



SafeLandUSA - Syllabus

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: MSDS, 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, H₂S, CO₂, NORM, Mercury, Diethanolamine, Hexavalent chromium, methanol, welding fume, N₂, Fibers (Asbestos, Mineral, etc.), Fumes, Liquids, Weather, Dust, Biological, 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