



## 2023 TRAINING SCHEDULE

Training Center Location: 776A Watervliet Shaker Road ~ Latham, NY 12110



**VETERAN OWNED**

**OPEN ENROLLMENT CLASSES BEING OFFERED:**  
[www.accesscompliance.net](http://www.accesscompliance.net)



	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>10 HOUR GENERAL INDUSTRY</b> 8AM-4PM (2 days) \$275.00/person						6/7		1/2		12/13		7/8
<b>10 HOUR CONSTRUCTION</b> 8AM-4PM (2 days) \$275.00/person					2/3		13/14		7/8		2/3	
<b>ARC FLASH / NFPA 70E 8 HR</b> 8AM-4PM (1 day) \$275.00/person						7		4		12		6
<b>Asbestos Awareness</b> 8AM-12PM(1/2 day) \$175.00						22		3			1	
<b>CONFINED SPACE GENERAL INDUSTRY- INITIAL 8 HR</b> 8AM-4PM (1 day) \$275.00/person					2		7		15		8	
<b>CONFINED SPACE CONSTRUCTION - INITIAL 8 HR</b> 8AM-4PM (1 day) \$275.00/person						21		10				7
<b>CONFINED SPACE RESCUE 8 HR</b> 8AM-4PM (1 day) \$275.00/person					25			11			8	
<b>FALL PROTECTION 1926.500 SUB M</b> 1PM-5PM (1/2 day) \$175.00/person					31	9	7		6	12		5
<b>FLAGGER TRAINING</b> 8AM - 12PM (1/2 day) \$175.00/person								2				
<b>WALKING &amp; WORKING SURFACES 1910.21 SUB D</b> 1PM-5PM (1/2day) \$175.00/person					25	1	7	2	6	12	9	5
<b>8 HR HAZWOPER REFRESHER</b> 8AM-4PM (1 day) \$275.00/person						1		3			1	
<b>RRP INITIAL</b> 8AM-4PM (1 day) \$275.00/person	Scheduling dependent upon demand ~ Inquire for availability											
<b>RRP REFRESHER</b> 8AM-12PM (1/2 day) \$175.00/person	Scheduling dependent upon demand ~ Inquire for availability											
<b>RESPIRATORY PROTECTION</b> 8AM-12PM (1/2 day) \$175.00/person							11		8		9	
<b>OSHA Awareness for Management</b> 1PM-PM (1/2 day) 125.00/person						21		7		13		7
<b>OSHA 101 / What to Expect</b> 8AM-12PM (1/2 day) 125.00/person						21		7		13		7
<b>SILICA - CONSTRUCTION</b> 8AM-12PM (1/2 day) \$175.00/person					31		11		14		9	
<b>SILICA - GENERAL INDUSTRY</b> 8AM-12PM (1/2 day) \$175.00/person						21		3		12		8
<b>Industrial Hygiene 101</b> 8AM-10AM (1/4 day) 75.00/person						20			15			
<b>Reasonable Suspicion Training: What Supervisors Need to Know</b> 8AM-12PM (1/2 day) 175.00/person					2		6	9			8	
<b>Control of Hazardous Energy Lockout/Tagout 4 Hours</b> 1PM-5PM (1/2 day) 175.00/person						20	6		7	10		8

\*\*1/2 DAY SESSIONS RUN 8:00AM TO 12:00PM and 1:00PM TO 5:00PM Red Box Indicates class full.

