Northwest State Community College  
Course Information Sheet

# Course Information

Title: Safety Equipment & Procedures

Course Number: INT110

Credit Hours: 1

Pre-requisite: None

# Description

This is an introductory course to cover the basics of safety equipment and safety procedures one will encounter in an industrial workplace. Topics covered will include Lock out/Tag out, Take two process, Personal Protective equipment, and First aid response in emergencies. Students will be required to attend one meeting on campus to facilitate hands on demonstration of some procedures

# Learning Outcomes

Upon completion of this course the students will be able to:

1. Define the history and impact of safety regulation in the United States
2. Explain the mission and purpose of government agencies: OSHA and NIOSH
3. Identify common causes of workplace injuries and accidents
4. Define the 3 Critical Safety Practices used in the workplace
5. Explain basic first aid – emergency response
6. Define confined spaces and their hazards

# Required Material

**Text:**

Occupational Safety & Health, by Graham and Rowley. ISBN 9780826935700

**Supplies:**

Safety glasses

Safety gloves

# Safety Equipment & Procedures Module 1: Overview of Occupational Safety, Health, and Hazardous Materials

Protecting people, property, and the environment on the job benefits everyone. While have work place free of harm is the goal, the reality is the hazards that can cause harm are all work environments. Even with all the technological advancements advances in the workplace within the past 100 years, occupational injuries and illnesses still occur. Identifying hazards applying hazards controls, and developing and implementing a well-managed occupational safety and health program are key elements in protecting people property and the environment.

Upon completion of this module the student will be able to:

1. Describe safety and hazards.
2. Describe the causes of unsafe acts.
3. Explain how accidents can be prevented.
4. Identify the elements of an occupational safety and health program.
5. Know how to design an emergency response plan (ERP)

### Module 1 Activites Check Sheet

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 Read Occupational Safety and Health, Chapter 1: Overview of Occupational Safety and Health

Text Book

 Read Occupational Safety and Health, Chapter 4: Laws, Regulations, and Standards

Text Book

 Watch video: Introduction to OSHA (16:18)

<https://www.youtube.com/watch?v=H6wRRWi6i0c>

 Watch video: "Don't Walk on By" Safety Music Video (3:43)

<https://www.youtube.com/watch?v=HD1e3uc_eQE>

 Review website: OSHA Employer Responsibilities

<https://www.osha.gov/workers/employer-responsibilities>

 Review website: OSHA Worker’s Rights and Protections

<https://www.osha.gov/workers/>

 Watch video: I Chose to Look the Other Way (2:32)

<https://www.youtube.com/watch?v=Nkh6GUwdHsQ>

 Review website: DoL Whistleblower Protection Programs

<https://www.osha.gov/sites/default/files/publications/OSHA3638.pdf>

 Complete Quiz 110-1

See Quiz INT110-1 Content Packaging files to upload into an LMS System

 Review Hands-on Lab 110-1.1

See Lab Documents

 Complete Hands-on Lab 110-1.1

See INT110 1.1 Lab Document

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# Safety Equipment & Procedures Module 2: Confined Spaces and Basic First Aid

Many workplaces, regardless of location or industry, have confine spaces, which often conditions are hazardous. Confined means enclosed, limited or restricted. These work places include agriculture services, industrial facilities, and health services facilities. Examples of confine space that workers may need to enter include crawl spaces, chimneys, pipes ducts, boilers, furnaces, pits, pumping stations, process vessels sewers, silos, storage tanks, and utility vaults. Workers entry for inspection, maintenance, repair, cleanup, or similar task is often difficult and dangerous due to chemical or physical hazards within the space. It is important to identify confined spaces and the hazards that may exist in spaces prior to entry. First aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer.

Upon completion of this module the student will be able to:

1. Define a confined space.
2. Describe the hazards found in (PRCSs)
3. Identify the regulation and standards for permit required confine spaces (PRCSs)
4. Describe hazard control measures for PRCSs.
5. List the main elements of an effective PRCS entry program
6. Explain emergency response and basic first aid

### Module 2 Activities

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 Read Occupational Safety and Health, Chapter 14: Confined Spaces

Text Book

 Read Occupational Safety and Health, Chapter 20: Occupational Health

Text Book

 Review PowerPoint: Confined Spaces

<https://www.osha.gov/harwoodgrants/grantmaterials/fy2016/sh-29639-sh6> Click on Confined Spaces Hazards in Construction

 Review website: OSHA Medical and First Aid

<https://www.osha.gov/medical-first-aid/recognition>

 Read Basic First Aid guide

<https://extension.umaine.edu/publications/2325e/> (Click on Bulletin #2325 for the information)

