

BUSINESS OWNER BIO

MEET JOY LEAHEY

LEARN IT. LOVE IT. LIVE IT.
TRAIN-U

WHO is JOY?

Joy is a strong, empowered, knowledgeable, and driven woman who provide top notch Safety and Health Services! Take a look at Joy's snapshot of expertise below. You have found the most *engaging, professional and caring leader* within the Safety & Health profession.

She truly brings "JOY" to Safety! Starting her career back in 2005, she obtained her degree in Occupational Safety and Health, her authorization as an OSHA Outreach Trainer in General and Construction Industries, among other specialty topics. Joy continues to **LEARN** and develop her craft.

In 2022, Joy made her dream a reality by starting her own business, TRAIN-U! Whether Joy is leading a Training Session or providing Consultation, she **LOVES IT and LIVES IT!**

It's kind of her motto: LEARN IT! LOVE IT! LIVE IT!!

WHAT Drives Joy:

Passion, is the key element that drives Joy and her business. To do anything, you must first **Learn It**. Then you start to **Love It**. Most importantly, you must **Live It**.

Joy's Snapshot of Experience:

- **20 Years** as a Safety and Health Professional
- **Safety Leader** of a Fortune 500 Company
- **Continuous Education** - OSHA Authorized Outreach Trainer / American Heart Association Instructor / Member of American Society of Safety Professionals and National Safety Council / QSSP - Qualified Safety Sales Professional / Associate of Science in Occupational Safety and Health ... and many more!



Email: joy@trainu.org

Call or Text Joy @ 610-800-3457



Joy is the true definition of her name, personally and professionally. Just ask Merriam-Webster...

joy : noun
: a state of happiness or felicity
: a source or cause of delight



Health & Safety Training Topics Provided

Equipment Specific Training & Worker Evaluation:

- Forklift Safety – Powered Industrial Truck (PIT) 1910.178 (every 3 yrs)
- Mobile Elevated Working Platform Safety (MEWP) 1926.452-454 & 1910.67 & .29 (ANSI A92 3yr / Annual)
- Overhead and Gantry Crane – General Industry 1910.179 & ASME B30.2 (3 yr)

Annually Required Training, Testing, Inspection:

- Portable Fire Extinguisher and Live Fire Practical 1910.157
- Bloodborne Pathogens 1910.1030
- Respiratory Protection and Fit Testing 1910.134
- Hearing Conservation 1910.95(k) w/Audiometric Testing 1910.95(g)
- LOTO – Periodic Inspection (conduct annually) 1910.147(c)(6)(iii)
- Personal Protective Equipment Topics with Annual Training Requirements: Respiratory 1910.134(k), Hearing 1910.95(k), Flame-resistant Clothing 1910.120 and Asbestos 1910.1001

Topics for New Hires - Initial and As Needed:

- Fire Prevention Plans and Emergency Action Plans 1910.39 & .38
- Hazard Communication (GHS) – Right to Understand 1910.1200
- Hot Work (Welding, Cutting, Brazing) 1910.252 & .146 & 1926.352
- Fire Watch 1910.252 & .146 & 1926.352
- Lockout Tagout – Authorized, Affected and Other 1910.147
- Machine Safeguarding 1910 Subpart O
- Personal Protective Equipment 1910 Subpart I and 1926 Subpart E
- Excavation and Trenching 1926 Subpart P

Fall Protection Training – Industry Applicable:

- Walking Working Surfaces – 1910 Subpart D 1910.21-.30
- Construction Fall Protection 1926.501-503
- General Industry Fall Protection 1910.28-.30
- Scaffolding Fall Protection for Construction 1926.451
- Steel Erection Fall protection 1926.760
- Stairways & Ladder Safety in General Industry 1910.23, .25 & .30
- Stairways & Ladder Safety in Construction 1926.1053
- Fall Protection System Requirements, Criteria & Practices 1910.28-.29
- Personal Fall Arrest Systems in General Industry 1910.140 and 1910.28
- Personal Fall Arrest Systems in Construction Industry 1926.501, .502(d), .503

Specialized Training for Authorized & Competent Level Work Practices:

