



Omega Safety Training, Inc.

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Training Syllabus:

P.E.C. 24 Hour Core Compliance “SafeLand USA & SafeGulf”

COURSE DESCRIPTION

The P.E.C. flagship program, Core Compliance, is a standardized program covering the health, safety, and environmental training most requested by oilfield operators and other host employers. Core Compliance is instructor-led training that, in addition to being Safe Land USA and Safe Gulf accredited, provides training level certificates beyond the awareness level for over 30 selected topics. The classroom presentation is designed to build on common content in a high intensity 3-day format.

The Core Compliance training program will ensure your employees are trained in the safety topics commonly required by operators in their pre-qualification surveys and training matrices. Based on accepted industry practices supported and recommended by operators, PEC Core Compliance is the most comprehensive and cost effective way to meet the entry level safety training needs your customer and government are calling for.

Upon completion of the course, each student receives a PEC photo ID, certificate of completion, and each student’s information is entered into the online PEC Training Tracker database.

Students who successfully complete Core Compliance training course will require annual refresher training to remain in compliance with environmental, health & safety regulations. When administered annually, PEC Core Refresher provides the necessary refresher training to maintain the training certificates obtained through Core Compliance. Core Refresher is a standardized 1-day safety training course that may be taken after completing Core Compliance to update training as required by employers or regulatory agencies.

METHOD OF INSTRUCTION

Methods of instruction include but are not limited to, lecture, power point presentations with various embedded short videos to support content being covered, review and completion of standard permits and forms used in the industry today “JSA, Confined Space Permit” and 25 test’s throughout the 3 days.

COURSE OBJECTIVES

Build safety awareness and proactive behaviors in employees to improve safety and health performance on and off the job. Provide awareness level knowledge and skill required to identify, analyze, and apply control strategies to eliminate or reduce exposure to occupational health and safety hazards, hazardous conditions and unsafe practices on the jobsite.

COURSE TOPICS/UNITS AND DATES

Day 1: 8 Hours

1.) General Safety

- Chapter Introduction
- Behavioral Based Safety (BBS)
- Communication
- Short Service Employee
- Office Safety
- Housekeeping/Sanitation
- Drug-Free Workplace Program
- Motor Vehicle Safety
- Chapter Conclusion
- Stop and Think

2.) Safe Work Planning and Practices

- Chapter Introduction
- Identifying Hazards
- Analyzing Hazards
- Controlling Hazards
- Chapter Conclusion
- Stop and Think

3.) Emergency Preparedness and Response

- Chapter Introduction
- Potential Emergencies
- Emergency Action Plans
- OSHA Minimum Requirements
- Alarm Systems
- Training
- Chapter Conclusion
- Stop and Think

4.) Work Place Violence

- Chapter Introduction
- Aggressive Behavior
- Reporting and Discipline
- Cyber Security
- Maritime Security
- Terrorism Response Awareness Program (TRAP)
- Chapter Conclusion
- Stop and Think

5.) First Aid and Medical

- Chapter Introduction
- Recordkeeping
- Basic First Aid
- Tuberculosis (TB)
- Accident Reporting
- Chapter Conclusion
- Stop and Think

6.) Hazard Communication w/GHS

- Chapter Introduction
- The Globally Harmonized System
- Right to Know
- Right to Understand
- Hazard Classification
- Activity-Health Hazards
- Hazard Communication Standard
- Product Warning Labels
- Safety Data Sheets
- Written Hazard Communication Standard Program
- Training
- Chapter Conclusion
- Stop and Think
- Assessment

7.) Personal Protective Equipment

- Chapter Introduction
- Requirements for Personal Protective Equipment
- Hazard Assessment
- Selecting PPE
- Training
- Eye and Face Protection
- Head Protection
- Foot and Leg Protection
- Hand and Arm Protection
- Body Protection
- Hearing Protection
- Respiratory Protection
- Chapter Conclusion
- Stop and Think

Day 2: 8 Hours

1.) Occupational Noise Exposure

- Chapter Introduction
- Effects of Noise
- Hearing Conservation Standard
- Hearing Conservation Program
- Controls
- Hearing Protection
- Training
- Audiometric Testing
- Chapter Conclusion
- Stop and Think

2.) Respiratory Protection

- Chapter Introduction
- Respiratory Protection Program
- Medical Evaluation
- Immediately Dangerous to Life and Health (IDLH)
- Types of Respirators
- Respiratory Protection
- Training
- Chapter Conclusion
- Stop and Think

3.) Occupational Health Hazards

- Chapter Introduction
- Industrial Hygiene
- Air Contaminants
- Chemical Hazards
- Biological Hazards
- Physical Hazards
- Ergonomics and Back Safety
- Chapter Conclusion
- Stop and Think

4.) Hydrogen Sulfide

- Chapter Introduction
- Properties and Characteristics
- Sources
- Exposure
- Controls
- Detecting and Monitoring
- Contingency Plan
- Rescue
- Chapter Conclusion
- Stop and Think

