



ARIZONA CHAPTER



**SAFETY COURSES
& CERTIFICATE PROGRAMS**



Why Arizona Chapter National Safety Council (ACNSC)?

ACNSC offers National Safety Council (NSC) courses that can help you reduce injuries, build a safety culture and stay compliant. Trusted worldwide and armed with the latest research, NSC experts start by incorporating OSHA compliance regulations into the courses they design. But NSC courses go way beyond these basics to include global best practices to prevent injuries and death. Workplace safety culture begins with a well-trained workforce. Employees trained in NSC safety programs make their workplaces safer for everyone. ACNSC training is available from experienced and credentialed instructors in the ACNSC training center classroom or onsite at your location and can be customized to meet your needs. Services include consultations, site visits, onsite inspections and mock OSHA inspections.

"Over 500,000 first-responders are trained in NSC first-aid every year!"

Contents

Letter from the President	4
Occupational Health & Safety Courses	5
Course Descriptions	6
Advanced Safety Certificate (ASC) Program	16
MESH & C-MESH Certificate Program	17
Contact & Membership Info	19



Welcome to a Safer World.

The Arizona Chapter National Safety Council (ACNSC) was founded in 1949 and is a Not-For-profit 501(c)3 Corporation. Our purpose is to educate and motivate people to live safer and healthier lives whether at home, work, school, play, or on the highway. The National Safety Council was founded in 1913 and is the only safety organization to be chartered by Congress and recognized for its leadership in safety programs and advocacy.

The Arizona Chapter National Safety Council (ACNSC) has a vast and comprehensive portfolio of training which I am sure will cater to your business. From our flagship training of First Aid/CPR and AED, to Defensive Driving, all our programs can be customized to fit your individual requirements, be it online, in person at our training center, or even coming to your business we have it all covered.

ACNSC has partnered with Safety Help Today to offer additional OSHA-compliant workplace safety training. Our Training comes backed with the most sought-after trainers the industry has to offer, each equipped to excel in their specialty and bringing to the table a vast amount of training experience. So, when you or your institutions sign up for a safety class with the ACNSC be assured of receiving world-class training, which is my promise to you.

According to a study from Harvard University in 2019, engaged workers are more aware of safety best practices and are more likely to step in to protect colleagues. So, as you look through our offerings in this course catalog, please feel free to reach out to us for any questions that you may have or to register your organization for any of our classes.



Rick Murray
President & CEO
Arizona Chapter National Safety Council

Occupational Health & Safety Courses

- Asbestos Awareness
- Bloodborne Pathogens
- CPR/AED
- Confined Space for the Competent Person
- Confined Space Entry Awareness
- Defensive Driving (DDC-4)
- DOT Title 49 Hazardous Materials General Awareness and Familiarization
- Ergonomics: Managing for Results
- Excavation and Trenching Awareness
- Excavation and Trenching for the Competent Person
- Fall Protection Awareness
- Fall Protection for the Competent Person
- First Aid
- First Aid/CPR/AED Standard
- First Aid/CPR/AED Instructor
- Flagger Instructor
- Flagger Training Course
- Fundamentals of Industrial Hygiene
- Hazard Communication with GHS
- Hazardous Waste Operations and Emergency Response (HAZWOPER)
- Heat Awareness
- Incident Investigations
- Industrial Hygiene Basics
- Job Safety Analysis
- Lift Truck Operator Training Course
- Lockout/Tagout
- OSHA 10 Construction
- OSHA 10 General Industry
- OSHA 30 Construction
- OSHA 30 General Industry
- Principles of Occupational Safety and Health (POSH)
- Qualified Rigger and Signalperson
- Respiratory Protection
- Safety Inspections
- Safety Management Techniques
- Safety Training Methods
- Scaffolding Awareness
- Scaffolding for the Competent Person
- Silica Awareness
- Team Safety
- Work Zone Technician



Courses & Descriptions

Asbestos Awareness

Duration: 4 hours

OSHA CFR Title 29 Part 1910.1001 and CFR Title 29 Subpart 1926.1101

This course is designed to assist employers and employees who have the potential for asbestos exposure in the working environment. This course will provide participants with the information needed to identify work areas where asbestos-containing materials may be present, understand the health risks and effects of asbestos, develop methods to avoid asbestos exposures, and become familiar with OSHA regulations and permissible exposure limits. This course does not meet the requirements of the EPA Type 1, Type 2, or Type 3.