- Confined Space Entry 1910.146 and 1926 Subpart AA
- Annual Confined Space Permit Program Review – 1926.1204
- Annual Rescue Practices w/Internal Rescue Team – 1910.146 Appendix F
- Lockout Tagout Training for Authorize and Affected Workers 1910.147
- Arc Flash Low Voltage (<600V) - NFPA70E
- Arc Flash High Voltage (>600V) - NFPA70E
- HAZWOPER 24hr/40hr/8hr – RCRA, EPA 40 CFR 311, 1910.120 & 1926.65

Other Awareness Level Training Topics:

- Hand and Power Tool Safety 1910.242-244 & 1926.301-303
- Heat Injury and Illness Prevention (expected to finalize in 2025-2026)
- Workplace Violence Prevention and Active Threat (General Duty Clause, 5(a)(1))
- Ergonomics, MSD's and Back Injury Prevention (General Duty Clause, 5(a)(1))
- Injury Illness Prevention Programs (General Duty Clause, 5(a)(1)) & State Req
- First Aid CPR AED Training – American Heart Association 2 Year Cert

Joy Leahey – 610.800.3457 – joy@trainu.org



HOW SCHEDULING WORKS



STEP ONE: PLAN

Meet your **TRAIN-U** professional expert.
Discuss Workplace Health & Safety needs, wants and requirements.
Compile a **customized** plan together for you and your business.

Email: joy@trainu.org

Call or Text Joy @ 610-800-3457

STEP TWO: SCHEDULE

Set dates, location and times that work best for **your schedule**.
Choose from our MENU of Workplace Health & Safety Topics.

Flexibility is key.

Schedule during the Work Day, Work Night, Weekend and/or a Holiday?

Let's Talk!

TRAIN-U strives to provide the BEST scheduling plan to fit your needs!

STEP THREE: TRAIN

This is the most important step...**It is SHOWTIME!**
Once our plan is set and schedule confirmed, **TRAIN-U** will do the rest.

What to Expect on Training Day:

- Set Up (Arrive Early)
- Professional Presence
- 100% Engagement
- Energy (it's contagious)
- Expert Guidance
- Record Retention and Review
- Post Class Wrap Up
- Clean Up

JOY LEAHEY'S QUALIFICATIONS

TOP COURSES



- **Associate of Science Degree in Occupational Safety and Health**
 - Columbia Southern University #25MR-DRIV-JT
- **Authorized Outreach Instructor for (502) Construction & (503) General Industry**
 - OTI Mid-Atlantic Edu Center #14-000080271 in General Industry
 - OTI Rutgers School of Public Health #12-000108969 in Construction
 - Schedule your OSHA 10 and 30 Hour Training (29 CFR 1910 & 1926)
- **Safety Organizations and Topic Specific**
 - **American Heart Association Faculty**
 - Basic Life Support & Heartsaver First Aid CPR & AED Trainer
 - Instructor ID# 06110025922 Training Center: St. Francis
 - **ASSP: American Society of Safety Professionals**
 - Written Safety Management / ANSI Updates / Technical Expertise
 - **NSC : National Safety Council**
 - Forklift Trainer and MEWP Trainer
 - Excavation & Trenching Trainer
 - Machine Guarding
 - **3M Fall Protection Competent Person Trainer**
 - Competent Person Inspector
 - **QSSP: Qualified Safety Sales Professional**
 - Personal Protective Equipment Safety

❖ **MOST COMMONLY REQUIRED TOPICS WE CAN PROVIDE:**

- **Bloodborne Pathogens** (1910.1030) - **Emergency Action Planning** (1910.38)
- **Fire Extinguisher Safety** (1910.157 and 1926.150) - **First Aid CPRAED** (1910.151)
- **Hearing Conservation** (1910.95 and 1926.52) - **Hazard Communication/GHS** (1910.1200 & 1926.59)
- **Lockout Tagout Safety** (1910.147 and 1926 Subpart D, Q & K) - **Overhead Crane Safety** (1910.179)
- **Mobile Elevated Working Platform** (1910.67) - **Powered Industrial Truck Safety** (1910.178 & 1926.602)
- **Respiratory Protection w/Qualitative & Quantitative Fit Testing** (1910.134 and 1926.103)
- **Walking Working Surfaces** (1910.22) and **Fall Protection (PFAS)** (1910.28 and 1926.501)

**Contact Today to Schedule a Consultation
and Site Assessment!**

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