

SAFELANDUSA COURSE SYLLABUS
Basic Orientation For Onshore Contractors

8 HOURS MINIMUM

1. Incident Reporting and Investigation

Responsibility for reporting
Definition of an incident to report
How to report an incident
Types of incidents
Purpose of incident investigation
Explain why incidents need investigation

2. Accident Prevention Signs and Tags

Types and meaning of signs and tags
Definition and design
Wording

3. Hand Safety

Introduction
Things to consider
General safety rules
Right tools for the job
Types of cutting tools
 Pocket Knife
 Machete
 Bush Knife
 Hatchets
Causes of hand injuries
Interactive exercise

4. Back Injury Prevention

Introduction / Statistics
Why back injuries occur
Lifting Safely
Alternatives to Lifting
Safety Tips for Lifting
Exercises for the Back

5. Behavioral Safety

Overview
ABC Analysis
BSP's Foundation Principles
Management's Role in Behavioral Safety
Safety Goals
 Mission Statement
 Zero Incidents

6. First-Aid/CPR/AED

Who is covered by the standard
HBV and HIV Diseases
Universal Practices
Work practices / Controls
First Aid/CPR/AED
 One person per shift be trained

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AED training is now included in CPR training
Respond to only level trained
Report all incidents or exposures
Know who to call in an emergency

7. Confined Space

Hazards of Confined Spaces
Responsibilities
Categories
Examples
Permitting

8. Lockout/Tagout

Identifying Hazardous Energy
Definitions
Lockout Tagout
Removal of Locks and Tags
Procedures
Lockout Only
Tagout Only
Group Lockout

9. Drug and Alcohol

Government Regulations
Use and Testing
Records
Supervisor Training / Driver Awareness
Employee Awareness

10. HAZCOM

Identification of Chemicals
Definitions
Chemical Inventory
MSDS
Labels and Warnings
Employee Information
Training
Written Programs
HAZWOPER
First Responder Responsibilities
North American Emergency Response Guidebook

11. Electrical Safety (Non-qualified)

What the Standard Requires
Causes of Electrical Accidents
Results of Unsafe Work Practices
Energized vs. De-energized
Working Near Exposed De-energized Parts
Overhead Line Safety
Working Near Energized Equipment
Portable Electrical Equipment
Inspecting Welding Leads
Electrical PPE

12. Intervention (Training)

c. Objectives: Upon completion of this training the student will be able to:
i. Define key terms

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- ii. Relate examples of how intervention can improve safety
- iii. Explain how interventions are used
- iv. Describe an individual's responsibilities to do interventions
- d. Description:
 - i. Definitions
 - ii. Examples
 - iii. Use of Interventions
 - iv. Responsibilities

13. Fire Prevention and Portable Fire Extinguishers

Fire Protection, Prevention and Detection
Elements of a Fire
Fire Classification
Extinguishing Methods
Types of Extinguishers
Inspection and Use of Extinguishers

14. Walking Working Surfaces

Walking-Working Surfaces
General Requirements
Guarding Floor and Wall Openings and Holes
Definitions
Do's and Don'ts of Housekeeping
Scaffolding
Ladders

15. Job Safety and Environmental Analysis

Introduction
Definitions
JSEA Form
Why Train
JSEA Overview
How to perform a JSEA
JSEA Steps
JSEA Examples

16. Personal Protective Equipment, Respiratory

PPE Assessment
Controlling Hazards
Selection and Fit
Adjustment of PPE
Re-assessing Hazards
Eye and Face Protection
Hard Hats
Head, Foot and Hand Protection
Respiratory Requirements
Types of Respirators
Hearing Protection

- Standard
- Style
- Clearing & care
- Fit
- NRR

** Hearing protection is not a module in SafeGulf. A module was developed, however the (C.O.S.T.) Curriculum Committee removed it. The module is available with the above topics.

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17. Prevention of Workplace Violence

Definition
Zero Tolerance
Statistics
Examples
Worker Responsibilities
Sources of Assistance

18. Fall Protection: Introduction

Statistics
Responsibilities
Training Requirements
Definitions
Responsibilities

19. Permitting

General Permitting
Safe Work
Confined Space
Hot Work

20. Onshore Orientation and Emergency Evacuation

Introduction
Work Clothes / PPE
 FRC where required
 100% cotton preferred
 Long pants
 Long sleeve recommended
 Hard hat
 Safety glasses with side shields when required
 Safety toe footwear
 Gloves appropriate for the task to be performed
Banned Items
 Weapons i.e. Firearms, ammunition, clubs, etc.
 Illegal drugs
 Lighters/matches
 Alcohol
 Explosives
New Personnel
 Short Service guideline
Reporting to Work
 Fitness for Duty
Emergency Evacuation
 Get familiar with site-specific emergency plan
Thermal Stress (Heat & Cold)
 Heat Stress
 Heat Exhaustion
 Hypothermia
 Frostbite
Critters (Insects & Snakes)
 Snakes
 Spiders
 Bee/wasp
 Mosquito
 Rabid animals
 Wildlife, i.e bears, cougars, wolves, etc.

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Adverse Weather

- Lightning
- Windstorms
- Hurricane
- Tornado
- UV exposure
- Snow & Ice
- Flooding

Driving

- Valid Driving Licenses
- Road Conditions
- Fatigue
- Cell-phone usage
- Vehicle condition
- Driving to the job – plan ahead
- Adverse weather
- Seatbelt usage
- Driving under the influence
- Parking

21. ENVIRONMENTAL

Regulations

- Federal reporting
- State reporting

Responsibilities

- Report all discharges, leaks & spills
- Minimize waste
- All wastes go in specific containers

22. EXCAVATION - TRENCHING & SHORING

Requirements of the Standard

Site Worker vs. Competent Person

Work Practices

Hazards Relating to Excavation Work

Methods of Protection for Excavation Hazards

Use of Personal Protective Equipment

Procedures Regarding Hazardous Atmospheres

Emergency and Non-Entry Rescue Procedures

23. OCCUPATIONAL HEALTH

Lead

Benzene

H₂S

CO₂

NORM

N₂

Fibers, i.e. – Man-made fibers, Asbestos, etc.

Dust, i.e. – sand, saw dust, etc.

Organic Solvents

Fumes, i.e. – welding, solvents, paint, etc.

Critters bites

Staph (pronounced "staff") Infections