



**2025 Safety Service Rates
US Mainland**

Effective January 1, 2025

Safety Solutions Made Simple

Your Safety DepartmentSM

Servicing San Antonio, Eagle Ford Shale Basin, South Texas and the US Mainland.

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YOUR SAFETY DEPARTMENTSM

OUR VISION

Our Vision is to create lasting partnerships with corporate customers to help **improve business performance and productivity** by reducing or eliminating health, safety, and environmental incidents in the workplace and at home.

OUR MISSION

Your Safety DepartmentSM is dedicated to reducing injuries **in your workplace**, hazardous releases **in your work environment**, destruction **of your plant and equipment** and damage **to your company's reputation**. We are staffed by highly trained and experienced professionals who have the knowledge and experience to ensure your company exceeds mere regulatory compliance. We achieve this by providing a framework of services designed to address critical activities in safety including risk assessments, safety standards and procedures, employee safety training, incident investigations and recordkeeping.

OUR VALUES

- 🔌 **Integrity** - We will protect the public by ensuring that our actions are consistent with our vision, mission, and core values. We will promote honesty and ethical behavior and deliver the highest level of customer service available. We will adhere to strict moral values and principles.
- 🔌 **Teamwork** - We believe in the spirit of cooperative effort, realizing our success depends on our ability to perform as a highly effective team.
- 🔌 **Collaborative** - We value results accomplished through a cooperative effort with our customers while working in joint intellectual efforts. We accept personal and professional responsibility to achieve the goals established for our organization.
- 🔌 **Creativity** - We will recognize that "the way we have always done it" may or may not be the best and most efficient way to deliver service. We will apply creative and cost-effective solutions to deliver services to our customers with the goal of continuously improving the quality of life.
- 🔌 **Education** - We will continuously develop knowledge or skills through a learning process.
- 🔌 **Perseverance** - We will hold a steady persistence in adhering to a course of action, a belief, or a purpose.

OUR CHARITY

Your Safety DepartmentSM sponsors the [Jolie Marie FoundationTM](http://www.joliemariefoundation.org). The Foundation's mission is to provide educational resources and treatment options for those suffering from addictions and to help them live healthier lives. To learn more: <http://www.joliemariefoundation.org>

The foundation provides important information and resources related to drug and alcohol addiction, bipolar disorders, depression, and treatment options. Resources are available to family members regarding treatment centers, holistic treatment, substance abuse prevention, recovery support and harm reduction.

With your generous support you can help us in our fight against addictions.



The Jolie Marie FoundationTM [501\(c\)3 designation.](#)

SERVICE RATES

TRAINING, TESTING AND CONSULTING SERVICES

Topic	Prices	Unit
HSI CPR, AED and First Aid Training (4 Hours) <small>Approved Health & Safety Institute Training Center</small>	\$110.00	Per Student
Bloodborne Pathogens (1 Hours) <small>Approved Health & Safety Institute Training Center</small>	\$25.00	Per Student
PediatricPlus <small>Approved Health & Safety Institute Training Center</small>	\$110.00	Per Student
Medic First Aid – Instructor Development - TTT <small>Approved Health & Safety Institute Training Center</small>	\$395.00	Per Student
Medical Evaluation Questionnaire <small>Meets OSHA's Respiratory Protection Standard – 29 CFR 1910.134</small>	\$35.00	Per Student
Respirator Training <small>Meets OSHA's Respiratory Protection Standard - 29 CFR 1910.134</small>	\$35.00	Per Person
Fit Testing (Quantitative) <small>Meets OSHA's Fit Testing Procedure – 29 CFR 1910.134 App A</small>	\$49.00	Per Mask
Spirometry Testing (Pulmonary Function Test) <small>Meets OSHA's PFT Testing Requirements</small>	\$65.00	Per Person
Spirometry Testing (Lung Function Test) <small>Screening test for diagnoses of asthma, chronic obstructive pulmonary disease (COPD) and other conditions that affect breathing. For your Physician's review.</small>	\$125.00	Per Patient
Aerial Lift / Man Lift / Scissor Lift- (~6 Hours) <small>as recommended by 29CFR1910.66, 29CFR1926.453</small>	\$210.00	Per Student
Fall Protection Training (8 Hours) <small>as recommended by 29CFR1910.66, 29CFR1926.503</small>	\$210.00 <small>4 Hour Awareness \$125.00</small>	Per Student
Forklift Training/ CB, RT, Telehandlers- (~6 Hours) <small>as recommended by 29CFR1910.178, 29CFR1926.602</small>	\$210.00	Per Student
H2S Protect for Industry Certification (4 Hours) <small>As recommended by ANSI/ASSE Z390.1-2017</small>	\$150.00	Per Student
Permit Required Confined Space (8 Hours) <small>as recommended by 29CFR1926.21 & 29CFR1926.1207</small>	\$210.00 <small>4 Hour Awareness \$125.00</small>	Per Student
Respirable Silica Dust Training (4 Hours) <small>as recommended by 29CFR1926.1153</small>	\$125.00	Per Student
2018 NFPA 70E – Qualified Person (8 Hours) <small>Low Voltage - as recommended by 2018 NFPA 70E</small>	\$210.00	Per Student
Scaffold Training – (8 Hours) <small>Competent Person Training as recommended by ANSI/ASSP A10.8-2011</small>	\$210.00	Per Student
Trenching and Excavation Training (8 Hours) <small>Competent Person Training as recommended by ANSI/ASSP A10.12-1998 (R2016)</small>	\$210.00	Per Student
HAZWOPER Training (8 Hours) <small>as recommended by 29CFR1910.120 and 29CFR1926.65</small>	Quoted Rate	Per Student
HAZWOPER Training (24 Hours) <small>as recommended by 29CFR1910.120 and 29CFR1926.65</small>	Quoted Rate	Per Student
HAZWOPER Training (40 Hours) <small>as recommended by 29CFR1910.120 and 29CFR1926.65</small>	Quoted Rate	Per Student

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Hazardous Materials Training (HAZMAT) <small>as recommended by 49CFR171.1; 172.700; and 172.704</small>	\$210.00	Per Student
OSHA 10 Hour Construction <small>OSHA Outreach Construction Training</small>	\$295.00	Per Student
OSHA 30 Hour Construction <small>OSHA Outreach Construction Training</small>	\$495.00	Per Student
PEC Basic Orientation 7.0 Safeland (6 Hours) <small>Includes books and S.I.T.A.S.</small>	\$235.00	Per Student
PEC Safegulf (2 Hours) <small>Includes books and S.I.T.A.S.</small>	\$25.00 \$100.00	Per Student w/Safeland Per Student – Standalone
PEC Basic Pipeline (8 Hours) <small>Includes books and S.I.T.A.S.</small>	\$245.00	Per Student
PEC Safeland Core (24 Hours) <small>Includes books and S.I.T.A.S.</small>	\$495.00	Per Student
PEC H2S Clear for Energy (4 Hours) <small>Includes books and S.I.T.A.S.</small>	\$190.00	Per Student
PEC Basic Refresher <small>(Online Course)</small>	\$65.00	Per Student
PEC Replacement Card Service <small>(Replace lost cards without retaking class)</small>	\$52.50	Per Student
Additional Safety Courses Available on Request <small>(As recommended by OSHA 2254-094 2015)</small>	Call for Quote	Per Contracted Rate
Outsourced Safety Services <small>Third-Party Contractor Qualification Management (ISNetworld, PEC, Browze, AVETTA, etc.)</small>	Call for Quote	Per Contracted Rate
Site Inspections / Audits / Consultations <small>Risk Assessments, Safety Culture Development, Safety Improvement Plans and Safety Representation with clients or regulatory bodies</small>	Call for Quote	Per Contracted Rate
Written Programs <small>Customized HSE Management Systems, Procedures Development, Safety Meetings, and Safety Training Development</small>	Call for Quote	Per Contracted Rate
DRUG AND ALCOHOL TESTING	PRICE	UNIT
Annual Program Management Fee	\$250.00	Annually
Drug Collection Only (DOT/Non-DOT)	\$30.00	Per sample
Drug Collection Only (Observed) (DOT/Non-DOT)	\$45.00	Per Sample
Breath Alcohol Test (BAT) (DOT/Non-DOT) <small>Confirmation Test</small>	\$45.00 \$30.00	Per sample
Observed DOT Drug/Alcohol Test (DOT/Non-DOT) <small>(Return to Duty or Follow-up)</small>	\$90.00	Per sample
5-Panel – DOT Drug Test (YSD)	\$73.50	Per sample
5-Panel – DOT Drug Test (YSD), Observed	\$88.50	Per sample
5-Panel – DOT Drug Test and Alcohol Test (YSD)	\$118.50	Per sample
5-Panel – DOT Drug Test and Alcohol Test (YSD), Observed	\$133.50	Per sample
10-Panel – Non-DOT “Rapid” Drug Test	\$67.50	Per sample
10-Panel – Non-DOT Lab Test	\$84.50	Per sample
Supervisor Training for Drug and Alcohol	\$125.00	Per Student

