PACIFIC NORTHWEST
OSHA EDUCATION CENTER
The only authorized OSHA training facility
in the Pacific Northwest

2008-2009
CONTINUING EDUCATION
PROGRAM SCHEDULE
Courses held in Alaska, Idaho, Oregon & Washington

UNIVERSITY OF WASHINGTON
Environmental and Occupational
Health Sciences
The University of Washington Department of Environmental & Occupational Health Sciences (DEOHS) Continuing Education program consists of the Northwest Center for Occupational Health & Safety and the Pacific Northwest OSHA Education Center. Our mission is to identify and meet continuing education needs in environmental and occupational safety and health through short courses and conferences in the region, the nation, and around the globe.

Pacific Northwest OSHA Education Center Schedule

4 OSHA Education Center Calendar
8 Safety & Health Specialist Certificate Programs
9 Region X OSHA Online Institute
9 Customized & On-Site Training

Since 1995, the Pacific Northwest OSHA Education Center has been the only authorized OSHA training facility in the Pacific Northwest. The Education Center offers high quality, standards-based training for the private and public sectors. An experienced team of OSHA-authorized instructors presents up-to-date federal and state safety and health regulations. Classes are held in Anchorage, AK; Boise, ID; Portland, OR; Seattle, WA; Richland, WA; and other cities by arrangement.

NORTHWEST CENTER FOR OCCUPATIONAL HEALTH & SAFETY

206-543-1069 or 800-326-7568
nwcenter.washington.edu

Established in 1977, the Northwest Center for Occupational Health & Safety (NW Center) is one of 16 Education and Research Centers (ERCs) funded by the National Institute for Occupational Safety & Health (NIOSH). The NW Center offers continuing education programs for individuals working in occupational medicine, occupational health nursing, industrial hygiene, hazardous materials management, and other health and safety related disciplines. Continuing education units (CEUs) for NW Center courses can be obtained through the ABIH, the ACOEM, the ANA, and others.
Course Descriptions & Schedule

**510 OSHA Standards for the Construction Industry $650**
Federal and state policies, procedures, and standards, as well as construction safety and health principles. Emphasis on the areas that are most hazardous. Equivalent to 30-hour construction outreach course.

### Portland
- March 3-6, 2008
- September 21-24, 2008
- October 5-8, 2008
- December 10-13, 2008

### Seattle
- April 28-May 1, 2008
- July 21-24, 2008
- September 15-18, 2008
- October 19-22, 2008
- December 7-10, 2008

### Portland
- May 1-4, 2009

**511 OSHA Standards for General Industry $650**
Federal and state policies, procedures, and standards, as well as general industry safety and health principles. Emphasis on those areas that are the most hazardous. Equivalent to 30-hour general industry outreach course.

### Portland
- March 24-27, 2008
- May 12-15, 2008
- July 7-10, 2008
- September 2-5, 2008
- October 8-11, 2008

### Richland
- November 3-6, 2008

### Seattle
- July 7-10, 2008
- September 2-5, 2008
- October 8-11, 2008
- December 8-11, 2008
- January 12-15, 2009

### Anchorage
- February 23-26, 2009

### Portland
- March 2-5, 2009
- June 8-11, 2009

### Seattle
- May 4-7, 2009

**500 Trainer Course in OSHA Standards for the Construction Industry $675**
Become authorized to conduct the 10- and 30-hour voluntary compliance courses in construction safety and health outreach programs. **Prerequisites:** Course 510 and five years of construction safety experience.

### Boise
- March 31-April 3, 2008

### Portland
- April 14-17, 2008
- August 4-7, 2008
- September 15-18, 2008
- October 20-23, 2008
- November 3-6, 2008

### Seattle
- June 9-12, 2008
- September 2-5, 2008
- October 8-11, 2008
- December 8-11, 2008
- May 11-14, 2009

### Portland
- April 20-23, 2009

### Seattle
- May 18-21, 2009

**502 Update for Construction Industry Outreach Trainers $610**
Required every four years for those who have completed OSHA 500 and are active trainers in an outreach program. Update on construction standards, policies, and regulations.