Bloodborne Pathogens

Duration: 2 hours or 8 hours

OSHA Title 29 CFR Part 1910.1030, 1926.50 App A

This course is designed to assist employers in the OSHA regulatory training requirements and has been developed for employers and employees who are exposed to blood and other potentially infectious materials (OPIM). This course helps to reduce these risks by focusing on how to protect employees from blood and airborne pathogens and what to do if exposure occurs.

CPR/AED

Duration: 4.5 hours

Did you know that the current survival rate for sudden cardiac arrest is less than 7%? Proper use of automated external defibrillation (AED) could save a quarter of these lives. Dramatically improve those odds with training that prepares participants to respond to a medical emergency. Get the Best CPR and AED Training in One Simple Program. Our CPR and AED program gives you the latest guidelines for CPR and emergency cardiac care, starting with how to assess the scene of an emergency and take stock of the victim's condition. It explains how AEDs work and why they're a critical part of emergency cardiac care. It also includes guidelines for meeting the state Public Access Defibrillation (PAD) laws and outlines the need for medical direction.



Confined Space for the Competent Person

Duration: 8 hours

OSHA Title 29 CFR Part 1910.146, 1926 Subpart AA, ANSI Z117.1, NFPA 350

This course is designed to assist employers in the OSHA regulatory training requirements for confined spaces. This course will provide the Competent Person working in or in the vicinity of confined spaces, knowledge on how to identify and classify a confined space or permit-required confined space. Participants will gain knowledge on the elements of confined space programs, including roles and responsibilities, training requirements, hazard identification, how to implement hazard controls, and emergency procedures.

Courses & Descriptions

Confined Space Entry Awareness

Duration: 4 Hours

OSHA Title 29 CFR Subpart 1910.146, 1926 Subpart AA, ANSI Z117.1, NFPA 350

Participants who take this course will gain knowledge on how to identify and classify a confined space, or a permit-required confined space. Employees who work in or in the vicinity of confined spaces will be able to identify hazards and understand the methods of hazard control.

Defensive Driving (DDC-4)

Duration: 4.5 hours

This interactive instructor-led classroom course motivates participants to change their behind-the-wheel behaviors and attitude and provides the knowledge and skills drivers need to avoid collisions and traffic violations. This training may also lead to reduced insurance costs for companies and individuals.



DOT Title 49 Hazardous Materials General Awareness and Familiarization

Duration: 8 hours

OSHA CFR Title 49 Transportation Part HMR §172 Subpart H.

Hazardous Materials Regulations (HMR) mandate training for employees who prepare hazmat for shipment or who transport hazmat in commerce. This includes employers with direct supervision of hazmat transportation functions as defined by HMR Part §171.8. This course is designed to meet the training requirements of HMR Part §172 Subpart H and will provide participants with familiarity with the requirements of the Hazardous Materials Regulations and enable them to recognize and identify hazardous materials. Topics covered will include the identification of hazardous materials, the hazard classification system, how to use the hazardous materials table, requirements for packaging/marketing/labeling, placard requirements, shipping papers, segregation, other HMR training requirements, and how to handle incident reporting.

