

TRAINING CATALOG

FINISHING TRADES
INSTITUTE OF
WESTERN & CENTRAL NEW YORK

Safety on the Job, is no accident..



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American Red Cross 1st Aid/ CPR/ AED & Bloodborne Pathogens

The purpose of the courses in the First Aid/CPR/AED & Bloodborne Pathogens program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies to know to give immediate care to a suddenly injured or ill person using proper Technique and Personal Protective Equipment for protection against possible Bloodborne Pathogens until more advanced medical personnel arrive and take over. (This is an 8-hour course)



Ames Tool Certification (Drywall Finishing Tools)

The Ames Automatic Drywall Tools certification class is a specialized training program that focuses on the operation, maintenance, and advanced techniques of using the Ames Automatic Drywall Tools. This comprehensive course provides participants with a thorough understanding of the tool's features, functions, and applications. Through a combination of theoretical knowledge and practical hands-on exercises, participants will gain proficiency in setting up, adjusting, and troubleshooting the tool for optimal performance. Safety protocols, industry best practices, and productivity-enhancing tips are also covered in this class. By completing the certification, participants will be equipped with the skills and expertise needed to effectively utilize the Ames Automatic Drywall Tools and enhance their productivity and efficiency in the field of drywall finishing.



Architectural Glass and Metal Technician (AGMT)

The Architectural Glass and Metal Technician (AGMT) Certification Program is a Glazier certification process featuring a third-party, independent assessment of an experienced glazier's knowledge of, and ability to properly perform fundamental glazing procedures.

AGMT Knowledge Based Prep class (4hrs)

AGMT Knowledge Based Exam (4hrs)

AGMT Performance Based Prep class (4hrs)

AGMT Performance Based Exam (8hrs)

<https://agmtprogram.com/>



Asbestos Awareness (2 Hour)

The 2-hour Asbestos Awareness class is a concise and focused session designed to provide participants with essential knowledge about asbestos and its associated risks. The class covers the fundamental aspects of asbestos, including its nature, history, uses, and the potential health hazards it poses. Participants will gain an understanding of the various asbestos-containing materials commonly found in buildings and the importance of identifying and managing them appropriately. The class emphasizes the importance of proper precautions and safety measures to minimize the risk of asbestos exposure. Through interactive discussions, visual aids, and case studies, participants will develop a basic awareness of asbestos-related issues, enabling them to recognize potential hazards and take appropriate steps to protect themselves and others.



Asbestos Awareness (4 Hour)

The 4-hour Asbestos Awareness class offers a comprehensive and in-depth learning experience that delves deeper into the complexities of asbestos and its associated risks. This extended session provides participants with a thorough understanding of asbestos-related hazards, regulations, and best practices for safe handling and management. The class explores the history of asbestos use, its prevalence in various industries and building materials, and the long-term health effects caused by exposure. Through interactive presentations, hands-on activities, and real-life case studies, participants will learn to identify asbestos-containing materials, assess risks, and implement effective control measures. The class also covers the legal obligations and responsibilities of employers and employees regarding asbestos management. By the end of the 4-hour class, participants will have gained a high level of asbestos awareness, empowering them to make informed decisions and contribute to safer working environments.



ASBESTOS SUPERVISOR/CONTRACTOR INITIAL TRAINING COURSE

Asbestos Supervisor/Contractor Initial training course is for any individual who performs supervision of persons permitted to enter the restricted and regulated asbestos abatement work area. The supervisor is also responsible for performing the duties of the OSHA competent person for the asbestos project, consistent with current EPA and OSHA regulations. For more information review OSHA standard 1926.1101.

(This course is 40hrs.)



