



**NEW YORK CITY COLLEGE OF TECHNOLOGY**  
**ACADEMY FOR CONSTRUCTION**  
**EDUCATION AND SAFETY**  
Continuing Studies Center



## Advanced Occupational Safety and Health Certification (AOSHC)



This program is designed for the development of professionals in both the construction industry and general industry. The AOSHC targets skills that increase compliance with regulatory standards, improve productivity and enhance employee participation in the safety and health process.

Each AOSHC graduate will receive CUNY certification of course completion and certification from OSHA for two 30 hour Outreach programs, OSHA 40 hour Hazwoper program and the OSHA 7600 elective course. They will also receive the nationally recognized certification of Construction Health and Safety Technician (CHST) or Occupational Health and Safety Technologist (OHST) if they successfully pass the certification exam.

### Required Courses\*

- 30 hour OSHA Outreach for the Construction Industry
- 30 hour OSHA Outreach for General Industry
- 40 hour OSHA Hazwoper
- 30 hour Introduction to Industrial Hygiene
- 30 hour Construction Health and Safety Technician Examination Prep
- 30 hour Occupational Health and Safety Technologist Examination Prep

## Elective Courses (one course required)\*

- 16 hours Health and Safety Plan (HASP) Development
- 16 hours OSHA 7600 Disaster Site Worker
- 16 hours DOT and Highway Safety
- 16 hours Automotive and Fleet Safety Management
- 16 hours Fire Safety and Fire Systems

***• All courses can be taken individually for those with specific workforce needs and interests***

***• Students may be able to receive credit towards the AOSHC for OSHA courses they already hold if proper documentation is provided and reviewed and approved by continuing education board.***

***\* Classes are scheduled for additional hours to account for meals and breaks.***

***Courses offered in collaboration with American Safety Consultants, LLC.***



## **Course Descriptions**

### **(CHST) Construction Health & Safety Technician Examination Preparation Workshop**

This is a review and preparation course for personnel preparing to take the Board of Certified Safety Professionals Construction Health and Safety Technician examination. Within the 30 hour program participants will receive CHST education, review requirements and discuss over two hundred questions addressing the nine areas to be covered by the exam. They will also learn how to use OSHA General Industry and Construction Standards and become familiar with resources available to prepare for the exam. Upon completion of the workshop, participants should be able to identify their strengths as well as areas where further study may be required.



### **(OHST) Occupational Health & Safety Technologist Examination Preparation Workshop**

This is a review course for those preparing for the Occupational Health and Safety Technologist Examination leading to the designation of Occupational Health and Safety Technologist (OHST). This is a joint certification of the American Board of Industrial Hygiene (ABIH) and the Board of Certified Safety Professionals (BCSP). The exam is designed to recognize the expanding role of technologists in support of occupational health and safety.

### **Fundamentals of Industrial Hygiene**

This 30 hour course is designed as an introduction to basic concepts of industrial hygiene. It is aimed at the individual who has just begun to assume responsibility in the area of industrial hygiene, whether direct working responsibility or managing responsibility. Participants will gain familiarity with the basic terms and essential concepts of the field and an understanding of the key principles of the professional practice of industrial hygiene: recognition, evaluation and control of occupational health hazards.

### **OSHA - 40 HR - Hazwoper**

This course satisfies the requirements of OSHA Standard 1910.120. It is a health and safety training course required for all personnel who may work at a hazardous waste site. Topics to be covered include: hazardous materials chemistry, toxicology, air purifying respirators, self-contained breathing apparatus, protective clothing, site decontamination and response incidents. A safety certificate is awarded upon completion of this course.

### **OSHA 30 Hour Outreach for General Industry**

The OSHA 30-Hour General Industry course provides compliance safety training to prepare all employees for the hazards found in manufacturing, service and distribution companies. This course is the primary training program of the OSHA Outreach Training Program. Attendees will gain an understanding of OSHA regulations as they apply to manufacturing and service facilities. Learn your rights and responsibilities from an OSHA Authorized Instructor. Upon successful completion the student will receive certification from OSHA for the 30 Hour General Industry

### **OSHA 30 Hour Outreach for the Construction Industry**

The OSHA 30-Hour Construction course provides compliance safety training to prepare all employees for the hazards found on job sites. Participants will gain an understanding of OSHA regulations as they apply to commercial/residential construction and development. Learn your rights and

responsibilities from an OSHA Authorized Instructor. Upon successful completion the student will receive certification from OSHA for the 30 Hour Construction Industry

### **Automotive and Fleet Safety Management**

Employees in auto body, auto service shops, and fleet managers are potentially exposed to a variety of chemical and physical hazards. Chemical hazards may include volatile organics from paints, fillers and solvents, dusts from sanding, and fumes from welding/cutting and vehicle exhaust. Physical hazards include: repetitive stress and other ergonomic injuries, noise, lifts, hand and power tools, and oil and grease on walking surfaces. This course is designed to assist the individuals and managers in the development of safety and health protocols for personal protection as well as employer / employee protection.

