

Training Topics Offered by IAMU

**PLEASE BE AWARE CREDIT FOR CEU CLASSES WILL
BE BASED ON ACTUAL CONTACT HOURS ONLY**

Asbestos Awareness

Personnel who perform assigned work around asbestos containing materials, but who (1) are not engaged in asbestos abatement or clean-up activities, asbestos manufacturing processes or automotive brake and clutch repair, (2) do not handle or use asbestos containing materials and/or (3) are not exposed to airborne asbestos levels at or above exposure limits promulgated by the Occupational Safety and Health Administration.

Who Should Attend?	All employees with exposure
Length:	Approx. 1-Hour
Requirement:	Required initial awareness and refresher as needed
CEU:	CEU not available

Asbestos Management

Asbestos is present in one or more insulation products in most buildings built before 1980. This session introduces the types of asbestos and where they may be located in your facility. The Iowa DIAL website for Asbestos and the requirements for its repair, removal or remediation are explained during this session.

Who Should Attend?	Managers or Administrators should attend initially and as needed to familiarize themselves with the OSHA and EPA requirements for asbestos management.
Length:	Approx. 1-Hour
Requirement:	Recommended as needed
CEU:	CEU not available

Accident Investigation - A Workers Role

When accidents happen, investigations are often conducted by supervisors, but other perspectives, viewpoints and practical knowledge must be considered. The worker's role in accident investigations is discussed in this training topic because all viewpoints must be considered for an effective conclusion.

Who Should Attend?	All workers and managers that will be expected to conduct these types of activities
Length:	Approx. 1-Hour
Requirement:	Initially and (recommended) every 3 years
CEU:	0.1 CEU (Good for WT or WD or WW)

Accident Prevention Signs & Tags

Accident prevention signs and tags are important tools used to communicate hazards, safety instructions, and warnings to workers and visitors. These signs and tags help prevent accidents, injuries, and even fatalities by communicating hazards and reminding employees to follow safety instructions. Some common types of accident prevention signs and tags include warning labels, danger signs, LO/TO tags and chemical hazard signs.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required initial awareness and refresher as needed
CEU:	CEU not available

ATV & UTV Safety

ATV/UTV safety is critical because these vehicles are heavy, unstable at high speeds, and prone to rollovers. NIOSH estimates that improper use leads to over 100,000 emergency room visits and approximately 650 deaths annually in the United States. This class is designed to make workers aware of the dangers of ATV/UTVs, the differences between these vehicles and automobiles and safe operating procedures.

Who Should Attend?	All workers and managers that ride or potentially could ride these types of vehicles.
Length:	Approx. 1-Hour
Requirement:	Initially and (recommended) every 3 years
CEU:	CEU not available

Avoiding Struck By Hazards

Employees should always be attentive to their surroundings and aware of potential struck-by hazards. This includes being watchful of moving equipment, vehicles, and overhead loads. Employees should be encouraged to report near misses, incidents and potential hazards promptly. That way, root causes may be quickly corrected to prevent accidents from happening.

Who Should Attend?	All employees with exposure
Length:	Approx. 1-Hour
Requirement:	Required initial awareness and refresher as needed
CEU:	CEU not available

Backhoe Safety

Review and discuss the use of backhoe safe practices and procedures to eliminate and control hazards. Discussion will include inspection, moving and operating, excavating and loading procedures, as well as working around a backhoe.

Who Should Attend?	Employees that work with or operate a backhoe
Length:	Approx. 1-Hour
Requirement:	Recommended every 2 years
CEU:	0.1 CEU (Good for WD or WW)

Bloodborne Pathogens

Addressing the dangers of Bloodborne Pathogens and Exposure Control Plan requirements regarding employee risk and hazard control. Post-exposure procedures discussed.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required annually for those covered under the Exposure Control Plan
CEU:	0.1 Non-Safety CEU available every two years (Good for WW)

Bucket Truck Rescue for City Crews

Hands-on practice regarding the rescue of an injured person from a bucket truck, setting outriggers, fall protection, safe truck operation, and surrounding hazard recognition. City crews and personnel that use a bucket truck for changing streetlights, setting seasonal decorations / banners on utility poles or other structures and tree trimming.

**Participants are encouraged to bring their bucket trucks so that training can be provided on the truck used by their utility.*

Who Should Attend?	Employees that work with or operate a bucket truck; <i>Limit: 20 people</i>
Length:	Approx. 4-Hours
What to Bring:	Hardhat, safety glasses, leather gloves, harness & retractable device, bucket truck
Requirement:	Required annually
CEU:	CEU not available

Chainsaw / Brush Cutter Safety

Awareness on the hazards associated with chainsaw operation and felling techniques. Additional subject matter includes grounds keeping, tree trimming.

Who Should Attend?	Employees working with chainsaws or brush cutters
Length:	Approx. 1-Hour
Requirement:	Required initially and introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Chains, Slings, Below the Hook Devices

How to evaluate chains, slings and below the hook devices. If available, on-site material will be inspected and participants will be given the opportunity to practice evaluation skills.

Who Should Attend?	Employees handling material with a lifting device
Length:	Approx. 1-Hour
Requirement:	Required initially and introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU (Good for WT or WD or WW)

Chains, Slings, Below the Hook Devices Inspections

Rigging equipment inspections fall into two categories; visual inspections are conducted before each use and a comprehensive inspection conducted at least annually, depending on the environmental conditions of use. This session will discuss the elements of a documented rigging inspection program, qualifications of the competent person conducting the comprehensive inspection and inspection methods for below-the-hook connecting devices.

