



ROCKY MOUNTAIN
EDUCATION CENTER

Red Rocks Community College

OSHA Training Safety & Health Environmental Oil & Gas

13300 West Sixth Avenue, Campus Box 41
Lakewood, CO 80228-1255

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www.rmecosha.com

Oct 2019
TO
Sept 2020



OSHA Training Institute
Education Centers®
Rocky Mountain Education Center

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*To view short instructor Biographies please visit our website
<https://www.rmecosha.com> under the "About RMEC" Tab*

Non-Discrimination Policy

Red Rocks Community College is committed to diversity in its people and programs. The College is an equal opportunity educational institution and does not discriminate on the basis of disability, race, creed, color, gender, sexual orientation, gender expression, religion, age, national origin, or ancestry, or any other category protected by applicable law.

The College has designated the Human Resources Director as its Equal Opportunity Employment Officer and Title IX Administrator with the responsibility to coordinate its civil rights compliance activities and grievance procedures.

For information contact: Human Resources, 13300 West Sixth Avenue, Campus Box 17, Lakewood, CO 80228, or call 303-914-6570



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All courses listed in this schedule will be held at the Rocky Mountain Education Center, 13300 West Sixth Avenue, Room 2690, Lakewood, Colorado.

The Rocky Mountain Education Center has three (3) Host Site locations. Courses being conducted at our host site locations will be posted on our website. Host Sites are:

North Dakota Safety Council in Bismarck, ND is a Host Site for RMEC. Section dates with a ND will be held in Bismarck, ND.

City College—MSU Billings College of Technology in Billings, MT is a Host Site for RMEC. Section dates with a MT will be held in Billings, MT

Wyoming Montana Safety Council is a Host Site for RMEC. Section dates with a WY will be in Wyoming at various locations and will be noted.

**Rocky Mountain Education Center
Red Rocks Community College
13300 West Sixth Avenue
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800-933-8394 or 303-914-6420

**Email: rmec@rrcc.edu
Website: www.rmecosha.com**

OSHA Numbered Courses

OSHA #500 - Trainer Course in Occupational Safety and Health Standards for the Construction Industry

Prerequisites: Completion of the OSHA #510 course (within 7 years of applying for the #500 course) AND five (5) years of construction safety experience.

This course is designed for individuals interested in teaching the 10- and 30-Hour construction safety and health Outreach Training Program to their employees and other interested groups. The focus of this course is to prepare students as trainers. Students are briefed on effective instructional approaches and adult learning principles. Students will prepare and deliver a presentation on an assigned OSHA Construction topic, individually or as part of a group. Upon successful completion of the written exam, students will become authorized OSHA Trainers in the 10 and 30-Hour Outreach Program. 2.6 CEUs

NOTE: You **cannot** apply to attend the OSHA #500 course until you have successfully completed the OSHA #510 course. Applications to attend this course must be submitted via our website. Trainer cards must be updated every four (4) years.

2019 Dates

Section 301: December 2-5

2020 Dates

Section 302: February 3-6
Section 303: March 30-April 2
Section 304: June 1-4
Section 305: August 3-6
Section 306: October 5-8
Section 307: December 7-10

Fee: \$795.00

Time: 8:15 a.m.—5:00 p.m.

OSHA #501 - Trainer Course in Occupational Safety and Health Standards for the General Industry

Prerequisites: Completion of the OSHA #511 course (within 7 years of applying for the #501 course) AND five (5) years of general industry safety experience.

This course is designed for individuals interested in teaching the 10- and 30-Hour general industry safety and health Outreach Training Program to their employees and other interested groups. The focus of this course is to prepare students as trainers. Students are briefed on effective instructional approaches and adult learning principles. Students will prepare and deliver a presentation on an assigned OSHA General Industry topic, individually or as part of a group. Upon successful completion of the written exam, students will become author-

ized OSHA Trainers in the 10- and 30-Hour Outreach Program. 2.6 CEUs

NOTE: You **cannot** apply to attend the OSHA #501 course until you have successfully completed the OSHA #511 course. Applications to attend this course must be submitted via our website. Trainer cards must be updated every four (4) years.

2019 Dates

Section 284: December 9-12

2020 Dates

Section 285: February 10-13
Section 286: April 6-9
Section 287: June 8-11
Section 288: August 10-13
Section 289: October 12-15
Section 290: December 14-17

Fee: \$795.00

Time: 8:15 a.m.—5:00 p.m.

