



UTAH  
Safety™  
COUNCIL

# Safety Notes

October 2021

Volume 71



## MEMBERSHIP MINUTE

by Lisa Christofferson,  
Membership Manager

On Friday, August 13 we held the 2021 Utah Safety Council Annual Meeting and Safety Awards. This meeting was held at the Utah State Capitol Board Room, with a few of our winners in attendance and everyone else tuning in remotely. We heard a Utah Safety Council update from the Board of Directors, heard program overview from the Utah Safety Council Team, and learned of the unique challenges that police officers in our community are challenged with. Sheriff Rosie Rivera was the Keynote Speaker and 119 Safety Awards were presented. While we look forward to hosting this event “in-person” in the future, we also enjoyed being able to share this event with friends and coworkers; who were able to “re-watch” and celebrate on demand. **Congratulations to the 2021 Utah Safety Award Winners!!!** [Watch the celebration HERE.](#)

## *Adaptability is Key for the Future*

by John Wojciechowski, President

Navigating the COVID-19 pandemic has been challenging. 18 months ago, who would have predicted we would still be managing infection mitigation measures to a greater degree than when this all started? At the Utah Safety Council, we have learned that change remains the name of the game if we want to survive. Adaptability is mandatory and in this next phase of the pandemic, our strategy is to seize opportunities and continue to be strategic and resilient for tomorrow. How bad can it get? Nobody really knows, but we recognize there's been a definite culture shift with the businesses and industries we serve. Maybe there is no going back to normal? We do know that most organizations are far more focused on workplace safety than in the past. With the unrelenting disruption over the past year and a half, we have recognized as an organization we need to improve our customer service with all our interactions; whether they're online or in an email or on the phone. We see the need for speed and flexibility. We are working hard to step it up for businesses who need us as a resource to make their work environments safer for their employees. If businesses have learned anything recently, it's that people and their Human Resources are the “secret sauce” to success.

In the upcoming weeks and months, we will be updating and improving our system infrastructure and operations so member companies can find what they need from us quicker, with a lot less hassle. As always, our top priority is serving our Utah Safety Council members and advancing our objective of making Utah a safer place to live and work.



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## Membership Benefits

- Streaming Safety Videos
- Safety Media Library
- Members Only Website
- NETS Membership
- OSHA 10-Hour Training
- First Aid, CPR and AED Course
- Member Appreciation Events
- Start With Safety
- Discounts on Occupational Safety Training
- Health & Safety Fair Participation
- Family Safety & Health Magazine
- Monthly Publications and Email Updates
- Membership Recognition on Website
- Exclusive Discounts on Safety Products
- Safety Consulting
- Safety Management Systems for Business Course

# Congratulations to our Safety Award Winners

### Perfect Record Award

AEEC, LC  
American Water  
Barclay Mechanical  
Barr Engineering Co. – Salt Lake City Office  
Brock Services  
Cameron Construction  
Comfort Systems USA Intermountain  
ENAEX USA  
EnviroServe Salt Lake  
Epcor Partners, Inc  
Fresh Market Layton  
Harder Mechanical Services  
JT4, L.L.C.  
Kaltech LLC  
Kern River Gas Transmission  
Lin's Price  
Macey's Lehi  
Millcreek Engineering Company  
Mountain Regional Equipment Solutions  
North American Industrial Services  
Parker Commercial Flight Controls Division Ogden  
ProBuild Construction Inc.  
Provo City Power  
Richard Manufacturing Company  
Rio Tinto Kennecott Copper – Tailings and Water Services  
Savage Services – Bingham and Garfield  
Savage Services – Coal Service  
Savage Services – Savage Energy Terminal  
Savage Services – Service Support Center  
Savage Services – Star Point  
Savage Services – Sunnyside  
SINTX Technologies  
Trulite Glass & Aluminum Solutions – Aluminum  
Trulite Glass & Aluminum Solutions – Glass  
Western Metals Recycling - Provo



