

COURSE OUTLINE

Hazardous Materials Handling and Injury Prevention

Training Duration: 4 hours

Topics:

1. Welcome and Introductions (10 minutes)
2. Heat Stress (45 minutes):
 - a. Introduction to Heat Stress
 - b. Effects and Warning Signs of Overexposure
 - c. Susceptibility and Risk Factors
 - d. Heat Stress Regulations and Guidelines
 - e. Monitoring Heat Stress
 - f. Engineering Controls and Personal Protective Equipment
 - g. Individualizing Safe Working Conditions
 - h. Summary
3. Slips, Trips, and Falls (45 minutes):
 - a. Introduction to Slips, Trips, and Falls
 - b. Fatalities and Injuries in the Industry
 - c. Risk Factors
 - d. Fall Protection
 - e. Standards for Slippery Surfaces
 - f. Injury Prevention
 - g. Slips Without a Fall
 - h. Summary
4. Chemical Hazards and Global Harmonization System (45 minutes):
 - a. Overview of Chemical Hazards and Hazard Communication
 - b. Physical Hazards
 - c. Global Harmonization System (GHS)
 - d. Product Safety Data Sheets (SDSs)
 - e. Applicability to the Oil/Gas Industry
 - f. Summary

5. Low Back Pain (45 minutes):
 - a. Introduction to Low Back Pain
 - b. Anatomy of the Back and Diagnosing Pain
 - c. Causes of Low Back Pain
 - d. Acute Versus Chronic Injuries
 - e. Applicability to the Oil/Gas Industry
 - f. Summary

6. General Site Safety (45 minutes):
 - a. General Site Safety Overview
 - b. Elements of a Site Safety Plan
 - c. Major Workplace Safety Hazards
 - d. Personal Protective Equipment
 - e. Site Monitoring
 - f. Dealing with Safety Emergencies
 - g. Summary

7. Questions/Answers and Certificate Distribution (5 minutes)

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