


## Medical / American Heart Association - Contact Today to Request a Quote

On-site / Instructor Led	OSHA Standard Reference	Min/Max Class Size	Duration
<b>First Aid CPR AED - Heatsaver Total</b>	29 CFR 1910.151	Up to 10 (may allow a few extra)	4-5 Hours
<b>CPR AED Only - Adult Guidelines</b>	29 CFR 1910.151	Up to 10 (may allow a few extra)	1.5 - 2 Hours
<b>First Aid Only - Adult Guidelines</b>	29 CFR 1910.151	Up to 10 (may allow a few extra)	2 Hours
<b>Child and Infant CPRAED Add-on</b>	29 CFR 1910.151	Up to 10 (may allow a few extra)	1 Hour Add-On
<b>Basic Life Support CPRAED</b>	29 CFR 1910.151	Up to 6 (may allow a few extra)	3-4 Hours
<b>Additional Student</b>		Up to 4 additional MAX	30 Min Added to Class
<b>Add-On OSHA Safety Topic (1-2 Hr. Courses Only)</b>		Up to 15	1-2 Hours

On-site / Blended - Online w/ Instructor Led Skills	OSHA Standard Reference	Min/Max Class Size	Duration
<b>First Aid CPR AED - Heatsaver Total</b>	29 CFR 1910.151	Online - UNLIMITED Up to 10 Per Skills Session	Online - 3-4 Hours Skills - 1 Hour
<b>CPR AED Only - Adult Guidelines</b>	29 CFR 1910.151	Online - UNLIMITED Up to 10 Per Skills Session	Online - 1-2 Hours Skills - 45 Min
<b>First Aid Only - Adult Guidelines</b>	29 CFR 1910.151	Online - UNLIMITED Up to 10 Per Skills Session	Online - 1-2 Hours Skills - 45 Min
<b>Basic Life Support CPRAED</b>	29 CFR 1910.151	Online - UNLIMITED Up to 10 Per Skills Session	Online - 2-3 Hours Skills - 1 Hour

<b>TRAVEL FEE</b>	<b>Contact Joy Today to Request a FREE Consultation and Quote:</b>		
Over 75 Mile Trip - \$0.65 Per Mile Total Trip (IRS Standard) Calculated from TRAIN-U LLC Home Office (Sewell, NJ) to Training Location of Customer	<b>Joy Heavlow</b> <b>TRAIN-U LLC</b> <b>Owner and Lead</b> <b>Instructor</b> <b>Phone:</b> <b>610-800-3457</b>		
<b>WEEKEND &amp; AFTER HOUR FEE</b>			
Classes Booked on Weekends or Outside 8am - 5pm Workday 10% of Total Added to Service Invoice			

**Email:** [joy@trainu.org](mailto:joy@trainu.org)

<b>OSHA Safety Topics</b> <b>Most Common Courses Listed</b>	<b>Please Note: Training is not limited to this list. If there is a topic needed, but not listed, please request information from your training specialist.</b>		
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On-site / Instructor Led / Virtual	OSHA Standard Reference	Min/Max Class Size	Duration
<b>Aerial Work Platform - Scissor and Boom Lift Safety</b> • Powered Platforms, Manlift & Vehicle-Mounted Work Platforms	29 CFR 1910 Subpart D, F 29 CFR 1926 Subpart L	Up to 15	1-2 Hours
<b>Aerial Work Platform Operator Evaluation</b>		Per Person Per Piece of Equipment	15-20 Min PP
<b>Bloodborne Pathogens</b> • Overview of Risks, Controls, Prevention, PPE and Responsibilities of Bodily Fluid and OPIM clean up • First Aid Team Mock Clean Up	29 CFR 1910.1030	Up to 15	1 Hour
<b>Confined Space Entry - Awareness Level</b> • Overview of PRCS, Entry Teams & Permits, Hazard Identification, PPE and Rescue Procedure Requirements	29 CFR 1910.146	Up to 15	1-2 Hours
<b>Confined Space Entry - Competency Level</b> • All of the Above and... • Equipment Operations: Air Monitoring, Entry & Rescue Devices • Entry Team Roles: Practice Mock Entry • Entry Permit: Complete Mock Form	29 CFR 1910 Subpart J	Up to 15	3-4 Hours
<b>Crane Safety - Overhead and Gantry Cranes</b> • Types, Hazards, Path of Travel and Safe Operation • Safe Hoisting, Rigging and Lifting Procedures • Operator Evaluation	29 CFR 1910.179	Up to 15	1-2 Hours

