**HHW Safety and Health Training Specifications – 4 Hour Safety Refresher**

Topic Outline

**8:30 - 8:32 Regulatory Overview – Objectives**

1. OSHA 29 CFR 1910.1200Chemical Hazard Communication/MN Employee Right to Know
2. 29 CFR 1910. Subpart I Personal Protective Equipment
3. Heat and Cold Stress
4. 29 CFR 1910.120(q)(6)(i) Emergency Response – First Responder Awareness Level
5. Safety coordinator responsibilities

**8:32 – 9:22 Chemical Hazard Communication/ Employee Right to Know**

* 1. Labels and MSDS
  2. Visual Identification and confirmation
  3. Interviewing techniques (chemical substances and people)
     1. Physical state of material
     2. High risk chemicals (Asbestos, PCBs, pesticides)
  4. Hazard determination resources
     1. pH, flammability and chlorination testing
     2. Blood and body fluids
     3. Internet and printed resources
     4. What is not taken
  5. Toxicology
     1. Exposure Limits
     2. Heat and cold stress
     3. Sensitization
     4. Signs and symptoms of exposures
        1. Acute vs. chronic
        2. Delayed onset
        3. Reporting to medical personnel
        4. Medical and exposure records

**9:22 – 9:32** BREAK

**9:32 – 10:17 Hazard Controls**

1. Engineering controls
2. Site set up and control
3. Evacuation and contingency plans
4. Accounting for workers on site
5. Storage locations for various chemicals
6. Traffic Control
7. Class I flammable rooms, sprinkler systems, other fire safety systems
8. Pits
9. Local Exhaust
10. Work practice controls
11. Ergonomics, material handling and lifting including drums
12. Breaks – locations food and drink

**10:17 – 10:32** PPE

1. Glasses
2. Gloves
3. Closed toe shoes
4. Full length pants
5. Long sleeves
6. Limits of PPE

**10:32 – 11:17** Respiratory protection

1. Required program elements and program elements
2. Hazard Assessment
3. Medical evaluation
4. Fit testing
5. Cartridge service life
6. Proper care and storage
7. Limits of respirator

**11:17 – 11:47 Heat and Cold Stress**

1. Heat Stress
   1. Definitions
   2. Signs and symptoms
   3. Effects of PPE
   4. Acclimation, work schedules, and other controls
2. Cold Stress
   1. Definitions
   2. Signs and symptoms
   3. Effects of PPE
   4. Wind chill tables
   5. Work schedules and other controls

**11:47 – 11:57** Break:

**11:57 -12:17 Emergency Response Awareness Level Training**

1. Definition of Awareness Level
2. Defining an emergency and associated terms
3. Requirements of the standard
4. DOT Guidebook
5. Actions required

**12:17 – 12:30 Duties of Safety Coordinators**

1. Site set up
2. Tailgate talks prior to opening
3. Evacuation Locations
4. Communicating where various products/wastes go
5. Eyewash locations
6. Designated eating and drinking facilities
7. Enforcement of work rules, with supervisors
8. Public safety