

Construction & Workplace Compliance

8-Hour Excavation & Trenching Competency Refresher Training

8-Hour Excavation & Trenching Competency Refresher Training

1-Day In-Person Refresher Training

Excavation & Trenching Competency Refresher Training

Day, Time, and Location to be Scheduled Based On Your Needs

This 1-day refresher covers safe digging, excavation and trenching practices. It is excellent for your most experienced workers, new employees, and those entering the industry. The training discusses EM385-1-1, Fed/OSHA 1926 Subpart P & Cal/OSHA Title 8, Article 6, Sec 1539-1543, and MSHA requirements of excavations, trenching, sloping techniques, protective systems, manufacturer tabulated data, USA 811, soils classification, and site-specific engineering.

This refresher training is an important part of keeping your employees compliant and safe while providing your key people with the information and resources needed in a Competent Person role.

Training Topics Include:

- USA Dig Alert 811
- Soil Classification
- Air and Gas Testing
- Sloping and Benching
- Trench Shields and Plates
- Aluminum Hydraulic Shoring
- Requirements for Protective Systems
- Ladders, Crossovers & Fall Protection
- Overhead and Underground Utilities
- Working Around Heavy Equipment
- Manufactures Tabulated Data
- Site Specific Engineering

- General Requirements
- Competent Person Responsibilities

In-Person Training Location Based On Your Needs

*1/2-Day Hands-On Field Training with Your Equipment at Job/Mock Site is Recommended
(Excavator, Loader, Hydraulic Shoring, Trench Box/Plate, Air/Gas Monitor, Ladders, etc.)*

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

24-Hour Excavation & Trenching Competent Person Training

24-Hour Excavation & Trenching Competent Person Training

3-Day In-Person Training

Excavation & Trenching Competency Training

Days, Times, and Location to be Scheduled Based On Your Needs

This 3-day training is a deep dive into safe digging, excavation, and trenching practices. It is excellent for experienced workers, engineers, managers, and those pursuing career advancement with more responsibility. The training workbook extensively covers EM385, Fed/OSHA 1926 Subpart P, Cal/OSHA CCR T8, Article 6, Section 1539-1543, and MSHA requirements of excavations, trenching, sloping techniques, protective systems, manufacturer tabulated data, USA Dig Alert 811, soil classification, and site-specific engineering.

This comprehensive training is an important part of keeping your company compliant with current regulations and providing your key people with additional information, hands-on skills, and resources needed in their Competent Person role.

Training Topics Include:

- USA Dig Alert 811
- Soil Classifications

- Air and Gas Testing
- Sloping and Benching
- Trench Shields and Plates
- Aluminum Hydraulic Shoring
- Requirements for Protective Systems
- Ladders, Crossovers & Fall Protection
- Overhead and Underground Utilities
- Working Around Heavy Equipment
- Manufactures Tabulated Data
- Site Specific Engineering
- General Requirements
- Cal OSHA Dig Permit
- JHA/JSA & Tailgate/Toolbox
- Competent Person Responsibilities

In-Person Training Location Based On Your Needs

*1-Day Hands-On Field Training with Your Equipment at a Job or Mock Site is Required
(Excavator, Loader, Hydraulic Shoring, Trench Box/Plate, Air/Gas Monitor, Ladders, etc.)*

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

Traffic Control & Flagger Technician (TCFT)

Traffic Control & Flagger Technician (TCFT)

In-Person Training

Flagger Technician & Work Zone Safety Certification

Days and Times Scheduled Based On Your Needs

This 1-day certification course is designed for utility workers, road crews, and construction personnel who are responsible for controlling the flow of traffic through temporary work zones. Directing public motorists safely around heavy equipment, excavations, and workers on foot is a high-liability task that requires specific positioning, clear communication, and unwavering attention.

The training thoroughly covers the Federal Highway Administration's Manual on Uniform Traffic Control Devices (MUTCD) Part 6, county and state-specific Department of Transportation (DOT) flagging requirements. This required certification training is an important part of keeping your company compliant with highway safety mandates and providing your key people with the life-saving information and resources needed to protect themselves and the motoring public.

Training Topics Include:

- MUTCD Standards and Flagger Qualifications
- Standard Flagger Equipment (Stop/Slow Paddles, High-Visibility Apparel)
- Proper Flagger Stations and Advance Warning Area Placements
- Signaling Methods for Stopping, Releasing, and Slowing Traffic
- Managing Pilot Cars and Emergency Vehicle Exceptions
- Identifying Driver Distractions and Errant Vehicles
- Nighttime Flagging Illumination Requirements
- Communication Tactics Between Flaggers on Complex Jobsites
- Emergency Escape Routes and Situational Awareness

In-Person Training Location Based On Your Needs

Includes a Practical Flagger Evaluation and Written Test Conducted by the Instructor.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

Traffic Control Supervisor (TCS)

Traffic Control Supervisor (TCS)

In-Person Training

Traffic Control Supervisor (TCS) Certification

Days and Times Scheduled Based On Your Needs

This intensive 2-day program is designed for crew leads, superintendents, and safety managers who design, implement, and oversee Temporary Traffic Control (TTC) zones on state and local roadways. A TCS is responsible for translating engineered traffic control plans into physical reality, managing barricades, cones, message boards, and flagger personnel to ensure legal compliance and absolute safety.

