battery rooms, electrical distribution equipment, and safety grounding equipment
- Identify the hazards to personnel working with equipment, and employee responsibilities
- Identify the updates and changes in the new NFPA 70-E 2018 standard.

**Who Will Benefit:** Electrical engineers, safety managers, electricians, electrical contractors, electrical inspectors, project managers, risk managers, plant managers, and facility maintenance personnel.



**MAY 2, 2019**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

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## OSHA RECORDKEEPING

Instructor: **GEORGE MAUCH, CITEC**

This course covers OSHA requirements (29 Code of Federal Regulations CFR Part 1904) for maintaining and posting records of occupational injuries and illnesses, and 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.



**MAY 14, 2019**  
8AM - 12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

## FLAMMABLE & COMBUSTIBLE LIQUIDS

Instructor: **BRUCE GRAY, LANDROCK E&S CONSULTING**

This course is intended for supervisors, safety team members and safety coordinators. The topics covered are the use, storage and disposal of flammables and compressed gases. There will be particular emphasis on flammables, with classification and definition of terms such as Upper and Lower Explosive Limit. The training will improve OSHA compliance and instruct employees on prevention of injuries, fires, and spills through safe handling and storage.

Agenda:

- Hazards,
- Flammable classification systems,
- Storage and use,
- SDS review,
- Spill response review



**MAY 30, 2019**  
8AM - 12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

## BLOOD BORNE PATHOGENS

Instructor: **LOLA MILLER, LLM SAFETY CONSULTING**

Workers in a variety of professions may be at risk of exposure to bloodborne pathogens, for example, Medical Professionals, First Aid Team Members, and Cleaners (in certain circumstances). In 1991, OSHA issued the Occupational Exposure to Bloodborne Pathogens Standard (29 CFR 1910.1030). OSHA issued this standard after determining that employees had a significant health risk as a result of occupational exposure to blood and other potentially infectious material (OPIM) from bloodborne pathogens such as hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV). An employee whose work duties may result in occupational exposure of bloodborne pathogens are required to have this training.

Main topics covered in this course include:

- OSHA requirements from 29 CFR 1910.1030 including who has occupational exposure
- Exposure and health effects
- Exposure Control Plan
- Control methods and examples (HBV vaccinations and declinations)
- Post-exposure actions



**JUNE 14, 2019**  
8AM - 12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

**REGISTER ONLINE: [www.NorthCountryChamber.com](http://www.NorthCountryChamber.com)**

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**New York State Occupational Safety and Health Hazard Abatement Board through the OSH T+E Fund**

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Registration fee includes cost of meals/refreshments.

Certificate of Achievement will be given to attendees for each class completed.

## CHEMICAL SAFETY

Instructor: **BRUCE GRAY, LANDROCK E&S CONSULTING**

This course is intended for safety coordinators, supervisors and safety team members. It will touch on elements of OSHA Subparts H & N. The topics covered are the handling and storage of chemicals and components. The training will improve OSHA compliance and instruct employees on prevention of injuries, fires, and spills through safe handling and storage.

Agenda:

- Overview of Subpart H,
- Chemical Safety Review,
- Overview of Subpart N,
- Warehouse Safety



**JUNE 18, 2019**  
8AM-12PM  
@ NORTH COUNTRY CHAMBER  
\$13 PER PERSON

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## WAREHOUSE SAFETY

Instructor: **GEORGE MAUCH, CITEC**

According to OSHA there are 145,000 employees who work in over 7,000 warehouses in the United States. The fatality rate for this industry is higher than the national average for all industries. Employees are exposed to many hazards in this environment.

The following topics represent the most frequent safety violations through OSHA inspections. These topics will be discussed

- **Docks**
  - \* Injuries can occur at the docks when an employee falls, products fall on or strike an employee, or when a forklift runs off the dock.
- **Forklifts**
  - \* Operating a forklift can be very dangerous. Forklift turnovers account for the majority of forklift-related fatalities.
- **Conveyors**
  - \* Conveyors pose pinch-point and nip-point hazards for employees. Employees can also be struck by falling objects. They may also develop musculoskeletal disorders through repetitive motions and awkward positions.
- **Manual Lifting & Handling**
  - \* When manual lifting and material handling is required, employees are exposed to injury often resulting in strains and pulled muscles, especially to the back.
- **Charging Stations**
  - \* Charging stations may pose a risk of fire and explosions. Proper procedure is imperative.
- **Ergonomic Issues**
  - \* Musculoskeletal disorders may be caused by repetitive motions, improper lifting techniques or poor workplace design.
- **Personal Protective Equipment (PPE)**
  - \* A site hazard assessment should be performed at your warehouse to determine what PPE will be worn. The PPE will be based on the present hazards. Employees should be properly trained on proper PPE selection, use and maintenance.
- **Other Safety Issues**
  - \* Lockout/tagout program to prevent equipment from being accidentally energized.
  - \* Emergency action planning.
  - \* Housekeeping- slip, trip or fall injuries



