



CNYCOSH

The Central New York Council on Occupational Safety & Health

CNYCOSH, the Central New York Council on Occupational Safety and Health, is a not-for-profit membership organization dedicated to preventing occupational illness/injury. Our members and those we serve include unions, local employers, individual workers, health-care providers, lawyers, and educators throughout the 14 counties of Central New York.

CNYCOSH provides **information and technical assistance** by telephone or in person - evaluating worksites to assess and propose protections for worker safety and health, interpreting manufacturers' information on hazardous chemicals used in the workplace, researching risks of different manufacturing operations, answering questions about laws and regulations and providing referrals for medical or legal opinions. Workers' answers are a telephone call away.

CNYCOSH provides **training and educational workshops** throughout the year on many technical topics - see list below. CNYCOSH provides training for specific hazards at individual worksites. Also, CNYCOSH educates workers and employers on setting up and successfully running Health and Safety Committees.

CNYCOSH operates a **Library/Resource Center** which has information on a wide variety of workplace chemical, physical, biological, and equipment hazards. Laws and regulations including Workers' Compensation, OSHA, building and fire codes, and environmental regulations are available. Materials are available in a variety of formats including books, journals, newsletters, factsheets, pamphlets, videos, CD-ROM databases, and Internet access.

The CNYCOSH staff can provide comprehensive as well as general training on a wide variety of health and safety issues. Lists of the topics we can cover include but are not limited to:

- **Emergency Response** : 24 hour Industrial Emergency Response, HAZWOPER, Boat Rescue and Towing
- Americans with Disabilities Act
- Asbestos
- Basics of Safety and Health
- Bloodborne Pathogens & Biological Hazards
- Chemical Exposures in the Workplace
- Cold and Heat Stress on the Job
- Confined Space Awareness
- Construction Standards
- Electrical Safety
- Ergonomics
- Fire Protection
- General Safety Standards
- Hazard Communication
- Health and Safety Committees
- Health and Safety Inspections
- Hearing Conservation
- Indoor Air Quality
- Job Hazard Analysis
- Lab Safety
- Lead
- Lock Out/Tag Out
- Material Safety Data Sheets (MSDS)
- Multiple Chemical Sensitivity Awareness
- OSHA Act
- **OSHA Construction and General Industry**
- Personal Protective Equipment
- Pesticides
- Physical Hazards
- Record Keeping
- Repetitive Stress Injuries
- Respiratory Protection Awareness
- Right-to-Know
- Risk Mapping
- Violence in the Workplace
- Welding and Cutting Safety
- Train the Trainer (Ergonomics)
- Zinc

CNYCOSH can provide an annual training schedule for all your needs. This option will give you confirmed date status that will entitle your company to have the desired dates you pick. While other clients will have to work around your scheduled needs.

Looking forward to working with you! Please refer us to other's who would enjoy no cost Safety & Health training classes.

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