Who Should Attend?	Qualified riggers, competent people conducting annual inspections of all BTH devices.
Length:	Approx. 1-Hour
Requirement:	Required initially and refresher as needed
CEU:	0.1 CEU (Good for WT or WD or WW)

Chlorine Safety

Address how to work safely with different forms of chlorine.

Who Should Attend?	Employees handling chlorine
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU available every two years (Good for WT or WD or WW)

Cold Stress

Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems, and may cause tissue damage, and possibly death. Training participants to recognize early signs of cold-related illnesses and injuries in themselves and their coworkers, such as shivering, numbness, tingling, pale skin, and clumsiness is necessary for those working in cold environments.

Who Should Attend?	All employees with exposure
Length:	Approx. 1-Hour
Requirement:	Initial awareness and refresher as needed
CEU:	CEU Credit Hours not available

Confined Space (Permit Required) -- Basic

Address identifying, assessing and controlling the hazards found in confined spaces.

Who Should Attend?	Employees exposed to confined spaces
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU available (Good for WT or WD or WW)

Confined Space (Permit Required – Hierarchy of Permit Spaces)

When it comes to Permit Required Confined Spaces (PRCS), there is a hierarchy that categorizes these spaces based on their level of potential hazards and the measures required for safe entry. The hierarchy of permit spaces typically consists of three levels: confined spaces without a hazard, hazardous permit spaces and those permit spaces with special hazards. Each of these levels will be discussed during this session.

Who Should Attend?	All employees and supervisors of employees who are conducting assessments of confined and/or permit spaces.
Length:	Approx. 1-Hour
Requirement:	Recommended initially and refresher as needed
CEU:	0.1 CEU (Good for WT or WD or WW)

Confined Space (Permit Required – Host Employer Requirements)

Host employers are responsible for ensuring the safety of their employees and contract employees when it comes to working in permit spaces. It is the host employer's responsibility to conduct risk assessments, identify hazards, implement control measures and maintain safety protocols. This class will explore the OSHA's host employer requirements for permit spaces and how to meet regulatory obligations.

Who Should Attend?	All employer representatives responsible for contractor safety and/or oversight of contractor management.
Length:	Approx. 1-Hour
Requirement:	Recommended initially and refresher as needed
CEU:	CEU not available

Confined Space (Permit Required – Ventilation Requirements)

For permit-required confined spaces, OSHA mandates that ventilation must be used to control any hazardous atmosphere before entry. This consists of using continuous forced air ventilation directed towards the work area, with the supply coming from a clean source and the adequate equipment to supply 20 air exchanges per hour. This session will define hazardous atmospheres, ventilation equipment basics and how to calculate air exchanges.

Who Should Attend?	Supervisors, equipment purchasing personnel and employees working in or around permit-required confined spaces
Length:	Approx. 1-Hour
Requirement:	Recommended initially and refresher as needed
CEU:	0.1 CEU (Good for WT or WD or WW)

CPR, AED, First Aid

Training for Adult CPR, First Aid, along with how to use an AED. First approx. 1.5 hours cover CPR and AED. Last 3 hours cover First-Aid. The certification is good for two years.

Who Should Attend?	All employees that need to be certified in CPR and First Aid. <i>Limit 12 people per class unless arrangements are made ahead of time.</i>
Length:	Approx. 4.5 Hours
Requirement:	CPR and First Aid required every 2 years
CEU:	CEU not available
Note to Instructor	CPR card to be issued

Certified Crane (mobile & lattice) & Rigging & Signalperson

IAMU is an NCCER accredited Assessment Center. NCCER Certification is offered in mobile and lattice cranes, rigging and signalperson. Here is the list of the various crane training offered:

- **Certified Mobile Crane Operator Course**
- **Certified Basic Rigger**
- **Certified Intermediate Rigger**
- **Certified Advanced Rigger**
- **Certified Signalperson**

Who Should Attend?	Call IAMU to determine your need for certification
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Overhead Crane and Hoist (Qualified Operator & Qualified Rigger)

Course designed for overhead crane operators in accordance with ASME B30.2, Overhead and Gantry Cranes and OSHA 1910.179; both standards require that only qualified personnel operate lifting and rigging equipment. Operators are provided with information concerning crane operations, crane inspection and maintenance, and rigging operations. Qualified operators will be required to pass an exam and do a practical assessment. This course is designed to provide operators with the knowledge and skills necessary to safely and effectively operate overhead cranes. Training covers overhead crane components, operating principles, safety procedures, pre-use visual inspections, load capacity and calculations, rigging awareness, and hazard recognition. Participants will demonstrate an understanding of overhead crane operating procedures and balanced rigging. Qualification is based on successful completion of the required training and hands-on evaluation for the equipment and tasks involved.

Who Should Attend?	All employees required to operate the Overhead Crane within the facility
Length:	Approx. 6-8-Hours
Requirement:	In-House training required and operation of the facilities overhead crane. Crane must pass a visual inspection. Qualification required initially and every (3) three years.
CEU:	CEU not available

Overhead Crane & Hoist Awareness

This session will teach employees to recognize the hazards of working near crane and hoist operations.

