

Mid-America OSHA Online Training Courses

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http://www.midamericaosha.org/online_training.html

AWARENESS COURSES

Level 1 **Audience: All Employees**
General Safety Aware **Length: 10-30 Minutes** *(Course length in minutes)*

Classes	Course Length	Pricing
Airline Respirator Warning	10	\$ 10.00
Bloodborne Pathogens	10	\$ 10.00
Confined Spaces - Awareness Training	10	\$ 10.00
Crystalline Silica Exposure	10	\$ 10.00
Defensive Driver Awareness	15	\$ 10.00
Diversity in the Workplace	10	\$ 10.00
Electrical Safety Awareness	10	\$ 10.00
Emergency Action Planning Awareness	10	\$ 10.00
Employer and Employee Responsibilities	10	\$ 10.00
Ergonomics Awareness	10	\$ 10.00
Fall Protection Awareness	10	\$ 10.00
Fire Prevention Awareness	10	\$ 10.00
Gas Monitoring and Calibration	10	\$ 10.00
General Housekeeping	10	\$ 10.00
Hazard Communication Awareness	10	\$ 10.00
Introduction to Heavy Construction Safety and Health	30	\$ 10.00
Jobsite Safety Orientation	15	\$ 10.00
Ladder Safety Awareness	10	\$ 10.00
Personal Protective Equipment (PPE)	15	\$ 10.00
Power Tool Awareness	10	\$ 10.00
Scaffold Safety Awareness	10	\$ 10.00
Trenching and Excavation Awareness	10	\$ 10.00
Working Around Mobile Equipment	10	\$ 10.00
Working Safely With Electricity	20	\$ 10.00

SAFETY & HEALTH FUNDAMENTALS

Level 2 **Audience: Specialized Workers & Supervisory Personnel**
Advanced Safety Train **Length: 30 Minutes - 4 Hours**

Classes	Course Length	Pricing
100% Fall Protection	45	\$ 20.00
Accident Prevention Heavy Construction	30	\$ 20.00
Alcohol & Substance Abuse	30	\$ 20.00
Asbestos Hazards	35	\$ 20.00
Bloodborne Pathogens	40	\$ 20.00
Cal Confined Space for Construction	45	\$ 20.00
Concrete and Masonry	50	\$ 20.00
Confined Space	45	\$ 20.00
Construction Zone Fitness	30	\$ 20.00
Control of Hazardous Energies (COHE)	30	\$ 20.00
Crane Safety Basics	45	\$ 20.00
Defensive Driving	60	\$ 20.00
Defensive Driving Techniques	60	\$ 20.00
Demolition Hazards	25	\$ 20.00
Dust Disturbance and Mitigation	40	\$ 20.00
Electrical Hazard Recognition/Control	45	\$ 20.00
Electrical Hazards	30	\$ 20.00

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Classes	Course	
	Length	Pricing
Emergency Action/Response	60	\$ 20.00
Emergency Response	30	\$ 20.00
Ergonomics	45	\$ 20.00
Fall Protection	50	\$ 20.00
Fall Protection Equipment	50	\$ 20.00
Fire Prevention	60	\$ 20.00
Forklift Hazards	60	\$ 20.00
Ground Fault Protection in Construction	30	\$ 20.00
Hazardous Communication Standard	40	\$ 20.00
Hazardous Waste	30	\$ 20.00
Heat Stress	20	\$ 20.00
Heavy Construction - Tier 1	250	\$ 55.00
Heavy Construction - Tier 2A	310	\$ 55.00
Heavy Construction - Tier 2B	240	\$ 55.00
Helicopter Lift Safety	30	\$ 20.00
How to Read a Material Safety Data Sheet (MSDS)	45	\$ 20.00
Laser Hazards	15	\$ 20.00
Lead Hazards	15	\$ 20.00
Materials Handling	40	\$ 20.00
Mold - OSHA's Position	50	\$ 20.00
Molds	45	\$ 20.00
Motorized Mobile Platforms	45	\$ 20.00
New and Hot Topics at OSHA 2005	30	\$ 20.00
New and Hot Topics at OSHA 2006	25	\$ 20.00
Noise and Hearing Protection	15	\$ 20.00
Office Safety	30	\$ 20.00
OSHA – An Introduction	45	\$ 20.00
Other Construction Health Hazards	50	\$ 20.00
Personal Protective Equipment, Common	45	\$ 20.00
Personal Protective Equipment, Special	45	\$ 20.00
Power Tool Use and Guarding	45	\$ 20.00
Respiratory Protection	50	\$ 20.00
Rigging	30	\$ 20.00
Safety and Health During Disaster Recovery	35	\$ 20.00
Scaffold Erection Guidelines	30	\$ 20.00
Scaffold User Guidelines	30	\$ 20.00
Signs Signals and Barricades	30	\$ 20.00
Silica Hazards	20	\$ 20.00
Soils Analysis & Classification	50	\$ 20.00
Spray Coating Operations	45	\$ 20.00
Stairways and Ladders	45	\$ 20.00
Subpart C – Construction General Safety	60	\$ 20.00
Subpart D – Construction Health Hazards	60	\$ 20.00
Subpart D – Occupational Health	30	\$ 20.00
Subpart O - Motor Vehicles, Mechanized Equipment	75	\$ 20.00
Subpart R – Steel Erection	90	\$ 20.00
Sun and Other Outdoor Hazards	45	\$ 20.00
Trenching and Excavation, Principal Applications	25	\$ 20.00
Trenching & Excavations- Practical Applications	50	\$ 20.00
Welding/Hot Work	35	\$ 20.00
Workzone Traffic Control	45	\$ 20.00

