

SafeLand USA - Syllabus 12.01.2009

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

3. Hand Safety

- General safety rules "Right tools for the job"
- Types of cutting tools , Pocket Knife, Machete, Bush Knife, Hatchets
- Causes of hand injuries

4. Material Handling

- Materials Handling Equipment
- Forklift Safety
- Cranes, Rigging & Tag Lines
- Working with Hand tools
- Cheater Bar/Pipe
- Personal Lifting Introduction
- Why back injuries occur - Back Injury Prevention
- Lifting Safely - Safety Tips for Lifting
- Alternatives to Lifting

5. Behavioral Safety

- Overview
- Roles and Responsibilities - Behavior Based Safety
- Making an Observation

6. First-Aid/CPR/AED Considerations

- Respond only to level trained and know who is trained
- Location of Emergency Contact Numbers and Equipment
- Bloodborne Pathogens

7. Confined Space

- Hazards of Confined Spaces
- Roles and Responsibilities
- Categories: Permit Required vs. Non-Permit Required

8. Lockout/Tagout

- Overview of Lockout/Tagout
- Identifying Hazardous Energy
- Roles and Responsibilities
- Procedures - Lockout Only, Tagout Only, Group Lockout, Removal of Locks and Tags

9. Drug and Alcohol / Substance Abuse

Government Regulations / Company Requirements
Testing
Supervisor Training Requirements: Reasonable Suspicion
Employee Awareness: Effects and Consequences

10. Hazard Communication

Overview of Hazard Communication
Identification of Chemicals: MSDS, Labels and Warning, Chemical Inventory
Training Requirements

11. Electrical Safety

Overview of Electrical Safety
Causes of Electrical Accidents
Results of Unsafe Work Practices
Energized vs. De-energized
Working Near Exposed De-energized Parts
Working Near Energized Equipment
Overhead Line Safety
Portable Electrical Equipment
Inspecting Welding Leads / Electrical Cords / GFCI
Electrical PPE

12. Intervention / Stop Work Authority

Overview
Management Leadership / Support of Intervention
Describe an individual's responsibilities to do interventions
Explanation of how interventions are used (Examples)

13. Fire Prevention and Portable Fire Extinguishers

Overview of Fire Protection, Prevention, and Detection
Respond only to level trained and know who is trained
Elements/Causes of Fire
Fire Classification
Extinguishing Methods / Types of Extinguishers

14. Walking Working Surfaces

Overview
Guarding Floor and Wall Openings and Holes
Housekeeping
Scaffolding/Ladders
Stairways/Handrails

15. Job Safety Analysis / Pre-Job Planning

Overview
Roles and Responsibilities of Hazard Identification
JSA Elements (Job steps, Hazard Identification, Mitigation)

16. Personal Protective Equipment, Respiratory

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PPE Overview

Eliminate - Control - **Protect**

Selection, Fit, Adjustment of PPE

Eye and Face Protection

Head, Foot and Hand Protection

Respiratory Requirements - Types of Respirators

Hearing Protection

Protective Clothing and FRC

17. Prevention of Workplace Violence

Overview

Responsibilities - Recognition and Notification

18. Working at Heights

Overview

Only work to your level of training

Responsibilities - Prevention of dropped objects and falls

Personal Protective Equipment and Inspection Requirements

Equipment for working at heights (Manlifts, Fall Protection Systems)

19. Permit To Work

Overview

Roles and Responsibilities

Types of Permits - Examples: Confined Space, Hot Work, LOTO, etc.

20. Driver Safety / Transportation Safety

: Overview / Statistics

No Cell-phone use while driving / Driving Distractions

Valid Driving Licenses / Certifications / Endorsements

Adverse Weather - Road Conditions - Wildlife

Fatigue

Vehicle condition/inspections

Journey Management

Backing/Parking/Location Hazards

Loading Securement and Off-loading

Seatbelt usage

Driving under the influence

21. ENVIRONMENTAL

Federal and State Regulations & Compliance and Reporting

Roles and Responsibilities

Response and Reporting of discharges, leaks & spills

Minimize waste

All wastes go in specific containers

Overview of HAZWOPER

22. EXCAVATION - TRENCHING & SHORING

Overview

Identification of Underground Hazards / ONE CALL – 811

Levels of Training / Competency Requirements

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Safe Work Practices / Procedures / Permits
Hazards Recognition and Mitigation
Use of Personal Protective Equipment
Hazardous Atmospheres
Emergency Response Plans

23. Industrial Hygiene / Occupational Health

Overview
Roles and Responsibilities
Exposure Types - Skin contact, Inhalation, Ingestion, Radiation (Ionizing & Non-Ionizing), Noise, etc.
Common Hazards - Benzene, Lead, H₂S, CO₂, NORM, Mercury, Diethanolamine, Hexavalent chromium, methanol, welding fume, N₂, Fibers (Asbestos, Mineral, etc.), Fumes, Liquids, Weather, Dust, Biological, etc.
Monitoring and Mitigation
Thermal Stress

24. Site Specific Hazards and Emergency Evacuation

Banned Items - Weapons i.e. Firearms, ammunition, clubs, etc., Illegal drugs, Alcohol, Lighters/matches, Explosives
New Personnel - Short Service Program (Identification, Mentoring, etc.)
Reporting to Work - Fitness for Duty
Emergency Planning/Response (alarms, muster areas, etc.)
Wildlife
Weather Conditions - Lightning, Windstorm, Hurricane, Tornado, UV exposure, Snow & Ice, Flooding, etc.
Simultaneous Operations / Communication