ASBESTOS SUPERVISOR/CONTRACTOR

REFRESHER TRAINING COURSE

This Asbestos Worker Refresher course is designed to review key principles taught in the Asbestos Worker initial course while providing information regarding regulatory changes and updates to industry-standard work practices. This course provides 1 year of OSHA-Compliant certification; students must take their next refresher within 1 year of their previous expiration date. Review OSHA Standard 1926.1101

(8 Hour Class)



ASBESTOS WORKER/HANDLER INITIAL

*This **Asbestos Worker/Handler Initial** training course accredits individuals to remove, encapsulate, enclose, repair or disturb friable or non-friable asbestos, and to handle asbestos material in any manner which may result in the release of asbestos fiber on an asbestos abatement project. Review OSHA Standard 1926.1101 for more information.*



ASBESTOS WORKER/HANDLER

REFRESHER TRAINING COURSE

*This **Asbestos Worker Refresher** course is designed to review key principles taught in the Asbestos Worker initial course while providing information regarding regulatory changes and updates to industry-standard work practices. This course provides 1 year of OSHA compliant certification; students must take their next refresher within 1 year of their previous expiration date. Review OSHA standard 1926.1101 for more information.*



BLUEPRINT READING FUNDAMENTALS LEVEL 1

This 4-hour course will explore the fundamental makeup of a set of architectural plans, including the use, purpose, and common components of any plan. This is the first module in a series of 3 blueprint reading courses designed to teach you how to read and interpret blueprints, plans, or drawings.



Blueprint Reading Principles- Level 2

This 8 HR Blueprint Plans and Drawings course will provide the basis for using a set of architectural plans. You will explore the various views of plan drawings and how to visualize and interpret those drawings. You will use a set of prints or pages from a set of prints to locate symbols, abbreviations, and other project information and understand the relationship between the drawings and the information found on the construction documents. You will learn about scale, fractional rules and how to use the architect's scale to determine dimensions on a set of plans.



Blueprint Application- Level 3

This is the third course in the COR blueprint curriculum. In this course, you will be introduced to Shop Drawings and Specifications and how they impact the work you will do on a job. Knowledge of the full set of blueprints and supplemental documentation will help you understand why jobs and materials are bid a certain way and the impact on NOT following the details.



BRESLIN

This 4-hour class focuses on the competitive formula for the unions and contractors to gain market share. They are talking to owners, developers, and builders about how it's worth paying top dollar for union construction because it's a better value. But they can only do so much. It's up to every rank-and-file member to "put the walk behind the talk" by making union construction a better value on the job site every day.



C3 - Lead Removal Supervisor / Competent Person

The C3 training covers regulatory compliance, worker protections, and proper operations when disturbing lead on commercial buildings or superstructures. The course will provide background information on lead and toxic metal hazards, and look at how to safely manage operations, waste streams, and the work being performed when these substances are present. The course reviews developing programs to effectively control risks to workers, the public, and the environment, as well as insurance and bonding issues, and an introduction to other safety and health issues that are encountered on painting projects. This certification requires an 8-hour yearly refresher (C-5)

[Lead/Hazardous Paint Removal \(C3\) Course - AMPP](#)



C5 Lead Paint Removal Refresher Supervisor - Competent Person

C5 Lead Paint Removal Refresher (Supervisor/Competent Person) course provides a review of Competent Person duties and responsibilities in working with lead and other hazardous materials encountered in industrial coatings work. It also reviews relevant OSHA and EPA regulations. This course requires a yearly 8-hour refresher for certification.

[Lead Paint Removal Refresher \(C5\) Course - AMPP](#)



Changing The Culture of Construction

This 4-16 hour training is designed to inform and empower the construction industry by separating fact from fiction and encourage our workforce to choose proactivity when it comes to behavioral health issues and addictions. Our goal is to educate individuals, in turn promoting a healthy, safe, and substance free working environment.



Coating Application Specialist (CAS)

PREP Class

The Coating Application Specialist – Preparation (formerly CAS – Refresher) is an overview of surface preparation and application covered in the "Body of Knowledge" of SSPC-ACS 1/NACE No. 13 Applicator Certification Standard No. 1, "Industrial Coating and Lining Application Specialist Qualification and Certification." This training program covers those topics for Level 1 in the areas of surface preparation and coating application. Level 1 training is especially designed for entry-level employees new to the coatings industry.