## COURSE DESCRIPTIONS OSHA / EPA / DOT COMPLIANCE COURSES page 2 of 6

- **EPA Certified Renovator** – This course will satisfy the training requirements for the new EPA lead rule, Lead: Renovation, Repair and Painting Program, effective April 22, 2010. It applies to any renovators, contractors, maintenance professionals or others that work in pre-1978 housing, child-care facilities and schools with lead-based paint. The new EPA lead rule requires that contractors and maintenance professionals be certified; that their employees be trained; and that they follow protective work practice standards. The course has a 5-year expiration. A portion of this course is devoted to hands-on training. National accreditations: EPA.
- **EPA Certified Renovator Refresher** – Recertification training for any renovator, contractor or maintenance professional who has successfully completed a certified renovator, accredited abatement worker or supervisor course, or has completed EPA, HUD, or EPA/HUD model Lead Safe Work Practices worker training course. A portion of this course has hands-on training. National Accreditations: EPA.
- **OSHA Lead in Construction** – This regulation covers an estimated 950,000 construction related professionals who may be occupationally exposed to lead including: contractors and consultants (painting, demolition, steel structure maintainers, shipyard personnel, waste haulers and disposal operators); utilities and power generation workers; and remodelers and de-leaders. Key topics include state and federal regulations, lead uses and applications, health effects, medical monitoring, respiratory protection, safety issues, and hazard recognition and assessment. Training is mandatory by OSHA.
- **Asbestos Awareness Training** – OSHA addresses asbestos in both general industry and construction standards. General industry [29 CFR 1910.1001(j)(7)(iv)] requires employers to provide an asbestos awareness training course for employees who perform housekeeping operations in areas where an asbestos-containing material (ACM) or presumed asbestos-containing material (PACM) is present. In the Construction standard [29 CFR 1926.1101(k)(9)(vi)], employees performing Class IV operations (maintenance and custodial) shall be consistent with EPA requirements set forth at 40 CFR 763.92(a)(2). Topics will include, the health effects of asbestos; locations, signs of damage and deterioration of ACM and PACM; the proper response to fiber release episodes; and the standard's requirements related to housekeeping. Covered employees must receive this training annually.
- **ARC FLASH 1910.335/70E** ~ Employees working in areas where there are potential electrical hazards shall be provided with, and shall use, electrical protective equipment that is appropriate for the specific parts of the body to be protected and for the work to be performed. This training will cover protective equipment and maintenance, the insulating capability of protective equipment, use of nonconductive head protection wherever there is a danger of head injury from electric shock or burns due to contact with exposed energized parts. Protective equipment for the eyes or face wherever there is danger of injury to the eyes or face from electric arcs or flashes or from flying objects resulting from electrical explosion. General protective equipment and tools, fuse handling, insulating capability of tools, use of nonconductive ropes and hand lines used near exposed energized parts, protective shields, protective barriers, or insulating materials shall be used to protect from shock, burns, or other electrically related injuries.
- **Fall Protection for Construction - OSHA 1926.500 Subpart M** - Employers must establish a training program to ensure that exposed workers have the skills necessary to recognize fall hazards and the control measures necessary to minimize risk. Topics include a general overview of the standard, hazard recognition, procedures for erecting, maintaining, and inspecting fall protection systems, implementation of controls, the handling and storage of equipment, employee's role in the fall protection plan and training.
- **Walking and Working surfaces 29 CFR 1910.21 Subpart D** – Falls from height and on the same level are among the leading causes of serious work-related injuries and deaths. The new rule incorporates advances in technology, industry best practices and consensus standards to provide greater worker protections. This section adds requirements for personal fall protection systems. In addition, the standard has added provisions related to the training and inspection of fall protection systems. Topics include hazard recognition, implementation of controls, correct procedures for installing, inspecting, operating, maintaining and disassembling fall protection systems. In addition, we will review appropriate hook-up, anchoring and tie-off techniques. The deadline to comply with many aspects of the new rule has passed. Other provision will be implemented over time.
- **Flagger Training (4 Hour Course)** – Work zones are dangerous. In 2017 alone, there were 660 crashes in New York work zones (roads and bridges), resulting in 160 injuries and 10 fatalities. The New York State Department of Transportation requires that all flaggers are adequately trained in flagger operations by a recognized training program. Examples include the National Safety Council (NSC) and the American Traffic Safety Services Association (ATSSA). The training program will address key principals outlined in the Manual on Uniform Traffic Control Devices (MUTCD) with a focus on hazard recognition and control. Participant will develop a skill set to perform the following: Utilize appropriate equipment to safety perform flagger operations, Correctly execute commands, Perform emergency flagging operations, Establish an effective flagger station, Use the Manual on Uniform Traffic Control Devices (MUTCD) as a tool to implement control measures to manage Temporary Traffic Control (TTC).
- **HAZWOPER Initial 29 CFR 1910.120(e)(3)(i)-(iv)** –This course is designed to train personnel who work on hazardous waste RCRA regulated sites such as equipment operators, general laborers and others exposed to hazardous substances, health hazards, or safety hazards and their supervisors and management responsible for the site. This includes the required HANDS ON TRAINING.
- **HAZWOPER Refresher 29 CFR 1910.120(e)(8)** – This annual recertification training strives to develop and enhance the practicing professional's ability to recognize, evaluate and respond to new emergencies involving hazardous materials, hazardous wastes and toxic releases. The regulatory compliance review is integrated with information on new technologies, case studies and consultant updates.

