

# Center for Risk Management

GULF COAST SAFETY INSTITUTE

## 2026 SPRING COURSE SCHEDULE (Main Campus)

The Center for Risk Management safety training classes are supported through a generous grant from the Texas Mutual Insurance Company. Continuing Education Units (CEUs) and certificates of completion will be awarded upon successful completion of each class. There is NO enrollment fee. **NOTE: These classes are being held at College of the Mainland's Main Campus: 1200 N. Amburn Rd. Texas City, TX. 77591. REGISTER TODAY by calling 409-933-8162.** For any questions regarding the class call 409-933-8162.

### OSHA's Top 10 - #1 Fall Protection General Requirements

This course covers the OSHA Fall Protection Standard for general industry 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. OSHT-1071 • **1/23/2026** • Friday 8:00am - 5:00pm • ICB Room 301 • COM Faculty

### OSHA's Top 10 - #2 Hazard Communications

This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials. OSHT-1071 • **2/27/2026** • Friday 8:00am - 5:00pm • ICB Room 301 • COM Faculty

### OSHA's Top 10 - #3 Ladders and Other Elevated Work Surfaces

While the citations are specific to the construction industry to put it on the list the issues around ladders and other elevated work surfaces cross over to the general industry and maritime. In this class we'll cover the use of various types of ladders (mobile, fixed) and elevated work surfaces called by names such as aerial lifts, scissor lifts, man lifts, etc. Specific attention will be given to the most recent revisions to the Walking Working Surfaces standard for general industry. OSHT-1071 • **3/27/2026** • 8:00am-5:00pm • ICB Room 301 • COM Faculty

### OSHA's Top 10 - #4 Lockout/Tagout

This course covers the role and responsibility of the employer to develop and implement an energy control program, or lock-out/tag-out (LOTO) for the protection of workers while performing servicing and maintenance activities on machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy. OSHT-1071 • **4/24/2026** • Friday 8:00am - 5:00pm • ICB Room 301 • COM Faculty

## OSHA's Top 10 - #5 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.

OSHT-1071 • 5/8/2026 • 8:00am-5:00pm • ICB Room 301 • COM Faculty

## OSHA's Top 10 - #6 Fall Protection

This course covers the OSHA Fall Protection Standard 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.

OSHT-1071 • 5/22/2026 • 8:00am-5:00pm • ICB Room 301 • COM Faculty

College of the Mainland • Gulf Coast Safety Institute • 1411 W. Main St, League City, TX 77573

To REGISTER call 409-933-8162. For class information call 409-933-8162, or visit <http://www.com.edu/gcsi>