OSHA #502 - Update for Construction Industry Outreach Trainers

Prerequisites: Completion of OSHA #500 or #502 Course with a **current** trainer card. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status.

This course is designed for Outreach Training Program trainers who have previously completed the OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry. The course provides an update on OSHA Construction Standards, policies, regulations and training techniques. Upon successful course completion students will be authorized to continue to teach the 10- and 30-Hour Construction Outreach Training Program classes for four more years. 1.8 CEUs

NOTE: You must provide a copy of your current trainer card prior to being able to register for this course and must be submitted via our website. If your OSHA construction industry trainer card has expired, you must retake the OSHA 500 course meeting all the current prerequisites. There is no longer any grace period once your card expires!

2019 Dates

Section 117: November 13-15

2020 Dates

Section 118: January 22-24
Section 119: March 18-20
Section 120: May 13-15
Section 121: July 15-17
Section 122: September 23-25
Section 123: November 11-13

Fee: \$695.00

Time: 8:15 a.m.—4:30 p.m.

OSHA #503 - Update for General Industry Outreach Trainers

Prerequisites: Completion of OSHA #501 or #503 Course with a current trainer card. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status.

This course is designed for Outreach Training Program trainers who have completed course #501 Trainer Course in Occupational Safety and Health Standards for General Industry. The course provides an update on OSHA General Industry Standards, policies, and regulations and training techniques. Upon successful course completion students will be authorized to continue to teach the 10- and 30-Hour General Industry Outreach Training Program classes for four more years. 1.8 CEUs

NOTE: You must provide a copy of your current trainer card prior to being able to register for this course and must be submitted via our website. If your OSHA general industry trainer card has expired, you must retake the OSHA 501 course meeting all the current prerequisites. There is no longer any grace period once your card expires!

2019 Dates

Section 113: November 18-20

2020 Dates

Section 114: January 27-29
Section 115: March 23-25
Section 116: May 18-20
Section 117: July 20-22
Section 118: September 28-30
Section 119: November 16-18

Fee: \$695.00

Time: 8:15 a.m.—4:30 p.m.

OSHA #510 - Occupational Safety and Health Standards for Construction

This course covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and special emphasis on those areas in construction which are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program. 2.6 CEUs

2019 Dates

Section 115: November 4-7

2020 Dates

Section 116: January 6-9
Section 117: March 2-5
Section 118: April 6-9
Section 119: May 4-7

Section 120: July 6-9
Section 121: August 10-13
Section 122: September 14-17
Section 123: November 2-5

Fee: \$795.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #511 - Occupational Safety and Health Standards for General Industry

This course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program. 2.6 CEUs

2019 Dates

Section 081: November 11-14

2020 Dates

Section 082: January 13-16
Section 083: March 9-12
Section 084: May 11-14
Section 085: June 15-18
Section 086: July 13-16
Section 087: September 21-24
Section 088: November 9-12

Fee: \$795.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #521—OSHA Guide to Industrial Hygiene

Industrial hygiene practices and related OSHA regulations and procedures are covered in this course. Topics will include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, safety and health programs and OSHA health standards. 2.6 CEUs

2020 Dates

Section 047: July 27-30

Fee: \$795.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #2045 - Machinery and Machine Guarding Standards

Various types of common machinery, machine safe guards, and related OSHA regulations and procedures are covered. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources, guarding of portable powered tools, and common OSHA machine guarding violations. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement. 2.6 CEUs

2020 Dates

Section 057: April 20-23
Section 058: August 17-20

Fee: \$795.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #2055 - Cranes in Construction

Best practices in crane and derrick operation is covered using the OSHA Cranes and Derricks in Construction Rule as a guide. Topics include hazards associated with crane assembly/disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications/training, maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Students will complete the course and have the ability to identify types of cranes, their components, attachments, determine safe operating conditions, and recognize common violations of OSHA Standards. 2.25 CEUs

2020 Dates

Section 011: May 18-20

Fee: \$695.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #2225 - Respiratory Protection

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards. 2.6 CEUs

2020 Dates

Section 040: September 14-17

Fee: \$795.00
Time: 8:15 a.m.—5:00 p.m.

