



SOS TECHNOLOGIES-CHICAGO

Forklift Safety Training - Meets the requirements of the revised OSHA standard 29 CFR 1910.178 and provides SOS Technologies certification for all successful participants. Course is designed to specifically address the types of powered industrial trucks that are used in your workplace. This 3-hour course includes lecture and hands-on training. Train-the-trainer courses are also available.

Hazard Communication Awareness Training - Satisfies Federal OSHA "Right To Know" requirements (29 CFR 1910.1200). Covers "Right-to-Know," MSDS recognition, signage, legal requirements, chemical hazards and more. Duration: 2 hours.

Site-Specific Hazard Communication Training - Satisfies Federal OSHA "Right To Know" requirements (29 CFR 1910.1200). Covers Specific information contained in your written Hazard Communication Plan, "Right-to-Know," your MSDS, in-house labeling system, legal requirements, site specific chemical hazards and more. Duration: 3 hours

Lockout/Tagout Training - This 2 -3 hour class instructs employees in general work practices related to lockout/tagout and specific instruction regarding equipment in your facility. Meets 29 CFR 1910.147 guidelines

Electrical Safety-Related Work Practices Training - This 2 - 3 hour course satisfies OSHA 29 CFR 1910.331-335 requirements for both qualified and unqualified persons. Applies to all those who work with or near live electrical wiring. Also covers selection and use of PPE, tools and wiring procedures

Confined Space Entry Training - This four-hour, hands-on training course covers pre-entry, permit required confined spaces, confined space operations, and potential hazards. Confined Space Rescue Training also available. Meets requirements of the revised OSHA 29 CFR 1910.146 guidelines.

Respirator Training - Satisfies updated OSHA 29 CFR 1910.134 requirements. This 3-4 hour training course includes qualitative fit testing, medical surveillance information, proper use, cleaning, maintenance and storage procedures for all types of respirators.

Fire Extinguisher Training - This 2-3 hour course trains employees on the use of fire extinguishers. The training combines lecture, demonstration and practice. "Live Burn" is also available. Satisfies CFR 1910.157 requirements.

Emergency Response & Fire Prevention Training - Site specific training includes safe evacuation procedures, chain of command, individual responsibilities to co-workers and professionals, and in-place protection. This course satisfies 29 CFR 1910.38 requirements.

Personal Protective Equipment (PPE) Training - This 2-3 hour course satisfies OSHA requirements for hand, eye, head, face and foot protection. Information directly from your company's walk through and certification covering selection, care, use and limitations of PPE included.

Chemical Lab Hygiene Training - Designed to comply with 29 CFR 1910.1450, this 2-3 hour course covers such topics as basic laboratory rules and procedures, personal protective equipment, record keeping, signs and labels and procedures to handle spills or accidents. Also includes information on waste disposal, lab rules, etc.

Back Safety Training - This 1.5-2 hour class includes information on safe lifting techniques, the structure of the back, exercising before you lift, the eight commandments of lifting, risk factors, risk analysis and more.

Hearing Conservation Testing and Training - Audiometric testing conducted by certified or licensed professionals on site. Baseline as well as annual tests available. Complies with OSHA 29 CFR 1910.95 requirements. Training includes effects of noise on hearing; purpose, advantages and disadvantages of various hearing protection devices, along with the proper care and maintenance procedures and explanations of audiometric test procedures.

Overhead Crane & Hoist Training - This course covers recommended operator requirements, frequent and periodic inspections, securing and handling the load, crane operations, and more. This 2-3 hour course includes both a lecture portion as well as hands on training.

Office Ergonomics - This 1.5-2 hour course gives employees an understanding of Cumulative Trauma Disorders, such as Carpal Tunnel Syndrome and Tendonitis, and learn how to adapt jobs to avoid injuries. Warning signs and symptoms of CTD's are discussed. A workstation evaluation is reviewed, and stretching, warm-up, and relaxation exercises are covered.

General OSHA Workshop - This four hour course gives an overview about OSHA. What to expect from an inspection, requirements of the various standards including, but not limited to hazard communication, lockout/tagout, confined space and personal protective equipment. Useful handouts will be provided along with "helpful hints" for employee safety and compliance.