



PACIFIC NORTHWEST OSHA EDUCATION CENTER

The only authorized OSHA training facility
in the Pacific Northwest

 osha.washington.edu



2009-2010 CONTINUING EDUCATION PROGRAM SCHEDULE

Courses held in Alaska, Idaho, Oregon & Washington



UNIVERSITY OF WASHINGTON
Environmental and Occupational
Health Sciences



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About Us

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

☎ 206-685-3089 or 800-326-7568

🌐 osha.washington.edu

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.

Another Proud Participant



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.

Seattle	March 30-April 2, 2009
Portland	June 1-4, 2009
Seattle	July 20-23, 2009
Seattle	August 17-20, 2009
Portland	September 14-17, 2009
Seattle	October 19-22, 2009
Anchorage	October 19-22, 2009
Richland	November 2-5, 2009
Portland	November 30-December 3, 2009
Seattle	January 25-28, 2010
Boise	February 16-19, 2010
Portland	March 1-4, 2010
Seattle	April 26-29, 2010
Portland	June 7-10, 2010

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.

Portland	March 9-12, 2009
Richland	April 13-16, 2009
Boise	April 20-23, 2009
Seattle	May 18-21, 2009
Portland	July 13-16, 2009
Seattle	August 3-6, 2009
Portland	October 5-8, 2009
Anchorage	November 16-19, 2009
Seattle	November 16-19, 2009
Portland	January 4-7, 2010
Seattle	February 22-25, 2010
Boise	March 22-25, 2010
Portland	April 5-8, 2010
Richland	April 12-15, 2010
Anchorage	April 19-22, 2010
Seattle	May 17-20, 2010

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.

Portland	March 2-5, 2009
Seattle	May 4-7, 2009
Portland	June 8-11, 2009
Richland	July 6-9, 2009
Seattle	August 17-20, 2009
Boise	September 21-24, 2009
Portland	October 13-16, 2009
Seattle	October 26-29, 2009
Anchorage	October 26-29, 2009
Portland	January 11-14, 2010
Seattle	February 8-11, 2010
Anchorage	March 29-April 1, 2010
Portland	April 12-15, 2010
Seattle	May 3-6, 2010

501 Trainer Course in Standards for General Industry \$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.

Seattle	March 2-5, 2009
Portland	May 11-14, 2009
Seattle	June 8-11, 2009
Portland	August 10-13, 2009
Seattle	September 14-17, 2009
Richland	October 19-22, 2009
Anchorage	November 30-December 3, 2009
Boise	December 14-17, 2009
Portland	February 8-11, 2010
Seattle	March 1-4, 2010
Anchorage	April 26-29, 2010
Portland	May 3-6, 2010
Seattle	June 14-17, 2010

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.

Portland	April 13-15, 2009
Portland	August 3-5, 2009
Seattle	November 9-10, 2009
Portland	March 15-17, 2010
Seattle	May 24-26, 2010

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.

Portland	April 15-17, 2009
Portland	August 5-7, 2009
Seattle	November 12-13, 2009
Portland	March 17-19, 2010
Seattle	May 26-28, 2010



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 16-19, 2009
Portland	May 4-7, 2009
Seattle	July 27-30, 2009
Boise	August 17-20, 2009
Portland	September 14-17, 2009
Anchorage	September 28-October 1, 2009
Seattle	December 14-17, 2009
Portland	January 4-7, 2010
Seattle	April 5-8, 2010
Portland	June 7-10, 2010

2015 Hazardous Materials \$650

Overview of general industry standards and other consensus and proprietary standards relating to hazardous materials.

Portland	March 2-5, 2009
Seattle	June 1-4, 2009
Richland	October 5-8, 2009
Portland	November 30-December 3, 2009
Anchorage	January 11-14, 2010
Seattle	February 1-4, 2010
Seattle	June 7-10, 2010

2045 Machinery & Machine Guarding Standards \$650

Hands-on approach to machine inspection that enables participants to recognize hazards.

Portland	April 13-16, 2009
Seattle	May 11-14, 2009
Portland	August 3-6, 2009
Seattle	September 28-October 1, 2009
Anchorage	February 22-25, 2010
Portland	March 1-4, 2010
Seattle	May 10-13, 2010

2225 Respiratory Protection \$610

Requirements for the establishment, maintenance, and monitoring of a respirator program. Includes a fit-testing workshop.

Portland	April 6-8, 2009
Seattle	June 15-17, 2009
Portland	October 5-7, 2009
Seattle	January 19-21, 2010
Portland	April 5-7, 2010
Seattle	June 1-3, 2010

2250 Principles of Ergonomics \$610

Introduction to the application of ergonomic principles to prevent musculoskeletal disorders.

Portland	June 1-3, 2009
Seattle	September 1-3, 2009
Portland	December 7-9, 2009
Seattle	February 16-18, 2010

2264 Permit-Required Confined Space Entry \$610

Training in confined space entry standards, hazards of entry procedures, personal protective equipment.

