

## WORKSHOPS!

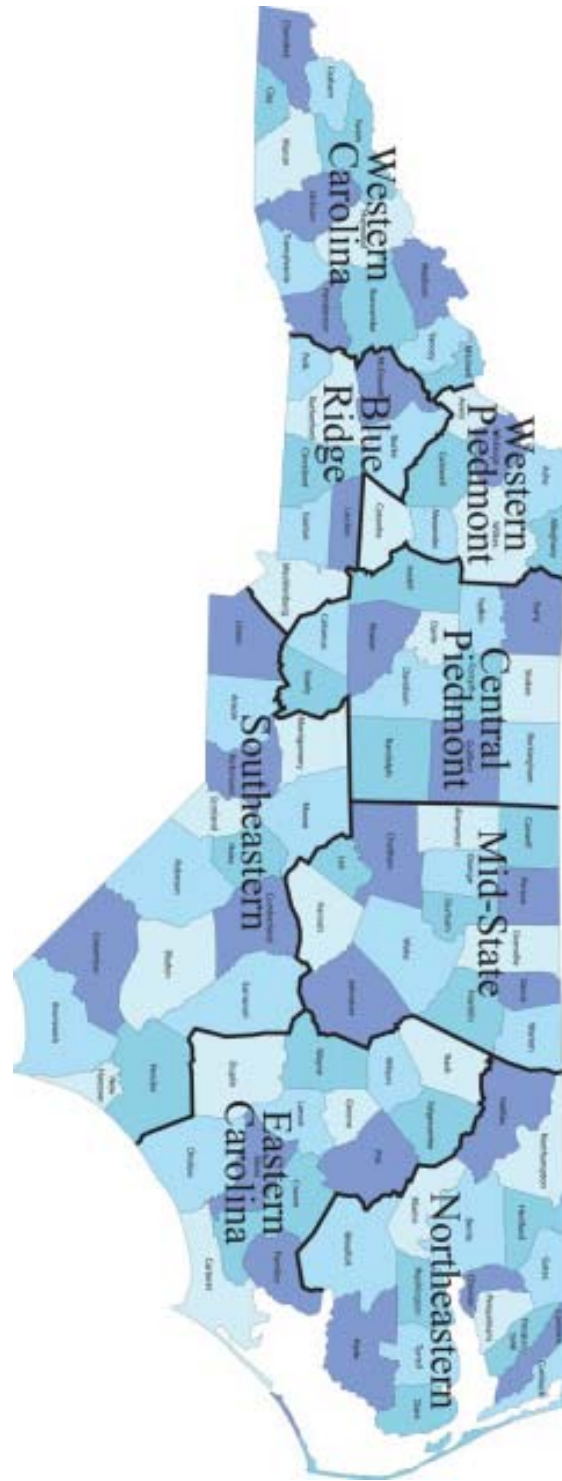
Safety Consultants with the Industrial Commission offer a wide variety of Workshops for industry, business and government agencies. **Call for details!**

### NORTH CAROLINA REGIONAL SAFETY COUNCILS

The Industrial Commission Safety Education Section sponsors eight regional safety councils that serve the one hundred counties of North Carolina. With a board of directors and officers, each council organizes and presents programs that assist industry in North Carolina in achieving successful safety, health and accident prevention programs. Since the first council was organized in 1930, each has met quarterly with many conducting annual workshops on accident prevention in their council area. Each council sponsors a Regional Safety Talk Contest with the winner representing the council at the Annual Statewide Safety Talk Contest. For more information on the council in your area, contact the Industrial Commission Safety Education Section.

### COMPETENT PERSON TRENCHING

We offer a four (4) hour Competent Person Trenching & Shoring course. This course is designed to offer participants the required classroom training to be the Competent Person on an excavation site. Upon completion, successful candidates will receive a certificate and wallet card qualifying them to be named Competent by their company. **Fee is \$30 per student. Give Dennis a call at 919-218-3000.**



## FEE SCHEDULE FOR SERVICES

Accident Prevention Awareness (APCAP Workshop) 30 hours	\$125 per person
ADVANCED APCAP Workshop (16 hours)	\$75 per person
Four or Six Hour WORKSHOP	\$30 per person
First Aid/CPR/AED <i>Plus book cost of \$15</i>	\$20 per person
First Aid Only or CPR/AED Only <i>Plus book cost of \$12</i>	\$15 per person
Defensive Driving Course <i>Plus book cost of \$4</i>	\$20 per person
HAZWOPER Ops or 8 hr Refresher	\$50 per person
HAZWOPER Awareness (4 Hrs)	\$30 per person
Work Zone/Flagger <i>Plus book cost of \$5</i>	\$25 per person
Accident Prevention in the Workplace (APW) 8 hours per month, 12 months per year	\$1,500 Per year
APW 4 hours per month, 12 months per year	\$900 Per year
Trenching Competent Person 4 hours	\$30 per person
<b>As Needed Workplace Training</b>	
5-6 Hours	\$200
3-4 Hours	\$150
1-2 Hours	\$100

**We're STILL the best deal around!**

### WATER/WASTEWATER CREDIT COURSES

We are a SPONSOR for Water courses and a majority of our courses are pre-approved for Wastewater credit hours. **Call Eric Johnson at 919-218-3567 for details!**