### **Fire Safety and Fire Systems**

OSHA and virtually every municipality and fire district require a comprehensive fire prevention/ protection effort in the workplace. This course will cover the common causes of fires/fire hazards, regulator and legal aspects of fire safety, periodic fire hazard surveys, as well as the principles, use and inspection of portable fire extinguishers and fixed fire systems.



### **DOT and Highway Safety**

Attendees will obtain basic knowledge in how to set up traffic patterns and detours on roadways. Protection of the public and proper personal protective equipment while performing maintenance on public transportation will also be addressed. This

course is designed to assist the individuals and managers in the road, highway and public transportation construction industry in the development of effective safe work plans that will meet all regulatory requirements.

### **OSHA 8-hr Hour Hazwoper Refresher**

Everyone who has taken the 24- or 40- hour OSHA Hazwoper course is required to maintain certification by taking an eight-hour annual refresher course. This course is full of interactive exercises and activities to help meet OSHA requirements. The information is delivered in a straightforward manner as it applies to the current OSHA regulations.



### **OSHA 7600 Disaster Site Worker**

The goal of this course is to increase the participant's awareness of the safety and health hazards, including CBRNE agents that may be encountered at a natural or human-made disaster site. The importance of respiratory and other personal protective equipment and proper decontamination procedures that may be used to mitigate the hazards will be emphasized. Participants will support the use of an Incident Command System through the safe performance of their job responsibilities. They will be able to show awareness of effects of traumatic incident stress that can result from working conditions and measures to reduce this stress. In addition, participants will be able to perform the following specific tasks correctly: 1) inspection of an air-purifying respirator; 2) donning and doffing an air-purifying respirator; and 3) respirator user seal check. The audience for this course is Disaster Site Workers who provide skilled support services e.g., utility, demolition, debris removal, or heavy equipment operation or site clean-up services in response to a disaster.

## Trainer Course in OSHA Standards for the Construction Industry (OSHA 500)



This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour construction safety and health course and to issue cards to participants verifying course completion.

**NOTE:** Students in Course 500 who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course. Outreach trainers are required to attend Course 502 at least once every four years to maintain their trainer status.

## Trainer Course in OSHA Standards for General Industry (OSHA 501)

This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour general industry safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Program and to

conduct both a 10- and 30-hour general industry safety and health course and to issue cards to participants verifying course completion.

**NOTE:** Students in Course 501 who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course. Outreach trainers are required to attend Course 503 at least once every four years to maintain their trainer status.

## OSHA 10 Hour - Construction

The 10 Hour construction safety course was developed by the US Department of Labor to provide construction workers, supervisors, and other personnel responsible for construction activities with an awareness of construction safety and health concerns in the construction industry. All attendees will become familiar with reading and using 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. An OSHA card, certificate of completion will be issued.



## OSHA 10-Hour General Industry

This course provides instruction on a variety of general industry safety and health standards. It's particularly useful for those who are just entering the safety field and would like a better understanding of what is required and where to start. Course subject matter includes an introduction OSHA; OSHA Act / General Duty Clause; inspections, citations and penalties; walking and working surfaces; means of egress and fire protection; and electrical. Students who complete the course will receive course completion cards from the OSHA.

## Health and Safety Plan (HASP) Development Course

Health and Safety Plans are established by the employer or a designated health and safety officer to ensure employee protection against hazards. All programs should include: (i) an organizational structure, (ii) development of site specific health and safety plans, (iii) training for all workers (iv) periodic employee medical examinations to test for exposure. Development of a comprehensive health and safety program is of utmost importance to worker safety. Often these programs are scrutinized very closely by government agencies, owners and contractors involved in projects and with general industry plant conditions to assure effectiveness and completeness. This course will assist individuals and companies in the design, development and implementation of a successful written health and safety plan for both general industry and construction.



## SUPPORTED SCAFFOLD TRAINING

City Tech has been approved by the NYC Department of Buildings to offer the 32-hour Supported Scaffold Certificate of Completion training course, the eight (8) hour refresher course and the four (4) hour training course for scaffold users. These courses meet the intent of compliance with Local Law No. 52 and Article 10 of Subchapter 2 of Chapter 1 of Title 26 of the Administrative Code of the City of New York. Participants will receive a certificate upon course completion.

***\*Courses are taught in both English and Spanish***

### ***4-Hour Supported Scaffold User Certificate Program***

***The 4-hour course is designed for individuals using supported scaffolds, with elevations greater than 40 feet, on sites where a permit has been issued for the erection, dismantling, repair, maintenance or modification of a building or structure. Completers will be issued a Supported Scaffold User Certificate.***

### ***32 Hour Supported Scaffold Certificate of Completion***

***The 32-hour course is for individuals who are involved in the erection, dismantling, repairing, maintaining, or modifying any supported scaffold, with elevations greater than 40 feet, on sites where a permit has been issued. This regulation also applies to those individuals who provide assistance in the above tasks. Completers will be issued a Supported Scaffold Certificate of Completion.***

# Continuing Studies Center

Division of Continuing Education • 718.552.1170

Some OSHA courses can be presented at your facility.  
For more information call 1.866.525.3608

## Division of Continuing Education

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