Who Should Attend?	All people working in the vicinity of hoist and crane operations.
Length:	Approx. 2-Hours
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found.
CEU:	CEU not available

Crane Signalperson Requirements

Covers the twenty (20) requirements in 29 CFR 1926.1428, OSHA's Signalperson Qualifications standard and discuss the proper application of the hand signals covered in ANSI B20.5. It will also provide information regarding the importance of crane inspections.

Who Should Attend?	Call IAMU to determine your need for certification
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Defensive and Winter Driving

Emphasis on what to look for while you are driving and review important defensive driving procedures. Reviews important winter driving conditions including an opportunity for discussion about winter driving techniques, equipment readiness and response to weather extremes and road conditions.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended initially and as needed
CEU:	CEU not available

Dog Bite Awareness

Teaches employees how to prevent one of the most common work hazards as well as lost time due to injuries incurred. Participants will learn what to do when entering yards, what to do if approached by a dog who may attack and what to do if attacked or bitten. Information will also be provided on what makes dogs aggressive and how to use protective devices.

Who Should Attend?	Employees required to enter customers' yards
Length:	Approx. 1-Hour
Requirement:	Recommended as needed for meter readers and other personnel as needed
CEU:	CEU not available

Dropped Object Protection

Dropped object protection at work refers to measures taken to prevent objects from falling and causing injury to employees below. Tool tethering, barricading, toe boards and storage areas are just a few options to prevent dropped objects where overhead work is occurring. This session will discuss how to conduct an inspection of work areas, equipment and storage facilities to identify potential overhead hazards.

Who Should Attend?	All employees and supervisors of employees conducting overhead work of any kind.
Length:	Approx. 1-Hour
Requirement:	Required initially and as needed
CEU:	CEU not available

Drug & Alcohol Employee/Supervisor Training

Addresses the effects of drugs and alcohol on the body, how to know if someone is on drugs, and give suggestions as to what an individual can do about it.

Who Should Attend?	All employees involved with CDLs and Gas Operations
Length:	Approx. 2-Hours
Requirement:	Required initially, then recommended every two years for gas supervisors & operators and CDL supervisors & drivers
CEU:	CEU not available

Electric Safety (Basic) & Arc Flash Protection

This session is designed for the everyday user of electricity. Topics covered include the difference between “Qualified” and “Unqualified” Employees, how to find electrical hazards and identify common violations, the appropriate use of extension cords and how to conduct a visual inspection of cords. Arc flash awareness is also addressed.

Who Should Attend?	All employees (not intended for high-voltage exposure)
Length:	Approx. 1-Hour
What to Bring:	Arc flash helmet & face shield, FR/AR clothing
Requirement:	Required initially and deficiency in knowledge found
CEU:	0.1 CEU (Good for WT or WD or WW)

Electric Safety: Arc Flash – NFPA 70B Qualified Employees

Electrical systems and individual electrical components require regular preventive maintenance. Improperly maintained equipment has a higher chance of failure, increasing incident energy, which could increase the risk of injury or death to workers. This session will address the elements of an Electrical Preventive Maintenance program and the qualifications of the electrical personnel responsible for conducting the electrical system maintenance.

Who Should Attend?	Electrical supervisors and foremen, safety and health personnel, electrical maintenance personnel
Length:	Approx. 1-Hour
Requirement:	Required initially and every 3 years
CEU:	0.1 CEU (Good for WT or WD or WW)

Electric Safety: Arc Flash – NFPA 70E Qualified Employees

This session is primarily intended for employees who work on or near exposed live electrical parts operating at 50V or more. Topics covered include the recognition of electrical hazards (including arc flash), evaluation criteria for the electrically qualified worker, the connection between OSHA and NFPA 70E and OSHA’s Electrical Safety Related Work Practices. The basic elements of an Electrical Safety Program are also discussed.

Who Should Attend?	Qualified electrical workers
Length:	Approx. 2-Hours
Requirement:	Required every three years
CEU:	0.2 CEU (Good for WT or WD or WW)

Electric Safety: Electric Power Generation, Transmission & Distribution (OSHA 269)

Outlines the OSHA 269 STANDARDS and will inform you on all the written programs that are needed to comply with this standard.

Who Should Attend?	Electric utility employees
Length:	Approx. 3-Hours
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Electric Safety: Job Briefing Requirements

This class discusses OSHA's job briefing topics to be covered by the person in charge of a crew before work begins. The job briefing process is designed to educate in identifying hazards and helps to choose protective controls. It also helps to create employee buy-in and relays the importance of employee safety. This class will also include table-top exercises to simulate a job task.

Who Should Attend?	Electric crews, supervisors and managers
Length:	Approx. 1-Hour
Requirement:	Recommended initially then as needed, or deficiency in knowledge found
CEU:	CEU not available
Bring To Class:	Bring your current job briefing form

Electric Safety: Safe Truck Set-Up and Inspection

This class uses the manufacturer's operating manual and placards that detail safety warnings, instructions, pre-trip and DOT inspection requirements, capacity and other information crucial to safe operation. Learn how to set up and level the truck, identify the operating and emergency controls and maneuver the aerial device. Focus of the class more on bucket truck set-up.

