



**IDAHO AGC**  
THE CONSTRUCTION ASSOCIATION

## **Safety Training**

### **Adult First Aid/CPR/AED**

**Health and Safety Institute Adult Course Description:** Adult CPR, AED, and First Aid training program designed specifically for the occupational first aid provider. This extremely flexible program will help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work.

**Who Should Attend:** Required for occupational first aid providers and employees who have confined space rescue duties. We also recommended training for all other individuals who desire CPR, AED, and first aid knowledge and skills with a focus on adults.

**Course Length:** Approximately 4 hours including classroom theory and activities.

### **OSHA 10 Hour – Construction**

**Course Description:** This OSHA Outreach Training Program for the Construction Industry is intended to provide entry-level construction workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid, and prevent job-related hazards on a construction site. The training covers a variety of construction safety and health hazards that a worker may encounter at a construction site. Training emphasizes hazard identification, avoidance, control, and prevention, not OSHA standards. OSHA has required content for this training with a variety of optional electives. The course is designed to cover an overview of the hazards a worker may encounter and may not meet training requirements in OSHA standards for task-specific training.

**Who Should Attend:** The 10-hour course is intended and recommended for all entry-level workers that participate in construction work, alteration, and/or repair, including painting and decorating.

**Course Length:** Minimum of 10 hours of classroom theory and activities over the course of 2 days



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## OSHA 30 Hour – Construction

**Course Description:** The OSHA Outreach Training Program for Construction provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. OSHA has required content for this training with a variety of optional electives. The course is designed to cover an overview of the hazards a worker may encounter and may not meet training requirements in OSHA standards for task-specific training.

**Who Should Attend:** The 30-hour course is appropriate for all supervisors and management, and recommended for participants with some safety responsibilities in construction work, alteration, and/or repair, including painting and decorating.

**Course Length:** Minimum of 30 hours of classroom theory and activities over the course of 4 days.

## Competent Person Series:

### Excavation and Trenching Competent Person

**Course Description:** The course is designed to meet OSHA requirements for excavation and trenching competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, field exercises and practical evaluation.

Curriculum covers OSHA regulatory requirements including, inspections and identification of potential and existing hazards inherent to working in or around excavations and trenches, prevention of trench collapses, atmospheric and water hazards, entry and exit requirements, working with heavy machinery, materials handling, traffic controls, overhead and underground utilities, and protective systems including sloping, shoring, and shielding. Participants will be familiarized with prevention methods, and the duties and responsibilities of the Competent Person at an excavation site.

**Field Exercise and Practical Evaluation:** Course includes construction site training on worker safety while performing excavation and trenching activities. Participants will create an excavation plan, conduct site hazard assessments, practice soil sampling techniques, and select and inspect protective systems for entry.



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**What is an excavation or trench:** An Excavation is any man-made cut, cavity, trench, or depression formed by earth removal. A Trench is a narrow excavation where the depth is greater than the width.

**Who Should Attend:** Required for employer designated Competent Persons. OSHA requires that there be a Competent Person present whenever workers enter an excavation or trench. All workers that are exposed to excavation and trenching operations are required to be trained in the hazards and safe work practices. Initial training and refresher training every three years, or when the employer has reason to believe that any affected employee does not have the understanding and skills required to ensure safety.

**Course Length:** Approximately 8 hours including classroom theory followed by excavation and trenching field exercises.

## **Fall Prevention and Protection Competent Person**

**Course Description:** The course is designed to meet all associated OSHA fall protection Regulations, the ANSI Z359, and industry standards for fall prevention and protection competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, practical exercise and evaluation.

Curriculum covers the nature of common fall hazards in the workplace and prevention and protection methods, as well as the OSHA regulatory requirements including an in-depth instruction on the use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other fall prevention and protection methods. Training covers correct procedures for inspecting, placing, maintaining, disassembling, maintenance and storage of fall protection systems.

**Exercise and Practical Evaluation:** Includes site training on worker safety while performing fall protection setup and activities. Participants will create a fall protection plan, conduct site hazard assessments, and perform selection of fall protection and inspection to ensure that the participant has the knowledge, skills, and competency needed to prevent fall related incidents.

**Who Should Attend:** Recommended for all employees who are regularly exposed to fall hazards or are responsible for the immediate supervision, implementation and monitoring of a managed fall protection program. Initial training and refresher training every three



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years, or when the employer has reason to believe that any affected employee does not have the understanding and skills required to ensure safety.

**Course Length:** Approximately 8 Hours including classroom theory and practical hands-on activities.

## **Supported Scaffolding Competent Person**

**Course Description:** The course is designed to meet OSHA requirements for supported scaffolding systems competent person training including frame or fabricated, tube and coupler, mast climbers, mobile, pump jack, and ladder jack. The course includes professional classroom theory instruction, participant handouts, final written exam, and hands-on scaffolding practical exercise.

Curriculum covers the Competent Person duties and responsibilities associated with hazards as these relate to the proper use, erection, and work on supported scaffolds. Training includes fall hazards, falling object hazards, electrical hazards, maximum intended load, load-carrying capacities, material handling, and the correct procedures for inspecting, erecting, disassembling, moving, operating, maintaining and repair of scaffolding in accordance with OSHA 1926.454.

Course will instruct participants on how to preplan scaffold construction to ensure proper loading and use of the scaffold design. Participants will learn how to determine the correct type of scaffold necessary for the job, determine the maximum load of the scaffold, how to assure a good foundation for the scaffold, and how to address hazards.

**Scaffolding Practical Exercise:** A scaffolding exercise and evaluation is included and will be conducted for erection and dismantling of scaffolding to ensure that the participant has the knowledge, skills, and competency needed to setup scaffolding for safe use and disassembly control worker hazards.

**Who Should Attend:** Employers are required to have a minimum of one employee onsite that is considered to be Competent Person to recognize any hazards associated with the work in question. Recommended for participants looking to become involved in the scaffold selection, setup, and hazard avoidance on the construction site. Initial training required and refresher training required whenever workplace processes/procedures change, equipment changes, or the employer has reason to believe that an employee lacks the skill or understanding needed to ensure safety.



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**Course Length:** Approximately 8 hours of classroom theory and activities followed by field exercises and evaluations.

## Confined Space Competent Person

**Course Description:** The course is designed to meet OSHA requirements for confined space competent person training. The course includes professional classroom theory instruction, participant handouts, final written exam, group activities, field exercises and practical evaluation.

Curriculum covers OSHA regulatory requirements including, identifying types of confined spaces; the specific risks and hazards of confined spaces, and emergency procedures so employee can perform duties assigned. Includes training on attendant, entrant, and entry supervisor duties. Participants will be trained in basic atmospheric testing procedures, general ventilation practices, and common entry procedures. Participants will be familiarized with prevention methods, and the duties and responsibilities of the Competent Person at a confined space entry site.

**Field Exercise and Practical Evaluation:** Course includes construction site training on worker safety while performing confined space entry and non-entry rescue activities. Participants will practice making confined space rescues by simulating rescue operations in which they remove manikins or participants from a confined space.

**What is a confined space:** A confined space has the following characteristics: Its size and shape allow an employee to enter it, it has limited openings for participants to enter and exit, and it is not designed for continuous employee occupancy. **Who Should Attend:** Required for employer designated Competent Persons. OSHA requires that there is a Competent Person present whenever workers enter a confined space. All workers who perform confined space work by supervising, entering, or are responsible for attendant non-entry rescue duties are recommended to attend.

**Course Length:** Approximately 8 hours including classroom theory followed by confined space field exercises.