**Sherrif Rosie Rivera**



**Jim Reynolds, Robert F. Parenti Individual Achievement in Safety Award Winner with Utah Safety Council President, John Wojciechowski**



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# Congratulations to our Safety Award Winners

## Awards of Merit and Honor

AEEC, LC  
 American Water  
 Ames Construction  
 Asahi Refining USA, Inc  
 Barr Engineering Co. – Salt Lake City Office  
 Bodell Construction  
 Brock Services  
 Burdick Materials, A CRH Company  
 Cedar City Hospital  
 Central Valley Water Reclamation Facility  
 Comfort Systems USA Intermountain  
 Delta Fire Systems  
 ENAEX USA  
 Fillmore Community Hospital  
 Granite Construction  
 Great Basin Industrial  
 Hales Sand & Gravel, A CRH Company  
 Intermountain Healthcare Supply Chain  
 Jack B. Parson, A CRH Company  
 Jordan Valley Water Conservancy District  
 Kern River Gas Transmission  
 Kroger – Layton Dairy  
 Lifeflight  
 McKay Dee Hospital  
 Mechanical Service & Systems  
 Millcreek Engineering Company  
 Mountain Regional Equipment Solutions  
 Nielson Construction, A CRH Company  
 North American Industrial Services  
 Northrop Grumman Mission Systems  
 Northrop Grumman Propulsion Systems  
 O.C. Tanner  
 Parker Commercial Flight Controls Division-Ogden  
 R&O Construction  
 Ralph L. Wadsworth



**Utah Safety Council President, John Wojciechowski presenting the Achievement in Safety by an Organization Award to Intermountain Healthcare**

## Awards of Merit and Honor, continued...

Reynolds Excavation, A CRH Company  
 Rio Tinto Kennecott Copper – Tailings and Water Services  
 Savage Services – AF  
 Savage Services – Bingham and Garfield  
 Savage Services – Coal Service  
 Savage Services – North Salt Lake  
 Savage Services – Roosevelt  
 Savage Services – Savage Energy Terminal  
 Savage Services – Service Support Center  
 Savage Services- Star Point  
 Savage Services – Sunnyside  
 Skyline Electric Company  
 Smithfield Hog Production, Milford, Utah  
 Smithfield  
 Staker Parson Materials & Construction, A CRH Company  
 Teva Pharmaceuticals Salt Lake City Operations  
 Thermo Fisher Scientific – Logan  
 Treehouse Foods Inc. Ogden Utah Plant  
 Trulite Glass & Aluminum Solutions – Aluminum  
 Trulite Glass & Aluminum Solutions – Glass  
 Wadsworth Brothers Construction  
 WesTech Engineering, LLC  
 Western Metals Recycling  
 Western Rock Products, A CRH Company  
 Whitaker Construction Co.  
 WW Clyde  
 Younique



**Douglas H. Martin,  
 Utah Safety Council Board of Director Chairman**

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# Congratulations to our Safety Award Winners

## The Robert F. Parenti Individual Achievement in Safety Award

Jim Reynolds - Barney Trucking Inc.

## Professional Driver of the Year Award / Long Haul

Steven Whiting - C. R. England

## Sustaining Members

Spectrum Solutions, Joined October 2020  
 Best Friends Animal Society, Joined January 2021  
 Roseman University of Health Sciences, Joined May 2021  
 Thermo Fisher Scientific, Joined June 2020

## Contributing Members

High West Distillery, Joined February 2021  
 Newman Construction, Joined March 2021  
 Rocky Mountain Specialty Contracting, Joined April 2021  
 Roto Aire Filter Sales & Service, Joined October 2020

## Achievement in Safety by an Organization

Salt Lake County Sheriff's Office  
 Intermountain Healthcare

## Seat Belt Award

Hudson Printing  
 Intermountain Healthcare Courier Services-St. George  
 Intermountain Healthcare Courier Services-SLC  
 North American Industrial Services