<b>Crane Safety Operator Evaluation</b>		Per Person Per Evaluation	15-20 Min PP
<b>Cranes and Derricks in Construction</b> <ul style="list-style-type: none"> <li>All of the Above and...</li> <li>Construction Subpart CC Focus,</li> <li>Qualified Rigger, Signal Person</li> <li>Operator Evaluation</li> </ul>	29 CFR 1926 Subpart CC	Up to 15	3-4 Hours
<b>Crane Safety Operator Evaluation</b>		Per Person Per Evaluation	15-20 Min PP
<b>Emergency Action Plan and Drill</b> <ul style="list-style-type: none"> <li>Exit Routes, Maps and Planning</li> <li>Complete Mock Emergency Evacuation Drill</li> </ul>	29 CFR 1910.38	Up to 15	1-2 Hours
<b>Excavation Safety for Construction - Awareness Level</b> <ul style="list-style-type: none"> <li>Overview Excavation Hazards, Trenching &amp; Soil Mechanics</li> <li>Trench Boxes, Shoring, Classes of Soil</li> <li>How to read Tabulated Data</li> </ul>	29 CFR 1926.650 -652	Up to 15	1-2 Hours
<b>Excavation Safety for Construction - 3 Day Competency Course</b> <b>Equivalent to an OSHA 3015</b> <ul style="list-style-type: none"> <li>All of the Above and...</li> <li>Shoring Systems, Testing Instruments</li> <li>Training Techniques and Conduct Training</li> </ul>	29 CFR 1926 Subpart P	Per Person Min of 5	20 Contact Hours
<b>Fall Prevention &amp; Protection - Awareness Level</b> <ul style="list-style-type: none"> <li>Overview of Walking Working Surfaces</li> <li>Including Ladders, Stairways, Dockboards &amp; PFAS Overview</li> </ul>	29 CFR 1910 Subpart D 29 CFR 1926.1051-1060	Up to 15	1-2 Hours
<b>Fall Protection - Personal Fall Protection Systems</b> <ul style="list-style-type: none"> <li>All of the Above and...</li> <li>Inspection of PFAS</li> <li>Anchor, Body Harness, Connection, Deceleration</li> <li>Free Fall Calculation</li> <li>Hands-On Practicals w/System Components</li> </ul>	29 CFR 1910 Subpart I 29 CFR 1926.501-503	Up to 15	4-5 Hours
<b>Fire Extinguisher Safety - Classroom Only</b> <ul style="list-style-type: none"> <li>Types of Fires, Extinguishers and Fuels</li> <li>Prevention Measures and Company Policy Review</li> <li>Emergency Response - Use of Extinguisher and Evacuation</li> </ul>	29 CFR 1910.157	Up to 15	1 Hour
<b>Fire Extinguisher Safety w/Live Burn Hands On</b> <ul style="list-style-type: none"> <li>All of the Above and...</li> <li>Outdoor Practical - Hands-on Use of Extinguisher</li> </ul>	29 CFR 1910.157	Up to 15	2 Hours
<b>Forklift - Powered Industrial Truck</b> <ul style="list-style-type: none"> <li>Types: Sit-Down, Stand-up, Powered Pallet Jack &amp; Order Picker</li> <li>Inspection, Safe Operation, Maintenance</li> <li>Re-training and Evaluation Requirements</li> <li>Operator Evaluation</li> </ul>	29 CFR 1910.178	Up to 15	1-2 Hours
<b>Forklift Operator Evaluation</b> <ul style="list-style-type: none"> <li>Evaluation on Each Piece of Equipment an Operator Uses</li> </ul>		Per Person Per Piece of Equipment	15-20 Min PP
<b>Hazard Communication</b> <ul style="list-style-type: none"> <li>Focus on GHS, Right to Know and Company Specifics</li> <li>Labeling Standards and Reading Safety Data Sheets</li> </ul>	29 CFR 1910.1200	Up to 15	1-2 Hours
<b>Hearing Conservation &amp; Noise Exposure</b> <ul style="list-style-type: none"> <li>Noise Levels and Requirements of Hearing Protectors</li> <li>Audiometric Testing Requirements</li> <li>Type, Use and Maintenance of Hearing Protection Devices (plugs/muffs)</li> </ul> <b>ASK ABOUT NOISE MONITORING AND AUDIOMETRIC TESTING SERVICES TO ENSURE NEED AND COMPLIANCE</b>	29 CFR 1910.95	Up to 15	1 Hour
<b>Hot Work Safety Operations</b> <ul style="list-style-type: none"> <li>Welding, Cutting &amp; Brazing</li> <li>Hazards, Prevention and Control</li> <li>Hot Work Permit, Compressed Gas Storage and Fire Watch</li> </ul>	29 CFR 1910.251	Up to 15	1 Hour
<b>Lockout Tagout</b> <ul style="list-style-type: none"> <li>Control of Hazardous Energy</li> <li>Authorized, Affected, Other Employees</li> <li>Energy Isolating Devices, Locks, Tags</li> <li>LOTO Procedures, Assessments and Checklists</li> </ul>	29 CFR 1910.147	Up to 15	1-2 Hours

