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
   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
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