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- Ⓞ Additional training topics can be made available upon request.
- Ⓞ Minimum day rate of \$1,000.00 per day applies to any onsite or company specific training, billed in ½ day increments. A day is defined as 8-hour normal working hours.
- Ⓞ On-Site Training Available – mileage \$1.50 per mile outside 60-mile radius from Floresville, Texas.
- Ⓞ Work conducted after normal working office hours or weekends will incur an additional fee of \$75.00 per hour, with a four-hour minimum. Holidays will be billed at \$150.00 per hour, with a four-hour minimum.
- Ⓞ Standby time will be charged at a rate of \$75.00 per hour, per Company employee and \$150.00 per hour during Holidays.
- Ⓞ Cancelled classes (no students show) on instructor arrival will be charged a minimum of 4-hour day rate plus travel charges.

Please see our online class cancellation policy for online classes:
<https://www.yoursafetydept.com/training/cancellation-policy>
- Ⓞ Management time, accident investigation, outsourced safety will be billed at \$120.00 per hour in ¼ hour increments.
- Ⓞ Expert Testimony - \$250.00 per hour plus travel and subsistence.

OUTSOURCED SAFETY

Your Safety DepartmentSM provides the tools you need to prevent incidents and accidents from occurring, avoiding releases to the environment, reducing damage to your plant and equipment, and keeping your Company's reputation intact.

We accomplish this through various programs designed to identify opportunities for improvement in performance, establish and communicate key safety standards, provide safety training and education, and encourage continuous improvement in workplace safety and health.

We help you manage, monitor, and resolve regulatory issues so that you can meet OSHA, EPA, FAA, DOT and other regulatory body standards with confidence.

We also provide the framework for creating change in your Company's safety culture by helping you communicate proper safety beliefs, spoken values, attitudes and behaviors in the workplace and at home.

Outsourced safety services include the analysis, development, and implementation of a variety of safety solutions at client sites such as:

- ⚙ SAFETY CULTURE ANALYSIS, DEVELOPMENT, AND IMPLEMENTATION
- ⚙ INCIDENT INVESTIGATION, ROOT CAUSE ANALYSIS AND CORRECTIVE / PREVENTIVE ACTIONS
- ⚙ SAFETY ASSESSMENTS, AUDITS, AND IMPROVEMENT ACTION PLANNING
- ⚙ RISK ASSESSMENTS AND JOB HAZARD ANALYSIS
- ⚙ SAFETY COMPLIANCE INSPECTIONS AND RECOMMENDATIONS
- ⚙ RECORDKEEPING, REPORTING AND DOCUMENT CONTROL
- ⚙ WRITTEN PROGRAMS

The above services are offered on a quotation basis: they may be quoted at a fixed, project, or annual rate depending upon client needs and scope of service(s) required. For a quotation for services please contact **Your Safety DepartmentSM** at info@yoursafetydept.com.



SAFETY COMPLIANCE MANAGEMENT SERVICES

PROGRAMS COVERED INCLUDE:



We create, write, and publish complete HSE manuals and Safety Programs per requirements

- Provide you with a digital copy for your use.
- Written in accordance with both state and federal regulations.
- Completion guaranteed to be approved.

Upload of HSE manual:

- Each individual chapter is uploaded in the designated format.

Pre-qualification Audit Questionnaire Programs

- Complete all questions matching your HSE System.
- Eliminate all discrepancies.
- Upload (if required) all insurance and statistical documentation.
- Upload (if required) all Worker's Compensation and Insurance documents.

Training Documentation Program

- Provide all required documentation to show proof of training to match requirements in manual.
- Upload all documentation.
- Guarantee 100% compliance.

Yearly Maintenance Program:

- Maintain your full account at 100% for the entire year.
- All quarterly updates maintained at no further cost.
- Any changes to your account will be updated under the maintenance program at no further cost.
- All new chapters added to your required elements will be written and uploaded (if upload is required) at no further cost.
- New chapters added due to the addition of a new owner-client will be covered under the maintenance program at no further cost.

Don't delay - call **Your Safety DepartmentSM** today to arrange for a FREE INITIAL CONSULTATION to determine how we can help!

SAFETY ASSESSMENTS AND AUDITS

Safety assessments and audits are proactive management practices which tell you where the problems are rather than waiting for an incident to occur.

A strong assessment and audit component is one of the key characteristics of a best-in-class safety management system. Looking for and finding failures in your management system helps you to improve your program and prevent incidents, avoid regulatory fines and citations, and lower your Workers Compensation rates.

Your Safety DepartmentSM has designed health, safety and environmental assessments which go beyond achieving mere compliance with regulatory requirements. Our attention to the details is why businesses trust us to cover their health, safety and environmental needs.

Safety Assessments help to ensure that the Safety Management System in use meets the applicable regulatory criteria, assures that operations and operational experience are consistent with the safety and regulatory basis, and assures the safety of any proposed modifications to the operational standards.

We do this by following these Safety Audit Steps:

1. Determine the area to be audited
2. Develop or acquire an audit format based on the needs of the company. (No generic audit format will exactly fit the needs of any one company.)
3. Set up a pre-audit conference with all collaborating personnel and discuss the scope and purpose of the audit.
4. Conduct the audit, based upon a predetermined evaluation system i.e., records reviews, observations, and interviews.
5. Compare the audit to the standards of performance.
6. Report to management and discuss gaps in performance and opportunities for improvement where identified.
7. Suggest corrective and preventive actions along with completion dates with management.
8. Follow up to ensure that changes have been made as agreed.

Your Company may well be at risk to regulatory citations, or worse yet, a serious or debilitating injury that could cost your business millions.



Don't delay - call **Your Safety DepartmentSM** today to arrange for a FREE INITIAL CONSULTATION to determine how we can help!

HSI CPR, AED AND FIRST AID FOR ADULTS

(Length: 4 hours)

HSI CPR, AED, and First Aid for Adults is an objective-driven, skills-based training program. The students must perform the following skills competently without assistance:

SKILL EVALUATION

- Removal of contaminated gloves
- External chest compressions
- Rescue breaths using a CPR mask or shield
- Primary assessment for an unresponsive person
- CPR as a single provider including turning on an AED
- Primary assessment for a responsive person
- Control of severe bleeding
- Stabilization of a suspected head, neck, or back injury
- Stabilization of a swollen, painful, deformed limb

WRITTEN EVALUATION

Required only when specified by organizational, local, or state regulation. Recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care. Successful completion requires a correct score of 70% or better.

Target Audience

People who are occupationally required or just desire to have first aid knowledge and skills, such as emergency response teams in business and industry, school bus drivers, adult

residential care personnel, childcare workers, teachers, parents, and babysitters.

Prerequisites

There are no prerequisites for this course.

Certification Period

A certification card is issued upon successful completion of this course. The certification period is valid for up to 2 years.

Cost per student \$110.00

Please use our [schedule training link](#) or request training and we will respond within 24 hours of your request.

