



## GENERAL INDUSTRY CSHO TRACK

- OSH201 Hazardous Materials (OSHA #2015)
- OSH204 Machinery and Machine Guarding Standards (OSHA #2045)
- OSH222 Respiratory Protection (OSHA #2225)
- OSH225 Principles of Ergonomics (OSHA #2255)
- OSH226 Permit-Required Confined Space Entry (OSHA #2264)
- OSH309 Electrical Standards (OSHA #3095)
- OSH311 Fall Protection (OSHA #3115)
- OSH511 Occupational Safety & Health Standards for General Industry (OSHA #511)
- OSH521 OSHA Guide to Industrial Hygiene (OSHA #521)
- OSH750 Introduction To Safety And Health Management (OSHA #7500)
- OSH755 Introduction to Incident [Accident] Investigation (OSHA #7505)
- OSH784 Recordkeeping Rule Seminar (OSHA #7845)

**Get your CSHO Certificate and Earn College Credit**

**291.25 Total Course Hours**

Up to 50% of total required course hours can be satisfied by completing the required courses at any OSHA Training Institute Education Center or at the OSHA Training Institute in Arlington Heights, Illinois. Proof of successful course completion required.

## Certified Safety & Health Official® (CSHO)

Become an industry recognized TEEX Certified Safety & Health Official® (CSHO) in one of two tracks:

- Construction Industry (for construction environments)
- General Industry (at industrial facilities)

The TEEX CSHO is valuable whether you perform safety and health work on a daily basis or have safety responsibilities over others, including inspections and audits.

In addition to its many other benefits, your CSHO certificate qualifies you for college credit with the following institutions of higher learning:

- San Juan College
- Texas A&M University - Commerce
- Tarleton State University
- Northwestern State University

See more at:  
[teexsafety.org/csho](http://teexsafety.org/csho)

Infrastructure Training & Safety Institute  
TEEX OSHA Training Institute Education Center  
P.O. Box 40006

College Station, TX 77842-4006

[teexsafety.org/csho](http://teexsafety.org/csho)

800-SAFE-811 (800.723.3811)



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# Certified Safety & Health Official®



## Construction and General Industry Tracks



## CONSTRUCTION INDUSTRY CSHO TRACK

- OSH205 Cranes In Construction (OSHA #2055)
- OSH222 Respiratory Protection (OSHA #2225)
- OSH226 Permit-Required Confined Space Entry (OSHA #2264)
- OSH301 Excavation, Trenching, and Soil Mechanics (OSHA #3015)
- OSH308 Principles Of Scaffolding (OSHA #3085)
- OSH309 Electrical Standards (OSHA #3095)
- OSH311 Fall Protection (OSHA #3115)
- OSH510 Occupational Safety & Health Standards for the Construction Industry (OSHA #510)
- OSH521 OSHA Guide to Industrial Hygiene (OSHA #521)
- OSH750 Introduction to Safety and Health Management (OSHA #7500)
- OSH755 Introduction to Incident [Accident] Investigation (OSHA #7505)
- OSH784 Recordkeeping Rule Seminar (OSHA #7845)

**Get your CSHO Certificate and Earn College Credit**

**277.25 Total Course Hours**

Up to 50% of total required course hours can be satisfied by completing the required courses at any OSHA Training Institute Education Center or at the OSHA Training Institute in Arlington Heights, Illinois. Proof of successful course completion required.





# Certified Safety & Health Official® Courses

## **OSH201 Hazardous Materials (OSHA #2015)**

The Hazardous Materials (OSHA #2015) course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials.

## **OSH204 Machinery and Machine Guarding Standards (OSHA #2045)**

The Machinery and Machine Guarding Standards (OSHA #2045) course covers the various types of common machinery, machine safeguards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safeguards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safeguards.

## **OSH205 Cranes In Construction (OSHA #2055)**

The Cranes in Construction (OSHA #2055) course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion, students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards.

## **OSH222 Respiratory Protection (OSHA #2225)**

The Respiratory Protection (OSHA #2225) course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards.

## **OSH225 Principles of Ergonomics (OSHA #2255)**

The Principles of Ergonomics (OSHA #2255) course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, and risk factors such as vibration, temperature, material handling, repetition, and lifting and patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

## **OSH226 Permit-Required Confined Space Entry (OSHA #2264)**

The Permit-Required Confined Space Entry (OSHA #2264) course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program.

## **OSH301 Excavation, Trenching, and Soil Mechanics (OSHA #3015)**

The Excavation, Trenching, and Soil Mechanics (OSHA #3015) course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

## **OSH308 Principles Of Scaffolding (OSHA #3085)**

The Principles of Scaffolding (OSHA #3085) course covers the requirements for safe construction and use of scaffolding using OSHA's construction scaffold standards as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly and use, types of scaffolds, determining scaffold capacity, employee qualifications and training and maintenance, repair and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion, students will have the ability to identify the types of scaffolds and their components, determine safe assembly, use and disassembly and recognize common violations of OSHA standards.

## **OSH309 Electrical Standards (OSHA #3095)**

The Electrical Standards (OSHA #3095) course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.

## **OSH311 Fall Protection (OSHA #3115)**

The Fall Protection (OSHA #3115) course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

## **OSH510 Occupational Safety & Health Standards for the Construction Industry (OSHA #510)**

The Occupational Safety and Health Standards for the Construction Industry (OSHA #510) covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and special emphasis on those areas in construction which are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

## **OSH511 Occupational Safety And Health Standards For General Industry (OSHA #511)**

The Occupational Safety and Health Standards for General Industry (OSHA #511) course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

## **OSH521 OSHA Guide to Industrial Hygiene (OSHA #521)**

The OSHA Guide to Industrial Hygiene (OSHA #521) course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement.

## **OSH750 Introduction to Safety and Health Management (OSHA #7500)**

The Introduction to Safety and Health Management (OSHA #7500) course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion, students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company.

## **OSH755 Introduction to Accident [Incident] Investigation (OSHA #7505)**

The Introduction to Incident [Accident] Investigation (OSHA #7505) course covers an introduction to basic accident investigation procedures and describes accident analysis techniques. Course topics include reasons for conducting accident investigations, employer responsibilities related to workplace accident investigations, and a six-step accident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting accident and/or near-miss investigations. Upon course completion, students will have the basic skills necessary to conduct an effective accident investigation at the workplace.

## **OSH784 Recordkeeping Rule Seminar (OSHA #7845)**

The Recordkeeping Rule Seminar (OSHA #7845) course covers Occupational Safety and Health Administration (OSHA) requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

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