### Seattle
- March 3-5, 2008
- September 22-24, 2008
- November 3-6, 2008

### Portland
- July 14-16, 2008
- December 1-3, 2008
- April 13-15, 2009

**501 Trainer Course in General Industry Standards $675**
Become authorized to conduct the 10- and 30-hour voluntary compliance courses. Introduction to general industry standards and requirements for frequently referenced standards. **Prerequisites:** Course 511 and five years of general industry safety experience.

### Boise
- March 31-April 3, 2008

### Portland
- April 14-17, 2008
- June 9-12, 2008
- August 4-7, 2008
- September 15-18, 2008
- October 20-23, 2008
- November 3-6, 2008
- December 8-11, 2008
- February 2-5, 2009
- March 2-5, 2009
- May 11-14, 2009
- June 8-11, 2009

### Richland
- April 13-16, 2009

### Boise
- April 20-23, 2009

### Seattle
- May 18-21, 2009

**503 Update for General Industry Outreach Trainers $610**
Required every four years for those who have completed OSHA 501 and are active trainers in an outreach program. Update on general industry standards, policies, and regulations.

### Seattle
- March 5-7, 2008
- September 24-26, 2008
- December 3-5, 2008
- April 15-17, 2009

### Portland
- July 16-18, 2008
- December 3-5, 2008
- April 15-17, 2009
PACIFIC NORTHWEST OSHA EDUCATION CENTER
Course Descriptions & Schedule (cont’d)

521 OSHA Guide to Industrial Hygiene $650
Permissible exposure limits, federal and state health standards, regulations and procedures, hazard communication, sampling instrumentation, workplace health program elements, and other industrial hygiene topics.

- Seattle: March 17-20, 2008
- Portland: May 19-22, 2008
- Seattle: July 28-31, 2008
- Portland: September 8-11, 2008
- Anchorage: October 14-17, 2008
- Seattle: December 15-18, 2008
- Portland: January 5-8, 2009
- Seattle: March 16-19, 2009
- Portland: May 4-7, 2009

2225 Respiratory Protection $610
Requirements for the establishment, maintenance, and monitoring of a respirator program. Includes a fit-testing workshop.

- Portland: April 22-24, 2008
- Seattle: July 15-17, 2008
- Portland: September 16-18, 2008
- Seattle: November 12-14, 2008
- Seattle: February 2-4, 2009
- Portland: April 6-8, 2009
- Seattle: June 15-17, 2009

2250 Principles of Ergonomics $610
Introduction to the application of ergonomic principles to prevent musculoskeletal disorders.

- Portland: June 3-5, 2008
- Seattle: August 18-20, 2008
- Anchorage: September 8-10, 2008
- Portland: November 12-14, 2008
- Seattle: February 17-19, 2009
- Portland: June 1-3, 2009

2264 Permit-Required Confined Space Entry $610
Training in confined space entry standards, hazards of entry procedures, personal protective equipment.

- Seattle: April 1-3, 2008
- Portland: August 5-7, 2008
- Seattle: October 27-29, 2008
- Portland: December 2-4, 2008
- Boise: January 19-21, 2009
- Seattle: March 23-25, 2009
- Portland: May 12-14, 2009

2015 Hazardous Materials $650
Overview of general industry standards and other consensus and proprietary standards relating to hazardous materials.

- Seattle: June 2-5, 2008
- Portland: October 6-9, 2008
- Seattle: January 26-29, 2009
- Portland: March 2-5, 2009
- Seattle: June 1-4, 2009

2045 Machinery & Machine Guarding Standards $650
Hands-on approach to machine inspection that enables participants to recognize hazards.

- Boise: June 9-12, 2008
- Portland: July 7-10, 2008
- Seattle: October 20-23, 2008
- Portland: January 12-15, 2009
- Portland: April 13-16, 2009
- Seattle: May 11-14, 2009

3010 Excavation, Trenching, and Soil Mechanics $610
Cover the safety aspects of excavation and trenching. Includes hands-on, half-day field exercises.

