



## Freshman Safety Training – OSHA General Industry Outreach Syllabus

**Location:** T.S. Kennedy during scheduled Engineering Systems Lab (Classroom TBD)

**Times:** Monday 0800-1050  
Tuesday 0800-1050 and 1300-1550  
Wednesday 0800-1050 and 1300-1550  
Thursday 0800-1050 and 1300-1550  
Friday TBA

**Attendance for every class section is mandatory to pass the course. Cadets may arrange for a make-up class with prior permission.**

**Optional: Students attending all sessions and a supplemental night class, and pre-pay the class fee may receive their OSHA Outreach 10-Hour General Industry wallet card. The fee for the Supplemental class and processing of the card is \$50.00 per person.**

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**Office Hours:** By appointment, call 774-302-4305

**Text:** MMA Freshman Safety Handbook (Provided)  
OSHA Student Packet – Intro to OSHA Lesson (Provided for supplemental class only)

### Course Description:

The Freshman Safety Training class will cover the basics of workplace safety and the potential hazards one may encounter in the workforce. During this course, we will discuss Federal OSHA requirements and relate them to Coast Guard Regulations. Students will also have the option to receive their 10 Hour General Industry Card at the successful completion of the course with the additional supplemental evening course.



**Course Fees:** There is a \$50.00 fee only if the student chooses the supplemental evening class. Fees will be collected from interested students prior to supplemental class.

**Payment Methods:** credit card, cash, or check. Make checks payable to United Alliance Services.

**Learning Objectives:**

At the end of this course, students will be able to:

1. Identify OSHA's history and regulations.
2. Identify electrical hazards and prevent electrical injuries.
3. Recite the importance of Lock-Out Tag-Out procedures and practices.
4. Choose, wear, and care for proper PPE.
5. Determine the need for a hearing conservation plan and don and doff hearing protection.
6. Identify a confined space.
7. Explain the need for a permit to enter a permit-required confined space and the potential hazards are present in a confined space/permit-required confined space.
8. Recite the components of hazard communication and identify hazard warning labels.
9. Identify workplace BBP hazards, exposures, proper personal protection, and engineering controls. Students will also understand medical requirements of a BBP exposure.
10. List the components of an Emergency Action/Fire Prevention Plan, identify the various roles of individuals during an emergency as well as the importance of reviewing, revising, and implementing a plan.
11. Describe the various types of fall protection and when fall protection is required.
12. Recognize potential hazards with hand and portable power tools, how to inspect tools, inspection frequency, and how to work safely.
13. Identify the types of machine guards, how to inspect, when and who may remove guards, and what to do if a guard is missing.

**Course Requirements:**

1. **Attendance is mandatory per OSHA regulations.** Students will be responsible for making up classes that were missed. Coordinate with the instructor for make-up session. \*Students must attend all sessions to receive the OSHA 10 Hour General Industry wallet card.
2. **To obtain an OSHA 10-hour General Industry wallet card, students must pay a fee for materials (\$50.00).** Fees must be received by Session 3.
3. **Participation is the key!** Safety is everyone's responsibility; if you do not participate, you will not remember lifesaving scenarios.
4. Quizzes will be given at the end of each session. A final exam will be given at the completion of session 4. **It is a pass/fail class.**



<b>Course Topic</b>	<b>OSHA General Industry Regulation(s)</b>	<b>Maritime Regulation(s)</b>
<b>Introduction to OSHA</b>		
<b>Risk Assessment/Personal Safety</b>		OICEW-D8.4 (STCW)
<b>Electrical Safety</b>	1910.331-355	AB-D-C2.1 & AB-E-C4.1 (STCW)
<b>Safe use and operation of electrical equipment, safety precautions before commencing work or repair</b>	1910.331-355	AB-E-A9.1 (STCW)
<b>Lockout/Tagout Procedures (LOTO) Energy Isolation Procedures</b>	1910.147	AB-E-C4.1 & AB-E-A9.2 (STCW)
<b>Causes of Electrical shock, emergency procedures, precautions to prevent shock</b>	1910.331-355	AB-E-A9.1 & AB-E-A9.2 (STCW)
<b>Personal Protective Equipment</b>	1910.132-138	AB-D-C2.1, AB-E-C4.1 (STCW) & T-OPS-X3.2 (STCW)
<b>Respiratory Protection</b>	1910.134	
<b>Hearing Protection</b>	1910.195	AB-D-C2.1 and AB-E-C4.1 (STCW)
<b>Confined Spaces/Permit Required Confined Space/Enclosed Space</b>	1910.146	AB-D-C2.1, AB-E-C4.1 & PS-SR-X3.3 (STCW)
<b>Hazard Communication</b>	1910.1200	AB-D-C2.1 & AB-E-C4.1 (STCW)
<b>Bloodborne Pathogens (BBP)</b>	1910.1030	AB-D-C2.1 & AB-E-C4.1 (STCW)
<b>Emergency Action Plans/Fire Prevention Plans</b>	1910 Subpart E and L	PS-SR-X3.4 & RFPEW-A3.2
<b>Fall Protection</b>	1910 Subpart D, 1926.502 (Constr.)	
<b>Hand and Portable Power Tools</b>	1910 Subpart P	
<b>Machine Guarding</b>	1910 Subpart O	AB-D-C2.1 & AB-E-C-4.1



<b><i>Session</i></b>	<b><i>Topics to be covered</i></b>
<b><i>Session 1</i></b>	Instructor Introduction Brief Intro to OSHA Safe work practices Accident Exercise Quiz 1
<b><i>Session 2</i></b>	Personal Protective Equipment (PPE) Hand and Portable Power Tools Machine Guarding Electrical/LOTO Quiz 2
<b><i>Session 3</i></b>	Fall Protection Confined Space Hazard Communication SDS Exercise Quiz 3
<b><i>Session 4</i></b>	Blood-borne Pathogens (BBP) Fire Prevention Plan Emergency Action Plan Final Exam
<b><i>Optional Supplemental Course for OSHA General Industry Certification</i></b>	Presented in a 2-hour evening course to cover Introduction to OSHA. This is required for receiving OSHA certification. *\$50 Fee due prior to start of class.