Ergonomics: Managing for Results

Duration: 8 hours

Repetitive motion and overexertion are the biggest risk factors facing American workers. This one-day course will teach you how to reduce the number and severity of musculoskeletal injuries in your workplace through a practical and effective program. Discussions, demonstrations, and exercises explain the importance of keeping employees free from ergonomic injuries. You'll also learn how to recognize risk factors, conduct an ergonomic worksite analysis to, evaluate, and rank hazards, and select appropriate control methods



Courses & Descriptions

Excavation and Trenching Awareness

Duration: 4 hours

OSHA 29 CFR 1926 Subpart P

Excavation and trenching are some of the most hazardous tasks in construction. Open excavations in the Earth's surface can cave in unexpectedly, causing injury or death if the proper protective systems are not in place. This course will provide participants with the knowledge to identify hazards, define cave-in protection methods, and OSHA regulations.

Excavation and Trenching for the Competent Person

Duration: 8 hours

OSHA 29 CFR 1926 Subpart P

This course is designed to assist employers and employees who are involved in trenching activities to meet OSHA regulatory training requirements. This course provides participants knowledge on OSHA trenching regulations, roles and responsibilities of the Competent Person, hazard recognition, hazardous atmospheres and testing, soil analysis, and classification. Participants will also gain knowledge on the selection, use, and installation of cave-in protection systems including hydraulic shoring, trench shields, and sloping and benching requirements.



Fall Protection Awareness

Duration: 4 hours

OSHA CFR Title 29 Part 1910.140, 1926 Subpart C 1926.21, Subpart M, ANSI Z359

This course is designed to offer participants an overview of general fall protection requirements. This course will provide participants with information on recognizing potential fall hazards, methods of hazard prevention and control, and personal fall arrest and restraint systems.

Fall Protection for the Competent Person

Duration: 8 hours

OSHA Title 29 CFR 1926 Subpart M

Falls are the leading cause of occupational fatalities and disabling injuries. This Competent Person course is designed to assist employers in the OSHA regulatory training requirements for fall protection in construction. Participants will gain knowledge on hazard identification and how to implement conventional fall protection methods, including personal fall arrest and restraint systems. The Competent Person will understand roles and responsibilities, how to calculate fall clearance, how to select, use, and install fall protection systems, and training requirements.

Courses & Descriptions

First Aid

Duration: 4 hours

Employees are often on the “front line” of an emergency. Their ability to respond quickly to injuries can save lives. This course teaches employees how to recognize everyday medical emergencies and care for an injury or illness until professional help arrives. First Aid is taught using a combination of the instructor’s “Watch-Then-Practice” method and hands-on training. The Student Workbook includes the First Aid Quick Guide for easy reference.

First Aid/CPR/AED Standard

Duration: 8 hours

Knowing appropriate action to take in an emergency until professional help arrives is critical to saving lives. This course teaches employees how to recognize everyday medical emergencies and care for an injury or illness until professional help arrives.



First Aid/CPR/AED Instructor

Duration: 24 hours

All organizations, regardless of industry or number of employees, must comply with OSHA requirements to protect the lives and health of their employees and to avoid costly fines and increased insurance premiums. NSC First Aid, CPR & AED provides the training that organizations trust to give their employee the lifesaving skills they need to respond correctly during a medical emergency. Having a certified instructor at your workplace will enable you to train your employees at a lower cost and according to your scheduling needs. This course meets current EEC Guidelines and also meets OSHA requirements for first aid training in the workplace.

Flagger Instructor

Duration: 16 hours

Manual on Uniform Traffic Control Services (MUTCD) and the ANSI standard ISEA-107-2015.

Controlling traffic through work zones is one of the most important and dangerous operations in road construction and maintenance. In the Flagger Training Instructor Course, you’ll learn to teach work zone crews standard flagging procedures and how to provide safe passage in and around work areas.



Courses & Descriptions

Flagger Training Course

Duration: 4 hours

Manual on Uniform Traffic Control Services (MUTCD) and the ANSI standard ISEA-107-2015

Controlling traffic through work zones is one of the most important and dangerous operations in road construction and maintenance. Work zones are one of the most important and dangerous operations in road construction and maintenance. The objective of the Flagger Training Course is to train flaggers in safe flagging procedures and techniques to provide safe passage of traffic through and around work zones.