Who Should Attend?	Electric crews and supervisors
Length:	Approx. 1-Hour
Requirement:	Recommended initially, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available
Bring To Class:	Bring your current truck inspection form

Electric Safety: Storm Restoration and Mutual Aid

This class discusses important issues and managing resources whether you are the one making the call or receiving the call for assistance after a storm or catastrophic event. Learn how to develop plans for managing resources, materials, importance of prioritizing repairs and updated system maps. You will also learn the necessity of post-event review to better prepare future responses to these types of events.

Who Should Attend?	Electric crews, supervisors and managers
Length:	Approx. 1-Hour
Requirement:	Recommended initially then as needed
CEU:	CEU not available

Electric Safety: High Voltage Lockout-Tagout and Switching Procedures & Personal Protective Equipment

Covers working on energized equipment with live line tools. Additionally, load break elbow operation, approved tools, underground & overhead switching procedures, safe work practices in substations and operating enclosed circuit breakers, and air brake switch maintenance. Plus, an explanation of Arc Flash categories and review the requirements of the 2018 NFPA-required arc hazard assessment to determine employee exposure and proper clothing systems. Emphasis on high voltage hazards including the selection, care, inspection and maintenance of applicable, required PPE.

Who Should Attend?	Electric utility employees
Length:	Approx. 3-Hours
Requirement:	Recommended annually
CEU:	CEU not available

Electric Safety: Pole Top & Bucket Rescue

Provides instruction and hands-on practice regarding the different methods of safe rescue from a pole or bucket truck. This session will include fall protection, reviewing bucket truck safety, recognizing hazards, and methods to ensure safe rescue. **Participants are encouraged to bring their bucket trucks so that training can be provided on the truck used by their utility.*

Who Should Attend?	Electric utility employees; Limit: 15 people
Length:	Approx. 6-Hours
What to Bring:	Hardhat, safety glasses, pole climbing gear, leather gloves, harness & retractable device, bucket truck
Requirement:	Recommended annually
CEU:	CEU not available

Electric Safety: Safe Wooden Pole Handling, Safe Truck Setup & Hazards of Cell Phone Usage

Teaches the proper method to safely load, transport and install new poles and pole replacement near energized conductors. Safe operation of digger derrick trucks and hand signals will be reviewed. Class will also demonstrate the dangers of cell phone usage on the jobsite, while driving and the liability issues caused by accidents, as well as the importance of complete concentration while working under certain conditions.

Who Should Attend?	Electric utility employees
Length:	Approx. 3-Hours
Requirement:	Recommended annually
CEU:	CEU not available

Emergency Preparedness (EAP & FPP)

Discusses how to plan for the disasters that might occur, will cover Emergency Action Plan and Fire Prevention Plan.

Who Should Attend?	All employees
Length:	Approx. 2-Hours
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU available for Emergency Prep. (Good for WT or WD or WW)

Energy Control – (Lockout/Tagout - Awareness)

Discusses servicing and maintenance of machines and equipment in which the unexpected energization or startup of the machines or equipment, or release of stored energy, could harm employees. Establish minimum performance requirements for the control of such hazardous energy.

Who Should Attend?	All employees working with equipment that has energy sources
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found. Annual review of each authorized employee
CEU:	0.1 CEU available (Good for WT or WD or WW)

Energy Control for Vehicle & Heavy Equipment

Control of hazardous energy or lockout/tagout procedures for heavy equipment are critical for ensuring the safety of employees who perform maintenance, repairs, or servicing on the equipment. LO/TO procedures involve the step-by-step instruction on isolating the energy sources of the equipment to prevent accidental startup or release of stored energy. A template and completion instructions will be provided to the attendees of this class.

Who Should Attend?	All employees and supervisors of employees who are conducting fleet maintenance or servicing activities.
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found. Annual review of each authorized employee
CEU:	CEU not available

Ergonomics (Back Power, Strains and Sprains)

Look at the problems of over-exertion and other injuries caused by repetitive motion. The course will focus on proper field and office ergonomics, as well as musculoskeletal disorders that occur in the workplace.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended new employee and as needed
CEU:	CEU not available

Fall Protection

Covers typical fall hazards and practical solutions. Learn how to properly calculate fall distances, inspect and don harnesses and connecting devices. Rescue plan elements discussed. If available, it is highly recommended students bring their own harness for inspection and donning.

Who Should Attend?	Employees who work at heights
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard or lift type, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Fall Protection, Competent Person Requirements

A fall protection competent person is a person who has been trained and has the necessary knowledge and experience to identify fall hazards, assess risks, and implement appropriate fall protection measures in the workplace. Their role is to ensure the safety of workers who may be exposed to falls from heights and that appropriate measures are in place to lessen the risks associated with working at heights. This session will cover all the different aspects of responsibility of the competent person in fall protection.

Who Should Attend?	All employees and supervisors of employees who can recognize and predict fall hazards and have the authority to make corrections of those hazards.
Length:	Approx. 1-Hours
Requirement:	Required every 3 years
CEU:	CEU not available

Fall Protection PPE

Fall protection PPE (Personal Protective Equipment) is designed to protect workers from falls and the associated hazards when working at heights. It's critical to ensure that fall protection PPE is properly selected, maintained, and used according to the manufacturer's directions. It is also important that workers receive appropriate hands-on training on the use of fall protection equipment and fall prevention systems.