## Most Improved Seat Belt Award

Salt Lake City International Airport



*Cameron Clarke, Occupational Safety Training Manager*

## Harold R. Everitt Life Saver Award

Ashkeya Hokanson-HHI Corporation  
 Ben Goddard - Utah Department of Transportation  
 Zach Richmond - Utah Department of Transportation

## Award of Honor

Cache Valley Electric Company

## Million Hours Award

North American Industrial Services  
 Parker Commercial Flight Controls Division - Ogden

*John Barclay, Barclay Mechanical; Perfect Record Award*

*Utah Safety Council President, John Wojciechowski*



# Fire Extinguisher Training

by Cameron Clark, Occupational Safety Manager

We have all seen a fire extinguisher on a wall that seems to be doing a great job at keeping the building from catching fire. Believe it or not, they are not designed as a wall mount to remind us that there could be a fire. Why do we train our employees to use fire extinguishers? Portable fire extinguishers like most tools need to be operated in the right way, and for the right job. Just like any job duty, training empowers employees to act in a way that will cultivate the best results.

**OSHA standard 1910.157** has information pertaining to portable fire extinguishers their place in an organization written fire safety policy. When the Utah Safety Council assists companies with their portable fire extinguisher training, we focus on a few important elements:

- **Fire Classes/Extinguisher Types.** Understanding that not all fire is created equal, different material creates different hazards and requires a specific type action, and extinguisher.
- **Acting in an Emergency.** Merriam-Webster defines and emergency as “an unforeseen combination of circumstances or the resulting state that calls for immediate action” Training employees on that immediate action can help them prioritize their safety, and the safety around them.
- **Hands on equipment training.** When an employee understands the tool available to them it becomes more useful. By physically practicing how to inspect and deploy a portable fire extinguisher you give your employees the ability to bridge the gap from theoretical training to task specific hands on training.

Emergencies require quick decisive action. If you have portable fire extinguishers available, create a written fire safety policy. If you would like your employees to use the tools you have made available, make sure they are trained before an emergency happens.

Some of the important information within the standard:

## **1910.157(g)**

Training and education.

### **910.157(g)(1)**

Where the employer has provided portable fire extinguishers for employee use in the workplace, the employer shall also provide an educational program to familiarize employees with the general principles of fire extinguisher use and the hazards involved with incipient stage firefighting.

### **1910.157(g)(2)**

The employer shall provide the education required in paragraph (g)(1) of this section upon initial employment and at least annually thereafter.

On-Site Fire Extinguisher Training is one of the many affordable “On-site” trainings we can assist with at your facility. [Click here for more information or to schedule a hands-on fire extinguisher training at your facility.](#) You can also contact Cameron Clark, Occupational Safety Program Manager today to schedule a training at your facility: [cclark@utahsafetycouncil.org](mailto:cclark@utahsafetycouncil.org) 801.746.7233 Ext 304



# Halloween Safety

by Kenzee Logue, Emergency Care Manager

Halloween is a fun time. We get to dress up as our favorite heroes and characters, as we participate in fall activities such as trick or treating. We feel that it is super important that we make it a safe and fun experience. [kidshealth.org](http://kidshealth.org) recommends we:

- Choose a light-colored costume that's easy to see at night. Add reflective tape or glow-in-the-dark tape to the costume and to the trick-or-treat bag.
- Only buy costumes labeled "flame-retardant." This means the material won't burn. If you make your own costume, use nylon or polyester materials, which are flame-retardant.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Masks can make it hard for kids to see and breathe. Instead, try using non-toxic face paint or makeup.
- Don't use colored or decorative contact lenses, unless they're prescribed by a licensed eye doctor.
- Put a nametag — with your phone number — on your children's costumes.
- To prevent falls, avoid oversized and high-heeled shoes. Make sure the rest of the costume fits well too.
- Make sure that any props your kids carry, such as wands or swords, are short and flexible.



