



HAWAII LABORERS' TRAINING & APPRENTICESHIP PROGRAM

SAFETY & EQUIPMENT COURSE DESCRIPTIONS

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COURSE TITLE:	Aerial Boom Lift Operator/ Refresher
COURSE HOURS:	4/ 3
PREREQUISITES:	None
COURSE TOPICS:	This course provides laborers with the understanding of operator safety, pre-start and post-start inspections, conditions that will affect the traveling and operating speed of an Aerial Boom Lift and factors that will affect the lifting force of a lift.
COURSE TITLE:	Backhoe Loader (Hoptoe)
COURSE HOURS:	8
PREREQUISITES:	None
COURSE TOPICS:	This course provides participants with the understanding of operator safety, pre-start and post-start inspections, conditions that will affect the traveling and operating speed of a Backhoe and basic operator techniques.
COURSE TITLE:	Back Training, Physical Fitness & Nutrition
COURSE HOURS:	3
PREREQUISITES:	None
COURSE TOPICS:	Participants will be given the basic knowledge on the importance of good nutrition and physical fitness. This course also includes how to deal with back injury if it occurs, how to prevent back injuries, and the right way to lift and shovel, on the job.

COURSE TITLE:	Confined Space Entry
COURSE HOURS:	8
PREREQUISITES:	None
COURSE TOPICS:	OSHA definition of a permit required confined spaces, hazardous atmospheres, physical hazards, controlling the hazards, pre- entry testing, entry permit and entry team duties. Practical applications include confined space non- entry rescue technique; air monitoring, respirator protection, donning and doffing harness equipment.
COURSE TITLE:	Confines Space Awareness
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course introduces participants to the hazards associated with confined spaces. Course includes OSHA definition of confined spaces, hazardous atmospheres, physical hazards, controlling the hazards, pre-entry testing, and entry team duties.
COURSE TITLE:	Fall Protection
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course summarizes the key points of OSHA 1926 Subpart M (Fall Protection) and common OSHA citations related to fall protection. Practical applications include donning and doffing harness equipment.

COURSE TITLE:	Fire Watch
COURSE HOURS:	2
PREREQUISITES:	None
COURSE TOPICS:	In this course participants will be able to identify the information described in a hot work permit. Course topics includes the three parts of the fire triangle; four classifications of fire; four classes of portable fire extinguishers and the information found on a fire extinguisher label and duties and responsibilities of a fire watch team.
COURSE TITLE:	First Aid/ CPR/ AED (National Safety Council)
COURSE HOURS:	6
PREREQUISITES:	None
COURSE TOPICS:	This course includes breathing, cardiac emergencies in adults, infants and children; identifying and caring for bleeding, sudden illnesses, injuries; and preventing disease transmission. It also includes an introduction to AED's. Participants practice CPR at the same time it's demonstrated on the video, taking their cues from the rescuer on the screen. VSI is shown to result in better CPR skills acquisition and retention than traditional teaching methods.
COURSE TITLE:	Flag Person, Traffic Control & Work Zone Safety
COURSE HOURS:	6
PREREQUISITES:	None
COURSE TOPICS:	This course covers the basic flagging safety and procedures that include proper methods for stopping, releasing, and slowing traffic with both the paddle and the flag. It also explains why and how work-zone signs, cones, drums, and other devices are used on roadway maintenance and construction projects. It also includes work zone hazards that may occur when working around heavy equipment. This course covers the Manual on Uniform Traffic Control Devices (MUTCD) which is incorporated by reference to 23 Code of Federal Regulations (CFR), Part 655, Subpart F.

COURSE TITLE:	General Construction Plan Reading
COURSE HOURS:	20
PREREQUISITES:	None
COURSE TOPICS:	This course includes color coding and proper identification of items specified on a structural and civil plan. Participants will be introduced to formulas that can be utilized to calculate quantities such as aggregate, concrete and material.
COURSE TITLE:	OSHA 10/ 30
COURSE HOURS:	10/ 30
PREREQUISITES:	None
COURSE TOPICS:	The OSHA 10/30 class is a Department of Labor certified class, which covers introduction to 29 CFR 1926, OSHA Focus Four Hazards, (Fall Protection, Electrical, Struck By, Caught in/between) Personal Protective and Lifesaving Equipment, Health Hazards in Construction, Hazard Communication, Silica, Excavations, Stairways and Ladders safety. Confined Space Entry, Scaffolds, Fire Protection and Prevention, Materials Handling, Storage, Use and Disposal, Tools - Hand and Power, Welding and Cutting, Cranes, Derricks, Hoists, Elevators, and Conveyors, Protective Structures and Overhead Protection; and Signs, Signals and Barricades, Concrete and Masonry Construction and Ergonomics.
COURSE TITLE:	Respiratory Protection
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course focuses on the proper use of respirators. Course topics include types of respirators, of filters, protection factor and respirator program and fit testing.

COURSE TITLE:	Rough Terrain Fork Lift
COURSE HOURS:	8
PREREQUISITES:	Valid Drivers License
COURSE TOPICS:	This course provides laborers the understanding of operator safety, pre-start and post-start inspections, conditions that will affect the traveling and operating speed of a fork lift and factors that will affect the lifting force of a forklift.
COURSE TITLE:	Scaffold Builder
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course complies with Federal and State OSHA standards for laborers who erect and dismantle scaffolding, access systems as well as other construction related systems.
COURSE TITLE:	Scaffold User
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course complies with Federal and State OSHA standards for laborers who work on scaffolds. This course covers loading, working on and under, and the occupational hazards associated with scaffolds.
COURSE TITLE:	Scissors Lift/ Man Lift Operator
COURSE HOURS:	4
PREREQUISITES:	None
COURSE TOPICS:	This course provides laborers the understanding of operator safety, pre-start and post-start inspections, and conditions that will affect the traveling and lifting force of an aerial lift/ man lift.

COURSE TITLE:	Skid Steer (Bob Cat)
COURSE HOURS:	8
PREREQUISITES:	None
COURSE TOPICS:	This course provides laborers the understanding of operator safety, pre-start and post-start inspections, and conditions that will affect the traveling, operating speed and basic operating techniques of a skid steer.