- Seattle: April 15-17, 2008
- Portland: June 24-26, 2008
- Boise: September 15-17, 2008
- Seattle: October 14-16, 2008
- Portland: December 15-17, 2008
- Seattle: March 10-12, 2009
- Portland: April 6-8, 2009
- Portland: June 8-10, 2009

3095 Electrical Standards $610
Hands-on, introductory overview of electrical standards and the hazards associated with electrical installations and equipment.

- Seattle: August 11-13, 2008
- Portland: November 12-14, 2008
- Seattle: January 20-22, 2009
- Portland: May 4-6, 2009
- Boise: March 16-18, 2009
3110 Fall Arrest Systems $610
Overview of state-of-the-art technology for fall protection. Features a demonstration of fall protection equipment.

Seattle: June 17-19, 2008
Portland: August 12-14, 2008
Portland: November 4-6, 2008
Boise: November 17-19, 2008
Seattle: December 2-4, 2008
Portland: February 3-5, 2009
Anchorage: February 17-19, 2009
Seattle: April 20-22, 2009

Supervisory Safety & Health Duties $610
This three-day course will cover the general safety and health requirements in 29 CFR 1910 from the standpoint of supervising, training, administering, and organizing safety and health programs.

Seattle: March 11-13, 2008
Seattle: April 13-15, 2009

5600 Disaster Site Worker Train-the-Trainer $675
This course authorizes instructors to conduct the 16-Hour Disaster Site Worker (OSHA 7600) course. Students will work in groups preparing and presenting portions of the OSHA 7600 as part of the adult learning exercise.

Prerequisites: Current authorized OSHA Construction Outreach Trainer (500) OR General Industry Outreach Trainer (501) with a minimum of three years experience as an occupational safety and health trainer; and 40 hour (minimum) HAZWOPER training course OR possess journey-level credentials or the equivalent in a building trade union.

Seattle: May 5-8, 2008
Seattle: February 9-12, 2009
Richland: May 4-7, 2009

6000 Collateral Duty Course for Other Federal Agencies $650
Recognize basic safety and health hazards in the workplace; learn abatement methods for selected safety and health hazards; learn workplace inspection procedures. Conduct a mock inspection of a government facility.

Seattle: April 7-10, 2008
Portland: August 11-14, 2008
Portland: September 15-18, 2008
Seattle: October 6-9, 2008
Portland: January 12-15, 2009
Portland: March 9-12, 2009
Seattle: April 6-9, 2009

NEW COURSE!!!
5400 Maritime Train-the-Trainer $675
This course authorizes instructors to conduct 10 and 30 hour maritime courses in three areas:

1. Shipyard employment, including ship repairing, shipbuilding, and shipbreaking
2. Marine terminal
3. Longshoring

Prerequisites: Two years industry experience in ship repairing, shipbuilding, shipbreaking, marine terminals, or longshoring

AND at least one of the following:
• Two years of occupational safety and health experience (with a broad focus) in any industry
• A degree in occupational safety and health from an accredited college or university
• Certification as an Associate Safety Professional (ASP), Certified Safety Professional (CSP), or Certified Industrial Hygienist (CIH), Certified Marine Chemist (CMC), or Certified Safety Health Manager (CSHM)

Portland: June 16-19, 2008
Seattle: November 17-20, 2008
Portland: February 9-12, 2009
Anchorage: April 20-23, 2009
Seattle: June 22-25, 2009

Did you know that we can customize and present any of the courses listed to your employees or members at a time and location that is convenient for you? Please contact us at 800-326-7568 for a quote or complete details on customized and on-site training.
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OSHA Course Schedule by Location
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Safety & Health Specialist Certificate Programs

The University of Washington Safety & Health Certificates have been created to offer formal occupational safety and health training for individuals looking for a solid grounding in OSHA regulatory compliance requirements and the complex occupational health issues that confront businesses today. Core courses provide a foundation in the fundamentals of occupational safety and health. Elective courses enable students to design a program that addresses the specialized needs of their workplace.

Graduates receive a certificate that is helpful in demonstrating skills and knowledge for current jobs, promotions, or career changes. Graduates receive discounts on other Pacific Northwest OSHA Education Center classes.