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Classes		Course Length	Pricing
MANAGEMENT COURSES			
Level 3		Audience: Management and Supervisory	
Management Courses		Length: 30 minutes - 4 Hours	
Classes		Course Length	Pricing
	Competent Person, Excavations	170	\$ 35.00
	Competent Person, Fall Protection	230	\$ 35.00
	Conducting Tailgate Meetings	40	\$ 35.00
	Construction Spanish for Supervisors	60	\$ 35.00
	Contractor's Safety & Health Program	60	\$ 35.00
	Health & Safety Leadership	240	\$ 35.00
	OSHA 300 Reporting and Record Keeping	60	\$ 35.00
	OSHA Compliance Basics	60	\$ 35.00
	Suspicious Mail, Anthrax and Other Concerns	30	\$ 35.00
	The Competent Person	45	\$ 35.00
CERTIFICATE OR OSHA AUTHORIZED COURSES			
Level 4		Audience: All Employees	
Certificate or OSHA Authorized Courses		Length: 1.5 - 30 Hours	
Classes		Course Length	Pricing
	Cal/OSHA 10-Hour Construction Safety	600	\$ 125.00
	Cal/OSHA 8x8	480	\$ 125.00
	Forklift Operator Certification	90	\$ 55.00
	HAZWOPER 8-Hour Refresher 2008	480	\$ 95.00
	HAZWOPER 8-Hour Refresher 2007	480	\$ 95.00
	HAZWOPER 8-Hour Supervisor	480	\$ 95.00
	OSHA 10-Hour Construction Safety	600	\$ 125.00
	OSHA 10-hour General Industry	600	\$ 125.00
	OSHA 30-Hour Construction Safety	1800	\$ 295.00
	OSHA 10-Hour Road Construction Safety Course	600	\$ 125.00

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Classes		Course Length	Pricing
MOLD IN CONSTRUCTION SERIES			
Level 3 MOLD	Audience: Contractors, All Employees Length: 30 Minutes - 3.5 Hours		
Classes		Course Length	Pricing
	Managing Mold Issues for Bldg Construction Mgmt	100	\$ 35.00
	Managing Mold Issues for Fixed Site Facilities	90	\$ 35.00
	Mold Awareness for Facility Operators	60	\$ 20.00
	Mold "Contract and Bid Instructions"	45	\$ 20.00
	Mold "Design and Materials"	20	\$ 20.00
	Mold for All Other Trades	130	\$ 35.00
	Mold for General Contractors	155	\$ 55.00
	Mold In Construction	170	\$ 55.00
	Mold "Information and Training"	60	\$ 20.00
	Mold "Inspection in Construction"	30	\$ 20.00
	Mold "Maintenance Procedures"	20	\$ 20.00
	Mold Remediation and Restoration	105	\$ 35.00
	Mold "Response Actions"	25	\$ 20.00
	Mold Training for Contractors	155	\$ 20.00
DEPARTMENT OF TRANSPORTATION COURSES			
Level 2 & 3 DOT	Audience: Drivers and Supervisors Length: 25 - 90 Minutes		
Classes		Course Length	Pricing
D Level 3	DOT Drug and Alcohol Training for Supervisors	75	\$ 20.00
D Level 2	Driver PreTrip/Post Trip Vehicle Inspection	60	\$ 20.00
D Level 2	Drug Testing for Commercial Drivers	60	\$ 20.00
D Level 2	Hazmat Bill of Lading	85	\$ 20.00
D Level 2	Hazmat Transportation Enhanced Security	25	\$ 20.00