This advanced training covers the comprehensive requirements of the MUTCD, ADA compliance for pedestrians, county and state-specific DOT specifications for work zones. This certification training is an important part of keeping your company legally compliant on major civil projects, reducing massive liability, and providing your key leaders with the highly technical information and resources they need to manage high-speed, high-volume traffic operations safely.

Training Topics Include:

- Advanced Application of MUTCD Part 6 Guidelines
- The 4 Components of a Temporary Traffic Control Zone
- Reading, Interpreting, and Modifying Traffic Control Plans (TCP)
- Proper Selection and Spacing of Channelizing Devices (Cones, Barricades)
- Designing Tapers for Lane Closures and Shifts
- Managing Pedestrian and ADA Detour Routes
- Liability, Daily Inspection Logs, and Crash Documentation
- Managing Speed Reductions and Portable Changeable Message Signs (PCMS)

- Supervisory Oversight of Flagger Operations

In-Person Training Location Based On Your Needs

Includes Interactive Tabletop Workshops on Work Zone Design and Device Spacing Calculations.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

Powerline Utility Worker Pole Top & Bucket Truck Rescue Annual Training

Powerline Utility Worker Pole Top & Bucket Truck Rescue Annual Training

In-Person Training

Pole Top & Bucket Rescue Annual Certification

Days and Times Scheduled Based On Your Needs

This 1-day required annual training program provides utility linemen, high-voltage electricians, and bucket truck operators with the time-critical skills needed to rescue a co-worker who has been incapacitated while working aloft. In high-voltage environments, a worker suffering from an electrical shock or medical emergency while suspended from a pole or stranded in an aerial bucket must be safely lowered to the ground in under 4 minutes to prevent brain death or severe suspension trauma.

The training rigorously covers Fed/OSHA 29 CFR 1910.269 (Electric Power Generation, Transmission, and Distribution) and 1926 Subpart V requirements for annual rescue practice. This highly active, hands-on training is an important part of keeping your utility crews compliant with strict federal mandates, fostering crew cohesion, and providing your key people with the physical, life-saving skills they need to act instantly in an emergency.

Training Topics Include:

- OSHA 1910.269 Requirements for Rescue Pre-Planning

- Assessing the Scene for Residual Voltage and Electrical Hazards
- Proper Rigging, Handlines, and Knots for Pole Top Evacuations
- Physical Techniques for Lowering an Incapacitated Climber
- Overriding Aerial Lift Controls to Lower a Stranded Bucket
- Extracting a Worker from the Bucket to the Ground Safely
- Managing Fall Protection and Body Harnesses During Rescue
- Mitigating the Risks of Suspension Trauma During Extraction
- Integrating Immediate First Aid, CPR, and AED Responses on the Ground

In-Person Training Location Based On Your Needs

Includes Rigorous Hands-On Practical Rescue Scenarios Using Your Descent Devices, Poles, Rescue Dummies, and Bucket Trucks.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

MSHA 8-Hour Part 46 or 48 Surface Refresher

MSHA 8-Hour Part 46 or 48 Surface Refresher

In-Person & Virtual Training

Annual MSHA Part 46/48 Surface Refresher

Days and Times Scheduled Based On Your Needs

This 1-day (8-Hour) course is the mandatory annual refresher training required for miners, contractors, and visitors who work at surface mining operations (such as aggregate, sand, gravel, stone, and minerals extracted from surface metal/non-metal mining operations). The Mine Safety and Health Administration (MSHA) requires all personnel to maintain their safety knowledge and be updated on changes in the mining environment, hazard controls, and emergency protocols.

The training covers the strict federal requirements under MSHA Title 30 CFR Part 46 (Aggregate, Sand, Gravel, and Crushed Stone) and Part 48 (Surface Metal/Non-Metal). This annual refresher training is an important part of keeping your company compliant with MSHA enforcement, preventing severe citations, and providing your key people with the information and resources they need to navigate active surface mine sites safely.

Training Topics Include:

- MSHA Mandatory Health and Safety Standards Updates
- Recognition and Avoidance of Mobile Equipment and Highwall Hazards
- Transportation Controls, Traffic Rules, and Berm Requirements
- Prevention of Slips, Trips, and Falls Around Conveyors/Crushers
- Escape and Emergency Evacuation Procedures
- Firewarning and Basic Firefighting Tactics
- Health Hazards: Silica Dust, Noise, and Chemical Exposures
- First Aid, CPR Overview, and Medical Emergency Responses
- Ground Control Assessment and Working Near Water Hazards
 - Site-Specific Hazard Awareness
 - Task Training and Form 5000-23 Records

In-Person Training Location or Virtual Zoom Training Based On Your Needs

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

MSHA 24-Hour Part 46 or 48 New Miner Surface

MSHA 24-Hour Part 46 or 48 New Miner Surface

In-Person Training

24-Hour MSHA New Miner Surface Training

Days and Times Scheduled Based On Your Needs

This 3-day (24-Hour) comprehensive training program is required for all new personnel entering a surface mining operation before they begin work duties. Surface mines and aggregate plants are incredibly unforgiving environments with massive mobile equipment, crushing operations, and continuous blasting. This course provides a thorough foundation in hazard recognition and survival skills for those unfamiliar with mining operations.

