



OSHA 10-Hour Construction Training

The OSHA 10-Hour Construction Training is a comprehensive program designed to provide workers in the construction industry with essential knowledge and skills to identify and prevent workplace hazards. Developed by the Occupational Safety and Health Administration (OSHA), this training aims to promote a safe and healthy work environment, reducing the risk of accidents, injuries and fatalities on construction sites.

The program covers a wide range of topics, including hazard recognition, fall protection, electrical safety, personal protective equipment (PPE), scaffolding, excavation and trenching, and more. By completing the OSHA 10-Hour Construction Training, workers gain valuable insight into industry-specific safety regulations, best practices and procedures, equipping them with the necessary tools to maintain a safer work environment.

During the OSHA 10-Hour Construction Training, participants engage in interactive sessions that combine lectures, videos, case studies and group discussions. Workers learn to recognize common hazards and understand the importance of proactive safety measures. They also become familiar with OSHA standards and regulations, enabling them to identify non-compliance and take appropriate action.

The OSHA 10-Hour Construction Training is recognized and accepted by many employers and contractors, who often require their workers to complete the program before they can start working on construction sites. This training not only helps workers stay safe but also enhances their employability and contributes to the overall improvement of safety culture within the construction industry.



For more information about SMG U, to enroll in a program or request custom training, visit safetymanagementgroup.com/training.



Courses are scheduled on two successive days, usually from 8 a.m. until 1:30 p.m.
(Times may vary)

Upon completion of the course, each participant receives a wallet card from the US Department of Labor, Occupational Safety and Health Administration (OSHA) and a link to download their certificate of completion from SMG.

OSHA 10-Hour General Industry Courses are also available.



OSHA 30-Hour Construction Training

The OSHA 30-Hour Construction Training is a comprehensive safety program designed to educate workers and employers about potential hazards in the construction industry and provide them with the necessary knowledge and skills to ensure a safe working environment. Developed by the Occupational Safety and Health Administration (OSHA), this training program goes beyond the basic 10-Hour Training and provides a more in-depth understanding of construction safety practices.

During the OSHA 30-Hour Construction Training, participants are introduced to a wide range of topics including: Fall Protection, Electrical Safety, Excavation and Trenching, Hazard Communication, PPE, Multi-Employer Worksite Issues, Lockout/Tagout, Confined Space Entry, Fire Protection and Prevention, Material Handling, Hand and Power Tools, Welding and Cutting, Scaffolding, Cranes and Derricks, and much more.

Participants will also learn about relevant OSHA standards, regulations and best practices that are essential for preventing accidents, injuries and fatalities on construction sites.

By completing the OSHA 30-Hour Construction Training, workers and employers gain the necessary skills to identify potential hazards, implement safety measures and promote a culture of safety within their organizations.



Courses are scheduled on two successive days, usually from 8 a.m. until 5 p.m.
(Times may vary)

Upon completion of the course, each participant receives a wallet card from the US Department of Labor, Occupational Safety and Health Administration (OSHA) and a link to download their certificate of completion from SMG.

OSHA 30-Hour General Industry Courses are also available.



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Confined Space Entry Training

This four-hour Confined Space Entry Training is a specialized training program designed to educate individuals on the safe practices and procedures for working in confined spaces. Confined spaces are areas that have limited access, restricted ventilation and potentially hazardous conditions. These spaces can include tanks, vessels, pipelines, sewers, silos and other enclosed or partially enclosed areas. The purpose of the training class is to equip workers with the knowledge and skills necessary to identify and mitigate potential hazards, adhere to proper entry procedures and effectively respond to emergencies that may arise within confined spaces.

During a Confined Space Entry Training, participants learn about the various hazards associated with confined spaces, such as oxygen deficiency or enrichment, toxic atmospheres, flammable materials and physical hazards like engulfment or entrapment. The training covers topics such as risk assessment, permit systems, personal protective equipment (PPE), atmospheric monitoring, ventilation techniques and emergency procedures.

Participants also receive hands-on training in using specialized equipment like gas detectors, harnesses and retrieval systems. By completing a confined space entry training class, individuals gain the necessary skills and knowledge to safely enter and work in confined spaces while minimizing risks to themselves and others.