**JULY 9, 2019**  
8AM - 4:30PM  
@ NORTH COUNTRY CHAMBER  
\$25 PER PERSON

Company Name: \_\_\_\_\_

Please send your reservations to: Fax: (518) 563-1028 Mail To: North Country Chamber, PO Box 310, Plattsburgh, NY 12901, Email: chamber@westelcom.com

**SNOWFLOW SAFETY 10/15/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**TRENCHING & EXCAVATION 1/29/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**SNOWFLOW SAFETY 10/16/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**SUPERVISOR SAFETY 2/7/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**SNOWFLOW SAFETY 10/17/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**ACCIDENT INVESTIGATION 2/12/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**FALL PROTECTION 11/15/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**SAFETY INSPECTIONS 2/26/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**LOCKOUT/TAGOUT 12/6/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**HAZCOM 3/7/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**HAZARDS OF ELECTRICITY 12/11/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**OHSAs SILICA 3/12/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**8 HR HAZWOPER 12/18/18**

Name \_\_\_\_\_

Name \_\_\_\_\_

**CONFINED SPACE 3/26/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**10 HR OSHA CONSTRUCTION 1/10/19-1/11/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**10 HR OSHA CONSTRUCTION 4/4/19-4/5/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

*Funding Provided By: New York State Occupational Safety and Health Hazard Abatement Board through the OSH T+E Fund*



Company Name: \_\_\_\_\_

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**SPILL TEAM TRAINING 4/11/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**TWISTING, TURNING, BENDING-PREVENTING INJURY 4/23/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**HAZARDS OF ELECTRICITY 5/2/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**OSHA RECORDKEEPING 5/14/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**FLAMMABLES & COMBUSTIBLES 5/30/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**BLOOD BORNE PATHOGENS 6/14/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**CHEMICAL SAFETY 6/18/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

**WAREHOUSE SAFETY 7/9/19**

Name \_\_\_\_\_

Name \_\_\_\_\_

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Exp. Date: \_\_\_\_\_ CVV# \_\_\_\_\_ Zipcode: \_\_\_\_\_

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and Health Hazard Abatement  
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# SAFETY AT A GLANCE

Snowplow	October 15, 2018	8am-2:30pm	Empire Safety
Snowplow	October 16, 2018	8am-2:30pm	Empire Safety
Snowplow	October 17, 2018	8am-2:30pm	Empire Safety
Fall Protection SubPart M	November 15, 2018	8am-4:30pm	CITEC
LockOut/TagOut (LOTO)	December 6, 2018	8am-12pm	Blue Collar Safety
Hazards of Electricity NFPA 70E	December 11, 2018	8am-4:30pm	Blue Collar Safety
8 Hour HazWoper	December 18, 2018	8am-4:30pm	KAS
10 Hour OSHA Construction	January 10-11, 2019	8am-4:30pm/8am-12pm	Access Compliance
Trenching & Excavation	January 29, 2019	8am-4:30pm	Catamount Consulting
Supervisor Safety	February 7, 2019	8am-4:30pm	CITEC
Accident Investigation	February 12, 2019	8am-2:30pm	Landrock E&S Consulting
Safety Inspections	February 26, 2019	8am-12pm	Landrock E&S Consulting
HazCom	March 7, 2019	8am-12pm	KAS
OSHA's Silica	March 12, 2019	8am-12pm	Catamount Consulting
Confined Space	March 26, 2019	8am-4:30pm	KAS
10 Hour OSHA Construction	April 4-5, 2019	8am-4:30pm/8am-12pm	Future Environment Design
Spill Team Training	April 11, 2019	8am-12pm	KAS
Twisting Turning Bending/Preventing Injury	April 23, 2019	8am-12pm	Injury Health Mgmt Solutions
Hazards of Electricity NFPA 70E	May 2, 2019	8am-4:30pm	Blue Collar Safety
OSHA Recordkeeping	May 14, 2019	8am-12pm	CITEC
Flammable & Combustible Liquids	May 30, 2019	8am-12pm	Landrock E&S Consulting
Blood Borne Pathogens (BBP)	June 14, 2019	8am-12pm	LLM Safety
Chemical Safety	June 18, 2019	8am-12pm	Landrock E&S Consulting
Warehouse Safety	July 9, 2019	8am-4:30pm	CITEC

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 Web: [www.northcountrychamber.com](http://www.northcountrychamber.com)

## OSH T+E

*Funding Provided By: New York State Occupational Safety and Health Hazard Abatement Board through the OSH T+E Fund*