OSHA #2255 - Principles of Ergonomics

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, and risk factors such as vibration, temperature, material handling, repetition, and lifting and transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment, laboratory sessions in manual lifting, and coverage of current OSHA compliance policies. 1.8 CEUs

2020 Dates

Section 060: April 13-15

Fee: \$695.00
Time: 8:15 a.m.—4:30 p.m.

OSHA #2264 - Permit-Required Confined Space Entry

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program. 2.0 CEUs

2019 Dates

Section 057: October 21-23

2020 Dates

Section 058: March 23-25
Section 059: October 19-21

Fee: \$695.00
Time: 8:15 a.m.—5:00 p.m.



OSHA #3015 - Excavation, Trenching and Soil Mechanics

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements. **2.0 CEUs**

2020 Dates

Section 060: March 10-12
Section 061: October 13-15

Fee: \$695.00

Time: 8:15 a.m.—5:00 p.m.

OSHA #3085 - Principles of Scaffolding

This course covers the requirements for construction and the safe construction and use of scaffolding using the OSHA construction scaffold standard as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly and use, types of scaffolds, determining scaffold capacity, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion students will have the ability to identify the types of scaffolds and their components, determine safe assembly, use and disassembly, and recognize common violations of OSHA Standards. **2.2 CEUs**

2019 Dates

Section 006: October 29-31

2020 Dates

Section 007: March 31-April 2
Section 008: July 28-30
Section 009: November 3-5

Fee: \$695.00

Time: 8:15 a.m.—5:00 p.m.



OSHA #3095 - Electrical Standards

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment. **2.6 CEUs**

2020 Dates

Section 068: April 27-30
Section 069: August 24-27

Fee: \$795.00

Time: 8:15 a.m.—5:00 p.m.

OSHA #3115 - Fall Protection

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans. **1.8 CEUs**

2020 Dates

Section 037: May 5-7
Section 038: September 15-17

Fee: \$695.00

Time: 8:15 a.m.—4:30 p.m.

OSHA #5810 - Hazards Recognition and Standards for On-Shore Oil & Gas Exploration and Production

This course covers OSHA Construction and General Industry Standards relating to the oil and gas industry. This course provides information for employees and employers to protect themselves by developing the knowledge and skills to anticipate, recognize, evaluate and control hazards common to the on-shore oil and gas exploration and production industry. This includes work sites associated with the on-shore exploration and production oil and gas industry including, but not limited to construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry. **3.0 CEUs**

2019 Dates

Section 023: December 2-5

2020 Dates

Section 024: February 17-20
Section 025: November 30-December 3

Fee: \$795.00

Time: 8:15 a.m.—5:00 p.m.

OSHA #6005 - Collateral Duty Course for Other Federal Agencies

This course covers the OSHA Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms, identify hazards that occur in general industry, determine appropriate standards and regulations for federal agencies, locate OSHA General Industry Standards, policies, and procedures, and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts. **2.3 CEUs**

2020 Dates

Section 051: June 22-25

Fee: \$795.00

Time: 8:15 a.m.—4:30 p.m.

OSHA #7205 - Health Hazard Awareness

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards. *.7 CEUs*

2020 Dates

Section 006: March 19
Section 007: June 25

Fee: \$75.00

Time: 8:00 a.m.—4:00 p.m.

OSHA #7210 - Pandemic Influenza Preparedness

This course covers recognizing hazards and risks associated with a pandemic influenza event and developing strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic influenza event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of business. This course offers information on strategies that can be used to control the spread of the virus, minimizing exposure to employees and family, and resources available from OSHA and other government agencies. The intended audience is the business leader and members of their management team who may be integral to preparedness planning. Upon course completion, students will have the ability to prepare for a pandemic to assure business continuity and employee safety. *.6 CEUs*

2020 Dates

Section 005: June 24

Fee: \$75.00

Time: 8:00 a.m.—3:00 p.m.

OSHA #7215 - Silica in Construction, Maritime, and General Industries - NEW!!!

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure. Minimum student contact hours: *.7 CEUs*

2020 Dates

Section 001: January 30
Section 002: July 23
Section 003: October 22

Fee: \$75.00

Time: 8:00 a.m.—4:00 p.m.