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Classes		Course Length	Pricing
GENERAL INDUSTRY COURSES			
G Level 2 & 3 General Industry	Audience: All Employees Length: 20 - 180 Minutes		
Classes		Course Length	Pricing
G Level 3	Accident Investigation	45	\$ 35.00
G Level 3	Alcohol & Substance Abuse for Supervisors	75	\$ 35.00
G Level 2	Back Injury Prevention and Lifting	30	\$ 20.00
G Level 2	Bloodborne Pathogens	40	\$ 20.00
G Level 2	Cal/OSHA Heat Stress	30	\$ 20.00
G Level 2	Cal/OSHA Heat Stress Emergency Standard	30	\$ 20.00
G Level 2	Compressed Gas Cylinder Safety Awareness	45	\$ 20.00
G Level 2	Electrical Safety and LOTO	60	\$ 20.00
G Level 2	Exit Routes, EAP/Fire Prevention Plans	60	\$ 20.00
G Level 2	Flammable and Combustible Liquids	50	\$ 20.00
G Level 2	Hazard Communication	45	\$ 20.00
G Level 2	Hexavalent Chromium	25	\$ 20.00
G Level 2	Introduction to OSHA	95	\$ 20.00
G Level 2	Ladder Safety Training	45	\$ 20.00
G Level 2	Machine Guarding	60	\$ 20.00
G Level 2	Material Handling and Storage, General Industry	50	\$ 20.00
G Level 2	Noise and Hearing Conservation	20	\$ 20.00
G Level 2	Personal Protective Equipment	50	\$ 20.00
G Level 2	Sexual Harassment for California Employees	60	\$ 55.00
G Level 3	Sexual Harassment for California Managers	180	\$ 75.00
G Level 2	Sexual Harassment for Non California Employees	60	\$ 55.00
G Level 3	Sexual Harassment for Non California Managers	180	\$ 75.00
G Level 2	Walking and Working Surfaces	30	\$ 20.00
SPANISH COURSES			
Level 1 & 2 Spanish	Audience: All Spanish Speaking Employees Length: 15 – 60 Minutes/Course		
Classes		Course Length	Pricing
Level 1	Bloodborne Pathogens	15	\$ 10.00
Level 2	Cal Roofers Fall Protection	30	\$ 20.00
Level 2	Cal Roofers HAZCOM/Prop 65	25	\$ 20.00
Level 2	Concrete and Masonry	50	\$ 20.00
Level 1	Confined Space Awareness	15	\$ 10.00
Level 2	Confined Space Entry	40	\$ 20.00
Level 2	Control of Hazardous Energies (COHE)	30	\$ 20.00
Level 2	Crane Safety Basics	45	\$ 20.00
Level 1	Diversity in the Workplace	15	\$ 10.00
Level 1	Electrical Hazard Awareness	15	\$ 10.00
Level 2	Electrical Safety	30	\$ 20.00
Level 1	Emergency Action Planning	15	\$ 10.00
Level 1	Employer and Employee Responsibilities	15	\$ 10.00
Level 1	Ergonomics	15	\$ 10.00
Level 2	Excavations	25	\$ 20.00
Level 1	Fall Protection	15	\$ 10.00
Level 2	Fall Protection	90	\$ 20.00
Level 1	Fire Prevention	15	\$ 10.00
Level 2	Fire Prevention	60	\$ 20.00
Level 2	Ground Fault Protection	30	\$ 20.00