ACCESS COMPLIANCE 776A WATERVLIET SHAKER ROAD LATHAM, NY 12110

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New York State Woman Owned Business Enterprise NYSWOBE #53310 National Women's Business Enterprise, WBENC #2005121673  
Woman Owned Small Business # WOSB180165

## COURSE DESCRIPTIONS OSHA / EPA COMPLIANCE COURSES Page 3 of 6

- **Permit-Required Confined Space Initial - Construction OSHA 1926 Subpart AA** - The standard mandates that employers ensure that employees possess the understanding, knowledge and skills necessary for the safe performance of the duties assigned under standard (1926 Subpart AA). Topics include, but not limited to a comprehensive review of the standard, hazards associated with confined space work, classification requirements, alternative entry procedures, elements of a written program, the permit process, duties of authorized entrants, attendants, the entry supervisor, and the competent person, coordination among entry employers, controlling contractors and host employers, rescue requirement and the identification and evaluation of atmospheric hazards.
  
- **Permit-Required Confined Space Entry RESCUE - Construction 29 CFR 1926.1211** - Employees must provide for a timely rescue. Non entry rescue is required unless the retrieval equipment would increase overall risk of entry and/or would not contribute to rescue. It is the employer's responsibility to designate rescue and emergency services. Topics include evaluating prospective rescue options, assessing in terms of proficiency with regard to rescue related tasks and equipment, selection of rescue team/service, equipment/personal protection equipment (PPE), site access, and training.
  
- **Permit-Required Confined Space Initial – General OSHA 1910.146** - This training is for you if your company has manholes, trenches, vaults, ducts, boilers, vessels, storage tanks, pits, crawl spaces or other unique confined spaces that your employees may need to enter and perform work. Course training will help protect and prevent workers from asphyxiation, accidental injury and death in potentially dangerous spaces. Topics include hazard recognition, work practices, atmospheric monitoring and rescue and emergency requirements. This course also compares the Construction Industry Confined Space Standard to the General Industry Standard requirements. Both standards contain very similar requirements. However, the Construction Standard contains several unique requirements that are not found in the General Industry Standard. OSHA clarifications included in the new Construction Standard are also discussed.
  
- **Permit-Required Confined Space Entry RESCUE – General Industry OSHA 1910.146** ~ This training is for you if your company has manholes, trenches, vaults, ducts, boilers, vessels, storage tanks, pits or crawl spaces. Course training will help protect and prevent workers from asphyxiation, accidental injury and death in potentially dangerous spaces. Topics include hazard recognition, work practices, atmospheric monitoring and rescue and emergency requirements. Rescue will also discuss the new Construction Industry Standard requirements for rescue operations that the rescue team or service must notify the employer immediately in the event that the rescue service becomes unavailable. It also requires that non-entry rescue retrieval equipment that is unsuitable for retrieval must not be used.
  
- **Respiratory Protection Training – OSHA 1910.134** - Topics include regulatory compliance as it relates to fit testing, medical surveillance, respiratory protection in general industry, respirator types, voluntary use of respirators, respiratory protection in construction, training requirements, respiratory protection for healthcare workers, the differences between respirators and surgical masks, donning & doffing, counterfeit respirators, maintenance and care, and the OSHA Respiratory Protection Standard.
  
- **OSHA Awareness for Management** - This 4-hour training session will provide management with an understanding of OSHA's general requirements for providing a safe and healthful workplace for its employees. The Occupational Safety and Health (OSH) Act of 1970 will be reviewed so that management understands the legal requirements of OSH Act. Frequently cited OSHA violations normally cited in General Industry will be reviewed so that management understands that if it has similar workplace hazards, OSHA may cite them during an OSHA inspection. We will cover what resources are available from OSHA's website to assist businesses with their compliance efforts. These are free resources that all businesses should be aware of that can be used to augment compliance efforts. Information on the Albany Area OSHA Office coverage and inspection targeting will be reviewed for general knowledge of businesses. The training will also cover what employers can expect during and after an OSHA inspection. We will review the key elements of what OSHA expects an employer's Safety and Health Management Program to contain. Standards that are frequently cited include lack of training and improper recording of workplace injuries and illnesses. We will also provide an overview of which OSHA Standards specify training requirements. Training will also discuss what types of injuries and illnesses should be reported on the OSHA Logs.
  