Fundamentals of Industrial Hygiene

Duration: 32 hours

You will be able to anticipate, recognize, evaluate and control physical, chemical, ergonomic, and biological hazards within your workplace by developing your understanding of industrial hygiene terminology, principles, and practices by examining four key processes in an effective industrial hygiene effort - anticipation, recognition, evaluation, and control.

Hazard Communication with GHS

Duration: 4 hours

OSHA Title 29 CFR Subpart 1910.1200, 1926.59

This course is designed to meet the training requirements of 1910.1200(h). Topics covered will include an overview of the OSHA hazard communication regulations including GHS, classification systems, labeling requirements, chemical terminology, permissible exposure limits, safety data sheets and GHS pictograms, health and environmental hazards and risks, and the requirements for establishing an effective hazard communication program. At the end of this course, participants will be able to demonstrate an understanding of what constitutes a hazardous material or substance, associated risks and hazards, and how to recognize and implement proper control methods.

Hazardous Waste Operations and Emergency Response (HAZWOPER)

Duration: 40 hours

OSHA CFR Title 29 Part 1910.120

This course is designed for employees needing initial Hazardous Waste Operations and Emergency Response certification. This 40-hour HAZWOPER training is a requirement for general site workers who are engaged in hazardous materials removal or other activities which could expose or potentially expose them to hazardous substances necessitating an emergency response. Topics covered in this course will include types of hazards associated with waste operations, PPE and the different levels of protection, toxicology, and chemical properties, fire prevention, hazard communication, site emergencies, control methods, and more. Participants will walk away feeling prepared to perform safely and effectively in a range of hazardous waste and material situations.



"Safety work is today recognized as an economic necessity. It is the study of the right way to do things."

- Robert W. Campbell, first president of the National Safety Council



Courses & Descriptions

Heat Awareness

Duration: 2 hours

People who work in hot environments indoors or outdoors, or those engaged in strenuous physical activities, may be at risk for heat stress. Exposure to extreme heat can result in occupational illnesses, including heatstroke, heat exhaustion, heat syncope, heat cramps, heat rashes, or death. Heat can also increase workers' risk of other injuries, creating additional hazards such as sweaty palms, fogged-up safety glasses, dizziness, and reduced brain function. In this course, you will learn to identify potentially dangerous heat conditions, the warning signs of heat illness, and how to implement effective controls.



Incident Investigations

Duration: 8 hours

This course focuses on techniques for gathering complete, accurate, and objective incident data, determining root causes, reporting findings, and determining corrective actions. Participants learn how to uncover the who, what, why, when, and how of each incident, and how to analyze data to prevent future injuries, property damage, and financial losses.

Industrial Hygiene Basics

Duration: 8 hours

Develop a basic understanding of industrial hygiene terminology and principles, as well as practical approaches for recognizing, evaluating and controlling common workplace industrial hygiene hazards.

Job Safety Analysis

Duration: 8 hours

This course offers a proven process for identifying and controlling operating hazards and implementing controls to reduce costs related to injuries and lost time. You'll learn how to develop and manage a JSA program to gain a better understanding of your role and to learn how to enlist participation from frontline employees, supervisors, and upper management in making it effective.



Lift Truck Operator Training Course

Duration: 4 hours

OSHA Powered Industrial Truck Standard 1910.178 and 1926.602

NSC trainers employ effective, non-lecture, OSHA-compliant NIOSH training, and coaching methods to develop safer lift truck operators. One-day training is available at an NSC training center or onsite at your work location. To complete the course, hands-on skills testing will need to be performed by a trained evaluator at the employer's location and on the employer's equipment.



