



NYCOSH'S SAMPLE TRAINING SERVICES:

A menu of safety and health trainings for working people

NYCOSH provides training on workplace safety and health hazards to working people, unions, workers' centers, community-based organizations, and employers throughout New York. Conditions at work can kill workers, injure them or cause illnesses. Our training staff is highly experienced

and knowledgeable in educating workers on hazards they may encounter at work and on how to protect themselves. This list is not extensive, but highlights some of the more common topics that NYCOSH covers. Some types of training we can provide are listed below.

Introduction to Health and Safety

You will learn about hazards in the workplace, how they affect you and how to work with your employer and fellow workers to prevent or control unsafe or unhealthy conditions. You will learn how chemicals can enter your body, how to recognize hazards and what federal and state laws protect you in the workplace. You will learn to advocate for your rights under safety and health laws.

Recognition, Evaluation and Control of Hazards

You will learn the difference between safety and health hazards, types of hazards and major ways to work with your employer and fellow workers to prevent or control them. You will gain an understanding of the history and politics involved in health hazards. You will become familiar with how to identify and map hazards in your workplace, as well as the "hierarchy of hazard controls" – identifying the various ways to deal with hazards and which ones are more effective.

OSHA Rights

The Occupational Safety and Health Act created the Occupational Safety and Health Administration (OSHA) in April 1971. OSHA is part of the U.S. Department of Labor and protects the safety and health of workers in private industry (those who work for private companies). You will learn what OSHA does, how they perform their work and how (and when) to use OSHA to help you get a safer and healthier workplace. You will learn about your responsibility to work safely – and also about the employer's legal responsibility to maintain a safe workplace.

Hazard Communication / Right-to-Know

There are federal and state regulations to give you information on hazardous chemicals used at work. The OSHA "Hazard Communication" standard and the New York State "Right-to-Know" law are the "laws of the workplace" for giving information on chemical hazards and protecting workers. You will learn ways that chemicals can hurt you and how to work with your employer and fellow workers to protect yourself, as well as how to use the Safety Data Sheets required by law.

Introduction to Health and Safety Committees

Workplace Safety and Health Committees are major tools workers use to gain safe and healthy working conditions. You will learn about your legal rights and the various ways committees are typically organized, as well as benefits and limitations of committees.

Collecting Information on Health and Safety Hazards

Taking action to create a safer and healthier work environment begins with getting information. You will become familiar with various types of documents that you can use to guide your efforts, as well as techniques used to investigate hazards and conduct workplace inspections.

Introduction to Indoor Air Quality (IAQ)

Poor air quality is a major problem in many workplaces. It can be difficult to identify causes and come up with solutions that work. Although problems and hazards are real, enforceable standards are few. You will learn the fundamental ways these conditions can be resolved, as well as real-life strategies to help bring about meaningful improvements.

Protecting Building Occupants during Construction or Renovation

Construction-related hazards affect more people than construction workers. Although workers' hazards and risk are severe, there are hazard controls workers can utilize that can be very effective. However, building occupants can also suffer safety and health effects of poorly planned and implemented construction work. You will learn about construction processes, related hazards and ways to minimize their effects on building occupants.

Occupational Exposure to Tuberculosis (TB)

Once believed to be nearly eradicated, TB disease has come back with a vengeance due to resurgent poverty and poor living conditions. Although it's not that easy to catch – and there are far more people exposed to TB than those who get TB disease, it is a major public health problem and a serious workplace hazard for health care workers. You will learn about prevention, transmission, diagnosis and treatment, as well as OSHA enforcement guidelines.

Occupational Exposure to Bloodborne Pathogens

Focusing primarily on HIV/AIDS and the Hepatitis B viruses, the OSHA Bloodborne Pathogens standard has brought about major protection for workers occupationally exposed to blood and other bodily fluids. Providing workers with the Hepatitis B vaccine, standard precautions for handling blood, needles and sharps, safer needles and exposure control plans – all these came from enforcement of the Bloodborne Pathogens standard.