## Kids under age 12 should:

- always go trick-or-treating with an adult
- know how to call 911 in case they get lost
- know their home phone number or your cellphone number if you don't have a landline

## Older kids who go out on their own should:

- know their planned route and when they'll be coming home
- carry a cellphone
- go in a group and stay together
- only go to houses with porch lights on
- stay away from candles and other flames
- know to never go into strangers' homes or cars

According to Safe Kids Worldwide, kids are more likely to be hit by a car on Halloween than any other time of the year. So make sure you are aware of your surroundings and are extra cautious when engaging in Halloween activities. Also, check out the Home & Community section of our website for more safety information.

## First Aid, CPR, AED Instructor Course

Become a certified instructor, and give others the knowledge and confidence to save a life.

### First Aid, CPR, AED Instructor Course

November 8th-10th  
8:00 a.m.- 4:00 p.m.

[Click HERE to register, and to view more information.](#)

For questions, or to schedule an "On-Site" course, contact  
Kenzee Logue, Emergency Care Manager.  
[klogue@utahsafetycouncil.org](mailto:klogue@utahsafetycouncil.org) | 801.746.7233 Ext. 307



# Powered Haulage Safety

by Megan Spackman, MSHA/Refinery Program Manager

On July 20th, MSHA led a “Stand Down for Safety” across the US. This year, the United States has had the highest number of fatalities caused by powered haulage accidents since 2006. Representatives of MSHA from all levels of the organization visited mine sites and presented on powered haulage hazards and best practices to avoid injury. Here’s a quick overview of these best practices:

- Improving visibility
    - o Know the blind spots of large equipment and stay a safe distance away.
    - o Add flags or strobes to smaller vehicles.
  - Communication
    - o Establish communication protocols and ensure all team members are trained.
  - Traffic Management
    - o Maintain roadways and dumping sites.
    - o Provide adequate signage – check for appropriate placement, size, and accurate information.
  - Seat Belt Use
    - o Always wear your seat belt.
    - o Never jump from a moving vehicle.
  - Dumping Practices
    - o Always dump in a safe location.
    - o Train employees to recognize dump location hazards.
  - Equipment Guards
    - o Install guards of adequate size and in a location that will protect team members from the equipment.
    - o Do not remove guards from the equipment unless lock out / tag out has been done.
- 
- A large yellow haul truck is shown on a mine site, parked on a dirt road. The truck is a massive piece of machinery with a large dump body and multiple axles. The background shows a cloudy sky and some distant hills.
- Working Around Belt Conveyors
    - o Maintain communication with everyone working around belt conveyors.
    - o Provide a visible / audible warning with a delay start.
    - o Avoid wearing loose clothing when working around moving equipment.
  - Crossover Safety
    - o Never attempt to cross a moving belt conveyor except at suitable areas.
  - Conveyor Design, Installation, and Housekeeping
    - o Maintain the areas around belt conveyors and other moving equipment to avoid tripping hazards.
    - o Install pull cords for emergency stops.
  - Pre-operational Examination of Equipment
    - o Establish policies and procedures for how pre-operational examinations are to be done and how defects are identified.
    - o Immediately remove from service any defective equipment.

Whether on a mine site or any other industrial location, everyone can learn from this information. You can find more details on these best practices as well as useful fliers, handouts, and videos at the [msha.gov](https://www.msha.gov) website.

# Health & Safety Fairs

by Aimee Figueroa, Office Assistant



Due to the Covid-19 pandemic, many companies and businesses have put Health & Safety Fairs on hold. With safety precautions, the Utah Safety Council has had the opportunity to be invited to a few events recently. Such as the Employee Health Fair at Sundance. We were able to provide attendees with information about our **Home and Community, Car Seat Safety, Workplace Safety and Defensive Driving Programs**. We also had the opportunity to partner with the Mexican Consulate, to promote Labor Week to their employees and stakeholders. This was a unique experience, because it allowed us to discuss more ways to connect with our diverse communities to ensure safety in all workplaces.

During these types of events, we enjoy teaching participants the importance of **Fire Extinguisher Safety** and allow attendees to use our vision impairment goggles as part of a safety task game.