Coating Application Specialist (CAS) Level 1 Certification

The Coating Application Specialist Certification Program is designed to certify those individual craft workers who have experience and training in all aspects of hands-on surface preparation and coating application of complex industrial and marine structures, according to the requirements of the Coating Application Specialist (CAS) Program. This program has a 3-year recertification date.

[Coating Application Specialist \(CAS\) Level 1 - AMPP](#)



Coating Application Specialist Level 2 Certification

(CAS)

Level 2 – Hands-on Exam

The hands-on portion of the testing certifies proficiency in abrasive blasting and coating application using conventional or airless spray. A minimum grade of 90% is required on the hands-on, practical exam for a painter to be considered for (CAS) certification.

Level 2 – Written Exam

The SSPC Coating Application Specialist Level 2 certification program requires passing a closed-book, 100 multiple-choice question, written exam drawn from the core areas of SSPC's Transition Plan. “Body of Knowledge”. A minimum grade of 70% is required on the written exam for the Painter to be considered for (CAS) certification.

Candidates will have to recertify at their 3-year recertification date.

[Coating Application Specialist \(CAS\) Level 2 - AMPP](#)



Communication Skills Training

This course introduces an introduction to the meaning of signals projected through body language. You will learn how these signals provide clues to attitudes and feelings that can be explored and verified with effective verbal communication. By learning and practicing the techniques presented in this course, you can become a more effective communicator. This is a 4-hour course.



Confined Space

In this course, students will study OSHA's Permit-Required Confined Spaces standard (29 CFR 1910.146). This course is designed to enable students to recognize, evaluate, prevent, and abate safety and health hazards associated with working environment associated with confined space entry. Technical topics include the recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards, and ventilation techniques.

4-hour awareness

8-hour awareness with rescue



DRYWALL FINISHING

As a drywall finisher/taper, you'll prepare unfinished interior drywall panels for paint or wallcovering. During this training, you will learn every aspect of drywall finishing, including the tools, materials and procedures for applying joint compound, paper tape, and different types of beads. You will also learn how to spot, fill, finish and sand joints, angles, all surfaces, and corners.



Ergonomics

This 4-hour course is designed to teach the basic skills needed to create a healthy work environment, increase productivity and decrease ergonomic risk factors by recognizing the way in which we interact with our work environment.



Estimating Essentials

Estimating is the process of assessing all the costs of a construction project. These costs include direct costs, indirect costs, overhead costs and a profit margin for the contractor. The purpose of estimating is to create a document that's used by contractors when bidding for construction projects. This 4-hour course will educate participants on the key principals of estimating including material pricing, labor costs and overhead expenses.



FALL PROTECTION

This Fall Protection Safety Training course teaches how to properly inspect, maintain, and operate fall protection equipment. This course covers fall arrest systems, anchorage points, walking work surfaces, and more. By the end of this course, students will know the best practices when working at heights on job sites.

2- hour

4-hour

8- hour



Overton Safety Training Fall Protection (USACE- United States Army Corps of Engineers)

The United States Corps of Engineers 8 hours Fall Protection Course is a comprehensive training program, created in affiliation with Overton Safety Training and is designed to equip individuals with the necessary knowledge and skills to ensure safety when working at heights. This course is specifically tailored to meet the needs and standards set forth by the United States Corps of Engineers, emphasizing their commitment to maintaining a secure work environment.

[Fall Protection - Overton Safety Training](#)



Foreman Training

This 2-hour course establishes the role of a foreman in maintaining safety and maintenance standards on the job. The students will learn the importance of properly performing personnel functions in accordance with union agreements and company policies while creating and maintaining open communication and working relationships with coworkers, supervisors and other tradesmen.