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Classes		Course Length	Pricing
Level 2	Hand and Power Tools	60	\$ 20.00
Level 1	Hazard Communication	15	\$ 10.00
Level 2	HAZCOM	45	\$ 20.00
Level 2	Heat Stress	40	\$ 20.00
Level 1	Housekeeping	15	\$ 20.00
Level 1	Jobsite Safety Orientation	15	\$ 10.00
Level 1	Ladder Safety	15	\$ 10.00
Level 2	Material Handling	45	\$ 20.00
Level 2	OSHA: An Introduction	45	\$ 20.00
Level 1	Personal Protective Equipment	20	\$ 10.00
Level 2	PPE	75	\$ 20.00
Level 1	Power Tool Awareness	15	\$ 10.00
Level 2	Rigging	30	\$ 20.00
Level 2	Scaffold Erection Guidelines	30	\$ 20.00
Level 1	Scaffold Safety Awareness	15	\$ 10.00
Level 2	Scaffold User Guidelines	30	\$ 20.00
Level 2	Stairways and Ladders	45	\$ 20.00
Level 1	Trenching and Excavation Awareness	15	\$ 10.00
Level 2	Welding/Hot Work	45	\$ 10.00
Level 1	Working Around Mobile Equipment	15	\$ 10.00

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Classes		Course Length	Pricing
CAL/OSHA SPECIFIC COURSES			
Click Level 1 & 2 California		Audience: All Employees working in CA Length: 15 – 75 Minutes	
Classes		Course Length	Pricing
Level 2	Cal Concrete and Masonry	60	\$ 20.00
Level 2	Cal Crane Safety Basics	50	\$ 20.00
Level 2	Cal Electrical Hazard Recognition/Control	45	\$ 20.00
Level 2	Cal Electrical Hazards	30	\$ 20.00
Level 2	Cal Fall Protection	40	\$ 20.00
Level 2	Cal Fire Prevention	60	\$ 20.00
Level 2	Cal Ground Fault Protection	30	\$ 20.00
Level 2	Cal Hand and Power Tools	60	\$ 20.00
Level 2	Cal HAZCOM	25	\$ 10.00
Level 2	Cal Materials Handling	45	\$ 20.00
Level 1	Cal/OSHA for Construction	30	\$ 20.00
G Level 2	Cal/OSHA Heat Stress	30	\$ 20.00
G Level 2	Cal/OSHA Heat Stress Emergency Standard	40	\$ 20.00
Level 2	Cal/OSHA: An Introduction	30	\$ 20.00
Level 2	Cal PPE	75	\$ 20.00
Level 2	Cal Practical Trenching	60	\$ 20.00
Level 2	Cal Roofers Fall Protection	30	\$ 20.00
Level 2	Cal Roofers HAZCOM/Prop 65	25	\$ 20.00
Level 2	Cal Scaffold Erection	30	\$ 20.00
Level 2	Cal Scaffold Use	30	\$ 20.00
Level 2	Cal Stairs and Ladders	45	\$ 20.00
Level 2	Cal Trenching and Excavation	30	\$ 20.00
Level 2	California Confined Spaces for Construction	45	\$ 20.00
Level 1	California Fall Protection Awareness	15	\$ 20.00
Level 1	California Fire Prevention Awareness	15	\$ 10.00
Level 1	California IIPP	15	\$ 10.00
Level 1	California Personal Protective Equipment Awareness	25	\$ 10.00
Level 1	California Scaffold Safety Awareness	15	\$ 10.00

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Classes		Course Length	Pricing
CANADIAN SPECIFIC COURSES			
Level 1 & 2 Canada	Audience: All Employees working in Canada Length: 15 – 60 Minutes		
Classes		Course Length	Pricing
Level 1	Canada - General Housekeeping	15	\$ 10.00
Level 1	Canada - Personal Protective Equipment	20	\$ 10.00
Level 2	Canada - Driving Safety	45	\$ 20.00
Level 2	Canada - Ergonomics	45	\$ 20.00
Level 2	Canada - Fire Prevention	60	\$ 20.00
Level 2	Canada - Office Safety	30	\$ 20.00
HUMAN RESOURCE COURSES			
G Level 2 & 3 Human Resource	Audience: All Employees Length: 1 – 3 Hours		
Classes		Course Length	Pricing
G Level 2	Sexual Harassment for California Employees	60	\$ 55.00
G Level 3	Sexual Harassment for California Managers	180	\$ 75.00
G Level 2	Sexual Harassment for Non California Employees	60	\$ 55.00
G Level 3	Sexual Harassment for Non California Managers	180	\$ 75.00