OSHA #7300 - Understanding OSHA's Permit-Required Confined Space Standard

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the *OSHA #2264 Permit-Required Confined Space Entry*. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit-required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space. *.7 CEUs*

2020 Dates

Section 006: June 23

Fee: \$75.00

Time: 8:00 a.m.—4:00 p.m.

OSHA #7405 - Fall Hazard Awareness for the Construction Industry

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards. *.6 CEUs*

2020 Dates

Section 007: March 17
Section 008: May 8

Fee: \$75.00

Time: 8:00 a.m.—3:00 p.m.

OSHA #7410 - Managing Excavation Hazards

This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties. *.7 CEUs*

2020 Dates

Section 005: March 18

Fee: \$75.00

Time: 8:00 a.m.—4:00 p.m.

OSHA #7500 - Introduction to Safety & Health Management

This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company. *.6 CEUs*

2020 Dates

Section 019: March 6
Section 020: June 19

Fee: \$75.00

Time: 8:00 a.m.—3:00 p.m.

OSHA #7505- Introduction to Incident Investigation

This course covers an introduction to basic accident investigation procedures and describes accident analysis techniques. Course topics include reasons for conducting accident investigations, employer responsibilities related to workplace accident investigations, and a six step accident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting accident and/or near-miss investigations. Upon course completion students will have the basic skills necessary to conduct an effective accident investigation at the workplace. *.7 CEUs*

2020 Dates

Section 031: March 16
Section 032: June 22

Fee: \$75.00

Time: 8:00 a.m.—5:00 p.m.

OSHA #7845 Recordkeeping Rule Seminar

This course covers OSHA requirements 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. *.4 CEUs*

2020 Dates

Section 049: March 20
Section 050: June 26

Fee: \$50.00

Time: 8:00 a.m.—12:00 p.m.

Safety & Health Courses (RMEC)

RMEC 110 - OSHA 10-Hour Construction Safety and Health

This 10-Hour Construction Safety Course is intended for entry-level participants and is intended to provide instruction on a variety of general construction safety and health standards. Course topics will include Introduction to OSHA, Electrical Safety, Fall Protection, Ladder Safety, Excavation Safety, Scaffold Safety, Materials Handling, Forklift Safety, Personal Protective Equipment and Permit-Required Confined Space Entry. Upon successful completion of this course participants will receive an OSHA Construction Safety and Health 10-Hour Card. *1.0 CEUs*

2020 Dates

Section 042: March 26-27
Section 043: August 31-September 1

Fee: \$195.00
Time: 8:00 a.m.—5:00 p.m. (Day 1)
8:00 a.m.—12:00 p.m. (Day 2)

RMEC 120 - OSHA 10-Hour General Industry Safety and Health

This 10-Hour course will introduce students to OSHA policies, procedures, standards and general industry safety and health principles. Topics for this course will include OSH Act and General Duty, Walking and Working Surfaces, Electrical Hazards, Hazardous Materials, Personal Protective Equipment, Machine Guarding and Hazard Communication. Upon successful completion of this course participants will receive an OSHA General Industry Safety and Health 10-Hour card. *1.0 CEUs*

2020 Dates

Section 040: April 16-17
Section 041: September 2-3

Fee: \$195.00
Time: 8:00 a.m.—5:00 p.m. (Day 1)
8:00 a.m.—12:00 p.m. (Day 2)

RMEC 130 - OSHA 30-Hour Course in Construction Safety

This course will introduce students to OSHA policies, procedures and standards, construction safety and health principles. The scope and application of OSHA construction standards will also be addressed. Emphasis will be placed on those areas that are most hazardous, using OSHA standards as a guide. *3.0 CEUs*

2020 Dates

Section 012: February 24-27
Section 013: June 15-18

Fee: \$695.00
Time: 8:00 a.m.—5:00 p.m.

RMEC 140 - OSHA 30-Hour Course in General Industry

This course for private sector personnel covers OSHA policies, procedures, and standards, as well as, general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. *3.0 CEUs*

2019 Dates

Section 011: October 21-24

2020 Dates

Section 012: October 26-29

Fee: \$695.00
Time: 8:00 a.m.—5:00 p.m.