Overton Safety Forklift/Telehandler Training

This 8-hour course, created in affiliation with Overton Safety Training, covers laws and standards related to forklift/Telehandler operation, daily equipment and area inspection, stability, key components, load engagement, stacking and tiering, refueling/recharging, traveling, understanding load rating charts, signaling, dealing with jobsite and electrical hazards. There are written and practical examinations for certification. Recertification is every 3 years.

[Forklift Certification Training - Overton Safety Training](#)



Glass Etching

In the 4-hour hands-on workshop, you'll learn the art of etching intricate designs onto glass surfaces using various techniques and tools. Our experienced instructor will guide you through the process, from designing your unique pattern to mastering the etching process itself. You'll explore different etching styles and gain valuable tips and tricks for achieving stunning results. By the end of the class, you'll have a beautifully etched glass masterpiece to take home and the skills to continue exploring this captivating art form on your own. No prior experience is required, making this class perfect for beginners and enthusiasts alike.



Graphic Layout

Through this 4-hour class, students will learn the principles of effective graphic layout, exploring topics such as color theory, composition techniques, and typography. They will discover how to seamlessly integrate graphics and artwork with the architectural elements of a space, ensuring a harmonious and visually appealing outcome. Guided by experienced instructors, class participants will gain practical skills through hands-on exercises and real-world case studies. They will master techniques for accurately measuring and scaling designs, ensuring precision and professionalism in their work.



Hand and Power Tool Safety

Our 4-hour hand and power tool safety training is a comprehensive program designed to educate individuals on the safe and effective use of various tools in a variety of settings. This training covers both handheld tools, such as hammers, wrenches, and screwdrivers, as well as power tools like drills, saws, and grinders. Participants learn essential skills, including proper handling, operation, maintenance, and safety procedures for each tool type.



HAZ-COM

The 4-hour HAZ-COM (Hazard Communication) class is designed to provide participants with essential knowledge and skills related to hazardous substances in the workplace. This comprehensive training covers various aspects of chemical safety, including understanding safety data sheets (SDS), hazard labeling systems, product data sheets, and proper handling and storage practices.



Industrial and Shop Workers Vehicle Safety

This 8hr course will help refresh the driving knowledge of all that attend it with a review of time-tested driving tips and an overview of today's vehicle and traffic laws. Upon successful completion of this class, you may be eligible to reduce as many as 4 points on your driving record or receive a minimum 10% reduction in the base rate of your automobile insurance. The final 2hrs are dedicated to jobsite traffic safety.



Introduction to Automatic Drywall Taping Tools

Throughout this 8-hour Comprehensive Automatic Drywall Taping Tool Class, the student will gain knowledge of the safe use and technique for tool usage and how to maintain and troubleshoot the equipment. Over the course of this class, you will gain the skills necessary to enhance your efficiency, precision, and overall productivity when it comes to drywall taping.



Introduction To Glass Handling

In this 4-hour introductory course, you will learn the fundamentals of safely and effectively handling glass. Whether you're a beginner or have some experience, this class will provide you with the essential knowledge and techniques to handle glass with confidence. We'll cover essential safety protocols, including proper lifting and carrying techniques, the use of personal protective equipment, and the importance of maintaining a clean and organized workspace. You'll also learn about potential hazards and how to mitigate them to prevent accidents and injuries.



Knot Tying

Designed for workers in the construction industry, this 4-hour workshop focuses on the intricacies of ropes and knots, used for safe and efficient rigging and hoisting operations. Under the guidance of our expert instructors, you'll learn industry-standard knots and hitches, their specific applications, and best practices for load securement. Gain hands-on experience by practicing knots on actual rigging equipment, including ropes, pulleys, and carabiners.



Lead/Silica Awareness Training

This 4-hour **Lead/Silica Awareness Training** is designed to provide general information and guidelines related to lead and Silica exposure to workers, foremen, and supervisors engaged in work operations on a construction worksite in compliance with OSHA's Lead and Silica Standards for the Construction.



Lockout/Tagout Training

In this 4-hour course we will cover specific practices and procedures that assist with safeguarding workers from the unexpected startup of machinery and equipment or the release of hazardous energy during service or maintenance.