Seattle	March 23-25, 2009
Portland	May 12-14, 2009
Seattle	July 6-8, 2009
Richland	August 3-5, 2009
Portland	August 31-September 2, 2009
Anchorage	September 21-23, 2009
Seattle	November 30-December 2, 2009
Portland	February 1-3, 2010
Seattle	April 12-14, 2010
Portland	June 2-4, 2010

3010 Excavation, Trenching, and Soil Mechanics \$610

Cover the safety aspects of excavation and trenching. Includes hands-on, half-day field exercises.

Seattle	March 10-12, 2009
Portland	April 6-8, 2009
Portland	June 8-10, 2009
Richland	August 17-19, 2009
Seattle	October 13-15, 2009
Portland	November 2-4, 2009
Seattle	March 8-10, 2010
Portland	May 10-12, 2010

3095 Electrical Standards \$610

Hands-on, introductory overview of electrical standards and the hazards associated with electrical installations and equipment.

Boise	March 16-18, 2009
Portland	May 4-6, 2009
Richland	July 27-29, 2009
Seattle	August 10-12, 2009
Portland	November 2-4, 2009
Anchorage	December 14-16, 2009
Seattle	January 5-7, 2010
Portland	May 3-5, 2010





3110 Fall Arrest Systems \$610

Overview of state-of-the-art technology for fall protection. Features a demonstration of fall protection equipment.

Seattle	April 20-22, 2009
Portland	July 6-8, 2009
Seattle	September 21-23, 2009
Richland	December 7-9, 2009
Portland	March 8-10, 2010
Seattle	April 19-21, 2010

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.

Portland	March 9-12, 2009
Seattle	April 6-9, 2009
Seattle	October 5-8, 2009
Portland	December 7-10, 2009
Richland	January 11-14, 2010
Seattle	March 15-18, 2010

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	April 13-15, 2009
Seattle	August 24-26, 2009
Seattle	March 29-31, 2010

5400 Maritime Train-the-Trainer \$675

This course authorizes instructors to conduct the 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)

Anchorage	April 20-23, 2009
Seattle	June 22-25, 2009
Seattle	November 2-5, 2009
Portland	February 8-11, 2010
Seattle	June 21-24, 2010

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 or General Industry Outreach Trainer (500 or 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 in a building trade union.

Richland	May 4-7, 2009
Seattle	March 22-25, 2010

→ 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.

OSHA Course Schedule by Location

MARCH 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SEATTLE 501 PORTLAND 2015 PORTLAND 511	3	4	5	6	7
8	9 PORTLAND 500 PORTLAND 6000	10 SEATTLE 3010	11	12	13	14
15	16 SEATTLE 521 BOISE 3095	17	18	19	20	21
22	23 SEATTLE 2264	24	25	26	27	28
29	30 SEATTLE 510	31	Apr. 1	Apr. 2		

MAY 2009

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 SEATTLE 511 PORTLAND 3095 PORTLAND 521 RICHLAND 5600	5	6	7	8	9
10	11 SEATTLE 2045 PORTLAND 501 PORTLAND 2264	12	13	14	15	16
17	18 SEATTLE 500	19	20	21	22	23
24	25 UW Holiday	26	27	28	29	30
31						

APRIL 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SEATTLE 510 (cont'd)	2	3	4
5	6 SEATTLE 6000 PORTLAND 2225 PORTLAND 3010	7	8	9	10	11
12	13 SEATTLE SUPER PORTLAND 502 / PORTLAND 503 PORTLAND 2045 RICHLAND 500	14	15	16	17	18
19	20 SEATTLE 3110 BOISE 500 ANCHORAGE 5400	21	22	23	24	25
26	27	28	29	30		

JUNE 2009

SUN	MON	TUE	WED	THU	FRI	SAT
	1 SEATTLE 2015 PORTLAND 510 PORTLAND 2250	2	3	4	5	6
7	8 SEATTLE 501 PORTLAND 511 PORTLAND 3010	9	10	11	12	13
14	15 SEATTLE 2225	16	17	18	19	20
21	22 SEATTLE 5400	23	24	25	26	27
28	29	30				

JULY 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 UW Holiday	4
5	6 SEATTLE 2264 PORTLAND 3110 RICHLAND 511	7	8	9	10	11
12	13 PORTLAND 500	14	15	16	17	18
19	20 SEATTLE 510	21	22	23	24	25
26	27 SEATTLE 521 RICHLAND 3095	28	29	30	31	

AUGUST 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 SEATTLE 500 PORTLAND 2045 PORTLAND 502 / PORTLAND 503 RICHLAND 2264	4	5	6	7	8
9	10 SEATTLE 3095 PORTLAND 501	11	12	13	14	15
16	17 SEATTLE 510 RICHLAND 3010 BOISE 521	18	19	20	21	22
23	24 SEATTLE SUPER	25	26	27	28	29
30	31 PORTLAND 2264	Sep. 1	Sep. 2			

SEPTEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SEATTLE 2250 PORTLAND 2264 (cont'd)	2	3	4	5
6	7 UW Holiday	8	9	10	11	12
13	14 SEATTLE 501 PORTLAND 510 PORTLAND 521	15	16	17	18	19
20	21 SEATTLE 3110 BOISE 511 ANCHORAGE 2264	22	23	24	25	26
27	28 SEATTLE 2045 ANCHORAGE 521	29	30	Oct. 1		

OCTOBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2045 (cont'd) 521 (cont'd)	2	3
4	5 SEATTLE 6000 PORTLAND 2225 PORTLAND 500 RICHLAND 2015	6	7	8	9	10
11	12	13 SEATTLE 3010 PORTLAND 511	14	15	16	17
18	19 SEATTLE 510 RICHLAND 501 ANCHORAGE 510	20	21	22	23	24
25	26 SEATTLE 511 ANCHORAGE 511	27	28	29	30	31

OSHA Course Schedule by Location

NOVEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SEATTLE 5400 PORTLAND 3010 PORTLAND 3095 RICHLAND 510	3	4	5	6	7
8	9 SEATTLE 502	10	11 UW Holiday	12 SEATTLE 503	13	14
15	16 SEATTLE 500 ANCHORAGE 500	17	18	19	20	21
22	23	24	25	26 UW Holiday	27 UW Holiday	28
29	30 SEATTLE 2264 PORTLAND 510 PORTLAND 2015 ANCHORAGE 501	Dec. 1	Dec. 2	Dec. 3		

JANUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
					1 UW Holiday	2
3	4	5 SEATTLE 3095 PORTLAND 500 PORTLAND 521	6	7	8	9
10	11 PORTLAND 511 RICHLAND 6000 ANCHORAGE 2015	12	13	14	15	16
17	18 UW Holiday	19 SEATTLE 2225	20	21	22	23
24	25 SEATTLE 510	26	27	28	29	30
31						

DECEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SEATTLE 2264 (cont'd) PORTLAND 510 (cont'd) PORTLAND 2015 (cont'd) ANCHORAGE 501 (cont'd)	2	3	4	5
6	7	8 PORTLAND 6000 PORTLAND 2250 RICHLAND 3110	9	10	11	12
13	14 SEATTLE 521 BOISE 501 ANCHORAGE 3095	15	16	17	18	19
20	21	22	23	24	25 UW Holiday	26
27	28	29	30	31		

FEBRUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 SEATTLE 2015 PORTLAND 2264	2	3	4	5	6
7	8	9 SEATTLE 511 PORTLAND 501 PORTLAND 5400	10	11	12	13
14	15 UW Holiday	16 SEATTLE 2250 BOISE 510	17	18	19	20
21	22 SEATTLE 500 ANCHORAGE 2045	23	24	25	26	27
28						

MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 SEATTLE 501 PORTLAND 510 PORTLAND 2045	2	3	4	5	6
7	8 SEATTLE 3010 PORTLAND 3110	9	10	11	12	13
14	15 SEATTLE 6000 PORTLAND 502 / PORTLAND 503	16	17	18	19	20
21	22 SEATTLE 5600 BOISE 500	23	24	25	26	27
28	29 SEATTLE SUPER ANCHORAGE 511	30	31	Apr. 1		

APRIL 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 511 (cont'd)	2	3
4	5 SEATTLE 521 PORTLAND 500 PORTLAND 2225	6	7	8	9	10
11	12 SEATTLE 2264 PORTLAND 511 RICHLAND 500	13	14	15	16	17
18	19 SEATTLE 3110 ANCHORAGE 500	20	21	22	23	24
25	26 SEATTLE 510 ANCHORAGE 501	27	28	29	30	

MAY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 SEATTLE 511 PORTLAND 501 PORTLAND 3095	4	5	6	7	8
9	10 SEATTLE 2045 PORTLAND 3010	11	12	13	14	15
16	17 SEATTLE 500	18	19	20	21	22
23	24 SEATTLE 502 / SEATTLE 503	25	26	27	28	29
30	UW Holiday 31					

JUNE 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SEATTLE 2225 PORTLAND 2264	2	3	4	5
6	7 SEATTLE 2015 PORTLAND 510 PORTLAND 521	8	9	10	11	12
13	14 SEATTLE 501	15	16	17	18	19
20	21 SEATTLE 5400	22	23	24	25	26
27	28	29	30			

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.

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.

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

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.



Region X OSHA Online Training Institute*

 www.regionxoti.org

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 and General Industry Safety courses and the 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.



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

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:

osha.washington.edu

Questions? Contact our staff.

Pacific Northwest OSHA Education Center:

☎ 206-685-3089 or 800-326-7568

FAX: 206-685-3872

E-MAIL: ce@u.washington.edu



University of Washington
School of Public Health

09-9221



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