RMEC 210 - Developing & Implementing the Globally Harmonized System & Hazard Communication Standard Programs

This course is for those who will be responsible for establishing and/or maintaining the Globally Harmonized System (GHS) and Hazard Communication Standard (HCS) programs for their company. Course topics will include, but are not limited to: The impact of GHS on your company, Changes to the HCS, conducting chemical inventories, how to read and interpret the new SDS's and much more. *.6 CEUs*

2020 Dates

Section 017: May 21

Fee: \$150.00
Time: 8:00 a.m.—4:00 p.m.

RMEC 313 - Hazardous Waste Site Safety: 40-Hour HAZWOPER

OSHA's 29 CFR 1910.120 standard indicates that workers exposed to hazardous substances are required to attend 40 hours of safety training. This course examines proper health and safety procedures and personal protection during work operations at hazardous waste sites. Topics include hazard identification and control, safety planning, site control, personal protective equipment, site monitoring, emergency and incident response operations, and decontamination processes. *4.0 CEUs*

2019 Dates

Section 273: October 14-18
Section 274: December 9-13

2020 Dates

Section 275: February 10-14
Section 276: April 6-10
Section 277: June 8-12
Section 278: August 10-14
Section 279: October 12-16
Section 280: December 14-18

Fee: \$695.00
Time: 8:00 a.m.—5:00 p.m.

The **24-Hour HAZWOPER** is also available by attending the first three days of this course. Please specify when you call to register that you would like the 24-Hour course.

24-Hour HAZWOPER

Fee: \$495.00
Time: 8:00 a.m. - 5:00 p.m.
(Monday-Wednesday of the 40-Hour dates)

RMEC 314 - Hazardous Waste Site Safety: 8-Hour HAZWOPER Refresher

Workers trained in hazardous waste operations are required to attend a yearly refresher course as mandated by OSHA 29 CFR 1910.120. Using case studies, group activities, and hands-on practice, this course will increase and refresh your knowledge of hazardous waste operations and emergency responses. Individuals who wish to refresh their 40-Hour HAZWOPER certification and are enrolled in an OSHA 500, 501, 502 or 503 course, may do so by paying an additional \$75.00 to receive their recertification. The content of the OSHA 500, 501, 502 and 503 courses meet the requirements to receive an 8-Hour Refresher certificate. *.8 CEUs*

2019 Dates

Section 309: November 1
Section 310: December 6

2020 Dates

Section 311: January 10
Section 312: February 7
Section 313: March 13
Section 314: April 3
Section 315: May 1
Section 316: June 5
Section 317: August 7
Section 318: September 4
Section 319: October 9
Section 320: November 6
Section 321: December 4

Fee: \$150.00
Time: 8:00 a.m.—5:00 p.m.

RMEC 318 - Supervisor Safety Course

This course will provide supervisors and managers with the necessary skills to facilitate the day-to-day activities involving employee safety performance. This course stresses supervisory behavior needed in managing a departmental safety effort. Students will participate in an assessment to help determine how their styles may influence the success and/or failure of a safety program. Activities will help transfer practical skills and knowledge from the classroom to the workplace. *1.2 CEUs*

2020 Dates

Section 075: February 26-27
Section 076: October 28-29

Fee: \$495.00
Time: 8:15 a.m.—4:30 p.m.

RMEC 320– Writing Safety Policies, Programs & Procedures for your Company

This course is designed for experienced safety managers, safety supervisors and safety committee leaders with several years of OSHA compliance and field experience in any industry. This course will provide participants with the knowledge and tools to: Determine when and what health & safety policies, programs and procedures are needed in the workplace; identify the OSHA regulations that require written programs and procedures; outline and develop content for policies, programs and procedures; evaluate written documents currently in place at your company; assess grammar, spelling and punctuation. This course will also explain the difference between policies, programs, procedures, guideline, safety manuals, handbooks and other documents. .7 CEUs

2020 Dates

Section 016: February 20
Section 017: August 27

Fee: \$150.00

Time: 8:00 a.m.—4:00 p.m.

RMEC 360 - Forklift Operator—Powered Industrial Truck Standard

This course will cover the Powered Industrial Trucks Standard 29 CFR 1910.178. This standard impacts all industries that use trucks, except for agricultural operators. Topics in this course will include OSHA standards, ANSI standards, mechanics of the forklift, load handling procedures, and much more. Upon completion of this course students will have gained knowledge of mandatory requirements and will be capable of passing a written test. Course participants will acquire the skills to properly implement a complete forklift program. 1.2 CEUs

2020 Dates

Section 048: April 27-28
Section 049: September 28-29

Fee: \$495.00

Time: 8:15 a.m.—4:30 p.m.