Courses & Descriptions

Lockout/Tagout

Duration: 4 hours

OSHA 29 CFR 1910 Subpart J, 1926 Subpart K

Workers performing service or maintenance on machinery and equipment may be exposed to injuries from the unexpected energization, startup of the machinery or equipment, or release of stored energy in the equipment. In this course, participants will learn practices and procedures required to disable machinery or equipment and to prevent the release of potentially hazardous energy. It will cover OSHA regulations. Purpose and elements of a lockout/tagout program, types of hazardous energy, methods of controlling hazardous energy, detecting hazardous conditions, identifying lockout/tagout devices, and responsibilities of the authorized employee.

OSHA 10 Construction

Duration: 10 hours

OSHA 29 CFR 1926

The Outreach Training Program is a voluntary program intended for entry-level construction workers. Its purpose is to promote workplace safety and health and to provide construction workers with the knowledge to identify workplace hazards and skills to implement the proper controls. It emphasizes the value of safety and health to construction workers and will cover the Focus Four.

OSHA 10 General Industry

Duration: 10 hours

OSHA 29 CFR 1910

The Outreach Training Program is a voluntary program intended for entry-level workers. Its purpose is to promote workplace safety and health and to provide workers with the knowledge to identify workplace hazards and skills to implement the proper controls. It emphasizes the value of safety and health to workers.



OSHA 30 Construction

Duration: 30 hours

OSHA 29 CFR 1926

This OSHA 30 course is an in-depth class for Construction professionals and teaches you how to navigate common job-site hazards so that you and your associates are safe at work. This course will consist of a formal classroom presentation and practical demonstration designed to meet OSHA training requirements. It will cover hazard identification, methods for hazard controls, roles and responsibilities, and training requirements.

Duration: 30 hours

OSHA 29 CFR 1910

This OSHA 30 course is an in-depth class for General Industry professionals and teaches you the basic elements of workplace safety and health program and how to manage both. This course will consist of a formal classroom presentation and practical demonstration designed to meet OSHA training requirements. It will cover hazard identification, methods for hazard controls, roles and responsibilities, and training requirements.

Courses & Descriptions

Principles of Occupational Safety and Health (POSH)

Duration: 32 hours

Principles of Occupational Safety and Health (POSH) is an intensive four-day course covering 15 topics that provide a solid understanding of the fundamentals of workplace safety and health. This scenario-based course focuses on best practices for implementing and managing a safety program utilizing the latest adult learning principles and technologies. POSH is a great introduction for anyone new to safety responsibilities and an excellent review for experienced safety practitioners.

*NSC recommends taking the POSH course first as it provides the foundation for the remaining courses, but the ASC® courses can be taken in any order.

Qualified Rigger and Signalperson

Duration: 8 hours

OSHA Title 29 CFR 1926

Subpart CC, Subpart H 1926.251

Employees who perform hoisting activities for assembly and disassembly work or who are within the fall zone to secure, unhook, manage a load, or perform initial connections of a load must be qualified per OSHA. This course is designed to meet the OSHA requirements for a qualified rigger and signalman. Training topics will include general requirements and responsibilities, hazards associated with crane and rigging activities, basic crane functions, hand and voice communication, crane and rigging limitations, rigging accessories and uses, inspection requirements, and more. Participants will gain the knowledge needed to perform rigging and signaling activities safely.



Respiratory Protection

Duration: 4 hours - OSHA 2225

OSHA requires employers to train and fit-test employees who use respirator protection on the job. This course will cover the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. It will cover terminology, written procedures, respiratory hazards, respirator selection, uses and limitations, donning and adjustment, hands-on practice, user seal check, maintenance and storage, medical signs and symptoms, NIOSH certification, and training documentation.



Safety Inspections

Duration: 8 hours

This course provides an overview of the safety and health inspection processes to examine specific techniques to identify hazards and determine the most effective controls.



Courses & Descriptions

Safety Management Techniques

Duration: 32 hours

SMT training takes a balanced approach to safety management. This course addresses administrative, technical, and cultural issues, helping you effectively manage projects and employees. Through discussions and in-class activities, this course teaches winning strategies you can easily and cost-effectively implement for your company utilizing discussions and in-class activities. You'll gain the tools and skills to enhance your safety management techniques and influence your organization's safety and health efforts.