Workplace Violence

In an increasingly violent society, workplace violence continues to exact a higher and higher toll on workers and their families. Although no OSHA standard exists, there are OSHA guidelines to identify risk factors present in various types of workplaces and steps to follow to minimize risk and protect employees.

Stress in the Workplace

Workplace stress is a major workplace hazard in its own right, as well as an aggravating factor in many workplace safety and health hazards. You will learn about the effects of stress on your body, its causes and risk factors, as well as strategies for dealing with stress at work.

Ergonomics / Repetitive Strain Injuries (RSIs) / Back Injuries

Although a hard-fought OSHA standard on ergonomics was rejected by government forces eager to de-regulate businesses early in 2001, repetitive strain injuries remain the fastest growing type of workplace injuries in the United States. You will learn about what causes RSIs, how to identify the risk factors that apply and practical measures to work with your employer and fellow workers to prevent or reduce ergonomic injuries.

Noise

Excessive workplace noise is a physical hazard that affects more parts of your body than your ability to hear sounds. Damage to the body can initially be prevented or reduced but this hazard can cause permanent damage with little or no warning if left unaddressed. You will learn about the OSHA Hearing Conservation standard, how noise is measured and various control measures that can be very effective.

Confined Spaces

You can enter them to work, it's hard to get in and out and they are not meant for continuous worker occupancy, but these spaces can kill you when things go wrong. You will learn the four conditions that can be fatal to workers, how to recognize hazards, how to test the air, ventilate the space and eliminate or control the hazards within. Our training can be used to give you either an in-depth awareness of these hazards or you can take a full confined space entry course complete with a practice entry.

Hazardous Waste

This training covers the history of how and why hazardous waste has created a major health and safety hazard to workers, as well as giving a historical perspective on how this became a major environmental hazard throughout the world. You will get an overview of how these materials can be handled safely, learn about the pertinent laws and regulations and review the practices of your employer.

Lockout / Tagout

“The Control of Hazardous Energy (Lockout/Tagout)” is the OSHA standard that protects workers from death and serious injury from all energy sources in the workplace. You will learn the range of hazardous energy sources – it's not just electricity – that kill and maim workers and the practical steps to control hazards.

Basic Disaster Preparedness

Whether it was the chaotic government response to the terrorist attacks on 9/11/2001 or the failure to provide an effective response for residents of New Orleans following Hurricane Katrina, or for the effects of Super-storm Sandy in our immediate area, the need for disaster response is here to stay. You will learn about pertinent government agencies and roles, the range of hazards experienced by workers and residents, methods of hazard assessment and the use of control strategies including Personal Protective Equipment (PPE). You will also become familiar with the roles of unions, community-based organizations and voluntary organizations.

Various Construction Safety Trainings

Construction is a highly dangerous industry. Employing only about 5 percent of the American workforce, construction industry deaths make up about 20 percent of all workplace fatalities in the United States. You'll learn about the "fatal four" hazards which previously killed up to 90 percent of construction workers dying on the job. Most importantly, you'll not only learn about the hazards but also about the control strategies that greatly reduce or eliminate worker hazards in this deadly industry.

Youth@Work: Talking Safety

Teen workers are injured at twice the rate of adults. Conducted by teen trainers, teen workers new to the workforce will learn the skills they need to work safely, which include how to identify hazards on the job, and how to work safely in those conditions. Teens will also learn about their safety and health rights at work, and what employers must do to protect them from on-the-job injury and illness. Strategies on how to best tackle dangerous work situations will also be discussed. This training is very participatory, and is an essential element in preparing teens to enter the work force.

Train-the-Trainer for Teachers: How to Educate Teens about Workplace Safety and Health

Teens need skills and knowledge to protect themselves from workplace injuries and illnesses, and teachers play a vital role in ensuring that these young and often unexperienced workers understand the safety and health risks associated with work. This training is a free, easy-to-use, classroom-based, participatory curriculum that has been adapted for all 50 states. Trainees will learn how to identify and reduce hazards, and about critical health and safety laws that protect young workers, including child labor laws.