



# CNYCOSH

Central New York Council on Occupational Safety and Health is a not-for-profit membership organization dedicated to preventing occupational illness/injury.

We offer the following program's which helps our communities across New York State.

**CNYCOSH** *Authorize OSHA Outreach Instructors can provide:*

## ***OSHA 10 Hour General Industry Safety Course:***

**Requirements:** Introduction to OSHA, Walking and Working Surfaces, Exit Routes, Emergency Action Plans, Fire Prevention and Fire Protection, Electrical, Personal Protective Equipment, Hazard Communication.

**Elective Topics:**

*Hazardous Materials (Flammable and Combustible liquids, Materials Handling, Machine Guarding, Intro to Industrial Hygiene, Stairways and Ladders, Bloodborne Pathogens, Ergonomics, Safety and Health Program, Fall Protection.*

All who successfully completed the entire 10-hour course, participants will receive an OSHA General Industry Safety and Health 10-Hour card from the US Department of Labor Washington DC.

CNYCOSH OSHA 10 Hour training classes are **"at no cost"** to our clients, compared to outside vendors who might charge up to \$ 315.00 per person.

**CNYCOSH** *Authorize OSHA Outreach Instructors can provide:*

## ***OSHA 30 Hour General Industry Safety Course:***

***(Supervisor, Foreman, and Managers)***

**Requirements:** Introduction to OSHA, Walking and Working Surfaces, Exit Routes, Emergency Action Plans, and Fire Protection, Electrical, Personal Protective Equipment, Material Handling, Hazard Communication.

**Elective Topics:**

*Hazardous Materials (Flammable and Combustible liquids, Permit-Required Confined Spaces, Lock out/Tag out, Machine Guarding, Welding, Cutting, and Brazing, Intro to Industrial Hygiene, Bloodborne Pathogens, Ergonomics, Fall Protection, Safety and Health Programs, Powered Industrial Vehicles*

Those who successfully complete the entire 30-hour course will receive an OSHA General Industry Safety and Health 30-Hour card from the US Department of Labor Washington DC.

CNYCOSH OSHA 30 Hour training classes are **"at no cost"** to our clients, compared to outside vendors who might charge up to \$ 750.00 per person.

CNYCOSH would like to offer you an annual training schedule for all your needs. This option will give you confirmed date status that will entitle your company to have the desire 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."***