Safety Training Methods

Duration: 32 hours

Learn how to plan, organize, create, and deliver performance-based safety training that truly engages employees and improves your organization's safety practices. This course provides a solid understanding of needs analysis, performance objectives, instructional strategy and methods, content, delivery evaluation, and costs, so you can make educated decisions about the safety training needs for your workforce. This course combines instructor-led training with the group and independent activities and provides opportunities to apply concepts using a variety of safety and health scenarios.



Scaffolding Awareness

Duration: 2 hours

OSHA CFR Title 29 Part 1926.454

Employees who work on or around scaffolding must be trained to recognize and control hazards associated with scaffolding systems. This course has been designed to meet the OSHA training requirement under 29 CFR 1926 Subpart L. Topics covered in this course will include hazards associated with scaffolding, scaffolding types, proper use requirements, material handling safety, fall protection, and other general safety measures.

Scaffolding for the Competent Person

Duration: 8 hours

OSHA CFR Title 29 Part 192.454

Participants will receive training pursuant to OSHA requirements under 29 CFR 1926 Subpart L. This course will go beyond the basic awareness level and into details necessary for Competent Persons who are involved in erecting, disassembling, maintaining, and inspecting scaffolding systems. Topics covered will include hazards and risks associated with scaffolds, correct procedures for erecting and disassembling, design criteria, maximum intended load-carrying capacity, the intended use of scaffolding systems, and the responsibilities of the Competent Person. After completion of this course participants will be able to identify existing and predictable hazards and ensure that scaffolding systems are used in a safe manner.

Courses & Descriptions

Silica Awareness

Duration: 4 hours

OSHA Title 29 CFR Subpart 1926.1153 and CFR Title 29 Subpart 1910.1053

This course has been developed for employers and employees who perform or are exposed to silica dust-generating work activities. Topics covered will include a history of OSHA's silica regulations, key provisions of the OSHA regulations, employer monitoring and assessment requirements, OSHA permissible exposure limits, health hazards related to silica dust exposure, common operations that generate silica exposures, and OSHA required prevention and control methods including Table 1. Participants will walk away with a better understanding of how to recognize, prevent, and control workplace silica exposure hazards.

Team Safety

Duration: 8 hours

Employee engagement is the key to a successful safety program. This course shows you how to make group safety efforts work for your organization. You'll learn how to build effective safety teams - or get the most from the teams you have. Utilizing discussions, demonstrations, and exercises you will learn how to create a group safety program, including how to develop your team's safety skills to enable them to make a positive impact on your organization's safety culture. The result is a more effective safety team and measurable improvements for your organization.



Work Zone Technician

Duration: 8 hours

Work Zone Technician is an introductory course providing technical training based on the Manual for Uniform Traffic Control Devices (MUTCD) for roadway personnel. Participants will learn how to install, modify, maintain, manage the safe movement of all forms of traffic, and safely remove temporary traffic control zones. To supplement the technical information presented, tabletop activities using printed mats, vehicle models, simulated signs, and cones are used where participants will build appropriate temporary traffic control zones based on various roadway designs and scenarios presented. These activities encourage critical thinking and create an effective visual element that enhances learning.



NSC safety training is trusted worldwide. Armed with the latest research, NSC experts start by incorporating OSHA compliance regulations into the courses they design. But NSC courses go way beyond these basics to include global best practices to prevent injuries and death.



Advanced Safety Certificate (ASC)

The Advanced Safety Certificate (ASC) Curriculum provides an in-depth look at the issues safety practitioners face every day and offers proven approaches and solutions. The core required course (POSH) provides a solid foundation of knowledge to meet all safety challenges, and the electives allow for a more in- depth review of specific safety topics. Through 12 training days and 7.8 CEUs, this popular safety certificate program will help you learn how to direct your organization's comprehensive safety plan with greater efficiency and success.