Overton Safety Mobile Elevated Work Platforms (MEWPS)

This 8-hour course is designed to be a It is intended to assist in meeting the Federal OSHA and ANSI A92 requirements for operator and occupant training and qualification.



NCCCO- Mobile Crane Operator Certification ***(National Commission for the Certification of*** ***Crane Operators)***

Equipment covered in this training may include Hydraulic cranes, lattice boom cranes, carry deck cranes, and boom trucks. Course topics include Crane operational characteristics, load chart use, crane set-up, use of jibs and extensions, load indicating devices, crane stability, structural competence, frequent & periodic inspections, hazard awareness, operator responsibilities, lift planning, and standards the operator must know for compliance. Training stresses a practical approach with proven methods of accident prevention.

NOTE: Certification is good for 60 Months (Certification is NOT ACCEPTED in NY State) Participant must prove 1000 hours of crane operation in 60-month period or they must take and pass both the Written and Practical Exams for recertification.



OSHA 10 Construction CFR 1926

The OSHA Outreach Training Program (OSHA 10hrclass) provides training on recognition, avoidance, abatement, and prevention of workplace hazards. Outreach classes also provide overview information regarding OSHA, including workers' rights, employer responsibilities, and how to file a complaint.

[Home | Occupational Safety and Health Administration \(osha.gov\)](https://www.osha.gov)



OSHA 30 Construction CFR 1926

The 30-hour program is best suited for workers as well as supervisors who have safety responsibilities within the workplace. The program emphasizes hazard control, prevention, avoidance, and identification, as well as OSHA standards.

[Home | Occupational Safety and Health Administration \(osha.gov\)](https://www.osha.gov)



OSHA 10 General Industry CFR 1910

The 10 Hour OSHA Outreach Training Program for General Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry.

[Home | Occupational Safety and Health Administration \(osha.gov\)](https://www.osha.gov)



OSHA 30 General Industry 29 CFR 1910

The OSHA 30-Hour General Industry training course is designed to provide an expansive list of safety topics associated with workplace hazards including, but not limited to recognition, avoidance, abatement, and prevention of hazards.

[Home | Occupational Safety and Health Administration \(osha.gov\)](#)



Personal Protective Equipment (PPE)

Our 4-hour Personal Protective Equipment (PPE) training is a comprehensive program designed to educate individuals on the proper use and importance of PPE in various work environments. This interactive training equips participants with essential knowledge and skills to identify potential hazards, select the appropriate PPE, and correctly wear and maintain it to minimize the risk of injury or illness.



LMCI Project Management

In an increasingly competitive global business environment, an organization's ability to attract, develop, retain and effectively deploy talented project managers is key to its attainment of strategic objectives. The LMCI 20-hour Project Management program was designed by experts in the field with experience in projects ranging from several thousands of dollars to hundreds of millions of dollars. This course enables the Project Managers to manage the projects like a business by making decisions that positively impact the project goals to benefit the signatory contractors of the IUPAT.



Quality Control for The Industrial Painter

Quality control (QC) in the paint and coatings industry involves a set of processes and activities aimed at finding or correcting defects in finished coated surfaces. Professionals in this field use various tools, testing and inspection techniques to verify that all works performed meet or exceed minimum standards established by the project specifications. A defining characteristic of QC is that most activities take place in the field. This 8-hour course will educate class participants on the use of tools, technique and testing equipment for the inspection of painted or coated finishes.



Respiratory Fit Testing

The 2-hour respiratory fit testing class is designed to educate participants on the importance of proper respirator fit and the techniques involved in achieving a secure seal. During the class, participants will learn about different types of respirators, their intended uses, and the hazards they protect against. The class will cover topics such as selecting the right respirator, performing user seal checks, troubleshooting fit issues, and maintaining respirator hygiene. Practical demonstrations and hands-on exercises may be included to ensure participants gain confidence in performing fit tests accurately. By the end of the class, attendees will have a solid understanding of respiratory fit testing principles, enabling them to enhance workplace safety and protect themselves effectively in hazardous environments.