RMEC 380 - Safety Programs

This course is designed for general industry and construction companies in the development or review of their health and safety program. Some of the course topics include fundamentals of OSHA, legal responsibilities, contractor responsibilities, regulation interpretation techniques, establishing safety committees, incident investigation fundamentals, conducting effective safety audits, and OSHA recordkeeping fundamentals. Learn how to find the key elements of OSHA regulations such as Hazard Communication, Respirator, Evacuation, Electrical, Confined Space, Fall Protection, etc. 1.2 CEUs

2020 Dates

Section 045: February 18-19
Section 046: August 25-26

Fee: \$295.00

Time: 8:15 a.m.—4:30 p.m.

RMEC 900 - Hazardous Materials (HAZMAT) First Responder Awareness - Level 1

OSHA's 29 CFR 1910.120 standard indicates that all employees who respond to a hazardous materials emergency must receive training based on their level of activities at the incident. Awareness-level training is for responders who are likely to witness or discover a hazardous materials release and will initiate a response sequence by notifying the proper authorities of the release. Awareness-level responders recognize the presence of hazardous materials, isolate the scene and call for appropriate assistance. They do not participate in actual cleanup activities. .8 CEUs

2020 Dates

Section 077: February 24
Section 078: August 17

Fee: \$195.00

Time: 8:00 a.m.—5:00 p.m.

RMEC 901 - Hazardous Materials (HAZMAT) First Responder Operations - Level 2

Suggested prerequisites: Awareness Level 1 training or equivalent. OSHA's 29 CFR 1910.120 standard indicates that all employees who respond to a hazardous materials emergency must receive training based on their level of activities at the incident. The operations-level responder is defined as anybody who responds to a hazardous materials emergency for the purpose of protecting persons, property or the environment from the effects of the release. Operations-level responders perform in a defensive manner to contain the release from a safe distance, keep it from spreading, and prevent exposure. OSHA regulations require a minimum of eight hours of training at this level. .8 CEUs

2020 Dates

Section 077: February 25
Section 078: August 18

Fee: \$195.00

Time: 8:00 a.m.—5:00 p.m.



RMEC 902 - Hazardous Materials (HAZMAT) Technician - Level 3

Suggested prerequisites: Awareness Level 1 and Operations Level 2 training or equivalent. OSHA's 29 CFR 1910.120 standard indicates that all employees who respond to a hazardous materials emergency must receive training based on their level of activities at the incident. The technician-level responder performs in an offensive manner, making direct contact with the substance in order to plug, patch or otherwise stop the release of the hazardous substance. This level of training is directed at the Hazardous Materials Team member or those responders who will be required to take aggressive actions to mitigate a hazardous materials emergency. The OSHA standard requires a minimum of 24 hours of training at this level. Topics include regulatory overview, basic chemistry and toxicology, medical monitoring, hazardous materials recognition and identification, hazard and risk assessment, use of detection devices, personal protective equipment, heat stress, spill control techniques, decontamination, scene management, and incident command overview. This class includes 16 hours of lecture and eight hours of hands-on training. 2.4 CEUs

2020 Dates

Section 077: February 26-28
Section 078: August 19-21

Fee: \$595.00

Time: 8:00 a.m.—5:00 p.m.

RMEC 903 - Hazardous Materials (HAZMAT) Incident Command - Level 5

Suggested prerequisites: Awareness Level 1 and Operations Level 2 training or equivalent. OSHA's 29 CFR 1910.120 standard indicates that all employees who respond to a hazardous materials emergency must receive training based on their level of activities at the incident. Level 5 incident command training is for managers, supervisors or designated employees who will assume control of a hazardous materials incident beyond the initial response effort. The OSHA standard requires a minimum of 24 hours of training at this level. Topics include regulatory overview, risk analysis, incident management and the incident management system overview, selection of personal protective equipment, detection equipment use and limitations, safety plan development and use, decontamination and function of an Emergency Operations Center. 2.4 CEUs

2020 Dates

Section 075: January 14-16

Fee: \$595.00

Time: 8:00 a.m.—5:00 p.m.