Training also available utilizing our mobile safety training trailer.



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Customize Your Training Program

Need a program specific to your industry or a special area of concern? SMG professionals will design a program to meet your objectives. We develop and deliver training programs specific to equipment or operational procedures and can develop a safety plan that is coordinated with your training activities.





Fall Protection Safety Training

The Fall Protection Safety Training is a comprehensive training program meticulously designed to educate employees on recognizing and rectifying fall hazards in the workplace, with the ultimate goal of preventing accidents. This course focuses on the guidelines established by the 29CFR 1926 Subpart M, which outlines the eight types of fall protection measures permissible for use. Through engaging instructional modules and practical demonstrations, participants are introduced to various fall protection systems such as guardrails, safety nets, personal fall arrest systems and positioning devices, among others.

The training emphasizes the importance of identifying potential hazards and teaches employees how to select and implement the appropriate fall protection methods for different work environments and tasks, ensuring compliance with the established safety regulations.

With an emphasis on proactive prevention, the Fall Protection Safety Training empowers employees to take an active role in maintaining a safe working environment. Participants learn to assess their surroundings for potential fall hazards, understand the importance of regular equipment inspections and adopt safe work practices. The training provides practical knowledge on conducting pre-work inspections, identifying faulty equipment, and making necessary corrections to mitigate risks. By raising awareness and enhancing skills, this comprehensive training equips employees with the necessary tools to address fall hazards before accidents occur, promoting a culture of safety and well-being in the workplace.

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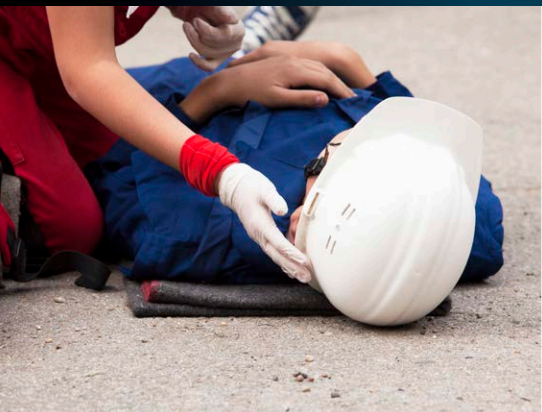
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First Aid/CPR Certification

Designed for certification in American Red Cross First Aid, participants will gain the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel take over.

During the Adult CPR Certification, participants will learn how to recognize and care for breathing and cardiac emergencies in adults.

Upon successful completion, each participant will receive an American Red Cross certification card in First Aid (valid for two years) and CPR (valid for two years). Class is scheduled on one day from 8 a.m. until 12 p.m.

Onsite certification and recertification classes are also available from Safety Management Group.



**American
Red Cross**

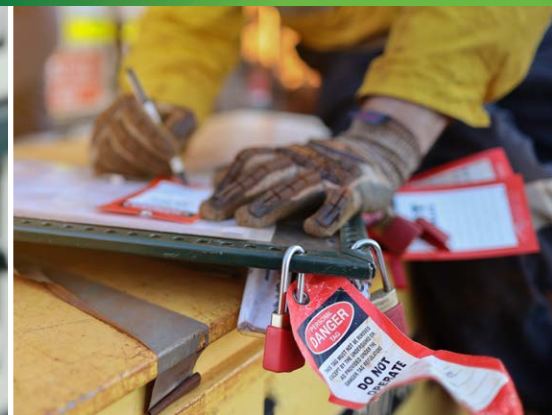


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Lockout/Tagout Training

This Lockout/Tagout Training is a comprehensive program designed to educate workers on the OSHA Standard for the Control of Hazardous Energy, as outlined in 29 CFR 1910.147. This training equips participants with the necessary knowledge and skills to effectively control hazardous energy sources and prevent workplace accidents.

Participants learn about the different types of energy sources, such as electrical, mechanical, and hydraulic, and the potential hazards associated with them. They also gain a deep understanding of the lockout/tagout procedures, including the proper placement and removal of lockout devices and tags.