How to Earn Your Advanced Safety Certificate

Complete the following required four-day course (2.6 CEUs)

- Principles of Occupational Safety and Health (POSH)

Select and complete* any combination of the four-day courses and one-day classes listed below for a total of 12 training days and 7.8 CEUs.

4-day courses – 2.6 CEUs/four days

- Safety Management Techniques
- Fundamentals of Industrial Hygiene
- Safety Training Methods

1-day courses – 0.65 CEUs/one day

- Team Safety
- Safety Inspections
- Ergonomics: Managing for Results
- Job Safety Analysis
- Incident Investigations

***All course requirement must be completed in a five-year period.**



Manager of Environmental Safety & Health Certificate (MESH)

The Manager of Environmental Safety & Health (MESH) certificate program is designed to recognize individuals who improve their practical knowledge while earning a valuable credential. Individuals can earn the MESH Certificate when 100 hours of continuing education through the Arizona Chapter National Safety Council (ACNSC), ASU OSHA Education Center, and/or Arizona Division of Occupational Safety and Health (ADOSH) are completed.

General Industry MESH Certificate

26-32 Hour Core Courses (Must complete at least one)

- NSC Principles of Occupational Safety and Health
- OSHA 30 Hour General Industry
- OSHA 501 Trainer for General Industry
- OSHA 511 Standards for General Industry

26-32 Credit Hours

- NSC Safety Management Techniques
- NSC Safety Training Methods
- OSHA 3095 Electrical Standards

18-21 Credit Hours

- NSC First Aid/CPR/AED Instructor Development Course
- OSHA 3115 Fall Protection
- OSHA 2255 Ergonomics

10-12 Credit Hours

- NSC Work Zone Flagger Instructor Development Course
- OSHA 10 Hour for General Industry

8 Credit Hours

- NSC Lift Truck Operator Instructor Development Course
- OSHA 7200 Bloodborne Pathogens
- NSC Team Safety
- NSC Job Safety Analysis
- NSC Safety Inspections NSC Ergonomics

7 Credit Hours

- OSHA 7505
- Incident Investigation
- NSC Southwest Safety Conference

4-6 Credit Hours

- NSC DDC-4
- NSC Lift Truck Operator
- OSHA 7845 Recordkeeping
- NSC Work Zone Flagger
- OSHA 7205 Health Hazard Awareness

3 Credit Hours

- ADOSH 3-hour, in-person training classes

Construction C-MESH Certificate

26-32 Hour Core Courses (Must complete at least one)

- NSC Principles of Occupational Safety and Health
- OSHA 30 Hour Construction
- OSHA 500 Construction Trainer
- OSHA 510 Construction Standards

26-32 Credit Hours

- NSC Safety Management Techniques
- NSC Safety Training Methods
- OSHA 3095 Electrical Standards

18-21 Credit Hours

- NSC First Aid/CPR/AED Instructor Development Course
- OSHA 2264 Confined Space
- OSHA 3115 Fall Protection
- OSHA 3015 Excavation, Trenching & Soil Mechanics
- OSHA 2255 Ergonomics

10-12 Credit Hours

- NSC Work Zone Flagger Instructor Development Course
- OSHA 10 Hour for Construction

8 Credit Hours

- NSC Lift Truck Operator Instructor Development Course
- NSC Job Safety Analysis
- NSC Ergonomics
- NSC Safety Inspections
- NSC Team Safety

7 Credit Hours

- OSHA 7505 Incident Investigation
- NSC Southwest Safety Conference

4-6 Credit Hours

- NSC DDC-4
- NSC Lift Truck Operator
- NSC Work Zone Flagger
- OSHA 7845 Recordkeeping
- OSHA 7500 Safety & Health Management

3 Credit Hours

- ADOSH 3-hour, in-person training classes

Our Partner



Co-Founder and President Amber Pappas had a desire to build a company that specialized in providing safety and health solutions that went beyond compliance. Safety Help Today was founded with that desire in mind. With over 20 years of industry experience, Safety Help Today has been assisting companies with the implementation of training and consulting solutions that benefit the company and the employee, while helping teams continue to build and maintain desired behaviors.

