



# SafeLandUSA - Syllabus

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## **1. Incident Reporting and Investigation**

- Responsibility for reporting
- Definition of an incident to report
- How to report an incident
- Types of incidents
- Purpose of incident investigation
- Explain why incidents need investigation

## **2. Accident Prevention Signs and Tags**

- Types and meaning of signs and tags
- Definition and design

## **3. Hand Safety**

- General safety rules "Right tools for the job"
- Types of cutting tools , Pocket Knife, Machete, Bush Knife, Hatchets
- Causes of hand injuries

## **4. Material Handling**

- Materials Handling Equipment
- Forklift Safety
- Cranes, Rigging & Tag Lines
- Working with Hand tools
- Cheater Bar/Pipe
- Personal Lifting Introduction
- Why back injuries occur - Back Injury Prevention
- Lifting Safely - Safety Tips for Lifting
- Alternatives to Lifting

## **5. Behavioral Safety**

- Overview
- Roles and Responsibilities - Behavior Based Safety
- Making an Observation

## **6. First-Aid/CPR/AED Considerations**

- Respond only to level trained and know who is trained
- Location of Emergency Contact Numbers and Equipment
- Bloodborne Pathogens



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### **7. Confined Space**

Hazards of Confined Spaces  
Roles and Responsibilities  
Categories: Permit Required vs. Non-Permit Required

### **8. Lockout/Tagout**

Overview of Lockout/Tagout  
Identifying Hazardous Energy  
Roles and Responsibilities  
Procedures - Lockout Only, Tagout Only, Group Lockout,  
Removal of Locks and Tags

### **9. Drug and Alcohol / Substance Abuse**

Government Regulations / Company Requirements  
Testing  
Supervisor Training Requirements: Reasonable Suspicion  
Employee Awareness: Effects and Consequences

### **10. Hazard Communication**

Overview of Hazard Communication  
Identification of Chemicals: SDS, Labels and Warning, Chemical  
Inventory  
Training Requirements

### **11. Electrical Safety**

Overview of Electrical Safety  
Causes of Electrical Accidents  
Results of Unsafe Work Practices  
Energized vs. De-energized  
Working Near Exposed De-energized Parts  
Working Near Energized Equipment  
Overhead Line Safety  
Portable Electrical Equipment  
Inspecting Welding Leads / Electrical Cords / GFCI  
Electrical PPE

### **12. Intervention / Stop Work Authority**

Overview  
Management Leadership / Support of Intervention  
Describe an individual's responsibilities to do interventions  
Explanation of how interventions are used (Examples)



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### **13. Fire Prevention and Portable Fire Extinguishers**

Overview of Fire Protection, Prevention, and Detection  
Respond only to level trained and know who is trained  
Elements/Causes of Fire  
Fire Classification  
Extinguishing Methods / Types of Extinguishers

### **14. Walking Working Surfaces**

Overview  
Guarding Floor and Wall Openings and Holes  
Housekeeping  
Scaffolding/Ladders  
Stairways/Handrails

### **15. Job Safety Analysis / Pre-Job Planning**

Overview  
Roles and Responsibilities of Hazard Identification  
JSA Elements (Job steps, Hazard Identification, Mitigation)

### **16. Personal Protective Equipment, Respiratory**

PPE Overview  
Eliminate - Control - **Protect**  
Selection, Fit, Adjustment of PPE  
Eye and Face Protection  
Head, Foot and Hand Protection  
Respiratory Requirements - Types of Respirators  
Hearing Protection  
Protective Clothing and FRC

### **17. Prevention of Workplace Violence**

Overview  
Responsibilities - Recognition and Notification

### **18. Working at Heights**

Overview  
Only work to your level of training  
Responsibilities - Prevention of dropped objects and falls  
Personal Protective Equipment and Inspection Requirements  
Equipment for working at heights (Manlifts, Fall Protection Systems)



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### **19. Permit To Work**

- Overview
- Roles and Responsibilities
- Types of Permits - Examples: Confined Space, Hot Work, LOTO, etc.

### **20. Driver Safety / Transportation Safety**

- Overview / Statistics
- No Cell-phone use while driving / Driving Distractions
- Valid Driving Licenses / Certifications / Endorsements
- Adverse Weather - Road Conditions - Wildlife
- Fatigue
- Vehicle condition/inspections
- Journey Management
- Backing/Parking/Location Hazards
- Loading Securement and Off-loading
- Seatbelt usage
- Driving under the influence

### **21. ENVIRONMENTAL**

- Federal and State Regulations & Compliance and Reporting
- Roles and Responsibilities
- Response and Reporting of discharges, leaks & spills
- Minimize waste
- All wastes go in specific containers
- Overview of HAZWOPER

### **22. EXCAVATION - TRENCHING & SHORING**

- Overview
- Identification of Underground Hazards / ONE CALL – 811
- Levels of Training / Competency Requirements
- Safe Work Practices / Procedures / Permits
- Hazards Recognition and Mitigation
- Use of Personal Protective Equipment
- Hazardous Atmospheres
- Emergency Response Plans



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### **23. Industrial Hygiene / Occupational Health**

Overview

Roles and Responsibilities

Exposure Types - Skin contact, Inhalation, Ingestion, Radiation (Ionizing & Non-Ionizing), Noise, etc.

Common Hazards - Benzene, Lead, H<sub>2</sub>S, CO<sub>2</sub>, NORM, Mercury, Diethanolamine, Hexavalent chromium, methanol, welding fume, N<sub>2</sub>, Fibers (Asbestos, Mineral, etc.), Fumes, Liquids, Weather, Dust, Biological, Respirable Silica, Diesel Particulate Matter, etc.

Monitoring and Mitigation

Thermal Stress

### **24. Site Specific Hazards and Emergency Evacuation**

Banned Items - Weapons i.e. Firearms, ammunition, clubs, etc.,

Illegal drugs, Alcohol, Lighters/matches, Explosives

New Personnel - Short Service Program (Identification, Mentoring, etc.)

Reporting to Work - Fitness for Duty

Emergency Planning/Response (alarms, muster areas, etc.)

Wildlife

Weather Conditions - Lightning, Windstorm, Hurricane, Tornado, UV exposure, Snow & Ice, Flooding, etc.

Simultaneous Operations / Communication