The training emphasizes the importance of following OSHA regulations and best practices to ensure the safety of workers. Participants are educated on the various roles and responsibilities involved in the lockout/tagout process, including the authorized employees who perform the lockout/tagout, the affected employees who work in the area and the supervisors who oversee the procedure. Additionally, the training covers the steps for conducting a thorough energy control program audit and the documentation requirements to comply with OSHA standards.

By completing this training, workers are better prepared to identify and control energy sources, preventing potential accidents and ensuring a safer work environment for themselves and their colleagues.

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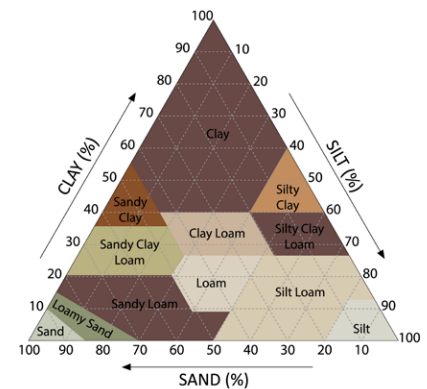
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Trenching and Excavating Safety Training

The Trenching and Excavating Safety Training is a comprehensive program designed to educate workers about the potential hazards associated with trenching and excavation operations. This training provides participants with a solid understanding of OSHA standards, regulations and best practices to ensure the safety and well-being of everyone involved in these activities. The training covers a range of topics, including soil classification, protective systems, hazard recognition and emergency response.

During the course, participants learn how to properly identify different types of soils and their stability characteristics, allowing them to assess the risks associated with trenching and excavation. They also gain knowledge about various protective systems, such as sloping, benching, shoring and shielding, and how to select the appropriate system for a given situation. The training emphasizes the importance of conducting thorough inspections before and during work, as well as the significance of regular maintenance to ensure the integrity of protective systems. Additionally, participants learn about the importance of proper personal protective equipment (PPE) and emergency planning, including rescue procedures and how to respond to hazardous situations.

By adhering to OSHA guidelines and implementing the best practices learned during the training, participants can effectively mitigate risks and protect themselves and their colleagues from potential accidents or injuries. This training plays a vital role in promoting a culture of safety and ensuring compliance with OSHA regulations within the construction and excavation industries.



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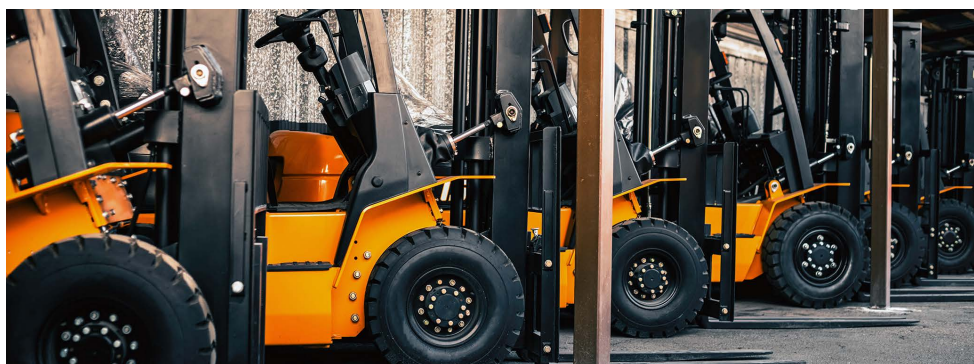


Powered Industrial Vehicle Training

Powered Industrial Vehicle Training, also known as Forklift Training, is a crucial component of workplace safety in many industries. This training is designed to educate employees on the safe and proper operation of powered industrial vehicles, such as forklifts, pallet jacks and order pickers. The training covers a range of topics including equipment inspection, load handling, maneuvering techniques and safety protocols.

During powered industrial vehicle training, participants learn about the potential hazards associated with operating these powerful machines and the precautions necessary to prevent accidents and injuries. They are taught how to assess and control risks, recognize common workplace hazards and apply safe operating practices. The training typically includes both classroom instruction and practical hands-on exercises, allowing trainees to gain a comprehensive understanding of the equipment and its operation.

By providing employees with proper training, employers can ensure that they have the necessary skills and knowledge to operate powered industrial vehicles safely, reducing the risk of accidents and promoting a safer work environment for everyone involved.



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