<b>Lockout Tagout - Competency Level</b> <ul style="list-style-type: none"> <li>Mock Lockout Evaluation</li> </ul> <ul style="list-style-type: none"> <li>Add Group Exercise to Evaluate After Training and/or Throughout the Year to ensure proper procedures are being followed. <ul style="list-style-type: none"> <li>Periodic Inspection of LOTO Procedures</li> </ul> </li> </ul>		Per Group - Case by Case	4-5 Hours
<b>Machine Guarding</b> <ul style="list-style-type: none"> <li>Assessing Machinery Hazards and Risk</li> </ul> <ul style="list-style-type: none"> <li>Types of Machines and Guards</li> <li>Safety Inspections Overview</li> </ul>	29 CFR 1910.212	Up to 15	1-2 Hours
<b>Personal Protective Equipment</b> <ul style="list-style-type: none"> <li>Review of Eye &amp; Face / Head, Foot &amp; Hand Protection <ul style="list-style-type: none"> <li>Protection Types, Levels and Use</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>Overview of Hearing and Respiratory Protection (Separate In-depth Training Needed)</li> </ul>	29 CFR 1910.132 - 138	Up to 15	1-2 Hours
<b>Respiratory Protection &amp; Fit Testing</b> <ul style="list-style-type: none"> <li>Hazard and Protection Types</li> <li>Limitations of Protective Devices</li> <li>Respiratory Program Components</li> <li>Fit Testing and Medical Clearance Protocols</li> </ul>	29 CFR 1910.134	Up to 15	1-2 Hours
<b>Respirator Fit Testing - Qualitative</b> <ul style="list-style-type: none"> <li>As Long as Medical Clearance Completed: Each Worker will Complete a Series of Activities using a non-toxic solution (Bitrex or Saccharin Solution) w/Hood to Measure Quality of Seal and Ensure Proper Fit of Respirator <ul style="list-style-type: none"> <li>Visible Signs of Leakage - Pass or Fail</li> </ul> </li> </ul>		Per Person / Per Mask	5 Fit Tests in 30 Min
<b>Respirator Fit Testing - Quantitative</b> <ul style="list-style-type: none"> <li>As Long as Medical Clearance Completed: Each Worker will Complete a Series of Activities using a Port-a-Count Machine to Measure Quantity and Ensure Proper Fit of Respirator <ul style="list-style-type: none"> <li>Individual Fit Test Report</li> <li>Electronic Pass or Fail</li> </ul> </li> </ul>		Per Person / Per Mask	1 Fit Test in 10 Min
<b>TRAIN THE TRAINER</b>			
Most OSHA Safety Topics are Available as a TTT	29 CFR 1910 & 1926	Class of 1 - 3 (Maximum) <b>Includes:</b> Training Materials / How to Train Course Presented by Instructor and Teach Back from Each Student	4-6 Hours Excludes AHA Medical Classes
Additional TTT Student (over 3)		Per Additional Student	
3 Day TTT Course (Min of 3 Students)	29 CFR 1910 & 1926	Per Student (Minimum of 4 Students)	Up to 21 Hours (Only Fall Protection and Excavation Safety)

<b>OSHA 10 &amp; 30 HOUR COURSES</b>		<b>Please Note: Flexibility of schedule can be discussed with Instructor. Detailed Course Descriptions will be sent upon request. Discounts available dependant on the total # of students confirmed.</b>	
On-site / Instructor Led	OSHA Standard Reference	Min/Max Class Size	Duration
GENERAL INDUSTRY - OSHA 10 HOUR	29 CFR 1910	5 MIN - 30 MAX PER PERSON FEE	2 DAYS MINIMUM 10 Contact Hours
GENERAL INDUSTRY - OSHA 30 HOUR	29 CFR 1910	5 MIN - 30 MAX PER PERSON FEE	4 DAYS MINIMUM
CONSTRUCTION INDUSTRY - OSHA 10 HOUR	29 CFR 1926	5 MIN - 30 MAX PER PERSON FEE	2 DAYS MINIMUM 10 Contact Hours
CONSTRUCTION INDUSTRY - OSHA 30 HOUR	29 CFR 1926	5 MIN - 30 MAX PER PERSON FEE	4 DAYS MINIMUM

Additional Services	CONTACT TODAY FOR A FREE CONSULT AND QUOTE		
On-site / Virtual / Remote	OSHA Standard Reference	Description	Duration
Written Program Management	29 CFR 1910 & 1926	Pricing Per Program (Special Discounts for Multiple Programs) Review & Update Current Evaluate & Create New	1 Hour On-site 1 Hour Remote/Virtual
On-site Safety Inspection / Mock Audit	29 CFR 1910 & 1926	Evaluation completed with Company Specific or TRAIN-U LLC Checklists SEE BELOW FOR OPTIONS	
		Basic Site Inspection and Review	1-2 Hours
		HALF DAY - Inspection, Review and Report Given	4-5 Hours
		FULL DAY - Inspection, Review & Report Hazards with Corrective Actions. Review of Recordkeeping including Injury & Illness Reports and Written Programs.	6-7 Hours
Safety Specialist for Hire (Full or Half Day)	29 CFR 1910 & 1926	Site Specific Safety Multiple Services Included SEE BELOW FOR OPTIONS	
		FULL DAY for Hire (Per Day)	8 Hours
		FULL WEEK for Hire (Per Day)	30-40 Hours