Companies that employ graduates obtain safety specialists who understand accident prevention techniques, which can reduce lost-time injuries, fines, and citations; and who can provide a cost-effective answer to regulatory requirements.

FREQUENTLY ASKED QUESTIONS

What are the benefits of completing the certificate program?
You will increase your knowledge of safety and health standards and practices, and be able to apply this knowledge at your workplace. You will also receive discounts on all Pacific Northwest OSHA classes.

What are the standards of admission for the certificate program?
You must currently work in a position that entails some responsibility for safety and health. Some of the core courses require five years of experience in construction or general industry safety and health.

Can I retroactively count courses I’ve already taken?
Courses you have taken three years prior to your date of application may be applied toward the certificate.

How long does it take to complete the certificate program?
Once you have applied for the Safety & Health Specialist Certificate program, you have three years to complete it. Many graduates have completed the program in less than one year.

For a Certificate Program application or for complete details, contact us at 206-685-3089 or 800-326-7568 or visit our website at osha.washington.edu

4 CERTIFICATE PROGRAMS

1. Safety & Health Construction Specialist Certificate
   Provides advanced regulatory knowledge and skills for those in construction safety. Applicants must have at least five years of construction safety experience.

2. Safety & Health General Industry Specialist Certificate
   Provides advanced regulatory knowledge and skills for those in general industry. Applicants must have at least five years of general industry safety experience.

3. Disaster Site Worker Safety & Health Certificate
   For workers who respond to disaster sites, provides advanced training in personal protective equipment including respirators, fall protection, hazardous materials, confined space entry, and electrical safety. Applicants must have at least five years of construction safety experience, including three years of safety and health training experience.

4. Safety & Health Leadership Certificate
   For individuals who require regulatory practical instruction in safety concepts and those who do not meet the five-year requirement of the other certificates.
Customized & On-Site Training

The Northwest Center for Occupational Health & Safety and the Pacific Northwest OSHA Education Center offer high-quality occupational safety and health training. We will customize and present courses to your employees or members at a location convenient for you. Training is available in a variety of course formats — from as little as two hours, to as many as four to five days of intensive training. We can also customize and present any of our OSHA-authorized courses. See the course descriptions starting on page 1. Our professional staff will help you determine exactly how to meet your training needs. Please contact us at 800-326-7568 for a quote or complete details.

NIEHS Worker Education & Training

As a member of the Western Region University Consortium based at UCLA, the University of Washington is focused on protecting workers and their communities by delivering hazardous waste and emergency response training to underserved populations of workers. As part of the consortium, the Northwest Center for Occupational Health & Safety is responsible for the training in Alaska, Idaho, Oregon, and Washington. These programs are funded through the National Institute of Environmental Health Sciences (NIEHS). For more information, visit depts.washington.edu/ehce/wruc.html

Region X OSHA Online Training Institute*

Our quality web-based training service provides students “anytime, anywhere” access to cost-effective training in the following areas:

- Hazardous Materials/Dangerous Goods
- Occupational Safety and Health
- Transportation Safety
- Environmental Compliance
- Emergency Response and Management
- Human Resources
- Construction Safety Modules

Our online catalog has more than 40 courses and includes the OSHA 10-Hour Construction Safety course and 8-Hour HAZWOPER Annual Refresher.

(*Coming soon – OSHA 30hr Construction Safety Course)

SUBSCRIPTION SPECIALS

Suite Advantage one-year access to all courses in our online catalog (except the OSHA 10-Hour) for $174.95

Suite Advantage Plus one-year access to all courses in our online catalog (plus the OSHA 10-Hour) for $234.95

View our online offerings at: www.regionxoti.org

Fulfill your mandated OSHA annual training for Hearing Conservation, Respiratory Protection, Bloodborne Pathogens, Fire Protection, Asbestos Awareness, and 8-Hour HAZWOPER Refresher through our UW Online Institute.

www.regionxoti.org
So Now That You’re Ready to Enroll, What’s Next?

Get all the details online.
Visit us online for dates, days, times and location. With easy online registration you will be enrolled in minutes.

Pacific Northwest OSHA Education Center:
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