Overall, these recent events were successful. We appreciate the opportunity to reach out to members in our community, about the importance of safety. With the world starting to open back up, we have recently been invited to attend other fairs. The Utah Safety Council would be happy to participate in events your company is hosting. For more information; please contact Aimee Figueroa, [afigueroa@utahsafetycouncil.org](mailto:afigueroa@utahsafetycouncil.org) | 801.746.7233 Ext. 316

# National Teen Driver Safety Week is October 17-23, 2021

by Nicole Rilk, Traffic Safety Manager

October 17-23, 2021 is National Teen Driver Safety Week. Not only this week but every week, we encourage parents to have conversations with their teens about the important rules they need to follow to stay safe behind the wheel. These rules address the greatest dangers of teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers.

## Alive at 25

- Cost: \$40.00 course fee
- Location: Offered in four different locations throughout Utah, which include Logan, Salt Lake City, Orem, and St. George
- Duration: Live four-hour course.
- Qualifies for a 50-point reduction on your Utah driving record - once every three years.



The Utah Safety Council offers a driving course geared towards younger drivers ages 15-24. For more information on National Teen Driver Week, or our Alive at 25 Program, please contact Nichole Rilk, [nrilk@utahsafetycouncil.org](mailto:nrilk@utahsafetycouncil.org) 801.746.7233 Ext. 316



# Tow Truck Pre-Trip Inspection

by Cassie Henson, Office Manager

One of the best things about the Utah Safety Council is that we are able to take things we learn from one industry and share best practices with others. We learn a lot from our professional drivers and doing a Pre-Trip Inspection, is important, even if you don't drive a tow truck every day.

Regardless of how safe a driver you are, you can't operate any vehicle safely if it is not in good mechanical condition. It's important to understand your vehicle's characteristics, and to perform your pre-trip inspection the same way every time so it will become a habit. Although there are many ways to do a pre-trip inspection, the Commercial Driver Manual recommends a Seven Step Method, which include...



## 1. Vehicle overview

- general appearance and condition
- excessive oil and fuel leaks
- suspension system

## 2. Check engine compartment

- oil and other fluid levels
- belts and hoses

## 3. Start engine and inspect inside the cab

- gauges and other controls
- steering wheel
- windshield and mirrors

## 4. Turn off engine and check lights

- check headlights and four-way flashers

## 5. Walk-around inspection

- exhaust system
- tires
- equipment compartment
- wipers

## 6. Check signal lights

- turn signals
- running lights and other auxiliary lights

## 7. Start engine and check brake lights

- operation of service brakes
- operation of parking brakes and other brakes

After you complete your inspection, check the adjustment of your seat, and always put on your safety belt before moving your vehicle, it's important your vehicle is in good operation to drive safely. Make a pre-trip inspection part of your daily routine.

The Utah Safety Council offers a Utah Department of Transportation approved online Tow Truck Program. If you have drivers in your company that require this certification, we can help. You can visit our website at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) or you can contact Cassie Henson at [chenson@utahsafetycouncil.org](mailto:chenson@utahsafetycouncil.org) or by phone at 801.746.SAFE(7233) x 300.

## What is Possible?

by Douglas R. Handy, CSP, Utah Safety Council Instructor

During a recent vacation that my wife and I enjoyed in Niagara Falls (New York and Niagara Falls, Ontario, Canada) we enjoyed the spectacular sites of the falls and the beautiful area. These are truly 'a sight to see' for every person. In addition to the spectacular vistas and natural beauty, we also enjoyed various other attractions in the area.



One of the attractions that we had the privilege of visiting was that of the Niagara Falls Aquarium on the US (New York) side of Niagara Falls. Inside and outside at the aquarium were wonderful and amazing exhibits, life-forms past and present, and various sea creatures. While there, we were joined by several Elementary level school groups, who were also enjoying the festive and fun atmosphere. The live show of the Sea Lions was of special interest to the visitors of the day. We watched with anticipation and amazement as the Sea Lions performed tricks and entertainment, both on land and in the water.