 Read Basic First Aid: Script

[NASD - Basic First Aid: Script (nasdonline.org)](https://nasdonline.org/301/d000105/basic-first-aid-script.html) (Click on the PDF picture for additional information)

 Watch video: OSHA Training Tutorial - Identifying Confined Spaces (10:48)

<https://www.youtube.com/watch?v=rbfWE7D9RZk>

 Watch video: 5 Steps to safe hot work and confined space entry (28:04)

<https://www.youtube.com/watch?v=rBNKNGgskY0>

 Watch video: Confined Spaces, A Refresher for Life! (33:37)

<https://www.youtube.com/watch?v=GhhltubPo3E>

 Watch video: Precious Time: The Cody McNolty Story (9:35)

<https://www.youtube.com/watch?v=SuC4aurqkm8>

 Complete Quiz 110-2

See Quiz INT110-2 Content Packaging files to upload into an LMS System

 Review Hands-on Lab 110-2.1

See Lab Documents

 Complete Hands-on Lab 110-2.1

See INT110 2.1 Lab Document

# Safety Equipment & Procedures Module 3: Occupational Safety and Health Profession

The responsibilities of occupational safety and health professionals have expanded beyond typical duties such as safety and health inspections, conducting training, Investigating accidents, identifying unsafe acts and conditions. Safety professional today are responsible for organizing wide efforts in facilitating occupation safety and health innovations that enhance an organization’s business value. They develop occupational safety and health plans and programs by working with people at all levels in the organization and with the governmental, regulatory, and business organization.

Upon completion of this module the student will be able to:

1. Describe the representative responsibilities of professionals in the safety industry.
2. Describe the education that is generally required for safety professional.
3. Explain the importance of the ethics for safety professionals.
4. List typical skills and job duties of safety professionals.

### Module 3 Activities

Top of Form

 Read Occupational Safety and Health, Chapter 2 - Occupational Safety Health Profession

Text Book

 Review PowerPoint: OSHA Recordable

See IND110-3 OSHA Recordable.pdf File

 Review website: OSHA Duty Clause of 1970

[https://wwwn.cdc.gov/WPVHC/Nurses/Course/Slide/Unit5\_4#:~:text=The%20General%20Duty%20Clause%20from,a%20recognized%20hazard%20within%20the](https://wwwn.cdc.gov/WPVHC/Nurses/Course/Slide/Unit5_4%23:~:text=The%20General%20Duty%20Clause%20from,a%20recognized%20hazard%20within%20the)

 Complete Quiz 110-3

See Quiz INT110-3 Content Packaging files to upload into an LMS System

 Review Hands-on Lab 110-3.1

See Lab Documents

 Complete Hands-on Lab 110-3.1

See INT110 3.1 Lab Document

# Safety Equipment & Procedures Module 4: Personal Protective Equipment (PPE)

The work environment can represent numerous hazards. One form of protection from these hazardous is the use of personal protective equipment (PPE).

Using PPE does not eliminate hazards, but it can reduce the effects of those hazards have on an individual wearing it. Even when proper PPE is used or worn, there is always a chance of injury. However, these injuries can be minor compared to injuries sustained if PPE is not worn. Identifying existing and potential hazards involve with a particular task is essential to selecting the appropriate protective equipment.

Upon completion of this module the student will be able to:

1. Define Personal Protective Equipment (PPE).
2. Identify the regulations and standards that address PPE.
3. List the different path ways through which a hazard can enter a body.
4. List types of hazards that require the use of PPE
5. Describe different types of PPE.
6. Identify the content that must be address in a PPE program.

### Module 4 Activities

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 Read Occupational Safety and Health, Chapter 6 - Personal Protective Equipment

Text Book

 Review PowerPoint: Construction PPE

<https://www.osha.gov/training/outreach/construction/presentations> Click on Personal Protective Equipment

 Watch video: OSHA Compliant Personal Protective Equipment (10:45)

<https://www.youtube.com/watch?v=QYcXUtQUN3w>

 Watch video: PPE - An Overview of the Basics (15:23)

<https://www.youtube.com/watch?v=NV2cNmfK8_Y>

 Watch video: Safety gloves | Work gloves (5:32)

<https://www.youtube.com/watch?v=1C3QzIZy8l4>

 Watch video: Eye Safety (3:30)

<https://www.youtube.com/watch?v=pfAZwGZS-Hk>

 Watch video: OSHA Respiratory Protection (10:22)

<https://www.youtube.com/watch?v=sFGqbDbSSpM>

 Complete Quiz 110-4

See Quiz INT110-3 Content Packaging files to upload into an LMS System

 Review Hands-on Lab 110-4.1

See Lab Documents

 Complete Hands-on Lab 110-4.1

See INT110 4.1 Lab Document

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