Respiratory Protection

The Respiratory Protection class is a comprehensive training session designed to educate participants on the proper use of respiratory protection equipment in various work environments. The class covers essential topics such as the types and characteristics of respiratory hazards, the selection and fitting of appropriate respirators, maintenance and inspection procedures, and the importance of creating a respiratory protection program. Through a combination of informative presentations, practical demonstrations, and interactive discussions, participants will gain a solid understanding of respiratory protection principles, enabling them to safeguard their respiratory health and effectively mitigate potential risks in their workplace.

2-hour

4-hour



Rigging, Hoisting & Hand Signals

According to OSHA regulations, a Qualified Rigger must be used for hoisting activity for assembly and disassembly work. Also, they must be used anytime workers are within the fall zone and hooking, unhooking, guiding a load or completing the initial connection of a load to a component or structure. This program is designed to assist the employer in providing the required basic rigging and signaling training for a qualified person. Review OSHA standard 1926.753 (hoisting & Rigging) and 1926.1419 (signaling) for more information.

Rigging, Hoisting & Hand Signals we instruct:

4-hour awareness class

8-hour awareness class

16-hour certification class



Sandblasting

Our 8-hour sand blasting class in the art of sand blasting prioritizes safety through effective containment, PPE, and ventilation practices.

This hands-on workshop is designed to equip participants with the knowledge and skills needed to operate sand blasting equipment safely and efficiently. Throughout the course, our experienced instructors will guide you through the fundamental principles of sand blasting, including equipment selection, proper technique, surface preparation, and safety.



Scaffolding Training

This course introduces the safety requirements for constructing and working on scaffolds specified in 29 CFR 1926.451. The Erecting and Dismantling course covers at least the pre-planning, inspection of scaffold components, load capacity, platform construction, access, fall protection, falling objects protection, and dismantling.

4-hour Scaffold Safety Awareness

8-hour Erector/Dismantler



Sexual Harassment (1 Hour)

A 1-hour sexual harassment class typically provides participants with a condensed overview of the key concepts and legal aspects related to sexual harassment in the workplace. It may cover topics such as defining sexual harassment, understanding the various forms and behaviors involved, recognizing the negative impacts on individuals and organizations, and discussing strategies for prevention and intervention. The class may involve presentations, case studies, and interactive discussions to raise awareness and provide guidance on fostering a respectful and inclusive work environment.



Sexual Harassment (3 Hour)

This 3-hour sexual harassment class allows for a more in-depth exploration of the subject matter. In addition to covering the foundational aspects of sexual harassment, this longer session typically delves deeper into the complexities and nuances surrounding the issue. It may involve more extensive case studies, and interactive activities to help participants gain a better understanding of the dynamics involved in sexual harassment situations. The class may also focus on the legal obligations of employers, the reporting and investigation processes, and the potential consequences for those found responsible for harassment. Overall, the 3-hour class aims to provide a comprehensive and immersive learning experience to promote a safe and inclusive workplace environment.



Shop Machine Safety and Machine Guarding

This 4-hour Shop Machine Safety and Machine Guarding course is designed to help learners understand the hazards and potential injuries associated with operating machinery. It will also cover how they can protect themselves by using safeguards and following proper operating instructions to reduce their risk of injury, and what they should do in the event of an emergency.



Solvents and Hazardous Materials

This 4 -hour course will focus on the many hazards possible with the use and handling of solvents. Topics include safety equipment and PPE, safety rules and regulations associated with solvent handling and use; solvent-related emergency, medical procedures and health effects. This course will also introduce solvent container disposal procedures and SDS information for any solvents that may be used.



Specialty Painting and Faux Finishes

This 4-hour Course focuses on decorative painting technique where the finish mimics another material, like granite, fabric or wood. You may also hear this decorating technique referred to as faux finishing. When you create a faux finish, you add texture or dimension to walls and ceilings.