- **OSHA 101 – What to Expect when OSHA visits** - The Occupational Safety and Health Act of 1970 (OSH Act) is the basis for the development of today's workplace safety and health standards that employers must comply with to assure safe and healthful working conditions for working individuals. The training will provide an overview of why the federal government past the OSH Act and developed the multitude of safety and health standards that protect workplaces today. Training will cover the contents of the OSH Act and provide participants with an understanding of why inspections are conducted. It will also provide employers with an overview of what the inspection process involves, the rights of employers and employees during the inspection, the types of violations that may be cited, what not to do during an inspection, the appeal process if citations are issued, conferences with OSHA, and OSHA assistance services and products available to help the employer comply with the safety and health standards.

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## COURSE DESCRIPTIONS OSHA / EPA COMPLIANCE COURSES

·**Silica - Respirable Crystalline Silica in Construction 29 CFR 1926.1153** This course will clearly identify the health hazards associated with respirable crystalline silica exposure. How are employees exposed? What activities put workers at increased risk? What control measures can be put in place to limit exposure? When is air sampling required? How is Table 1 used to develop safe work practices? We will tackle the questions and more. This course is designed to provide a solid foundation in the essential elements of the standard. The particulate in question is 100 times smaller than a grain of sand. The adverse health effects (ex. Silicosis, lung cancer, and chronic obstructive pulmonary disease) is 100% preventable.

·**Silica - Respirable Crystalline Silica for General Industry 29 CFR 1910.1053** This course will break down and review the standard and the unique requirements as it relates to medical surveillance. How is worker exposure to crystalline silica measured? What control measures are utilized to limit employee exposure? How do employers comply with the standard (hazards assessment, implementation of controls and training)? These questions and more will be addressed. An estimated 2.2 Million workers are exposed to respirable crystalline Silica in the United States.

·**Industrial Hygiene 101: Use of Industrial Hygiene Principles for Establishing a Safer Workplace** - This course will provide an overview of what an industrial hygienist (IH) is for the safety professional who might not be too familiar with the practice. It will also provide attendees with a general history of the industrial hygiene profession that developed centuries ago. We will review the primary principles associated with industrial hygiene activities: recognition, evaluation and control of occupational hazards. Industrial hygienists also work with medical professionals in support of required medical surveillance programs. We will review the role of the IH in identifying workplace illnesses and injuries from the OSHA 300 Log. This training will also discuss which OSHA Standards have medical surveillance requirements, use of Biological Exposure Indices to confirm or supplement exposure determinations and touch upon workplace diseases attributed to chemical exposures.

· **OSHA Construction Standard and/or General Industry Standard 10/30 Hr** – These courses are designed to introduce the OSHA safety and health standards that regulate the general industry and/or the construction industry. They will cover the basic regulations relating to scaffolding, ladders, trenching and excavation, confined space entry, electrical, fall protection and personal protective equipment. Program topics will be determined by attendees' exposures, hazards, and personal protection equipment to assist in making these programs as site-specific as possible. All students upon successful completion will receive an OSHA outreach card.

· **Reasonable Suspicion Training: What Supervisors Need to Know** - This course will satisfy the training requirements in accordance with 49 CFR 382.603 of the U.S. Department of Transportation Federal Motor Carrier Safety Regulations. The standard requires that supervisors of commercial motor vehicle drivers who operate vehicles that require a commercial driver's license to take 60 minutes of training on the symptoms of alcohol abuse and another 60 minutes of training on the symptoms of controlled substance use. Upon completion, attendees will be able to identify and implement the five steps in the reasonable suspicions process. They include; observation, confirmation, documentation, confrontation and testing. In addition, attendees will be able to recognize the signs and symptoms of alcohol abuse and drug use. **Part two: Employer Responsibilities (Roles of the Designated Employer Representative and Supervisors** - This part of the course will train Designated Employer Representative (DER) on what information must be provided to the collector. How to complete the chain of custody form (CCF) and selecting the appropriate reason for test. We will provide a general overview of collection issues related to refusal to test, shy bladder, direct observation and monitored collections. What collectors can and can't do with regard to urine collections and breathe alcohol testing. What supervisors can expect at the collection site and why a collection can take up to three hours.

· **Control of Hazardous Energy (Lockout/Tagout 4-Hour Class) 29 CFR 1910.147**– Osha estimates that there are over 3 million workers who are exposed to hazardous energy when servicing and maintaining machines and equipment. The standard addressed the practices and procedures necessary to control energy. Energy sources include electrical, mechanical, hydraulic, pneumatic, chemical and thermal to name a few. Topics include regulatory compliance, implementation of controls and training. Lockout/Tagout saves lives. Compliance with the standard saves approximately 120 lives per year and prevents 50,000 injuries annually. Finally, workers injured on the job from exposure to hazardous energy lose on average 24 workdays recovering from incident.