The Safety Help Today trainers hold nationally recognized safety and health certifications as well as several decades of experience in a variety of industries. This combination has allowed the Safety Help Today team to build a partnership with the Arizona Chapter National Safety Council in order to offer a multitude of training solutions from experienced trainers.



NOTES:



ARIZONA CHAPTER

Membership

National Safety Council members have access to thousands of safety resources.

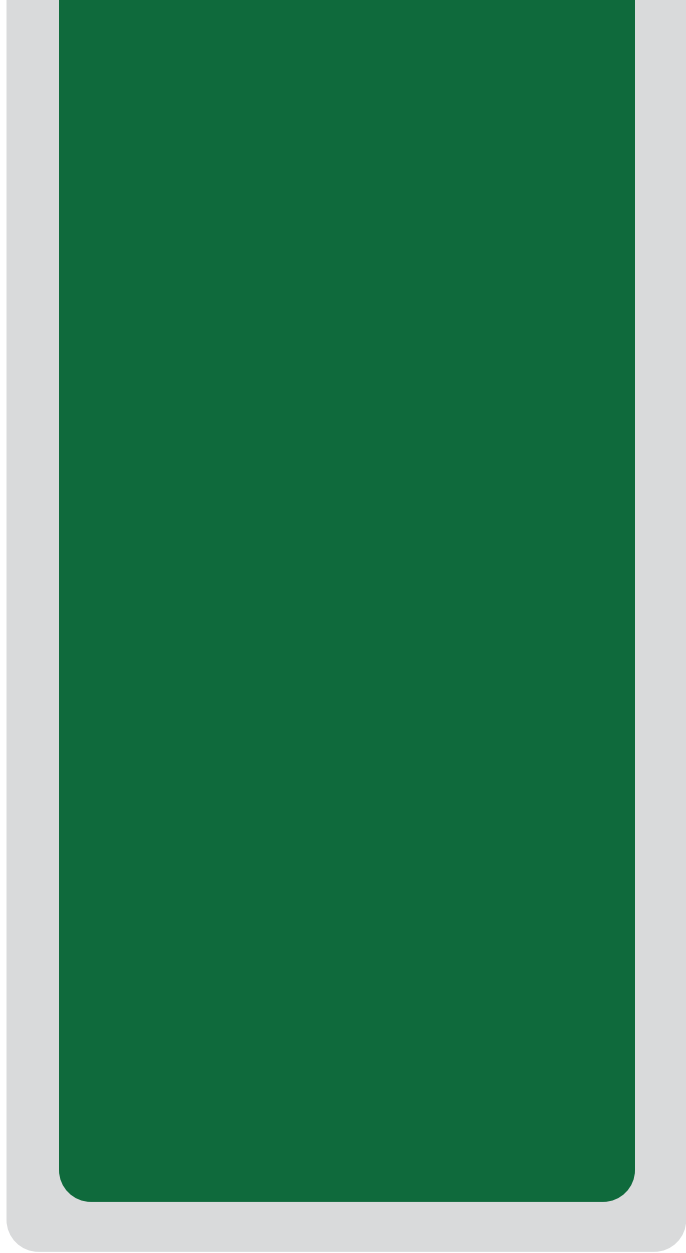
Your membership provides you with discounts and the most current safety information as well as access to the newest products, training, and service.

Contact Us

Arizona Chapter National Safety Council
16841 N. 31st Ave. Bldg 5
Phoenix, AZ 85053
www.acnsc.org
info@acnsc.org

(602) 264-2394

**Build Skills
Save Lives**



ARIZONA CHAPTER

Arizona Chapter National Safety Council | 16841 N. 31st Ave. Bldg 5, Phoenix, AZ 85053
www.acnsc.org | info@acnsc.org | 602.264.2394