



**Providing Health & Safety Services  
to  
Aerospace  
Manufacturing  
Construction  
Food Production  
Petrochemical Industry**

**TRAINING PROGRAMS  
2023 - 2024**

To schedule a training, please call or email: 951-371-8685 /sales@wsarep.com



WESTERN SAFETY ASSOCIATES

# TRAINING PROGRAMS

At WSA we understand that every site and every project is different, but the need to keep employees and the workplace safe remains. Our goal of saving lives through on-site safety education has been key in the structure and design of all courses. All classes are taught by passionate safety professionals who are versed OSHA standards and have practical experience of the job site applications of the equipment and safety situations discussed.

## Course Descriptions

### Fall Protection Authorized

This course is for personnel who are responsible for working at heights in construction or general industry. This course complies with OSHA and ANSI regulations for an Authorized Person.

Min Attendance: 5 / Max Attendance: 20  
Duration: 4 Hours

### Fall Protection Competent Person

This course is for general foreman, supervisors of authorized users who implement and monitor a managed fall protection program or are responsible for managing multiple workers. Participants will develop the necessary skills and knowledge base to meet the requirements for a Competent Person as defined by OSHA & ANSI.

Min Attendance: 5 / Max Attendance: 20  
Duration: 2 Days

### Fall Pro Competent Person Refresher

This course is designed for workers who require a refresher competent person training course and have previously attended a 2 day competent person course. This course meets requirements of ANSI for refresher training as a Competent Person.

Min Attendance: 5 / Max Attendance: 20  
Duration: 1 Day

### Equipment Inspector

The equipment inspector course is designed for the professional user or supervisor that is charged with setting up an inspection program and/or conducting inspection on fall protection and rigging/lifting equipment.

Min Attendance: 5 / Max Attendance: 20  
Duration: 4 Hours

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### Confined Space

This course is designed for those managing, working inside or around confined spaces. Participants will learn the minimum qualifications, roles, responsibilities, safety equipment, and hazards associated with confined space and permit required confined spaces.

Min Attendance: 5 / Max Attendance: 20

Duration: 1 Day

### Fall Protection EM385 / 24 hr Course

This course is designed for contractors, military and government employees who enforce or must comply with the EM385-1-1 US Army Corps of Engineers Safety and Health requirements. Attendees will learn the unique procedures established in Navy and US Army Corps of Engineers contracts, and the safety & health requirements of EM385-1-1 the US Army Corps of Engineers Safety & Health Requirements manual. Topics include preparation of site-specific accident prevention plan (APP), intro to OSHA, site safety health officer's qualifications and responsibilities, activity hazard analysis development, site personnel training, incident response, jobsite auditing, & hazard communication.

Min Attendance: 5 / Max Attendance: 25

Duration: 24 hour (3 Days)

### Fall Protection "Train the Trainer"

This course is designed for individuals responsible for training employees who use fall protection equipment and may be exposed to fall hazards. Using OSHA standards as a guide, this course places special emphasis on CFR 1926.503(a) Requirements for Training and ANSI Z359.2 Minimum Requirements for a Managed Comprehensive Fall Protection Program. Students will participate in workshops and demonstrate the inspection and use of fall protection equipment, training requirements, and development of fall protection training programs.

Min Attendance: 5 / Max Attendance: 10

Duration: 3 Days

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## Course Descriptions

### Rigging Training

This course is designed for workers who are responsible for rigging and lifting loads and working with and around cranes. The course places special emphasis on ASME B30.9,10 & 26 which provides compliance guidance on the safe use of slings, hooks and rigging hardware. Participants will learn basic hitches, multi-leg slings, types of slings, load angle factors, finding CG and the share of the load and much more. We highly recommend this class for construction workers and those working around suspended materials inside manufacturing facilities.

Min Attendance: 10 / Max Attendance: 25

Duration: 4 Hours

### Fall Protection Rescue Training

This course is designed for selection implementation and management of rescue procedures and equipment. All participants will undergo hands-on practical rescue training using a variety of manufactured rescue equipment, writing rescue procedures and rescue methods.

Min Attendance: 5 / Max Attendance: 25

Duration: 1 Day

### Fall Protection Drop Test Trailer Demo

Job site fall protection drop test demonstration. Includes Shock Absorbing Lanyard and SRL drop tests, suspension trauma and 1 hour fall protection awareness class.

Min Attendance: 5 / Max Attendance: Unlimited

Duration: 1 Hour

### Overhead Crane Operator Training

This course is designed for those responsible for the safe operation of an overhead bridge crane, gantry crane and jib crane. Training includes but is not limited to component identification, frequent and periodic inspections, shock loading, load swing, rigging loads, and crane operator techniques on the safe use of overhead traveling machinery.

Min Attendance: 10 / Max Attendance: 25

Duration: 4 Hours

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## Course Descriptions

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### Ladder Training

Ladder safety awareness class. Includes proper selection inspection and use and common hazards associated with ladder safety.

Min Attendance: 10 / Max Attendance: Unlimited  
Duration: 1 Day

### Boom & Scissor Lift (MEWP)

This course covers the importance of aerial and scissor lift safety, Types of aerial and scissor lifts, applicable OSHA standards, pre and post-use inspections, fall protection requirements, specific precautions for preventing falls, tipovers, electrocution, and other common hazards related to operating a mobile elevated work platform. Note: Customer responsible for providing rental equipment.

Min Attendance: 5 / Max Attendance: 15  
Duration: 4 Hours

### Warehouse Forklift Operator Training

This course is designed to develop the skills needed to train forklift operators in compliance with OSHA and Cal/OSHA standards. Students will learn the classification, hazards, and safe operation of all powered industrial trucks.

Min Attendance: 5 / Max Attendance: 10  
Duration: 1.5 Hours

### Mental Health Awareness

This course focuses on the importance of mental health and living a healthy lifestyle for workers in construction.

Min Attendance: 15 / Max Attendance: Unlimited  
Duration: 1/2 Day

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