5.) Fire Safety

- Chapter Introduction
- Fire Theory
- Workplace Fire Hazards
- Fire Prevention
- Fire Protection
- Fire Detection
- Fire Extinguishing
- Incipient Firefighting
- Fire Brigades
- Burns and First Aid
- Chapter Conclusion
- Stop and Think

6.) Work Permits and Permit Required Confined Space

- Chapter Introduction
- Work Permits
- Confined Spaces
- Confined Space Hazards
- Testing for Hazardous Atmospheres
- Permit Required Confined Space Program
- Entry Permit
- Emergency and Rescue
- Training
- Chapter Conclusion
- Stop and Think

7.) Control of Hazardous Energy / Lockout / Tagout

- Chapter Introduction
- Hazardous Energy
- Written Program
- Workers Involved
- LOTO Application
- Equipment
- Types of Energy
- Applying Controls
- LOTO Removal
- Restoring Energy
- Additional Requirements
- Chapter Conclusion
- Stop and Think

8.) Welding Safety

- Chapter Introduction
- General Safety
- PPE
- First Aid and Hygiene
- Transporting, Moving, and Storing Compressed Gas Cylinders
- Cylinder Placement and Use
- Welding Equipment Safety
- Fire Prevention
- Chapter Conclusion
- Stop and Think

9.) Electrical Safety

- Chapter Introduction
- Electrical Safety
- Unsafe Work Practices
- Energized vs De-Energized
- Overhead Line Safety
- Preventing Accidents and Injuries
- Other Electrical Hazards
- Assured Grounding Program
- PPE
- Training
- Chapter Conclusion
- Stop and Think

Day 3: 8 Hours

1.) Fall Protection

- Chapter Introduction
- When Fall Protection is Necessary
- Nature of Fall Hazards
- Selection and Use of Fall Arrest System
- Rescue Plan
- Other Fall Protection
- Controlled Access Zones
- Safety Monitoring Systems
- Warning Line Systems
- Erection and Overhead Protection
- Training
- Chapter Conclusion
- Stop and Think

2.) Walking Working Surfaces and Elevated Work

- Chapter Introduction
- Elevated Work
- Slips, Trips, and Falls
- Ladders
- Stairways and Handrails
- Scaffolds
- Fall and Falling Object Protection
- Guarding Floor Openings, Wall Openings and Holes
- Housekeeping
- Training
- Chapter Conclusion
- Stop and Think

3.) Excavation and Trenching

- Chapter Introduction
- Excavation Hazards
- Cave-in Prevention
- Soil Types
- Angles of Repose
- Additional Precautions
- Emergency Plan
- Chapter Conclusion
- Stop and Think

4.) Machinery, Handheld Equipment and Power Tools

- Chapter Introduction
- Machine Safety
- Mechanical Power Press
- Forging Machines
- Hand Safety and Hand Tools
- Woodworking Tools
- Chapter Conclusion
- Stop and Think

5.) Materials Handling

- Chapter Introduction
- Materials Handling
- Powered Industrial Trucks/Forklifts
- Aerial Lifts
- Types of Cranes/ Hoisting Mechanisms
- Rigging Safety
- Types of Slings
- Sling Inspection
- Communication
- Taglines
- Weight and Center of Gravity
- Chapter Conclusion
- Stop and Think

6.) Hazardous Waste Operations and Emergency Response

- Chapter Introduction
- Training Requirements
- Observation
- Recognition
- Identification of Hazardous Substances
- Site Control
- Hazard and Risk Assessment
- PPE
- Decontamination
- Basic Control and Containment Techniques
- Terminating the Incident
- Chapter Conclusion
- Stop and Think

7.) Process Safety Requirements

- Chapter Introduction
- Program Elements
- Process Safety Management
- Safety and Environmental Management Systems
- Chapter Conclusion
- Stop and Think

8.) Offshore Orientation

- Chapter Introduction
- Preparing to Go Offshore
- Non-permissible Items
- Shore base
- Environmental Regulations
- Helicopter Transportation
- Boat Transportation
- Transferring to the Offshore Facility
- Arrival at the Offshore Facility
- Water Safety
- Chapter Conclusion
- Stop and Think

TEXTBOOK(S) AND REQUIRED TOOLS OR SUPPLIES

1. P.E.C Core Compliance Textbook supplied for each student
2. Student Test Answer Sheet supplied for each student
3. Pen's, Hand-out's and form provided for each student

TESTING & GRADING PLAN

1. Grading and testing procedures will strictly follow P.E.C. Policy and Procedure requirements.
2. Each Test has 4 different versions “Test A, B, C, & D” Students sitting next to each other will have a different version of the test.
3. Each Student must pass each of the 25 tests with a passing grade of 80% or better. Should a student fail a test, by PEC policy that student is allowed to be retested only once per test with a different version of the test. Should a student fail the second time, that student will be excused from the class and will be required to start the class over.
4. All retests will be conducted at the end of each day allowing the student(s) that did not fail a chance to leave on time and not be held up. This will allow for more one-on-one time with the student(s) that failed to identify any areas of concern and answer any questions they may have.
5. Any student caught cheating during any tests will be immediately removed from the class and our specified contact will be notified immediately.

Cost:

Contact us for more details.