Environmental Courses (CETC)

CETC 145 - Qualified Stormwater Manager

Prerequisite: Industry professionals seeking this certification are required to have completed a basic, 8-hour construction stormwater training program within the past 3-years.

This two-day training program has been developed by Altitude Training Associates (ATA) to meet the knowledge and skills required to be a Qualified Stormwater Manager including implementation of the SWMP and conducting routine inspections. The Qualified Stormwater Manager must be skilled at site and control measure evaluation to effectively implement the SWMP in its entirety. 1.2 CEUs.

2020 Dates

Section 022: June 4-5
Section 023: September 10-11

Fee: \$495.00

Time: 8:00 a.m.—5:00 p.m.

CETC 150 - Stormwater Management and Erosion Control

Understand the principles and practices of stormwater management, erosion and sediment control during construction activities. This course will cover the legal requirements, the process of erosion and sedimentation, erosion and sediment control, best management practices (BMPs) selection and application, and structural and non-structural installation guidelines. This course is the recipient of the Environmental Education Partnership award granted by the Colorado Alliance for Environmental Education. The second day of class is a half-day field trip to discuss BMPs on actual construction sites. .9 CEUs

2019 Dates

Section 230: November 7-8

2020 Dates

Section 231: February 6-7
Section 232: March 5-6
Section 233: April 2-3
Section 234: May 7-8
Section 235: July 9-10
Section 236: August 6-7
Section 237: October 8-9
Section 238: November 5-6

Fee: \$250.00

Time: 8:00 a.m.—5:00 p.m. (day one)
8:00 a.m.—12:00 p.m. (day two)

Oil & Gas Courses (OGOP)

OGOP 110 - 40-Hour Oil & Gas Safety and Health

This course will provide attendees with the basic knowledge and skills needed to anticipate, recognize, evaluate and control hazards that are found in the U.S. on-shore Oil and Gas and Exploration and Production Industries. Topics for this course include, but are not limited to: Health hazards, Hazard Communication, PPE, Emergency Action Plans, Confined Space, Control of Hazardous Energy and many more. This course will provide a foundation for additional training that may be part of an in house Health and Safety training process. 4.0 CEUs

2020 Dates

Section 020: April 13-17
Section 021: October 26-30

Fee: \$695.00

Time: 8:00 a.m.—5:00 p.m.

OGOP 112—Hydrogen Sulfide (H2S) Trainer Course

This course will prepare participants to instruct others on the hazards that are associated with Hydrogen Sulfide (H2S). Topic in this course will include: Defining what H2S is, Detection and Monitoring, Exposure, PPE, Safe Practices and more. 1.6 CEUs

2019 Dates

Section 005: November 11-12

2020 Dates

Section 006: January 29-30
Section 007: September 30-October 1

Fee: \$295.00

Time: 8:00 a.m.—5:00 p.m.



RMEC Specialist Certificate Program

The Rocky Mountain Education Center offers its clientele the opportunity to receive a Specialist Certificate in four specific areas:

Construction Safety and Health

General Industry Safety and Health

Environmental

Oil & Gas Safety and Health

Students can go online to complete an application for the Specialist Certificate they are interested in receiving and start taking classes. Students complete 5 required courses and 2 elective courses.

For more details please visit our website at www.rmecosha.com and under the red, blue, green or purple tab click the "Specialist Certificate" on the left.

OSHA Public Sector Safety and Health Fundamentals Certificate Program

The certificate program in Public Sector Safety & Health Fundamentals supports OSHA's mission by training public sector employees in occupational safety and health to reduce incident rates for workers in state and local governments. Participants have the opportunity to earn certificates for Construction and General Industry training.

Participants can choose from a variety of topics such as occupational safety and health standards for the construction or general industry, safety and health management, incident investigation, fall hazard awareness, and recordkeeping. Courses are available at OSHA Training Institute (OTI) Education Centers nationwide. Although this program was primarily designed for public sector employees, it is available for anyone interested in furthering their knowledge of occupational safety and health.

Program Information

All courses required to complete the certificate programs are available through OTI Education Centers. To be awarded a certificate, students must successfully complete a minimum of seven courses, comprised of a minimum of 68 contact hours. Courses are transferable and may be completed at different OTI Education Centers. Contact the RMEC for application details.

