

Three Rivers IH Awareness Training Class

The 4 hour fundamentals class is designed to provide front line supervisors and site safety representatives a basic level of knowledge around workplace health hazards and assessment. At least one person at a site should be able to identify and understand basic health issues.

Learning Objectives:

- Understand the potential impact of chemical and physical agents on the short and long term health of workers
- Understand the basics of exposure assessments and how the results can be used at the worksite for job planning and safety communications.
- To be able to recognize when there may be a potential for excessive exposure and actions that may need to be taken to address the risk.
- To be able to effectively audit worksite conditions against health program requirements.

Chemical and Physical Hazards

- Gases, vapors, dusts, and fumes
- Routes of entry
- Mg/M3, ug/M3, PPM, decibels, (basics of units of measure)
- Exposure standards- PELs, STELs, TWAs, TLVs (also company specific)
- Odor thresholds
- Health effects- Acute vs. Chronic

Identification of potential Health Hazards

- Exposure assessment process
- Qualitative vs. quantitative
- Types of monitoring (detector tubes, direct read meters, LEL vs. PIDs, personnel)
- Resources (Company IH support, Past assessments, site personnel)
- Application to JSAs and pre-job safety reviews
- Communication to work force

Control of Health Hazards

- Engineering
- Work practices
- PPE

Ventilation Basics

- Natural Ventilation
- Use of air movers (how to make the air do what you want)

Essential Highlights of Industrial Hygiene Program and OSHA Standards

- Hazard communication essentials

- Respiratory Protection
- Hearing Conservation
- PPE Program
- Insulation Program
- Ergonomics Program (human factors, body positioning, repetitive stresses)
- Physical hazards (radiation, heat stress, cold stress)
- Other programs

Practice Session

- Recognition of potential job hazards
- Setting up a job
- Doing a JSA

Open Discussion

- Health Issues on Jobs
- Additional questions and answers
- Recommended Revisions to Training Program