OUR SAFETY DEPARTMENT
SAFETY SOLUTIONS

MEDIC
First Aid
APPROVED
TRAINING CENTER

CPR AED AND FIRST AID TRAINING

ARE YOUR EMPLOYEES TRAINED TO HELP IN CASE OF AN EMERGENCY?
ARE YOU MEETING YOUR REGULATORY REQUIREMENTS?

CALL TO SCHEDULE - 888-859-5653 - www.yoursafetydept.com

BLOODBORNE PATHOGENS IN THE WORKPLACE

(Length: 1 - 2 hours)

This bloodborne pathogens training program will provide students with the essential knowledge necessary to help reduce or eliminate the occupational risk of exposure to bloodborne pathogens. The goal of the course is to help students understand the risk and develop behaviors that will help protect them when they are exposed to blood or other potentially infectious materials.

PERFORMANCE EVALUATION

Successfully complete the course requirements for the Bloodborne Pathogens in the Workplace program.

WRITTEN EVALUATION

Optional

Target Audience

Individuals with reasonable anticipation of contact with blood or other potentially infectious materials because of performing designated job duties.

Prerequisites

There are no prerequisites for this course. This course is offered in conjunction with [HSI CPR, AED and First Aid for Adults](#) or may be taken separately.

Certification Period

A certification card is issued upon successful completion of this course. The certification period is valid for 1 year.

Cost per student \$25.00

Please use our [schedule training link](#) or request training and we will respond within 24 hours of your request.



HSI PEDIATRIC PLUS

(Length: 4 hours)

HSI First Aid Child/infant CPR and AED is an objectives-driven, skills-based training program. To receive certification, students must perform the following skills competently without assistance:

SKILLS EVALUATION

- External chest compression (for child and an infant)
- Rescue breaths using a CPR mask or shield (for a child and an infant)
- Primary assessment for an unresponsive child/infant
- CPR as a single provider including turning on an AED (for a child and an infant)

WRITTEN EVALUATION

Required when specified by organizational, local, or state regulation. It is recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care. Successful completion requires a correct score of 70% or better.

Target Audience

Individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in Child and Infant CPR and AED.

Prerequisites

There are no prerequisites for this course

Certification Period

A certification card is issued upon successful completion of this course. The certification period is valid for 2 years.

Cost per student \$110.00

Please use our [schedule training link](#) or request training and we will respond within 24 hours of your request.



HSI FIRST AID INSTRUCTOR TRAINING

(Length: 8 hours)

HSI First Aid has a two-step process for becoming authorized as a HSI First Aid Instructor.

Step One – Provide Training

A person who wishes to become a HSI First Aid Instructor must first attend and successfully complete a HSI First Aid provider-level training course.

Step Two – Instructor Training Class

A person who wishes to become a HSI First Aid Instructor must attend and complete a classroom training session designed to help new Instructor become comfortable with the use of the instructional elements used with HSI First Aid Training Programs and to ensure the skill competence of each Instructor Candidate.

WRITTEN EVALUATION

Required - Successful completion requires a correct score of 80% or better.

PERFORMANCE EVALUATION

Required – facilitate knowledge and skills.

Target Audience

Persons with little or no previous teaching experience who desire or require sufficient competency to teach, evaluate, and certify participants in HSI First Aid training programs or Instructors whose teaching authorization has lapsed, or otherwise affected by a quality assurance issue.

Prerequisites

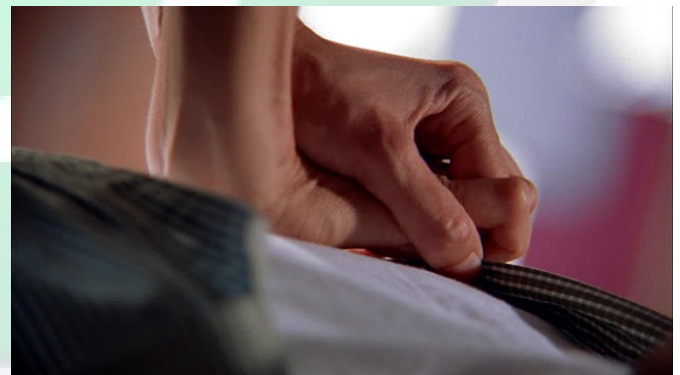
The candidate must be at least 17 years old.

The candidate must attend and complete a HSI First Aid provider-level training course.

Certification Period

A certification card is issued upon successful completion of this course. The certification period is valid for 2 years.

- **Cost per student \$395.00**
- **Additional costs for books, teaching aids and DVD's**
- **Please use our [schedule training link](#) or request training and we will respond within 24 hours of your request.**



MEDICAL EVALUATION QUESTIONNAIRE

OSHA Regulation 1910.134 requires workers who use respirators to be screened by a medical professional. You may find a video of the OSHA Medical Evaluation Requirements here - [Video](#).

Our **On-Line Respirator Medical Screening** will provide you or your employees with complete, compliant medical screening.

Features of the On-Line Respirator Medical Screening:

- 🔒 Available in English and Spanish.
- 🔒 Reviewed by a licensed medical professional.
- 🔒 Immediate results available.
- 🔒 HIPPA Compliant.
- 🔒 Results automatically emailed to company administrator.

How Does It Work?

It's easy. Just follow these simple instructions.

1. Enter the number of medical screenings you need and add them to the cart.
2. Once you complete and submit your order, we will send you the link and password to access the on-line respirator medical questionnaire.
3. You and your employees can log on using the information and complete the evaluations.
4. The results will be reviewed by a medical professional and provided immediately.
5. In some limited cases, follow-up may be required to obtain more information about a patient's questionnaire. In a few instances, patients may be required to get a physical from a local doctor.

Who Reviews the Medical Questionnaire?

We have partnered with Vest Medical to provide this service. Their medical directors are board certified in Emergency Medicine and are currently practicing physicians. They review medical information and provide clearance for employees to perform work using respirators.

Who Has Access to Medical Information?

The information is transmitted through a secure connection. Only the health care professional will have access to the patient's medical information. The employer will only receive notification of the status of the application.



From large entities and organizations such as hospitals, clinics, manufacturers, construction, and refiners; to small business entities that are required to meet OSHA requirements, Your Safety Department provides fast, efficient and quality service.

🔒 **MEQ** **\$35.00**

RESPIRATOR FIT TESTING

Quantitative Fit Testing

For N-95, Half Mask, and Full Facepiece Respirators

NOTES: We can test all:

- Ⓢ **N-Series, R-Series and P-Series - Filtering Facepieces rated 95, 99 and 100.**

- Ⓢ **Scott AV-2000 - Full Facepiece Respirators - all sizes (our respirators)**

Our adaptors also fit Scott AV-3000, Scott-O-Vista, Weld-O-Vista and Model 65 (bring your respirators)

- Ⓢ **MSA Advantage 4000 Series (4100 & 4200) and MSA Ultra Elite - Full Facepiece Respirators - all sizes (our respirators) MSA Comfo Classic, Elite - Half Mask and Full Facepiece Respirators - all sizes (our respirators)**

Our adaptors also fit MSA 3200 Full Facepiece Respirators; Ultra Twin Full Facepiece Respirator; Ultra-Elite (including FireHawk, AirHawk, or BlackHawk models) Twin Cartridge Large Diameter Threaded; and Duo-Twin Full Facepiece Respirator (bring your respirators)

- Ⓢ **3M SERIES 6000 - Full Facepiece Respirators - all sizes (our respirators)**

Our adaptors to fit Series 7500 and Series 7800 Half and Full Facepiece Respirators and Series FF-400 and Series 7900 Full Facepiece Respirators; 200 LS and 420 Half Masks (bring your respirators)

- Ⓢ **Draeger**

Our adaptors fit X-plore 6300, 6530 and 6570 Full Facepiece Respirators; FPS 7000 & DHR 7000 series (SCBA), Panorama Nova, M2000,

Futura, CDR 4500 (CBRN) Full Facepiece Respirators; Combtox Nova - RD40 (40mm threaded) and Cirrus RD40 (40mm threaded) Half Masks (bring your respirators)

Should you have different mask requirements we will be pleased to obtain the adaptors with appropriate notice.