At the end of the Sea Lion show as I was waiting for my turn at the drinking fountain, I overheard 2 boys about the age of 8 or 9 years old discussing the show and their love of the Sea Lions. One of the boys said to the other "I want a Sea Lion for a pet at my house. I am going to ask my mom if we can get one." The other remarked "Great!! Maybe I can get one too. If not I'll come over and play at your house."

My initial thoughts upon hearing this conversation was: 'I can see it now. The boy excitedly asks 'mom' "can I have a Sea Lion for my pet? I promise I will take care of it." It would likely be no more outlandish a request than some that I made to my parents. Their proposal would almost assuredly meet the same end of the dream fate as many of my requests earlier in my life. Is that the same fate that many of our 'Safety Dreams' have? Dreams that our operations be incident free? Dreams to go a certain amount of time without an injury or a Lost Time Injury? Dreams to have every employee engaged and committed to the Safety processes? Dreams of having undaunted management commitment and support?

What is possible? Is it possible to get back that total belief of an innocent boy? Just like the kids wanting to have a pet Sea Lion at their home, are we asking too much for our Safety Dreams to come true? Can we still remember the excitement of the 'Safety Dreams' we once had as we began our Safety efforts and careers? Or are these all shattered and gone awry due to some of the current realities that we have or are facing?

I would like to go back to the thinking that our 'Safety Dreams' can really come true. Back to believing that these plans and processes can occur in the lives of our employees and co-workers. That every employee can leave from work as healthy and safe as they arrive to work. That every employee can take the safety they learn at work home with them, to improve the safety and happiness for themselves and their families. That our faith in the safety processes can be validated on a day by day or moment by moment basis. Is it really possible?

George Bernard Shaw said "Some see things as they are and say "why". I dream things that never were, and say "why not?". This should be one of the mottos for us safety professionals.

We are the holders of the vision for Safety, Health and Environmental in business and industry. We need to set the possibilities for our people and our organizations. What is the message we are giving out? What direction are we providing to our upper level management? What resources or thinking are we providing for our middle and supervisory level management? What expectations, trainings and directions are we providing for all of our co-workers and employees?

As the holder of these visions, we become the leaders for taking charge and making these safety dreams happen.

As you are making your plans for the next Quarter, the next Year, or even just the next presentation, take time to think about what is possible and then set your plans accordingly. Is it 'OK' to have injuries or people put in unsafe situations? I am very sure we think that it is not 'OK', however why do we give up on the 'possibility' of no injuries or health related issues at work.

*(continued on next page)*

## *What is Possible? (continued...)*

We all have heard and know the stories of things once deemed impossible that are now part of the way we live, or that have at least happened. Included in these are a few things that I remember in my life or hearing in the lives of my grandparents, such as man being able to use a flying machine to fly, putting a man in Space and even landing on the moon, having a computer that you could hold in your hand, seeing and talking to someone across the world at any time without having to sit in a telephone office and paying huge rates while an operator finds the person and connects you, being able to drive across the United States, and so on. All of these possibilities happened because some did not leave it as a 'is this possible' question. They went ahead and asked the questions (even if they might have sounded like "can I have a Sea Lion for a pet", etc...), and then either changed or even made their realities to make all of these things possible.

I encourage you not to give up on your 'Safety Dreams' and to go and make these possibilities. To do this:

- What needs to change?
- How can I help affect these changes?
- What resources or assistance do I need for this to happen?
- Where is the best starting place?
- Do I need a culture change for this to happen and be sustainable?
- How do I build my strategy to incorporate the culture changes needed?

In the realm of safety and people's lives, I think it is more than acceptable to go back to the mentality of possibility that we had as 8 and 9 year olds. To see or hear something, and to want something that is impressive or amazing to us, and then to ask the questions is something that I encourage in today's world.

Why can't we set up our systems, operations, buildings and environments that would allow everyone to return to their homes safely? Is there a more important dream that we want to make possible?

What if by making our places of work and business better in these ways, our business are more profitable, better places to spend our time, and we could have even more positive influence with our coworkers?