Who Should Attend?	All employees and supervisors of employees who utilize any part of a fall protection, restraint or positioning system.
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard or lift type, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Fire Safety & Fire Protection

Addresses the proper use and selection of fire extinguishers as well as the elements required for a fire to occur and how to prevent them. This session will also address establishing safe exit routes and proper handling / storage of flammables.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required initially and at least annually thereafter or a change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Flagger Safety

Covers all DOT, plus MUTCD, flagger rules when working in the right-of-way.

Who Should Attend?	All employees conducting flagger responsibilities for the work zone right-a-way
Length:	Approx. 1-Hour
Requirement:	Required annually
CEU:	CEU Credit Hours not available
Note to Instructor	Flagger card to be issued

Forklift Operator and Driving Assessment

Reviews appropriate operating procedures and other safety measures that will protect employees and meet current OSHA requirements. This site-specific Forklift training consists of classroom and practical evaluation.

Who Should Attend?	All employees that operate forklifts. New employees must have this training before operating a forklift without supervision.
Length:	Approx. 4-Hours
Requirement:	Required initial classroom and driving assessment, then driving assessment every three years or for cause
CEU:	CEU not available
Note to Instructor	Forklift card to be issued

Hazard Communication (Right to Know)

Addresses basic information you need to know about chemicals in the workplace plus the hazardous effects of chemicals, how to handle them and the first aid needed if you become over-exposed. Includes the Global Harmonization Standard (GHS).

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required initially and annual refresher – this depends on level of response by employer
CEU:	0.1 CEU (Good for WT or WD or WW)

HAZWOPER Awareness

Help employees understand what hazardous substances are and the risks in an incident, what the potential outcome could be for a hazardous substance emergency, recognizing the presence of and identifying hazardous substances, emergency response and the importance of contacting additional resources.

Who Should Attend?	Employees needing First Responder Awareness Level who may witness or discover a hazardous substance release and who would take no action beyond notification of the proper authorities
Length:	Approx. 1-Hour
Requirement:	Required annually for oil handlers
CEU:	CEU not available

Hearing Conservation – Awareness

Addresses the importance of assessing potential noise hazards in work areas and emphasizing the importance of wearing hearing protection.

Who Should Attend?	All employees in a hearing conservation program
Length:	Approx. 1-Hour
Requirement:	Required annually for those in a hearing conservation program; recommended every 2 years for others
CEU:	CEU not available

Hearing Baseline or Annual Tests

A baseline or annual hearing test.

Hearing tests fees of \$35 per person billed to the city/utility; depending upon contract with IAMU.

Who Should Attend?	All employees needing a baseline or annual hearing test
Length:	Varies
Requirement:	Required annually for those in a hearing conservation program
CEU:	CEU not available

Hearing Attenuation Tests

To ensure hearing protectors (earplugs) provide adequate attenuation for employees exposed to 85 dBA time weighted average. Making sure that the earplugs the city are supplying; that the earplugs are effective and they fit correctly, and/or the employee is inserting them correctly.

Who Should Attend?	Employees that you have been determined are in a hearing conservation program and use ear plugs.
Length:	Varies
Requirement:	Required once, then if there is a documented hearing test shift.
CEU:	CEU not available

Heat Stress

Heat stress training is essential for workers who are exposed to hot environments as part of their job duties. It educates employees on the risks associated with working in high temperatures and provides information on how to recognize early signs of heat-related illnesses in themselves and their coworkers.

Who Should Attend?	All employees with exposure
Length:	Approx. 1-Hour
Requirement:	Initial awareness and refresher as needed
CEU:	CEU not available

Hexavalent Chromium Awareness

Hexavalent chromium is a form of chromium that is known to cause cancer. Contact with hexavalent chromium can cause skin ulcers or severe dermatitis. When chromium is heated through welding, grinding or plating it becomes airborne and can be absorbed through the skin or inhaled. It can also damage the respiratory system, kidneys, liver, skin, and eyes. This session will discuss the hazards of hexavalent chromium exposure, which processes and materials in utility workplaces will liberate chromium and how to protect yourself from the effects of hexavalent chromium.

Who Should Attend?	Supervisors, health and safety personnel, welders and other fabricators
Length:	Approx. 1-Hour
Requirement:	Required initially and refresher as needed
CEU:	CEU not available

Hydrogen Sulfide Awareness

Hydrogen sulfide is a colorless, flammable and highly poisonous gas known for its rotten egg odor. It is produced naturally by decaying organic matter and is present in wastewater treatment plants and sewer piping systems. The objectives of the training is to teach participants to understand the hazards of hydrogen sulfide exposure at low and high levels, how to detect the presence of hydrogen sulfide and how to protect themselves. The training will also discuss how to maintain the available safety controls to prevent hydrogen sulfide exposure.

Who Should Attend?	All employees with potential hydrogen sulfide exposure
Length:	Approx. 2.25 Hours
Requirement:	Initial awareness and refresher as needed but not to exceed 3 years
CEU:	0.2 CEU (Good for WT or WD or WW)

Identifying & Avoiding Poisonous Plants & Insects

Participants will learn how to visually identify poisonous plants and first aid measures to follow if they experience reactions from contact. Discussion will also include the importance of the carrying an epi-pen if one has been prescribed.

Who Should Attend?	All people conduct groundskeeping duties.
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found.
CEU:	CEU not available

Lab Safety

Addresses how to properly store and stage toxic chemicals, fume hood use and maintenance, basic chemical hygiene, spill clean-up and personal protective equipment.