On-Line Respirator Medical Screening (MEQ)

- Ⓢ Available in English and Spanish.
- Ⓢ Reviewed by a licensed PLHCP.
- Ⓢ Immediate results available.
- Ⓢ HIPPA Compliant Tracking.
- Ⓢ Results automatically emailed to company administrator.

Respirator Training

We help to ensure your employees understand why respirators are necessary, what the limitations and capabilities of the respirator are, how to inspect, don, doff, use and check the respirator, how to maintain and store the respirator and how to recognize medical signs and symptoms that may limit or prevent effective use of respirators.

From large entities and organizations such as hospitals, clinics, manufacturers, construction, and refiners; to small business entities that are required to meet OSHA requirements, Your Safety Department provides fast, efficient and quality service.

Ⓢ **MEQ** **\$35.00 (if needed)**

Ⓢ **Respirator Training** **\$35.00 (if needed)**

Ⓢ **Fit Testing** **\$49.00 per mask**

- Every Day from 8:00 to 5:00
- Weekends and Evenings may be scheduled
- Please call to schedule testing at your site

PULMONARY FUNCTION TESTING

Spirometry Testing

Spirometry Testing Services are provided by trained technicians who have met NIOSH training requirements.

Our **Spirometry Testing** will help our construction industry and Oil and Gas customers meet OSHA workplace testing requirements for those employees who are exposed to dust, gases and certain hazardous substances such as asbestos, benzene, cadmium, coke oven emissions, cotton dust, formaldehyde, silica and as directed by health care providers for those wearing respirators.

- **Spirometry**, the most common type of pulmonary function test (PFT), is used to evaluate worker respiratory health in medical surveillance programs and to screen workers for their ability to perform certain tasks. Spirometry results can play a central role in decisions about worker job assignments and personal protective equipment, and in the assessment of exposure-related health effects.

- OSHA standards for asbestos, cadmium, coke oven emissions, cotton dust and respirable crystalline silica require spirometry testing as part of medical surveillance (see 29 CFR 1910.1001, 1910.1027, 1910.1029, 1910.1043, and 1910.1053). OSHA standards for formaldehyde and benzene require pulmonary function testing when respiratory protection is used at work (see 29 CFR 1910.1048 and 1910.1028).

- Some respiratory diseases slow the speed of expired air; others reduce the volume of air that can be inspired and then exhaled. To detect these impairments, spirometry measures the maximal volume and speed of air that is forcibly exhaled after taking a maximal inspiration. Forced Vital Capacity (FVC) is defined as total exhaled volume after full inspiration. Speed of expired air is determined by dividing the volume of air exhaled in the first second, i.e., the Forced Expiratory Volume in One Second (FEV1), by the total FVC to give the FEV1/FVC ratio.

- Measurements from a worker's valid spirometry test are compared with a normal range (i.e., reference values) and/or with that worker's baseline test results

to determine whether the measured volume and flow rate are significantly smaller or slower than expected.

- Both the spirometry test itself and the comparison of results with the normal range and/or baseline values should be performed carefully to guarantee an accurate interpretation of a worker's respiratory health.

On-Line Respirator Medical Screening (MEQ)

- Available in English and Spanish.
- Reviewed by a licensed PLHCP.
- Immediate results available.
- HIPPA Compliant Tracking.
- Results automatically emailed to company administrator.

From large entities and organizations such as hospitals, clinics, manufacturers, construction, and refiners; to small business entities that are required to meet OSHA requirements, Your Safety Department provides fast, efficient and quality service.

- **Spirometry Testing (Pulmonary Function Test)**
\$65.00 per person

Meets OSHA's PFT Testing Requirements

- **Spirometry Testing (Lung Function Test)**
\$125.00, per person

Screening test for diagnoses of asthma, chronic obstructive pulmonary disease (COPD), and other conditions that affect breathing, for you Physician's review.

- Every Day from 8:00 to 5:00



- Weekends and Evenings may be scheduled
- Please call to schedule testing at your site

AERIAL WORK PLATFORM TRAINING

Our blended course includes both **General Training** on multiple pieces of equipment of a particular type including push-round, boom lifts, scissor lifts and trailer-mounted boom lifts in a classroom setting followed by **Familiarization** with specific models prior to use and a documented **Practical Evaluation** to ensure competency in the certification requirements.

General Training (Length: 4 hours)

The attendee of the class will become familiar with the general instructions for operators regarding inspection, application, and operation of AWP equipment, including recognition and avoidance of hazards associated with their use as covered in ANSI/SIA Standards A92.3, A92.5 and A92.6. These practices include:

- Ⓢ The actual operation of the aerial platform "under the direction of a qualified person."
- Ⓢ The need for the trainee to operate the platform for a sufficient period to demonstrate proficiency.
- Ⓢ Regulations and standards
- Ⓢ The need to perform workplace inspections
- Ⓢ Recognition and avoidance of common hazards
- Ⓢ Operator warnings and instructions
- Ⓢ The purpose and use of manuals
- Ⓢ A pre-start inspection
- Ⓢ Factors affecting stability
- Ⓢ Personal protective equipment including fall protection
- Ⓢ General equipment components
- Ⓢ Safe use of equipment
- Ⓢ The proper selection of the AWP equipment for the job at hand
- Ⓢ The application and understanding of typical options that are associated with larger machines: e.g., outriggers, stabilizers, extendable axles, envelope management system, load-moment devices, and dual capacity

When completed, General Training is the first step for qualifying an operator to operate any like-type AWP if he/she is also familiarized with the controls and safety devices of the other like-type equipment.

Familiarization (Length: ~1 hour)

Familiarization training includes a review of the following with each person designated to operate the equipment.

- Ⓢ Identify the weather resistant compartment (for manual(s) storage)
- Ⓢ Confirm that the manual(s) as specified by the manufacture are on the aerial platform
- Ⓢ Review control functions
- Ⓢ Review safety devices specific to the model aerial platform being delivered

Practical Evaluation (Length: ~30 minutes)

- Ⓢ Visual Checks
- Ⓢ Operator Checks
- Ⓢ Basic Operating Procedures
- Ⓢ General Safety

WHO SHOULD TAKE THE COURSE:

This course is designed for personnel who are employers, supervisors, owners, operators, users and qualified personnel who require training prior to the operation of aerial work platforms in accordance with OSHA Regulations.

The successful participant will receive a wallet sized; laminated Aerial Work Platform Certification Card valid for a period of three years.

WHO SHOULD TAKE THE COURSE:

- Ⓢ **Cost per student \$210.00**



FALL PROTECTION TRAINING

(Length: 8 hours)

This course is designed to train individuals who will be responsible for the immediate supervision, implementation, and monitoring of the managed fall protection program. The competent person is typically a supervisor, lead hand, manager, or foreman who is more experienced in fall protection as it relates to the work than the authorized person and is in a position of authority. Competent persons often implement, supervising, and monitoring the requirements of their employer's fall protection program. The competent person is trained in the applicable fall protection regulations, standards, equipment and systems, and mandatory requirements for fall protection equipment and systems used by their employers.

The course covers how to conduct a fall hazard survey, how to identify, evaluate, and impose limits on workplace activities to control fall hazards exposures and swing falls, the role of the competent person in stopping work immediately when unsafe conditions or unsafe acts are identified, how to prepare, update, review and approve written fall protection procedures including anchorage locations, connecting means, body supports and other fall protection equipment, and how to develop and implement a rescue plan. The course also covers the role of the competent person in verifying that fall protection systems have been installed and inspected, verifying that authorized workers are trained and authorized to so, establishing clearance requirements for each fall protection system, ensuring prompt rescue of authorized persons can be accomplished, participating in the investigation of all incidents related to falls from heights, removing from service all damage components and periodically inspecting all fall protection equipment as required by the manufacturer and applicable regulations.

Course Requirements and/or Recommendations: Student should bring a copy of their Company Fall Protection Plan, (if one is not available a default plan

will be provided), fall protection equipment including full body harness and lanyard, hard-hat, boots, gloves, safety vest, safety glasses, long pants and shirts as needed.

