

Center for Risk Management

GULF COAST SAFETY INSTITUTE

2023 SPRING 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.

Ladders (and other Elevated Work Equipment)

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-1071-121CL • **1/27/2023** • 8:00am-5:00pm • LGC Room 117 • N. Stuart

Leadership and Influence

The goal of this course is to improve your leadership and influence skills. This course addresses what leadership means for a safety professional and how to build or rebuild trust within the company. Discusses how to facilitate change; while using personal influence and political savvy; and fostering an environment for leadership development.

OSHT-1071-120CL • **2/3/2023** • 8:00am-5:00pm • LGC Room 117 • M. Hernandez

Introduction to Environmental Regulations

This course will cover some of the basic concepts of a few of the core environmental regulations such as the Clean Air Act (CAA), Clean Water Act (CWA), Comprehensive Environmental Response Compensation and Liability Act (CERCLA or Superfund), Emergency Planning and Community Right to Know Act (EPCRA), Resource Conservation and Recovery Act (RCRA), Safe Drinking Water Act (SDWA) and Toxic Substances Control Act (TSCA).

OSHT-1071-122CL • **2/10/2023** • 8:00am-5:00pm • LGC Room 117 • C. Dillon

Ergonomics

According to the Bureau of Labor and Statistics, ergonomics remains a costly issue for businesses. This class will address the past, present and future of ergonomics and shows how creating, implementing and maintaining an effective ergonomics process reduces hazards.

OSHT-1071-123CL • **2/24/2023** • 8:00am-5:00pm • LGC Room 117 • M. Akladios

Construction Site Safety Awareness

The construction site is a rapidly evolving work place with a constant need for safety awareness. Knowing the construction codes and regulations, or at least where to find them, is an important part of this awareness. Developing the ability to spot the hidden dangers lurking around the construction site is equally as important and seldom taught.

OSHT-1071-124CL • **3/10/2023** • 8:00am-5:00pm • LGC Room 117 • J. Cherry

Occupational Exposure to Crystalline Silica

In this class we will cover how to recognize the health effects of exposure to respirable crystalline silica. Be familiar with requirements for exposure monitoring and sample analysis. Knowledgeable with the content of the final rule for respirable crystalline silica and to be able to recognize effective control measures.

OSHT-1071-125CL • **3/24/2023** • 8:00am-5:00pm • LGC Room 117 • L. McGaha

Heat Illness Prevention

This class is designed to help employers and workers assess heat stress hazards and establish an effective heat-illness prevention program. Understanding the six critical factors associated with heat stress is essential in the prevention of heat-related illnesses and fatalities. In this class we will cover risk factors for heat stress, how the body handles heat, heat-related illnesses, common prevention strategies, how to conduct a heat hazard assessment, implementing effective controls, training workers, preparing for medical emergencies and conducting incident investigations. Various types of heat stress monitors and heat-illness prevention devices will be demonstrated.

OSHT-1071-126CL • **4/14/2023** • 8:00am-5:00pm • LGC Room 117 • B. Morales

Introduction to Lifting and Rigging

Introduction of lifting and rigging with general importance of safety and best practices including HSE guidance and safety requirements. Planning rigging operations and risk assessments.

OSHT-1071-127CL • **4/28/2023** • 8:00am-5:00pm • LGC Room 1117 • S. Wilson

Contractor Safety

Contractor Safety is one of the areas of a safety and health program that can make or break your safety culture. This course will cover the ways in which you can improve your contractor safety program to reduce injuries, improve communication and maintain good client/contractor relations. Topics covered include: contractor selection, on site management and inspections, and contractor removal.

OSHT-1071-128CL • **5/12/2023** • 8:00am-5:00pm • LGC Room 117 • J. Cooper

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

To REGISTER call 409-933-8586. For class information call 409-933-8365, or visit <http://www.com.edu/gcsi>