Who Should Attend?	Employees working in a lab
Length:	Approx. 2-Hours
Requirement:	Recommended initially then every 3 years
CEU:	0.2 CEU available every two years (Good for WT or WW)

Ladder Safety

A review and discussion of proper use, maintenance and inspection of portable and fixed ladders.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended new employee and as needed
CEU:	CEU not available

Lead Awareness

Lead is a heavy metal that is formed naturally and is used to form alloys that are typically found in ammunition, pipes, cable covering, building material, solder, radiation shielding, collapsible tubes, and fishing weights. There is an estimated 6.1 million lead pipe service lines for potable water systems still in use in the U.S. creating the potential for lead exposure in drinking water. The health effects of lead are the same whether lead particles are breathed-in, swallowed, or absorbed through your skin. This session will discuss the hazards of lead exposure, where lead can be found in utility workplaces and how to protect yourself from the effects of lead.

Who Should Attend?	Supervisors, health and safety personnel, maintenance personnel, welders and other fabricators
Length:	Approx. 1-Hour
Requirement:	Required initially and refresher as needed
CEU:	0.1 CEU (Good for WT or WD or WW)

Machine Guarding

The purpose of machine guarding is to minimize or eliminate contact between employees and hazardous machine components, such as rotating parts, gears, belts, blades, or electrical circuits. This class will teach the participants how to conduct risk assessments, identify potential hazards and implement appropriate machine guarding methods that are critical in amputation prevention.

Who Should Attend?	All employees and supervisors of employees who are assessing machine guarding needs and/or those exposed to machine guarding hazards.
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU (Good for WT or WD or WW)

Material Handling & Storage

Focuses on people with jobs that require handling material – manually or otherwise. The importance of proper storage and critical injury risk factors will be addressed.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Mock OSHA Walkthrough

A representative should be designated to accompany the instructor during the walkthrough of all facilities (as time allows). The instructor will make an informal inspection for possible safety issues and OSHA violations. The representative should prioritize the order in which facilities are evaluated to make best use of time. Any time leftover will be used to review safety programs. Following the walkthrough, a written report will be generated and returned for your review and will cover any phone calls for technical assistance afterward.

Who Should Attend?	Host city employee(s) responsible for the development and upkeep of the written programs. This is not employee training.
Length:	Approx. 2-4-Hours, Depending upon size of entity
Note to Instructor	Report to be generated and sent to member

Multimeter – Basic Functions

A multimeter is a basic electrical tool that measures current, impedance and voltage. However, the incorrect use of a multimeter can cause serious injury or even death. This session will help you determine what type of meter to purchase and the basic functions of both digital and analog multimeters. Also addressed is the importance of following the manufacturer's directions for use and maintenance of this important electrical equipment.

Who Should Attend?	Electrical supervisors and foremen and electrical maintenance personnel
Length:	Approx. 1-Hour
Requirement:	Required initially and every 3 years
CEU:	CEU not available

OSHA Noise Survey

Sampling will be conducted to assess the level of noise exposure in the workplace. We will identify tasks and equipment that put your employees at risk of hearing loss and determine corrective actions. Please designate an employee to accompany our Safety Specialist on the visit. A written report of the equipment and areas sampled, the findings and our recommendations will be provided.

Who Should Attend?	Department managers for the LISTED location.
Length:	Approx. 2-4-Hours, Depending on size of entity
CEU:	NOT AVAILABLE; This is not employee training.
Note to Instructor	A report to be generated and sent to member

OSHA 10-hour Construction

This course is designed for construction workers as an ideal orientation to those who are new to the industry and as a reminder those who have been working in the industry to the hazards associated with their work.

Length:	10-Hours
CEU:	You will receive a laminated official Department of Labor (DOL) card in the mail.
	Call IAMU to determine need and set up a class

OSHA 30-hour Construction

The course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors, the program provides complete information on safety compliance issues.

Length:	30-Hours
CEU:	You will receive a laminated official Department of Labor (DOL) card in the mail.
	Call IAMU to determine need and set up a class

OSHA 10-hour General Industry

The 10-hour Outreach program is intended to provide a variety of training on General Industry safety and health to entry-level workers.

Length:	10-Hours
CEU:	You will receive a laminated official Department of Labor (DOL) card in the mail.
	Call IAMU to determine need and set up a class

OSHA 30-hour General Industry

The course is a comprehensive safety program designed for anyone involved in general industry. Specifically devised for safety directors and field supervisors, the program provides complete information on OSHA compliance issues.

Length:	30-Hours
CEU:	You will receive a laminated official Department of Labor (DOL) card in the mail.
	Call IAMU to determine need and set up a class

OSHA Recordkeeping Audit & Program Review

The visit will focus on the review of records and required regulatory programs.

In addition, any remaining time will be spent providing a one-on-one Safety Program Analysis.

Who Should Attend?	City employee(s) responsible for the development and upkeep of the written programs.
Length:	Approx. 2-4-Hours depending on size of the entity
CEU:	CEU not available. This is not employee training.
Note to Instructor	A report to be generated and sent to member

Personal Protective Equipment

Provides training and information on the selection, use, care and limitations of PPE.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU (Good for WT or WD or WW)

Personal Protective Equipment & Hazard Assessments

Provides training and information on the selection, use, care and limitations of PPE. Participants will learn how to conduct Job Safety Analysis and choose the proper PPE to protect employees from hazards encountered in their working environment. Discussion will include OSHA's requirements for conducting hazard assessments to complete the JSAs and employee training requirements.

