



# OSHA TRAINING CENTER

AT CHABOT-LAS POSITAS  
COMMUNITY COLLEGE DISTRICT

[www.trainhawaii.com](http://www.trainhawaii.com)

[www.osha4you.com](http://www.osha4you.com)

The Pacific Education Center (PEC) is a Non-Profit Corporation Registered in the State of Hawaii and dedicated to providing Quality Hawaii based Environmental Health, Occupational Safety and Public Safety Training. Our primary goal is to provide Quality training in a cost effective manner that gives every employer the opportunity to get their employees properly trained.

In addition to providing our Hawaii Based courses, we are the Provider of OSHA Training Institute Courses in Hawaii and the Pacific Rim for the OSHA Training Center, Chabot-Las Positas Community College District, Pleasanton, California.

## 2013 OSHA TRAINING INSTITUTE COURSE SCHEDULE

Start	End	Course #	Course Name	Cost
3/11/2013	3/14/2013	510	OSHA Standards for the Construction Industry - OSHA 510	\$550.00
4/15/2013	4/18/2013	511	OSHA Standards for General Industry - OSHA 511	\$550.00
4/19/2013	4/19/2013	7405	Fall Hazard Awareness for the Construction Industry - OSHA 7405	\$155.00
5/9/2013	5/10/2013	7415	Construction Industry Requirements - Hazard and Prevention Strategies OSHA 7415	\$225.00
5/13/2013	5/15/2013	3010	Excavation, Trenching and Soil Mechanics - OSHA 3010	\$525.00
6/3/2013	6/6/2013	500	Trainer Course for the Construction Industry - OSHA 500 <b>Instructor Joe Teeples</b>	\$590.00
7/8/2013	7/10/2013	503	Update for General Industry Outreach Trainers - OSHA 503	\$450.00
7/15/2013	7/18/2013	510	OSHA Standards for the Construction Industry - OSHA 510 <b>in Hilo</b>	\$550.00
7/22/2013	7/22/2013	7500	Introduction to Safety and Health Management - OSHA 7500	\$225.00
7/23/2013	7/23/2013	7005	Public Warehousing and Storage - OSHA 7005	\$225.00
7/24/2013	7/24/2013	7205	Health Hazard Awareness - OSHA 7205	\$225.00
8/12/2013	8/15/2013	501	Trainer Course for General Industry - OSHA 501 <b>Instructor Joe Teeples</b>	\$590.00
9/9/2013	9/12/2013	3110	Fall Arrest Systems - OSHA 3110	\$525.00
9/23/2013	9/23/2013	7205	Health Hazard Awareness - OSHA 7205	\$225.00
9/24/2013	9/24/2013	7105	Evacuation and Emergency Planning - OSHA 7105	\$225.00
9/25/2013	9/25/2013	7000	Ergonomic Guidelines for Nursing Homes - OSHA 7000	\$225.00
10/7/2013	10/9/2013	6000	Collateral Duty Course for Other Federal Agencies - OSHA 6000 – <b>Instructor Joe Teeples</b>	\$590.00
10/21/2013	10/21/2013	7400	Trainer Course in Construction Noise - OSHA 7400	\$225.00
10/22/2013	10/22/2013	7300	Permit Required Confined Space Standard - OSHA 7300	\$155.00
10/23/2013	10/23/2013	7410	Managing Excavation Hazards - OSHA 7410	\$155.00
11/4/2013	11/7/2013	5410	OSHA Standards for the Maritime Industry - OSHA 5410	\$590.00
11/18/2013	11/19/2013	7505	Accident Investigation Introduction - OSHA 7505	\$199.00
11/20/2013	11/20/2013	7100	Machinery and Machine Safeguarding Introduction - OSHA 7100	\$199.00

Courses in light blue are our one day seminar series courses. Pay for the first two courses and attend the third course for free.

**For more information about our program please contact:**

**Raymond Welch, Executive Director**

**Direct: 808-223-7270**

**Email: [rwelch@pacificeducationcenter.org](mailto:rwelch@pacificeducationcenter.org)**



### **MISSION**

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### **Some of our Training Courses**

The Hawaii **B.E.S.T.** program (Basic Employee Safety Training) \$75 per student - 1 day seminar includes;

- Hawaii Employee Right to Know
- Hazard Identification and Prevention
- OSHA Focus 4 (Electrocution, Falls, Struck-By, Caught in or between).
- Fire Safety and Emergency Actions
- How to read a MSDS and the Global Harmonizing System
- Basic Office Ergonomics

### **General Industry Courses**

- OSHA 10 and 30 Hour General Industry Safety and Health Outreach Program
- Environmental and Safety Regulatory Compliance for Facility Managers
- Occupational Health and Safety Program Management
- Principles of Risk Management and Accident Prevention
- Confined Spaces & Permit Required Confined Spaces
- Hazardous Substances & Industrial Hygiene
- Lockout/Tagout
- Recordkeeping & Reporting
- Respiratory protection

### **Construction Safety Courses**

- OSHA 10 and 30 Hour Construction Safety and Health Outreach Program
- Construction Industry Safety Inspection Techniques
- Excavation Safety - Fall Arrest Systems - Fall Protection
- Forklift Safety
- Personal Protective & Lifesaving Equipment
- Scaffolding Safety
- Stairway and Ladder Safety

### **Hazardous Waste Operations and Emergency Response**

- HAZWOPER 24 & 40 HR
- HAZWOPER 8 hr Annual Refresher

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**Raymond Welch, Executive Director**

**Direct: 808-223-7270**

**[rwelch@pacificeducationcenter.org](mailto:rwelch@pacificeducationcenter.org)**

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