Certification: Upon successful course completion, including demonstration of skills competency on all learning stations and passing the required skills and written test, the student will receive a Competent Person Fall Protection course certificate, and wallet card valid for two years. (Students must score 80% or greater to pass).

WHO SHOULD TAKE THE COURSE:

This course is for anyone that will be required to manage a safety program, or responsible to be the on-site competent person. Safety Managers, Safety Directors, On-site Managers, Supervisors, Section Leads, Responsible Persons.

Cost per student \$210.00



Fall Protection – Awareness Training – 4 Hours

Cost per student \$125.00

Fall Protection – Competent Person Training – 8 Hours

Cost per student \$210.00

FORKLIFT TRAINING

Our blended course includes both **General Training** on multiple pieces of equipment of a particular type including counterbalanced forklifts, rough terrain forklifts, vertical masts forklifts, and telehandlers in a classroom setting followed by **Familiarization** with specific models prior to use and a documented **Practical Evaluation** to ensure competency in the certification requirements.

General Training (Length: 4 hours)

The attendees of the class will become familiar with the general instructions for operators regarding inspection, application and operation of forklifts including recognition and avoidance of hazards associated with their use as covered in ANSI/ITSDF B56.1-2012 and ANSI/ITSDF B56.6-2005. These practices include:

- Ⓢ The actual operation of the forklift "under the direction of a qualified person."
- Ⓢ The need for the trainee to operate the powered industrial truck for a sufficient period to demonstrate proficiency.
- Ⓢ Regulations and standards
- Ⓢ The need to perform workplace inspections
- Ⓢ Recognition and avoidance of common hazards
- Ⓢ Operator warnings and instructions
- Ⓢ The purpose and use of manuals
- Ⓢ A pre-start inspection
- Ⓢ Factors affecting stability
- Ⓢ Personal protective equipment
- Ⓢ General equipment components
- Ⓢ Safe use of equipment
- Ⓢ The proper selection of the powered industrial truck and equipment for the job at hand
- Ⓢ The application and understanding of typical options that are associated with larger machines: e.g., outriggers, stabilizers, extendable axles, envelope management system, load-moment devices, and dual capacity

When completed, General Training is the first step for qualifying an operator to operate any like-type powered industrial truck if he/she is also familiar with

the controls and safety devices of other like-type equipment.

Familiarization (Length: ~1 hour)

Familiarization training includes a review of the following with each person designated to operate the equipment.

- Ⓢ Review pre-start inspection procedures
- Ⓢ Confirm that the manual(s) as specified by the manufacture are on the powered industrial truck
- Ⓢ Review control functions
- Ⓢ Review safety devices specific to the model powered industrial platform being delivered

Practical Evaluation (Length: ~30 minutes)

- Ⓢ Visual Checks
- Ⓢ Operator Checks
- Ⓢ Basic Operating Procedures
- Ⓢ General Safety

WHO SHOULD TAKE THE COURSE:

This course is designed for personnel who are employers, supervisors, owners, operators, users and qualified personnel who require training prior to the operation of powered industrial trucks in accordance with OSHA Regulations.

The successful participant will receive a wallet sized, laminated Counterbalance and/or Rough Terrain Certification Card valid for a period of three years.

WHO SHOULD TAKE THE COURSE:

- Ⓢ Cost per student \$210.00



H2S PROTECT FOR INDUSTRY CERTIFICATION

Your Safety DepartmentSM offers an approved 4-hour H2S Certification course in accordance with the ANSI/ASSP Z390.1-2024 Standard.

(Length: 4 hours)

The attendees of the class will become familiar with the dangers associated with entering and working safely in an H2S environment. The key objective is to educate the participant about the physical and chemical properties, toxicity, concentration levels, personal protective equipment use, detection measures, rescue, and first aid.

The attendee will be required to successfully complete a written evaluation of the information presented during this training session in accordance with the ANSI/ASSP Z390.1-2024 Standard.

WHO SHOULD TAKE THE COURSE:

This course is designed for personnel with "hands-on" work on and around equipment which may be exposed to an H2S environment. Common locations are oil and gas facilities, rigs, sewer systems, refineries, gas plants, landfills, wastewater treatment plants and compressor stations.

CORE CONTENT:

- Ⓢ What is H2S
- Ⓢ Common Industrial Sites
- Ⓢ Properties and Characteristics of H2S
- Ⓢ Concentrations / Toxic Levels
- Ⓢ Case Studies and Videos
- Ⓢ H2S Effects on Individuals
- Ⓢ Detection and Monitoring
- Ⓢ Contingency and Emergency Response Plans
- Ⓢ Personal Protective Equipment
- Ⓢ Rescue, First Aid Techniques and Post Exposure Evaluation
- Ⓢ Final Exam

Additional topics Covered in H2S Certification

- Ⓢ Acute and Chronic Health Effects
- Ⓢ Administrative Controls
- Ⓢ API Hazard Conditions
- Ⓢ Burning, Flaring, and Venting
- Ⓢ Characteristics of Hydrogen Sulfide
- Ⓢ Chemical and Physical Properties
- Ⓢ Company and Worker Responsibilities
- Ⓢ Contingency Plans
- Ⓢ Corrective Actions and Shutdown Procedures
- Ⓢ Detection and Monitoring Methods
- Ⓢ Dispersion Models
- Ⓢ Effects of Hydrogen Sulfide on Metals
- Ⓢ Emergency Response and Evacuation
- Ⓢ Emerging Technology
- Ⓢ Engineering Controls
- Ⓢ First Aid and Post-Exposure Evaluation
- Ⓢ Hydrogen Sulfide in Confined Spaces
- Ⓢ Hazard Communication for Hydrogen Sulfide
- Ⓢ Hazards of Hydrogen Sulfide and Sulfur Dioxide
- Ⓢ Ignition Sources
- Ⓢ Immediate Action Plans
- Ⓢ Methods for Detecting and Monitoring
- Ⓢ Personal Protective Equipment
- Ⓢ Rescue Techniques
- Ⓢ Respiratory Protection
- Ⓢ Routes and Limits of Exposure
- Ⓢ Safe Work Practices
- Ⓢ Sensitivity and Acute and Chronic Health Effects
- Ⓢ Sources of Hydrogen Sulfide
- Ⓢ State and Federal Regulatory Requirements
- Ⓢ Training Requirements
- Ⓢ Transportation
- Ⓢ Ventilation
- Ⓢ Warning Signs and Alarms
- Ⓢ Wind Direction

The successful participant will receive a wallet sized; laminated H2S Certification Card valid for a period of one year.

Ⓢ **Cost per student \$150.00**



PERMIT REQUIRED CONFINED SPACE TRAINING

Your Safety DepartmentSM offers an approved 8-hour course which meets or exceeds the initial training requirements of OSHA 29 CFR 1910.146 and OSHA 29 CFR 1915 Subpart B, and OSHA 29 CFR 1926 Subpart AA for Permit Required Confined Space workers.

(Length: 8 hours)

Course Description: This course is designed to meet the following objectives:

- ④ Increase the members' knowledge of the type, nature, and physiological effects of confined space entry,
- ④ Develop new attitudes toward health and safety,
- ④ Increase safety conscious behaviors for work in permit required confined spaces, and
- ④ Familiarize members with the atmospheric monitoring equipment, personal protective equipment and rescue equipment used in permit required confined spaces.

To accomplish these objectives, the course design integrates small group activities, hands-on workshops, site simulation exercises, demonstrations, facilitated discussions, and audio-visual aids.

Course Content: The course will cover the following topics:

- ④ Legal Rights and Responsibilities
- ④ Hazard Recognition, Identification and Evaluation
- ④ Non-Permit Required Confined Spaces (NPCS)
- ④ Permit Required Confined Spaces (PRCS)
- ④ Atmospheric Testing
- ④ Entry Team
- ④ Isolation and Lockout/Tagout
- ④ Ventilation
- ④ Cleaning / Decontamination
- ④ Personal Protective Equipment
- ④ Auxiliary Equipment

- ④ Safety Signs and Symbols
- ④ Emergency Response, Evacuation and Rescue

VARIOUS SMALL GROUP EXERCISES

These small group exercises will demonstrate how to use site specific information about confined space entries to reinforce the training module presented. They are designed to strengthen the modules' core objectives and answer questions about job planning process.