Who Should Attend?	All employees
Length:	Approx. 2-Hours
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.2 CEU available for PPE (Good for WT or WD or WW)

Recognition of Workplace Safety & Health Hazards

Attendees will identify common workplace hazards and the potential outcome of exposure to the hazard(s), and preventive and corrective measures to mitigate or abate the hazard.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended for new employees and as needed
CEU:	CEU not available

Respiratory Diseases and How to Protect Yourself

Different worksites expose workers to airborne hazards such as dust, fumes, vapors, and gases that deteriorate the airways and lungs. Long-term exposure to these substances causes serious respiratory damage that can be fatal as well.

Who Should Attend?	All workers and managers that will be expected to conduct these types of activities
Length:	Approx. 1-Hour
Requirement:	Initially and (recommended) every 3 years, annually for those participating in a respiratory protection program.
CEU:	0.1 CEU (Good for WT or WD or WW)

Respiratory Protection – Awareness

Addresses proper selection and use of a respirator as well as when a respirator is needed.

Who Should Attend?	Employees using a respirator
Length:	Approx. 1-Hour
Requirement:	Required annually for those wearing respirators
CEU:	0.1 CEU available (Good for WT or WW)

Respiratory Clearance Fit Tests

Respiratory Clearance Fit Tests will be available to all employees at \$30 per person billed to the city/utility; depending upon contract with IAMU.

Who Should Attend?	Employees needing to have their respirator(s) tested
Length:	Approx. 2-Hours
Requirement:	Required annually for those required to wear respirators. Participants must bring their respirator with a particulate filter (HEPA). This test is only for air purifying respirators. Dust-mask filtering face piece respirators, used in compliance of the silica standard, must also be fit tested. Those with supplied air respirators and self-contained breathing apparatus (SCBA) will need to make alternative arrangements for fit testing. The host city must supply a fit testing area separate from the training area to conduct the fit test (because of the irritant smoke).
What to Bring:	Respirator(s)
CEU:	CEU not available

Rigging

This session will address the safe use of slings, rigging hardware and lifting devices and include standard hand & voice signals. Procedures & regulations for working with cranes near overhead power lines will also be covered.

Who Should Attend?	Call IAMU to determine your need for certification or qualification
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Safety Orientation - New Employee Orientation (For All)

This 2-hour meeting is suitable for newly hired employees; full or part-time, temporary or permanent. The session discusses each notice required under both federal and Iowa labor laws, Title 6 and 7 of the Civil Rights Act of 1964 and the purpose of OSHA, the OSHA regulations and their recordkeeping standard. Basic safety and health information, such as personal protective equipment, hazard communication, permit-required spaces, lockout/tagout, ladders and other walking/working surfaces and electrical safety is also covered.

Who Should Attend?	All new and seasonal employees
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Length:	Approx. 2-Hours
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Requirement:	Required as needed for new and seasonal employees
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CEU:	CEU not available
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Pre-Recorded Webinar:	Available only on IAMU's members only side of the website
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Safety Orientation (Grounds Keeping Safety)

This 2-hour meeting is geared toward the recognition of hazardous exposures in the grounds keeping industry. Topics covered include powered tool and equipment hazards; poisonous plants, animals and insects; hearing conservation and personal protective equipment and heat-related illnesses.

Who Should Attend?	All new and seasonal employees in grounds keeping
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Length:	Approx. 2-Hours
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Requirement:	Required as needed for new and seasonal employees
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CEU:	CEU not available
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Pre-Recorded Webinar:	Available only on IAMU's members only side of the website
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Safety Orientation (Pool & Recreational Center Safety)

The topics covered in this 1½ hour session are geared toward work exposures in the pool and recreational centers. Discussed are ways to recognize the dangers of heat and sun exposures, waterborne illnesses, and symptoms of allergic reactions to insects, chemical safety, and the importance of staying alert to working conditions.

Who Should Attend?	All new and seasonal employees in grounds keeping
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Length:	Approx. 1 ½ -Hours
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Requirement:	Required as needed for new and seasonal employees
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CEU:	CEU not available
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Pre-Recorded Webinar:	Available only on IAMU's members only side of the website
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Safety Orientation (Office Safety)

This 1-hour meeting shares office safety tips including ladder/step stool use; ergonomics, stretches and proper handling of materials; slip and trip hazards and safe walking paths; and, proper housekeeping. Emergency action plans and coverage of workplace harassment/violence is also covered.

Who Should Attend?	All new and seasonal employees in grounds keeping
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Length:	Approx. 1-Hour
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Requirement:	Required as needed for new and seasonal employees
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CEU:	CEU not available
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Pre-Recorded Webinar:	Available only on IAMU's members only side of the website
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Sanitation & Housekeeping

Learn how to organize and keep work and storage areas clean and sanitary. Discussion will include the sanitation requirements for eating areas, the availability of bathrooms, handwashing facilities and clean water for drinking.

