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Being prepared for emergencies is crucial at home, school, work and in your community.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or school or can confine you to your home. What would you do if basic services – water, gas, electricity or telephones – were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. The best way to make you and your family safer is to be prepared before disaster strikes

Courses Offered:

- CPR, First Aid and AED
- Bloodborne Pathogens



### Competent Climber Course



This training course is designed for all personnel who work at or supervise individuals who work at heights. The training provides individuals with the required skills to safely recognize, evaluate, and control hazards related to falls and working at heights. This course involves both multi-media presentations and hands-on workshops.

- Fall Prevention & Protection Competent Person Review
- Overview of Regulations and Standards (OSHA, ANSI Z359 2007)
- Defining and discussing Fall Restraint, Fall Restriction and Fall Arrest
- Anchors and Anchor Connectors
- Connecting Devices and Harnesses
  - Selection
  - Inspection, Maintenance, Use & Limitations
- Specialty Systems
  - Vertical Lifelines
  - Horizontal Lifelines
  - Ladder Safety Climbing Systems
  - Controlled Descent Systems
- Hazard Recognition, Evaluation and Control
- Industry Hazards
  - Types of Tower Structures
  - Weather, Clothing, Falling Objects
  - Crane and Man Lift Usage
- Fall Clearance Calculation & Minimizing Fall Forces
- Pre-job Planning
- Tower Exercises
- Intro to Rescue

### Com-Tech Services Safety Training



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## OSHA 10 & 30 Hour Telecom Construction Safety

This 10 and 30 Hour for Telecommunications Construction safety course was developed by the US Department of Labor in cooperation with NATE (National Association of Tower Erectors) in an effort to reach at-risk tower workers and educate them as to the unique hazards facing us in the tower industry. All participants in the NATE/OSHA Partnership are required to have all on site personnel trained in this or an equivalent with a specific focus on tower safety. Supervisory personnel for tower crews must obtain the OSHA 30. All attendees will become familiar with the OSHA Standards for Construction 29 CFR 1926. Other construction safety and health standards are also discussed. Attendees receive an update and review of standard construction safety and health principles, and information that prepares them to recognize and control a variety of hazardous conditions specific to the factors facing tower workers.

An OSHA certificate will be issued to each participant.



### Topics Covered

- Causes & results of crane accidents.
- Types, components & terminology of mobile cranes.
- How mobile cranes are rated.
- How to interpret and use load charts.
- Pre-lift considerations.
- Safe operating practices and procedures.
- Operator, rigger & supervisory responsibilities.
- How to perform pre-operational inspections.
- How to conduct pick & carry operations safely.
- How to prepare for a critical lift.
- How to safely perform multi-crane lifts.
- Procedures for boom assembly/disassembly.
- Hand signals & responsibility of signal persons.
- Procedures for safely working cranes around power lines.
- How to comply with OSHA and ANSI/ASME safety requirements.
- How to comply with OSHA's requirements when hoisting personnel with cranes.
- Rigging: wire rope, slings, chain, rigging hardware, lifting devices, calculating sling loading, reeving, determining load weight, safe rigging practices and how to prepare a lift plan.

## Mobile Crane Operator

This course is Ideal for operators, supervisors, riggers and other personnel who require a thorough knowledge of mobile crane safety. An excellent training program to prepare operators taking state licensing and other certification exams.



## Mobile Crane



Each Crane Operators Training Program is based on the latest OSHA, ASME, and API requirements, as applicable, and includes continuous updates of the best industry practices. Students will develop safe inspection and operating techniques. There is an on site mobile hydraulic crane for "hands on" workshop, the crane will be used for "hands on" demonstration of crane operation.

- Safe and Efficient Operating Techniques
- Proper Crane Setup
- Load Chart Interpretations
- Equipment Maintenance
- Sling Selection and Inspection
- D/d Ratio Considerations
- Rigging Accidents and Prevention
- Determining Center of Gravity
- Operator Inspection Requirements
- Principles of Craning
- Planning Lifts
- Total Operator Responsibility
- Effect of Sling Angles
- Hitch Selections and Applications
- Solving Actual Rigging Problems
- Weight Estimation



## Rigger / Signal Person

- Daily, Monthly and Annual Inspections
- Report/Forms & Documentation Requirements
- Wire Rope and Rigging
- Crane Standards Reviewed – OSHA/ASME/ANSI/CMAA/NEC 610

Students will develop safe inspection and application techniques for slings and related hardware, rigging plan, rigging triangle and load control. Riggers who have not had the advantage of qualified training have difficulty with rigging concepts and calculating the forces involved. Mistakes become accidents and guesswork becomes the norm placing the entire jobsite at risk and lives in danger.



## High Angle Rescue

This Rescue Course has been designed specifically to meet and exceed the requirements set forth in the newly revised ANSI Z359 2007 Standard. The Technical Rescuer Course offers participants the opportunity to receive manufacturer approved instruction on one of the simplest and most versatile rescue systems on the market. Stressing simplicity (No knots! No Knives!)

The classroom session will focus on:

- OSHA compliance
- ANSI compliance
- PPE use, fit and inspection
- Rescue theory
- Self-Rescue
- Assisted Self-Rescue
- Mechanical Aided Rescue
- Pick-off Rescue

All Participants will go through extensive Hands-On Training, as well as a pass/fail written and practical exams. Upon completion of the course, students will receive a Photo Certification Card.