HANDS-ON SIMULATION / EVALUATION

A confined space entry team will role play the various responsibilities including confined space evaluation, monitoring, permitting, and rescues.

EVALUATION STRATEGY:

A written test is conducted at the completion of the course. In addition, several simulated evolutions and scenarios are used throughout the course.

The successful participant will receive a wallet sized; laminated Permit Required Confined Space Training Card valid for a period of three years.



Cost per student \$125.00 – Awareness Level – 4 Hours

Cost per student \$210.00 – Competent Person – 8 Hours

RESPIRABLE SILICA DUST TRAINING

Your Safety DepartmentSM offers Respirable Silica Dust Training for the construction industry, general industry and oil and gas industry at the Competent Person Level and at the Awareness Level. More and more organizations are requiring employees to successfully complete a Respirable Silica Dust HAZCOM course meeting OSHA requirements and carry on their person an official laminated completion card indicating they have completed it. The Respirable Silica Dust Training Competent Person course includes the following information.

(Length: 4 hours)

Topics Included:

- Ⓞ Health Effects of Silica Exposure
- Ⓞ Silica Exposure and Industrial Hygiene
- Ⓞ Permissible Exposure Limits - Time Weighted Average and PEL TWA
- Ⓞ Methods of Compliance - Personal Air Monitoring
- Ⓞ Exposure Limits
- Ⓞ Periodic Monitoring
- Ⓞ Elimination and Substitution
- Ⓞ Engineering Controls
- Ⓞ Barriers and Enclosures
- Ⓞ Administrative / Work Practice Controls
- Ⓞ Respiratory Protection
- Ⓞ Medical Surveillance
- Ⓞ Initial Exam
- Ⓞ Periodic Exams
- Ⓞ Record-keeping and Training
- Ⓞ Table 1 - Specified Exposure Control Methods
- Ⓞ Silica Exposure Control Permits

The Respirable Silica Dust Competent Person course was designed to give each student the knowledge of specific dangers of unprotected exposure to respirable silica dust in the construction industry, general industry and in the oil and gas industry, upstream, downstream, and offshore. This 4-hour or 8-hour program meets OSHA requirements and provides an understanding of certain general safety

information that a competent person should know before entering a company facility and while performing their assigned work duties.

Leading construction industry, general industry and oil and gas operators accept this orientation as it meets their requirements. Upon successful completion of the course, each student is issued a laminated course completion wallet card and is issued a certificate of completion to be included in the company training records. This orientation has become the standard program for industry and certifies student completion of the course at the Competent Person level as recommended by OSHA 29CFR1926.1153.

Your Safety DepartmentSM trainers are OSHA Authorized Construction Outreach Trainers in good standing with the OSHA Training Institute Education Center. We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take advantage of their time.

Please check the calendar for available training dates.



Cost per student \$125.00 – Awareness Level – 4 Hours

Cost per student \$210.00 – Competent Person – 8 Hours

NFPA 70E TRAINING

Your Safety DepartmentSM offers an 8-hour NFPA 70E Training module.

(Length: 8-Hours)

This course is designed to train individuals on safety related work practices, safety related maintenance requirements and safety requirements for special equipment. The course covers: guidance for making hazard identification and risk assessments, selecting appropriate PPE, and establishing electrically safe work conditions and employee training. The course emphasizes the rules and regulations relating to electrical and arc flash safety and how to apply them in real-world situations.

The attendee will be required to successfully complete a written evaluation of the information presented during this training session as recommended by OSHA Regulations OSHA 29 CFR 1910.331-335.

[NFPA 70E Training Syllabus](#)

WHO SHOULD TAKE THE COURSE:

This course meets or exceeds the requirements of 2018 NFPA 70E 110.2A for qualified employee training and 110.2B for Lockout/Tagout Procedure Training. It is intended for Safety Directors, Electrical Contractors, Maintenance Electricians, and Owners, Managers and Supervisors who in their normal course of duty would be exposed to the hazards of electricity.

CORE CONTENT:

- ⚡ Introduction to Electrical Safety
- ⚡ Laws, Regulations and Standards
- ⚡ Shock Hazards and Protection Strategies
- ⚡ Arc Flash Hazards and Protection Strategies
- ⚡ Arc Rated Personal Protective Equipment
- ⚡ Job Planning
- ⚡ Risk Assessments
- ⚡ Safety Related Work Practices

- ⚡ Small Group Exercises and Practical Evaluations
- ⚡ Final Exam

The successful participant will receive a wallet sized, laminated NFPA 70E Qualified Electrician Certification Card valid for a period of three years.



Cost per Student is \$210.00.

SCAFFOLD TRAINING

Your Safety DepartmentSM offers Scaffold Training for the construction industry, general industry and oil and gas industry at the Competent Person Level and at the Awareness Level. OSHA construction industry regulation 29 CFR 1926.450-454 and general industry regulation 20 CFR 1910.28-29 require employers to provide training so that all employees who work with scaffolds acquire the understanding, knowledge, and skills necessary to perform this work safely. They also require a “competent person” to ensure scaffolds are erected properly and worked on safely.

(Length: 8 hours)

Topics Included:

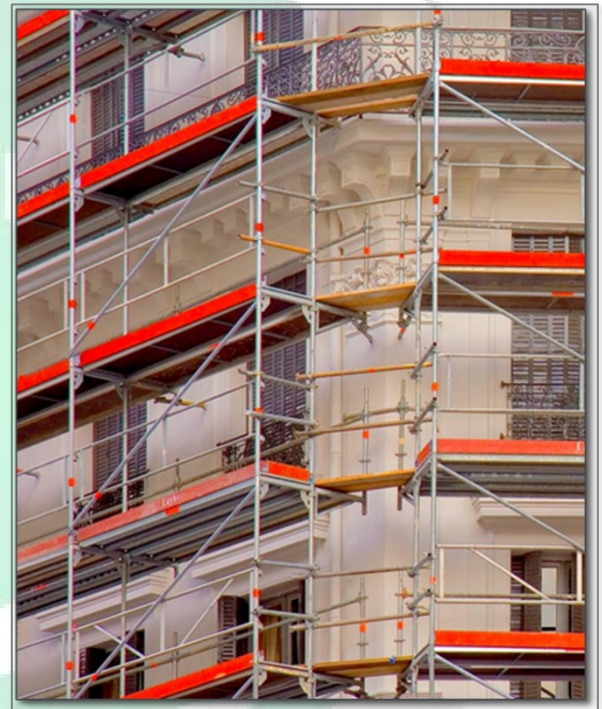
- 🔌 About Scaffolds
- 🔌 Scaffold Regulations
- 🔌 Competent Person Definition
- 🔌 Scaffold Training Elements
- 🔌 Tagging System of Green Tags
- 🔌 Common Scaffold Types
- 🔌 Basic Scaffold Components
- 🔌 Safe Access to a Scaffold
- 🔌 Scaffold Classification
- 🔌 Scaffold Load Capacity Calculation Example
- 🔌 Fall Protection
- 🔌 Scaffold Construction
- 🔌 Scaffold Erection/Dismantling
- 🔌 Scaffold Safety
- 🔌 Scaffold Inspection

This course meets or exceeds the requirements of OSHA 29 CFR 1926.450-454 Competent Person Training and provides delegates assigned to work on or around scaffolds the necessary skills to safely perform their jobs.

In addition, this course will provide delegates with recommended practices and guidelines to perform safely while working with scaffolds and students should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

Your Safety DepartmentSM trainers are OSHA Authorized Construction Outreach Trainers in good standing with the OSHA Training Institute Education Center. We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take advantage of their time.

Please check the calendar for available training dates.



Cost per student \$125.00 – Awareness Level – 4 Hours

Cost per student \$210.00 – Competent Person – 8 Hours

TRENCHING AND EXCAVATION TRAINING

Your Safety DepartmentSM offers Trenching and Excavation Training for the construction industry, general industry and oil and gas industry at the Competent Person Level and at the Awareness Level.

