

# Center for Risk Management

## GULF COAST SAFETY INSTITUTE

### 2022 FALL COURSE SCHEDULE

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 a registration/total fee of \$25.00 for each class. **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 409-933-8586.** For any questions regarding the class call 409-933-8365.

#### Hazardous Materials Management

Safe storage and handling of hazardous materials are subject to OSHA regulations relative to employee safety, EPA regulations for community safety, NFPA codes and standards to address fire protection and prevention, and DOT regulations for transportation of hazardous materials. The purpose of this course is to provide attendees a basic understanding of standards and regulations as it is related to hazard communications, safe handling and emergency procedures, hazardous waste management and the importance of developing and maintaining comprehensive operating procedures.

OSHT-1071-115CL • 10/07/22 • 8:00am-5:00pm • LGC Room 136 • B. Hamilton

#### Workers' Compensation

Do you understand Worker's Compensation? If not come learn from an industry's safety expert. It is essential to properly report and document every on-the-job injury. From the initial filing of the Texas DWC-1, Employer's First Report of Injury or Illness to making a Bona Fide Offer of Employment there are many pitfalls to avoid. In this course you will learn Workers' Compensation (Comp.) 101; risk financing techniques, different types of insurance options, updates for Workers' Comp Law, how Workers' Comp differ from state to state, income benefits-temporary/permanent, the types of information needed for a claim, how to calculate salary for lost wages, Understanding Maximum Medical Improvement, and how Back to Work Policies are utilized.

OSHT-1071-116CL • 10/21/22 • 8:00am-5:00pm • LGC Room 136 • C. Dillon

#### Workplace Violence and the Aftermath

According to the Bureau of Labor and Statistics, workplace violence has been in the top four causes of death after transportation incidents, slips / trips / falls, and contact with objects / equipment for the past many years. Several stressors can cause the amount of violence to increase including recent events such as the COVID-19 pandemic. As these stressors have become more common - loss of jobs, monetary problems, facing many uncertainties about the future, and many more problems, the occurrence of violent acts at home and in the workplace start to increase. This is when not only the company, but all of us in the workplace, need to be hypervigilant in identifying and reporting questionable behavior. This class will point out some of the behaviors to look for before violence to others or themselves happens, what to do in case an event does take place, and some of the options available for the companies to ensure an emotionally healthy workplace. It will also give some of the resources available, in the event, that violence does happen and how to help the employees recover from that trauma.

OSHT-1071-113CL • 10/28/22 • 8:00am-5:00pm • LGC Room 136 • J. Cherry

## Stress to Success

Are you stressed at work? home? We often find ourselves saying "things will calm down soon" but "soon" doesn't seem to come soon enough. Through this interactive course, attendees will develop skills for identifying stressors and how to respond to them, building habits for success, and managing workplace stress within a team. We will explore tools and resources for transforming stress to success and participants will leave class with coping skills and techniques to pass on to their work teams. Come prepared to share at least one work and one life issue that causes you stress. Be aware that this course will involve techniques and activities that may take you slightly out of your comfort zone, challenge you, and get you up and moving. Attendees are strongly encouraged to participate in all activities, but participation is by choice. By reducing stress in your personal and work environments, you can increase focus, productivity, satisfaction, collaboration, and success.

OSHT-1071-117CL • 11/04/22 • 8:00am-5:00pm • LGC Room 136 • B. Morales

## Basic H2S Safety

This is a certification class and successful attendees will earn an H2S certification card issued by the Instructor. This seminar provides a basic understanding of Hydrogen Sulfide properties and health hazards. It gives information about detection, proper handling, disposal, warning signs of exposure and the use of personal protective equipment.

OSHT-1071-114CL • 11/11/22 • 8:00am-5:00pm • LGC Room 136 • N. Stuart

## Hearing Conservation

In this class we will cover hearing loss prevention; noise-induced hearing loss development and effects; in-depth analysis of hearing protective devices: determining recordability of an STS (Standard Threshold Shift); principles of noise, noise measurement, and engineering controls, which includes noise measurement equipment and procedures for measuring noise. Various types of hearing protection and measuring devices will be demonstrated.

OSHT-1071-118CL • 11/18/22 • 8:00am-5:00pm • LGC Room 136 • R. Phalen

## Trenching and Excavation Safety

Excavation and trenching are among the most hazardous construction operations, but the construction industry is not the only place where fatal accidents can occur. OSHA defines an excavation as any man-made cut, cavity, trench, or depression in the earth's surface formed by earth removal, and as a narrow underground excavation that is deeper than it is wide and is no wider than 15 feet (4.5 meters). In this session we'll discuss protective systems, access and egress and the requirements of a competent person.

OSHT-1071-119CL • 12/02/22 • 8:00am-5:00pm • LGC Room 136 • S. Wilson