Spray Painting

In this 8-hour course we will cover spray painting. Spray painting work is variable and includes the use of multiple spray-painting systems and a diverse range of tasks, including sanding of panels prior to painting; degreasing immediately prior to painting; masking areas of walls, panels and other materials to avoid paint overspray; mixing of paint; spray painting primer, color and clearcoat (topcoat) paints and cleaning spray equipment.



Stairways and Ladders (2 Hours)

This two-hour program is designed to equip participants with the knowledge and skills necessary to safely navigate and use stairways and ladders in various work environments. Stairways and ladders are common elements in many workplaces, and ensuring their proper usage is crucial to prevent accidents and injuries. During this training, participants will gain a deep understanding of the importance of following safety protocols and best practices when using stairways and ladders. The class will cover a wide range of topics, providing practical guidance and interactive exercises to enhance learning and retention.



Supervisor Training Program (STP)

This 16-hour program is designed for considerable interaction among students, encouraging them to learn from one another. It provides ample opportunities for large and small group interactions, as well as practice skills important to the supervisors. The course is open to all field supervisors, foremen and those who anticipate fulfilling these roles in the near future.



Suspended Scaffold/Platform Training

The 4-hour suspended scaffold/platform training is a comprehensive program designed to provide participants with the knowledge and skills necessary to safely operate and work on suspended scaffolds or platforms. This training covers essential topics such as scaffold components, inspection procedures, proper installation, and safe work practices. Participants will learn about the various types of suspended scaffolds, including single-point adjustable systems and two-point suspended systems, and how to select the appropriate equipment for specific job requirements. The training also emphasizes the importance of fall protection measures and teaches participants how to properly use personal protective equipment (PPE) such as harnesses and lanyards.



Temperature Extremes

Temperature extremes in construction refer to conditions where the ambient temperature reaches either exceptionally high or exceptionally low levels, presenting challenges and risks to construction workers and projects. This 4-hour course covers strategies for mitigating the impacts of extreme temperatures, such as proper insulation, ventilation, and hydration practices, as well as the use of appropriate protective gear to minimize the risks associated with working in such conditions.



Traffic Control/ Flagger Safety

A traffic control/flagger safety class is a specialized training program designed to equip individuals with the necessary skills and knowledge to effectively manage traffic flow and ensure safety at construction sites or during special events. Participants in this class learn how to operate handheld stop/slow signs, use hand signals to communicate with drivers, and direct traffic in a controlled and organized manner. They are trained to understand traffic patterns, anticipate potential hazards, and maintain clear communication with motorists to ensure smooth and safe traffic flow. This class emphasizes the importance of situational awareness, effective communication, and adherence to traffic control guidelines to prevent accidents and minimize disruptions.



Union Steward Training

Union steward training is a program designed to equip individuals with the knowledge and skills necessary to effectively represent and support their fellow union members in the workplace. The training covers various topics such as understanding labor laws, knowledge of Collective Bargaining Agreements, handling grievances, and advocating for workers' rights.



Wallcovering

This 4-hour course involves Installation of a flexible sheet of sized paper, vinyl, fabric, plastic, etc., usually laminated and printed with a repeat pattern, for pasting on a wall as decoration and protection.



Welding

The Welding Certification Course is a comprehensive training program designed to equip participants with the essential skills and knowledge needed in the field of welding. This course aims to provide a solid foundation in welding techniques, safety protocols, and industry standards. Throughout the course, participants will receive hands-on training in various welding processes, including shielded metal arc welding (SMAW) and gas metal arc welding (GMAW). The student will learn to operate welding equipment, understand different welding materials, and interpret welding symbols and blueprints.



Workplace Violence

A workplace violence training course is a comprehensive program designed to equip employees with the knowledge and skills necessary to identify, respond, and prevent incidents of violence in the workplace. This 4-hour course covers topics such as recognizing warning signs, conflict resolution techniques, effective communication strategies, personal safety measures, and emergency response procedures.