The training complies fully with the entry-level requirements of MSHA Title 30 CFR Part 46 and Part 48 for surface mining. This foundational training is an important part of keeping your company compliant, protecting inexperienced workers from high-severity accidents, and providing your new people with the vital information and safety resources they need to integrate safely into the mining workforce.

Training Topics Include:

- Introduction to the Work Environment and Statutory Miner Rights
- Hazard Recognition for Haul Trucks, Loaders, and Crushers
- Safe Access to Work Areas, Ladders, and Fall Protection
- Lockout/Tagout Procedures for Mining Conveyors and Machinery
- Highwall and Stockpile Stability Assessment
- Health Hazards: Respiratory Protection, Silica, and Hearing Conservation
- Emergency Medical Procedures, First Aid, and CPR
- Transportation Controls, Pedestrian Safety, and Blind Spots
- Explosives/Blasting Awareness and Evacuation Protocols

In-Person Training Location Based On Your Needs

Includes a Practical Walk-Through/Tour of Your Specific Mine Site to Fulfill MSHA Site-Specific Requirements.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

MSHA 8-Hour Part 48 Underground Refresher

MSHA 8-Hour Part 48 Underground Refresher

In-Person Training

Annual MSHA Part 48 Underground Refresher

Days and Times Scheduled Based On Your Needs

This 1-day (8-Hour) course is the mandatory annual refresher training specifically for miners and contractors working in underground mining environments. Underground mines present unique, highly volatile hazards, including roof falls, explosive gases, limited visibility, and complex evacuation routes. Maintaining absolute proficiency in these environments is literally a matter of life and death.

The training covers the stringent federal requirements of MSHA Title 30 CFR Part 48 for underground operations. This annual refresher training is an important part of keeping your company compliant with extreme regulatory oversight, preventing catastrophic mine disasters, and providing your key people with the information and resources they need to navigate subterranean hazards safely.

Training Topics Include:

- Updates on MSHA Mandatory Health and Safety Standards
- Roof and Rib Control, Scaling, and Ground Support
- Recognizing and Managing Combustible Gases and Dusts
- Understanding the Mine Ventilation System and Airflow Controls
- Escapeways, Emergency Evacuation Routes, and Barricading
- Proper Use of the Self-Rescue Device (SCSR)
- Firewarning Signals, Firefighting, and Handling Combustible Liquids
- Transportation Safety: Mantrips, Hoists, and Underground Traffic
- Health Hazards in Enclosed Spaces (Diesel Particulate Matter, Noise)

In-Person Training Location Based On Your Needs

Includes Hands-On Practice Donning the Self-Contained Self-Rescuer (SCSR).

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

MSHA 40-Hour Part 48 New Miner Underground

MSHA 40-Hour Part 48 New Miner Underground

In-Person Training

40-Hour MSHA New Miner Underground Training

Days and Times Scheduled Based On Your Needs

This comprehensive 5-day (40-Hour) training program is the mandatory prerequisite for any individual beginning work in an underground mine. Because of the enclosed, remote, and highly hazardous nature of underground mining, new miners must undergo extensive preparation before they are allowed below ground. This course covers everything from basic respiratory protection to complex emergency barricading scenarios.

The training meticulously fulfills the entry-level requirements of MSHA Title 30 CFR Part 48 for underground operations. This intensive foundational training is an important part of keeping your company legally compliant, protecting inexperienced personnel in a hostile environment, and providing your new people with the critical information, practical skills, and resources they need to survive and thrive underground.

Training Topics Include:

- Statutory Rights of Miners and Introduction to the Underground Environment
- Detailed Instruction on the Purpose and Function of the Mine Ventilation System
- Roof/Ground Control Fundamentals and Warning Signs of Collapse
- Complete Instruction and Practice in Using Self-Rescue Devices (SCSRs)

- Mine Gases: Detection, Monitoring, and Emergency Responses
- Locating and Using Escapeways, Lifelines, and Refuge Alternatives
- Hazard Recognition for Continuous Miners, Shuttle Cars, and Conveyors
- First Aid, CPR, and Underground Medical Evacuation Protocols
- Electrical Hazards, Lockout/Tagout, and Blasting Area Avoidance

In-Person Training Location Based On Your Needs

Includes Extensive Hands-On Practice with SCSRs and a Minimum of 8 Hours of Supervised Instruction Conducted at the Mine Site.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>