The attendees of the class will become familiar with OSHA requirements for working in trenches and excavations including general hazards of trenches and excavations, working around underground utilities, dangers with water accumulation, access and egress from trenches and excavations, vehicle and pedestrian exposure to trenches and excavations, soil testing, protective systems and rescue planning.

(Length: 8 hours)

Trenching and Excavation Competent Person Training Syllabus

TOPICS INCLUDE:

- 🔌 OSHA's Trenching and Excavation Standard
- 🔌 Legal Rights
- 🔌 Competent Person Requirements
- 🔌 General Hazards Associated with Trenching and Excavations
- 🔌 Identifying and Addressing Atmospheric Hazards
- 🔌 Soil Testing and Classification
- 🔌 Shoring and Shielding Types
- 🔌 Sloping and Benching
- 🔌 Spoil Storage
- 🔌 OSHA Directives and Interpretations

The attendee will be required to successfully complete a written evaluation of the information presented during this training session as recommended by OSHA Regulations 29CFR1926.651.

This course is designed for personnel who are exposed to trenching and excavations where shoring, shielding, sloping, or benching and are required to prevent

cave-ins and other hazards which may be present in the trench or excavation.

Your Safety DepartmentSM trainers are OSHA Authorized Construction Outreach Trainers in good standing with the OSHA Training Institute Education Center. We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take advantage of their time.

The successful participant will receive a wallet-sized, laminated Trenching and Excavations Competent Person Training Certification Card valid for a period of two years.



Cost per student \$125.00 – Awareness Level – 4 Hours

Cost per student \$210.00 – Competent Person – 8 Hours

HAZWOPER 8, 24 & 40 HOUR

Your Safety DepartmentSM offers an 8-hours, 24-hours, and 40-hours HAZW OPER Training module.

(Length: 8-Hours, 24-Hours, or 40-Hours)

The Occupational Safety and Health Administration (OSHA) rule to help assure worker health and safety at hazardous waste sites requires introductory, general training on basic hazard recognition, use of provided protective equipment, basic hazard control, decontamination procedures, and other relevant standard operating procedures, as well as training at each site. This program is intended to meet the requirements of the introductory, general training.

The attendee will be required to successfully complete a written evaluation of the information presented during this training session as recommended by OSHA Regulations OSHA 29 CFR 1910.120 and OSHA 29 CFR 1926.65.

TRAINING REQUIREMENTS BY JOB FUNCTION

- Training for General Site Workers and Supervisors - 40 Hours and 8 Hours Refresher.
- Training for Temporary Site Workers - 24 Hours and 8 Hours Refresher.
- Training for Workers in Treatment Storage and Disposal - 24 Hours and 8 Hours Refresher.
- First Responder at the Awareness Level (Notification Only) - not specified and annual Refresher.
- First Responder at the Operations Level (Defensive Operations Only) - 8 Hours and annual Refresher.
- Hazardous Material Technician (Stop the Release of Hazardous Substances) - 24 Hours and annual Refresher.
- Hazardous Materials Specialist (Knowledge about Hazardous Substances) - 24 Hours and annual Refresher.

- On-Scene Incident Commander (Assumes Control of Incident) - 24 Hours and annual Refresher.

This course is designed for personnel who will conduct work at Hazardous Waste sites.

CORE CONTENT:

- ④ Legal Rights and Responsibilities
- ④ Hazard Recognition - Health Effects and Properties of Chemicals
- ④ Site Assessment / Hazard Identification / Hazard Reporting
- ④ Information Sources
- ④ Monitoring and Sampling
- ④ Personal Protective Equipment
- ④ Work Practices and Site Controls
- ④ Decontamination and Decontamination Lines
- ④ Emergency Response
- ④ Monitoring for Unknowns
- ④ Small Group Exercises
- ④ Hands on Simulation and Evaluation

The successful participant will receive a wallet sized; laminated HAZWOPER Training Card valid for a period of one year. Annual 8-hour Refresher is required where indicated.



Cost per student \$210.00 for HAZWOPER REFRESHER

All other classes will be quoted based on length, size of class, and location.

HAZARDOUS MATERIALS TRAINING

The Pipeline and Hazardous Materials Safety Administration of the United States Department of Transportation – PHMSA for short – has developed this program to help train employees who perform functions covered under the Hazardous Materials Regulations, or the HMR. This module will provide an overview of the entire set of Hazardous Materials Transportation Training Modules.

(Length: 8 hours)

Topics Included:

- 🔌 Introduction
- 🔌 Regulatory Overview
- 🔌 Training Requirements
- 🔌 Classification
- 🔌 Identification
- 🔌 Packaging
- 🔌 Communication
- 🔌 Safety
- 🔌 Emergency Response
- 🔌 Security Requirements
- 🔌 Test / Instructor Feedback Assessment

Title 49, Code of Federal Regulations, Parts 100 through 185, govern the transportation of hazardous materials. The Hazardous Materials Regulations or HMR are found in Parts 171 through 180 of Title 49, CFR, and in Part 107, which deals with registration of people who offer or transport hazardous materials (among other topics). People involved in the transportation of hazardous materials must be familiar with and have current knowledge of the HMR. The U.S. Department of Transportation, Pipeline and Hazardous Materials Safety Administration, has the responsibility for developing, issuing, and enforcing the Hazardous Materials Regulations, except for highway routing. The Federal Motor Carrier Safety Administration, the Federal Aviation Administration, the United States Coast Guard, and the Federal Railroad Administration provide enforcement within their respective modes of transportation.

Your Safety Department trainers are OSHA Authorized Construction Outreach Trainers in good standing with the OSHA Training Institute Education Center. We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take advantage of their time.



Cost per student \$210.00 for HAZMAT Training

OSHA 10 HOUR AND 30 HOUR TRAINING

Your Safety DepartmentSM is proud to announce the addition of OSHA Authorized Trainers to provide OSHA 10 / 30 Hour Construction Industry Outreach Training courses to our construction industry customers. Any individual that successfully completes one of the training courses will receive the industry recognized credential OSHA 10 / 30 Hour wallet card.

The **OSHA 10-Hour Construction Industry Outreach Training** course is intended to provide information needed to help line workers, as well as foremen, supervisors, managers, superintendents, competent persons, safety staff, safety committee members, safety managers, and others, be more aware of health and safety hazards so they can be avoided. The OSHA 10-hour Construction Industry Outreach Training course also includes a brief overview of how the Occupational Safety and Health Administration (OSHA) functions, and the rights of employers and employees. There are no prerequisites required to take the OSHA 10-hour Construction Industry Outreach Training course.

The **OSHA 30-Hour Construction Industry Outreach Training** course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically designed for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues. OSHA 30-Hour Construction Industry Outreach Training teaches health and safety awareness by helping supervisors and workers reduce the risk of workplace hazards. The benefits of OSHA 30-Hour Construction Industry Outreach Training include prevention of possible worksite hazards, understanding workers' rights, employer responsibilities and more.

Designed For Workers

The OSHA Outreach Training Program provides training on recognition, avoidance, abatement, and prevention of workplace hazards. Outreach classes also provide overview information regarding OSHA,

including workers' rights, employer responsibilities, and how to file a complaint.

Program Benefits

- ④ Promoting safety culture through peer training
- ④ Training is intended to be participatory, using hands-on activities
- ④ Trainers can tailor the training topics based on specific needs of their audience
- ④ Outreach training content includes hazard recognition and avoidance, workers' rights, employer responsibilities, and how to file a complaint; it emphasizes the value of safety and health to workers, including young workers



Cost per student:

\$295.00 for OSHA 10 Hour Training

\$495.00 for OSHA 30 Hour Training

Minimum class sizes apply.

BASIC ORIENTATION 7.0

We are excited to introduce the latest version of Veriforce's SafeLandUSA accredited course, titled Basic Orientation 7.0, which replaces SafeLandUSA Basic 2021, effective November 15th, 2024.

