

Center for Risk Management

GULF COAST SAFETY INSTITUTE

2026 SPRING COURSE SCHEDULE (League City 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:** Gulf Coast Safety Institute is located at College of the Mainland League City campus 1411 W. Main St., League City, TX 77573. **REGISTER TODAY by calling 409-933-8162.** For any questions regarding the class call 409-933-8162.

Introduction to 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. Course 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 patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

OSHT-1071 • **1/16/2026** • Friday 8:00am - 5:00pm • LGC Room 117 • COM Faculty

Introduction to Safety and Health Management Program

This course covers safety and health management responsibilities. Participants will be able to implement a workplace Safety and Health Management Program (SHMP) according to OSHA's Recommended Practices for Safety and Health Programs and related guidance. The course covers the fundamentals of occupational safety and health management program (SHMP), SHMP recordkeeping requirements, and how to assess workplace safety and health management program.

OSHT-1071 • **1/30/2026** • Friday 8:00am - 5:00pm • LGC Room 117 • COM Faculty

Introduction to Permit - 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.

OSHT-1071 • **2/6/2026** • 8:00am-5:00pm • LGC Room 117 • COM Faculty

Introduction to 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.

OSHT-1071 • **2/13/2026** • Friday 8:00am - 5:00pm • LGC Room 117 • COM Faculty

Introduction to Principles of Scaffolding

This course covers the requirements for safe construction and use of scaffolding using OSHA's construction scaffold standards 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.

OSHT-1071 • **2/20/2026** • 8:00am-5:00pm • LGC Room 117 • COM Faculty

Introduction 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.

OSHT-1071 • **3/6/2026** • 8:00am-5:00pm • LGC Room 117 • COM Faculty

Introduction to Incident (Accident) 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.

OSHT-1071 • **3/20/2026** • 8:00am-5:00pm • LGC Room 117 • COM Faculty

Warehousing and Storage

This course covers the hazards and injuries likely to occur in public warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting and ergonomics, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting. Upon course completion students will have the ability to recognize the potential for injuries from forklifts, material handling and lifting, exposure to hazardous substances, slips, trips, and falls and methods to control and abate these hazards.

OSHT-1071 • **4/10/2026** • 8:00am-5:00pm • LGC Room 117 • COM Faculty

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.

OSHT-1071-106C0 (2624) • **4/17/2026** • 8:00am-5:00pm • LGC Room 117 • 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>