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## **COURSE POLICIES**

**Access Compliance, LLC**, strives to provide the highest quality environmental, health and safety training available. To provide this level of service, we have requirements for these training courses to ensure quality standards are met. Please take a moment to review these policies prior to course enrollment.

- 1) All Courses require pre-registration. Course registration can be made in person, by telephone, or by facsimile. To register:

**VIA MAIL:**  
 Brenda Wiederkehr, CSC  
 Access Compliance, LLC  
 776A Watervliet Shaker Rd  
 Latham, NY 12110

**VIA TELEPHONE:**  
 518-782-2222

**VIA FACSIMILE:**  
 518-218-9245

**VIA EMAIL:**  
[brenda@accesscompliance.net](mailto:brenda@accesscompliance.net)

**VIA WEB**  
[www.accesscompliance.net](http://www.accesscompliance.net)

- 2) All courses have limited enrollment and many fill quickly. It is important to register as early as possible to ensure your place in a course offering. **Pre-payment is non-refundable. Should you need to change your registration to another class date, we will require 72 hours notice of change.** You will be charged for all students registered unless 72 hours notice is received.
- 3) The course tuition fee includes all necessary classroom materials and certificate of completion. Tuition fee is due in full at the beginning of the course. Access Compliance accepts cash, business or personal checks or money orders made payable to **Access Compliance**.
- 4) A corporate group discount, for certain courses, may be available for three or more students registered from the same company or organization. To receive the corporate group discount, all registrations must be submitted together for the same course date.
- 5) Access Compliance realizes that timely lead-based paint initial and refresher training is essential to many federal, state and local re-certification/licensure requirements. Access Compliance will attempt to ensure these open-enrollment refresher courses will take place when scheduled, regardless of class size, without cancellations. Should a refresher course need to be cancelled due to circumstances beyond the control of Access Compliance, Access Compliance will contact the students as soon as possible. Students will have the option of re-registering for a later date, transferring to another Access Compliance Training Center date, or canceling their registration without penalty. Under no circumstances shall Access Compliance be held responsible for any delay or loss due to course cancellations.
- 6) Initial open-enrollment courses are subject to minimum class size, usually several students or more, depending on course title. Pre-registration does not ensure a course will be held on the scheduled date. Students pre-registered for open enrollment courses will be notified as soon as possible prior to course start date of any postponement or cancellation due to low registration. Students will have the option of re-registering for a later date, transferring to another Access Compliance Training Center date, or canceling their registration without penalty. Under no circumstances shall Access Compliance be held responsible for any delay or loss due to course changes or cancellations.
- 7) Student attendance for the entire course is required. Should a student, for whatever reason, not be able to attend the entire course, the student will be responsible to make up missed time at a later date, but within (10) calendar days of the start date of the course. Student must contact Access Compliance to schedule the make-up time and additional costs may apply, which the student will be responsible for. It is not possible to make up missed time with all courses.
- 8) Standard training times for most training courses is 8:00am to 4:00pm. Please verify at time of registration.

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## 2023 Training Registration Form

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\*PAYABLE Access Compliance, LLC. **Visa, MC, Discover, or Check** \*\*\* VETERANS, VPPPA, ECA, NAWIC, NESCA, ASSP, AIHA, ABC members: \$ 25.00 off  
MUST SHOW credentials or current membership

<b>COURSE SELECTION:</b>	<b>COURSE FEE:</b>	<b>DATE(S) REQUESTED:</b>
<b>NAME:</b>		<b>COMPANY:</b>
<b>STREET ADDRESS:</b>		
<b>CITY, STATE, ZIP:</b>		
<b>TELEPHONE #:</b>	<b>FAX #:</b>	
<b>EMAIL ADDRESS:</b>		
<b>ADDITIONAL ATTENDEES:</b>		
<input type="checkbox"/> CHECK ENCLOSED – PAYABLE TO ACCESS COMPLIANCE, LLC		
<b>CARD #</b>	<b>ACCOUNT #</b>	
<b>NAME OF CARDHOLDER:</b>		
<b>EXPIRATION DATE:</b>	<b>TOTAL CHARGE AMOUNT:</b>	
<b>SECURITY CODE:</b>		
<b>BILLING ADDRESS:</b>		
<b>SIGNATURE:</b>		
<b>NO REFUNDS FOR CANCELLATIONS MADE AFTER 12:00 NOON ONE WEEK PRIOR TO START DATE</b>		