And what if all of our people learned and lived the principles of Safety, Health and Environment so well at work that they took these principles home with them to help ensure their own well-being and the well-being of their family and friends off the job? What if by using these principles at home that we all were able to assist in making our communities safer, healthier and better? Sounds like a lot of 'what ifs'. All of these what ifs are just possibilities.

What is possible for us to make these 'dreams' happen? What is possible in the realms of Safety, Health and Environmental in your part of the world?

Let us make possible those things we dream about doing in Safety.

Desiderius Erasmus stated - "There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other."

And we can all remember the stories and realities created by Walt Disney, one of the true dreamers who lived in the world, and who turned many impossibilities unto reality. I personally, along with my family, have enjoyed these impossibilities in person and in movies. Some of my favorite quotes from him include these two: "If you can Dream it, You can Do it", and "It's kind of fun to do the impossible".

We who are committed to helping people live safely and the preservation of life - both at work and off the job need to gain this attitude of possible. We need to live and strive as we did when we were naive young people when it comes to people. As a long time Safety Professional, my one word definition for Safety is 'people'.

If we are relentless in our pursuits of protecting and preserving people, I hope we ask the impossible questions that we already know the answers to, and then make them possible. Maybe you can accomplish this with a pet Sea Lion of your own!

## Upcoming Training Opportunities - For the most current information, visit the [TRAINING CALENDAR](#).

Date	October / November Courses	Member	Non-Member
October 1	Membership Appreciation Event - Cross E Ranch, Fall Festival	FREE*	N/A
October 1	Safety Inspections 	\$252	\$360
October 4	Start With Safety, Live Web-Based 60 Minutes - 10:00 AM 	FREE*	FREE
October 4	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
October 5	Contractor Safety Orientation (UITC)	\$75	\$75
October 5-8	Safety Training Methods 	\$1,200	\$1,715
October 8	Competent Person Fall Protection 	\$275	\$275
October 9	CPR & AED Training	\$45	\$45
October 9	MSHA - Introduction to Work Environment	FREE*	\$25
October 11	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
October 11-12	OSHA 10-Hr General Industry	FREE*	\$140
October 12	Basic Orientation Plus	\$75	\$90
October 18	Qualified Signal/Rigger Course	\$203	\$290
October 18	OSHA 7005: Public Warehousing and Storage	\$175	\$175
October 18	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
October 19	Contractor Safety Orientation (UITC)	\$75	\$75
October 19	First Aid, CPR and AED Training	FREE	\$110
October 20	Team Safety 	\$252	\$360
Oct. 20-22	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
October 22	Safety Leadership 	\$112	\$160
October 23	MSHA - Introduction to Work Environment	FREE*	\$25
October 25	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
October 26	Basic Orientation Plus	\$75	\$90
Oct. 26-29	OSHA 30-Hr General Industry	\$452	\$645
November 1	Start With Safety, Live Web-Based 60 Minutes - 10:00 AM 	FREE*	FREE
November 1	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
November 2	Contractor Safety Orientation (UITC)	\$75	\$75
November 2	Crane & Hoist: OSHA Compliance Series 	\$112	\$160
November 3	Confined Spaces: OSHA Compliance Series 	\$112	\$160
Nov. 3-5	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
November 5	Hazard Communication 	\$112	\$160
November 6	MSHA - Introduction to Work Environment	FREE*	\$25
November 8	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
November 8	OSHA 7510: Introduction to OSHA for Small Businesses	\$125	\$125
Nov. 8-10	First Aid, CPR & AED Instructor Course	\$497	\$710
Nov. 8-11	OSHA 30-HR Construction	\$451	\$645
November 9	Basic Orientation Plus	\$75	\$90
Nov. 9-12	OSHA 511 Occupational Safety and Health Standards for General Industry	\$785	\$785
November 10	Personal Protective Equipment: OSHA Compliance Series 	\$112	\$160
November 11	Machine Guarding: OSHA Compliance Series 	\$112	\$160