General Information

Registration

Course registration in advance is required. Registration can be completed online, via fax, email scan, mail or by calling our office. *Please note that courses that require prerequisite documentation must be submitted via our website only.*

On-line: www.rmecosha.com
Phone: 800-933-8394 or 303-914-6420

Tuition

Payment must be received by the first day of the course. Students are responsible for any and all charges incurred including any collection costs associated with non-payment.

The following methods of payment are accepted:

- Credit Card (MC, Visa, Discover, AMEX)
- Checks
- Money Orders
- Company Purchase Orders

Please make checks and purchase orders payable to *Red Rocks Community College*.

NOTE: Payment of tuition does not ensure the student will pass the hourly and course requirements. Tuition fees are subject to change at any time.

Refund Policy

Course withdrawal or cancellation notification must be made prior to the course start date and can be done via email or phone call. Withdrawals or cancellations will be 100% refunded. If a student fails to show up for a confirmed training their tuition will be automatically refunded back to them.

Course Rollover/Transfer

Students can rollover to a different section of a course if they contact the Rocky Mountain Education Center prior to the course start date. Payments for students who rollover to a course within the same term will have their funds transferred with the course registration. Students will be allowed to rollover only one time, if unable to attend the course a second time a refund will be generated and they will be required to register again for any future course.

Course Cancellations

The Rocky Mountain Education Center reserves the right to cancel any course in the event of insufficient enrollment. *Course cancellations will be made at least two weeks prior to the course start date.* Students enrolled in a cancelled class will receive a full refund.

Postponements/Campus Closure

The Rocky Mountain Education Center is in a region that may have occasional inclement weather and courses may be cancelled, postponed or rescheduled due to weather. The safety of our students is very important to us. The Rocky Mountain Education Center reserves the right to postpone courses due to unforeseen circumstances. RMEC is not responsible for travel expenses incurred by the participants in the event of a postponement due to weather or unforeseen conditions or low enrollment in a course.

Attendance

Students are expected to attend **100%** of the course in which they are enrolled and complete hourly and course requirements before a certificate of completion can be issued. **NOTE:** Travel plans need to accommodate the published course end time.

Prerequisites

The OSHA Directorate of Training and Education has outlined certain prerequisite requirements for individuals wishing to become OSHA Outreach Trainers. The Rocky Mountain Education Center must receive all Outreach Trainer course prerequisite information from students for review via our website. You will **not** be registered for a course until your application has been reviewed and approved. After receiving approval to attend the Trainer course you then need to complete the registration process.

Special Needs

If you have a disability requiring a specific academic accommodation, please call the Rocky Mountain Education Center before your course starts at 800-933-8394 or 303-914-6420.

Language Specific Training

Training required by OSHA Standards must be presented in a manner that employees understand. RMEC courses are presented verbally, visually and in written materials in English. If you are not conversant in English, please contact our office before registering to attend. If there is a way that RMEC accommodate your language need, we will assist you or refer you to others who may be a resource for you.

On-Site Training

All the courses listed in this brochure and many other safety & health courses can be customized and taught at your location. For a minimum of 12 or more participants we can provide your company with the same training that is offered at the Rocky Mountain Education. You can request a proposal on our website or by calling our office at 800-933-8394.

Course Materials

All course materials will be provided on the first day of class. Course materials will not be given to students in advance.

Certificate Policy

Certificates are issued at the end of each course for students meeting the attendance requirements and passing the final exam. Copies of certificates are *not* kept on file by the RMEC and clients needing a replacement certificate will be charged a \$25 fee for each certificate to be regenerated.

Guaranteed Classes

The Rocky Mountain Education Center guarantees the following classes to run **OSHA 502** – Update for Construction Industry Outreach Trainers; **OSHA 503**—Update for General Industry Outreach Trainers. You can schedule your update training and know that it will not cancel so that you can remain current in your training authorizations. **NOTE:** Course guarantee is only valid at our Lakewood, Colorado location.

Directions and Accommodations

Upon registration, course confirmation including directions and a list of local area accommodations will be sent to you by email. Local area accommodations and directions to the Rocky Mountain Education Center are available on our website at www.rmecosha.com under the "About RMEC" tab.