## NORTH CAROLINA INDUSTRIAL COMMISSION

<http://www.ic.nc.gov>



# ACCIDENT PREVENTION AND SAFETY & HEALTH SERVICES

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### SAFETY EDUCATION SECTION

DIVISION OF THE  
NC DEPARTMENT OF COMMERCE

### SAFETY EDUCATION STAFF



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**We Are Working For YOU!**

## ACCIDENT PREVENTION AND SAFETY SERVICES

The accident prevention and safety services offered by the Safety Education Section of the North Carolina Industrial Commission are established to provide competent, practical instruction in accident prevention and workers' compensation. The courses and workshops are designed for the supervisor and employee in the interest of reducing accidents and their cost in North Carolina. Our schedule offers professional programs with experienced safety consultants of the Industrial Commission as instructors. **A Legislative mandated Fee Schedule is now in effect. (See Fee Schedule).** Programs are scheduled to meet the production needs of client companies. We request that as much lead time as possible be given for course scheduling. Classes vary from one hour to eight hours. Call your area Safety Consultant for more information and scheduling.

### ACCIDENT PREVENTION CERTIFICATE AWARENESS PROGRAM (APCAP)

Directed at the supervisor and manager, the course places special emphasis on workers' compensation, accident prevention, work habits, and supervisory methods needed to reach a goal of accident and injury-free performance. The course covers the principles of investigation, basic questions to ask, and how to use the report to eliminate the causes of accidents. - **BASIC PROGRAM (30 HRS)**  
- **ADVANCED PROGRAM (16 HRS)**

### ACCIDENT PREVENTION IN THE WORKPLACE SERIES (APW)

Designed as a sequence of safety classes, the APW Series is site-specific training brought to your workplace. The program is customized to your specific training needs based on identified hazards and prior injuries. Please call your area Safety Consultant for more information. **(See Fee Schedule)**

### FIRST AID AND CPR/AED COURSE

National Safety Council (NSC) First Aid and CPR Course is offered through the Industrial Commission. The eight-hour presentation is taught at the employer site. A NSC First Aid book is required for each student. The course is excellent first aid and CPR/AED training for employees with a clear, detailed text supplemented by visual aids. NSC First Aid and CPR/AED books must be ordered from the NSC at the time of scheduling through our safety consultant. NSC First Aid and CPR/AED Certificates are issued to those satisfactorily completing the course. **(See Fee Schedule)**

### NSC DEFENSIVE DRIVING COURSE

The NSC Defensive Driving Course is a four-hour classroom course. The objectives of the course are to:

- ◆ Increase the participants' knowledge of defensive driving skills
- ◆ Motivate participants to take personal responsibility for their own driving behavior, and ultimately...
- ◆ **Change driving behavior!**

NSC Defensive Driving Course books must be ordered at the time of scheduling. Certificates will be issued to those successfully completing the course. Call **Mel Harmon** at 919-218-3374 or **Alvin Scott** at 919-218-2792 to schedule the NSC Defensive Driving Course. **Fee is \$20/person plus book cost of \$4/book.**

### HAZWOPER FIRST RESPONDER AWARENESS LEVEL AND OPERATIONS LEVEL TRAINING

This course prepares employees, who are likely to discover or witness a release of hazardous waste, to initiate a response procedure by notifying the proper authorities, also known as **First responder awareness level.** Operations level training is for those

individuals who respond to a release of hazardous substances by protecting nearby persons, property or the environment in a defensive manner. Operations level training consists of at least eight hours of training and demonstrated competency. Please call **Markus Elliott** at 919-810-5788 for pricing and more information. **(See Fee Schedule)**

### WORK ZONE TRAFFIC CONTROL

These requirements apply to anyone working inside the Right of Way of a NC DOT Highway System. To receive Flagger Certification training, call Mel Harmon @ 919-218-3374 to schedule a class. **Fee is \$25/person plus \$5 for book.**

### ADDITIONAL EMPLOYEE COURSES

- ◆ Arc Flash Safety-NFPA 70E
- ◆ Backhoe Safety
- ◆ Bloodborne Pathogens
- ◆ Chlorine Safety
- ◆ Confined Space Safety
- ◆ Ergonomics, Office & Plant
- ◆ Electrical Safety
- ◆ Eye, Hand & Foot Safety
- ◆ Fall Protection
- ◆ Fire Safety
- ◆ Forklift Safety Course
- ◆ HazCom
- ◆ Job Safety Analysis
- ◆ Jobsite Safety
- ◆ Ladder Safety
- ◆ Lifting/Back Safety
- ◆ Lockout/Tagout Safety
- ◆ NC Operation Lifesaver
- ◆ Respirator Fit Testing
- ◆ Respiratory Protection Safety
- ◆ Safety Attitude
- ◆ Slips, Trips and Falls
- ◆ Trenching/Excavation Safety
- ◆ Welding, Cutting and Brazing Safety
- ◆ Workers' Compensation
- ◆ **MANY MORE...**

**CALL YOUR AREA SAFETY CONSULTANT FOR A COMPLETE LISTING AND PRICING!**