

# Mid Atlantic Construction Safety Council

*We achieve to be the most respected influence in construction safety in the Mid-Atlantic Region by promoting and implementing the highest standards available through educational resources, oversight and ethics.*



Giant Community Conference Center  
315 York Road, Willow Grove, PA 19090  
Time 7:30AM – 1:00PM

## **Evacuation and Emergency Planning**

**\$75pp**

Knowing what to do in an emergency is recognized as the most important difference between a minor incident and a serious catastrophe to people, property, and the survival of your operations. An emergency action plan covers designated actions employers must take to ensure safety from fire and other emergencies. The evacuation plan must outline the preferred method of evacuating the workplace in the event of a fire or other emergencies. We will train attendees on: the various regulatory required elements of an Evacuation and Emergency Planning Program; hazard recognition and management practices; recognition of OSHA's exit/egress requirements and violations; employee communications and drill requirements; and how employers can properly develop and maintain an Evacuation and Emergency Planning Program which meets the compliance and safety needs of their workplace.

**Thursday, October 22, 2015**

## **Ergonomic Safety – Management and Practice for Results**

**\$75pp**

Ergonomic-related injuries (Musculoskeletal Disorders (MSDs)) are amongst the leading causes of lost-time and injury-related costs in the workplace. In addition to financial cost of ergonomic injuries, OSHA can enforce good ergonomic safety practices under the "General Duty Clause" requirement to provide a place of employment that is free from recognized hazards. Ergonomic risk factor assessments and training should be incorporated into employers' safety goals and objectives. We offer training to assess ergonomic risk factors, identify alternate safe practice options, and means to train employees on the hazards associated with ergonomic risks and ways to manage and minimize these hazards.

**Wednesday, November 18, 2015**

## **New Confined Space Standard – Construction**

**\$75pp**

On May 4, 2015 OSHA published the new standard 29 CFR 1926.1200 Subpart AA which will go into effect August 3, 2015. This standard outlines requirements for working in a confined space in the construction industry. Previously most companies followed 29 CFR 1910.146, permit-required confined spaces addressed those work spaces in general industry. We have summarized this new Standard into elements that are easily understood by management and employees. Attendees of this training will learn: about the dangers of working in confined spaces; what defines a "Permit Required" space; methods to remove hazards and protect the entrants; rescue planning and implementation; the roles and responsibilities of management, the attendant, and the entrants; and compliance changes with regard to Subpart AA of 29 CFR 1926 confined spaces.

**Wednesday, December 9, 2015**

## **Substance Use and Abuse – Employee under the Influence**

**\$75**

Drug and alcohol use, abuse, and the misuse of prescription and over-the-counter medications have the potential to affect the health and welfare of all employee either directly or through the actions of someone under the influence. Companies and have the legal right and obligation to manage substance use by their employees. Likewise employees have legal rights which protect their privacy and due process. We provide training that focuses on improving worker safety and health through substance-free workplace programs. This training emphasizes OSHA and DOT regulations pertaining to substance abuse testing, the

development and communication of substance abuse programs, the training of required to manage a suspect employee, and other applicable areas of employee rights regarding drug and alcohol use in the workplace.

**Wednesday, January 13, 2016**

**Defensive Driving – Safe Driving in a World of Aggressive Drivers and Road Hazards**

OSHA recommends employers establish a safe driving program because driving presents perhaps the greatest cost lives and the economy associated with working. According to OSHA *“Every 12 minutes someone dies in a motor vehicle crash, every 10 seconds an injury occurs and every 5 seconds a crash occurs. Many of these incidents occur during the workday or during the commute to and from work. Employers bear the cost for injuries that occur both on and off the job. Whether you manage a fleet of vehicles, oversee a mobile sales force or simply employ commuters, by implementing a driver safety program in the workplace you can greatly reduce the risks faced by your employees and their families while protecting your company's bottom line.”*

Operating a vehicle in a defensive manner by utilizing safe driving strategies and techniques can minimize the risk of experiencing a crash or accident related incident. In addition to getting to your destination safely, defensive drivers can experience less stress when driving by anticipating and recognizing potential hazardous conditions. We offer a defensive driving course which focuses on identifying hazards and anticipating unsafe situations. By taking this course drivers will have an understanding of defensive driving principles, practices, and applicable traffic laws.

**Thursday, February 18, 2016**

**Registration & Payment**

Company Name: \_\_\_\_\_ Contact Name \_\_\_\_\_

Company Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Attendees: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

Register and pay online, email this completed form to [sgeyer@macsc.org](mailto:sgeyer@macsc.org) or fax at 215-557-1970 with your credit card information or intend of payment with a check payable to Mid-Atlantic Construction Safety Council, 1617 John F Kennedy Boulevard, Suite 810, Philadelphia, PA 19103.

Total Cost: \_\_\_\_\_ x \$485 = \_\_\_\_\_  Check Enclosed

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Code: \_\_\_\_\_

Visa  MC  Amex

Cardholder: \_\_\_\_\_

**Contact Person: Suzanne Geyer 215-557-1961**

**SGeyer@macsc.org**