Who Should Attend?	All employees
Length:	Approx. 2-Hours
Requirement:	Recommended initially and introduction of a new hazard, change in procedures or deficiency in knowledge found.
CEU:	CEU not available

Scaffolding

Covers general scaffolding safety. It will include assembly of frame scaffolding, rolling scaffolding, tube and coupler scaffolding. Class will also cover OSHA training requirements for assembly and use.

Who Should Attend?	Call IAMU to determine your need for certification or qualification
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Securing Loads for Transport

Looks at the hazards associated transporting materials on vehicle beds.

The course also describes the hazards, tools and methods to ensure loads will be transported to their destination safely.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended as needed for all employees using work vehicles.
CEU:	CEU not available

Silica Awareness

Silicosis is a progressive, irreversible and fatal lung disease where silica causes stiffening of the lungs and making breathing difficult. Silica exposure occurs when workers are cutting concrete or brick or working with drywall. Silica is found in many materials that are processed by workers. This topic is designed to alert employees to the presence of silica and how best to protect themselves from silicosis.

Who Should Attend?	All workers and managers conducting job tasks where silica is present.
Length:	Approx. 1-Hour
Requirement:	Initially and (recommended) updated every 3 years
CEU:	0.1 CEU (Good for WT or WD or WW)

Silica / Concrete Safety

Review of hazards associated with concrete and the hazards of respirable silica while working with concrete during pouring, finishing, cutting operations or breaking up of old concrete for disposal. It will discuss the hazards of concrete work, how to protect employees from those hazards and proper PPE to be used. There will be emphasis on the updated respirable crystalline silica standard, employee protection from this hazard and measures to control this silica hazard.

Who Should Attend?	Employees that have concrete exposure and those to designated as competent persons
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Skid Loader / End Loader Safety Education

Review of appropriate operating procedures, avoiding struck-by hazards, and other safety measures that will protect employees and meet current OSHA requirements.

Who Should Attend?	Employees operating skid loaders and end loaders
Length:	Approx. 1-Hour
Requirement:	Recommended initially and as needed
CEU:	CEU not available

Solvent Safety

Solvents are defined as chemicals, usually liquids, that are used to dissolve, suspend or extract other materials, usually without chemically changing either the solvents or the other materials. Solvents can enter a person's body by inhalation or absorbed by the skin. This session will discuss proper methods for working safely with solvents. This includes ventilation, personal protective equipment and chemical hygiene measures.

Who Should Attend?	Supervisors, health and safety personnel and all persons with solvent exposure
Length:	Approx. 1-Hour
Requirement:	Required initial awareness and refresher as needed
CEU:	0.1 CEU (Good for WT or WD or WW)

Storm Response Safety

Emergency responders and recovery workers can be exposed to a wide variety of hazards during and following hurricane and flooding events. Chemical and biological contaminants can be released to the environment from industrial and commercial facilities, households, sewage plants, and sewer or waste lines. Response workers can also be exposed to bodily fluids that may contain infectious diseases during victim recovery and while handling human remains.

Who Should Attend?	All workers and managers that will be expected to conduct these types of activities
Length:	Approx. 1-Hour
Requirement:	Initially and (recommended) every 3 years
CEU:	0.1 CEU (Good for WT or WD or WW)

Tool Safety – Hand & Power

Teaches employees important safety practices to reduce accidents and injuries on the job. Inspecting, maintaining, proper guarding, and hazards associated with each tool and power source will be covered. Numerous tools will be shown including hammers, wrenches, saws, hydraulic, pneumatic and electric tools. Also, the class will address the requirements of proper machine guarding.

Who Should Attend?	Employees that work with tools
Length:	Approx. 1-Hour
Requirement:	Recommended initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Trenching & Shoring – Awareness

Addresses the protection systems and evaluating the dangers of the trench.

Who Should Attend?	Employees working at an excavation site (not competent person)
Length:	Approx. 1-Hour
Requirement:	Recommended initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.1 CEU (Good for WD or WW)

Trenching & Shoring – Competent Person

Address soil classification, protection systems and evaluating the dangers of the trench.

Who Should Attend?	The individuals responsible for the control of the excavation job & other employees working at an excavation
Length:	Approx. 3-Hours
Requirement:	Recommended initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	0.3 CEU available (Good for WD or WW)

Violence in the Workplace

Helps the employee cope with the irate person and suggest ways to assess and handle a volatile situation. Discusses ways to protect yourself in this type of emergency.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended for new employees and as needed
CEU:	CEU not available

Walking-Working Surfaces

A review and discussion of safe walking & working surfaces and the proper use, maintenance and inspection of portable and fixed ladders. The class also addresses recognition of and protection from fall hazards.

Who Should Attend?	All employees
Length:	Approx. 1-Hour
Requirement:	Recommended new employee and as needed
CEU:	CEU not available

Welding, Cutting & Brazing

Reviews the welding, cutting and brazing regulations of OSHA. Safe practices, safety rules, compressed gas storage and handling, and personnel protective equipment will be addressed.

Who Should Attend?	Employees that weld
Length:	Approx. 1-Hour
Requirement:	Required initially and change in employee duties, introduction of a new hazard, change in procedures or deficiency in knowledge found
CEU:	CEU not available

Work Zone Safety (Traffic Control)

Addresses how to protect employees from traffic while working on or near the streets and roads.

Who Should Attend?	All employees working in the right-of-way
Length:	Approx. 2-Hours
Requirement:	Recommended every two years
CEU:	CEU not available