- Basic Orientation 7.0 is the most widely used safety orientation in the US onshore and offshore E&P Industry. Accredited by SafeLand USA, this 6-hour course and safety orientation can give employees the SafeLandUSA credential.
- In a comprehensive 1-day instructor-led format, Basic Orientation 7.0 meets SafeLand and SafeGulf requirements if the offshore module is added and provides a basic understanding

Basic Orientation 7.0 explains the hazards that workers may encounter in the oil and gas industry along with the various practices employed to mitigate those hazards.

Your Safety DepartmentSM is an authorized trainer for PEC/Veriforce SafeLand USA Training and Certification for requirements by the operator oil companies. More and more operator oil and gas companies are requiring employees to complete a SafeLand USA orientation program and carry on their person an official photo-ID badge indicating they have completed it. The PEC/Veriforce Basic Orientation 7.0 course includes the following information:

Basic Orientation 7.0 course detail

- **Course length:** Full day, 6.5-hour course
- **Delivery method:** Available in-person and through instructor-led distance learning
- **Timeline:** Training does not expire
- **Meets standards:**

- SafeLand
- SafeGulf (30 CFR 250 (SEMS II) & American Petroleum Institute (API RP T-1))

- OSHA 29 CFR 1910
- OSHA 29 CFR 1926
- American National Standards Institute (ANSI)
- Upon completion: Trainees are issued a physical and digital Veriforce photo ID card and certification is entered into the Veriforce training database

We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take advantage of their time. Please check the calendar for available training dates.

Cost per student \$235.00

One Day Basic Orientation 7.0



PEC SAFEGULF

Your Safety DepartmentSM is PEC authorized for PEC SafeGulf Training and Certification for requirements by the operator oil companies. More and more operator oil & gas companies are requiring employees to successfully complete a PEC SafeGulf orientation program and carry on their person an official photo-ID badge indicating they have completed it. The PEC SafeGulf course includes the following information.

Topics Included:

- 🔌 SafeGulf Certification
- 🔌 SafeLand USA Certification "Included at no extra cost"
- 🔌 Offshore Orientation (API RP 75 & API RP T-1)
- 🔌 Confined Space Entrant / Attendant (OSHA 29 CFR 1910.146)
- 🔌 Rigging
- 🔌 Hydrogen Sulfide (H2S) (OSHA 29 CFR 1910.1000)
- 🔌 Lockout/Tag-out (OSHA 29 CFR 1910.147)
- 🔌 Fall Protection (OSHA 29 CFR 1926.500)
- 🔌 Hazmat (HM 126) (DOT 49 CFR Part 171)
- 🔌 Hazardous Communications (OSHA 29 CFR 1910.1200)
- 🔌 Personal Protective Equipment
- 🔌 Hearing Conservation (OSHA 29 CFR 1910.95)
- 🔌 Emergency Response
- 🔌 Process Safety Management
- 🔌 Welding Safety
- 🔌 Defensive Driving
- 🔌 Hazwoper (Oper.) (OSHA 29 CFR 1910.120 and API RP 75)
- 🔌 Fire Protection
- 🔌 Medical Records
- 🔌 Forklift Safety (OSHA 29 CFR 1910.178)
- 🔌 Respiratory Protection (OSHA 29 CFR 1910.134)
- 🔌 Electrical Safety
- 🔌 Back Safety
- 🔌 Terrorism Response Awareness Program (TRAP)
- 🔌 Alcohol and Substance Abuse Awareness
- 🔌 Safety Environmental Management System (SEMS II)
- 🔌 Offshore Transportation (Departure, Helicopter, Boat, Arrival, etc.)
- 🔌 Offshore Safety (Swing Ropes / Personnel Baskets, Water Safety, etc.)

The PEC Basic Orientation / SafeGulf safety awareness course was designed to take the place of multiple Operator orientations and to give each

student a general idea of life and safety issues in the oil and gas industry, upstream, downstream, onshore or offshore. This one-day program meets (API RP 75 & API RP T-1), OSHA, BSSE, and almost all Major and Mid-Major Operators in and outside of the USA, requirements and provides a basic understanding at an awareness level of certain general safety information that an employee should know before entering a company facility and while performing their assigned work duties.

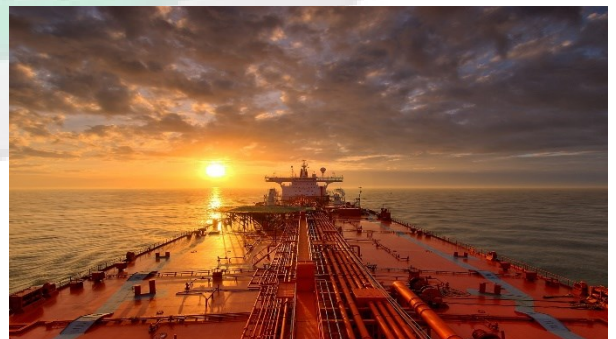
Over 25 of the leading oil and gas operators accept this orientation as it meets and/or exceeds their minimum orientation requirements. Upon successful completion of this course, each student is issued a picture ID with a unique bar code. The student information is then stored in their company's profile via P.E.C Safety's online database. This orientation has become the standard program for the industry and certifies a student at awareness level.

Your Safety DepartmentSM is proud to be in good standings with P.E.C Premier and authorized to provide Safe Gulf and Safe Land USA training to our Offshore Industry.

We can provide this training at your location no matter how far away it may be. We strive to make training times and locations flexible, allowing all employees to take maximum advantage of their time.

🔌 **Cost per student: \$25.00 with Safeland class**

🔌 **Cost per student \$100.00 Standalone class**



PEC CORE COMPLIANCE

Your Safety DepartmentSM is proud to be in good standings with P.E.C Safety and authorized to provide **24-Hour PEC Core Compliance training** to our Onshore and Offshore Industry. We can provide this training at your location no matter how far away it may be at an affordable rate. We make training times and locations flexible, allowing our customers to take maximum advantage of their time.

We do offer significant DISCOUNTS to those companies that schedule large groups of students for any course.

Topics Included:

- 🔌 **SafeGulf** Certification
- 🔌 **SafeLand** Certification
- 🔌 Offshore Orientation (API RP 75 & API RP T-1)
- 🔌 Confined Space Entrant / Attendant (OSHA 29 CFR 1910.146)
- 🔌 Rigging
- 🔌 Hydrogen Sulfide (H₂S) (OSHA 29 CFR 1910.1000)
- 🔌 Lockout/Tag-out (OSHA 29 CFR 1910.147)
- 🔌 Fall Protection (OSHA 29 CFR 1926.500)
- 🔌 Hazmat (HM 126) (DOT 49 CFR Part 171)
- 🔌 Hazardous Communications (OSHA 29 CFR 1910.1200)
- 🔌 Personal Protective Equipment
- 🔌 Hearing Conservation (OSHA 29 CFR 1910.95)
- 🔌 Emergency Response
- 🔌 Process Safety Management
- 🔌 Welding Safety
- 🔌 Defensive Driving
- 🔌 Hazwoper (Oper.) (OSHA 29 CFR 1910.120 and API RP 75)
- 🔌 Fire Protection
- 🔌 Medical Records
- 🔌 Forklift Safety (OSHA 29 CFR 1910.178)
- 🔌 Respiratory Protection (OSHA 29 CFR 1910.134)
- 🔌 Electrical Safety
- 🔌 Terrorism Response Awareness Program (TRAP)
- 🔌 Back Safety
- 🔌 Alcohol and Substance Abuse Awareness
- 🔌 Offshore Waste Management

Your Safety DepartmentSM can help your company become **SafeLandUSA** & **SafeGulf** compliant, as required by the operator oil companies. We enable

you to complete a variety of other training needs with the **24-Hour PEC Core Compliance** Program. More and more operator oil companies are requiring employees to successfully complete a SafeLandUSA or SafeGulf orientation program. Many employees may also require training above and beyond the basic awareness levels.

In these cases, the 24-Hour Core Compliance program may be a much better solution to meet these needs. Operator companies require employees to carry on their person an official photo-ID badge indicating they have completed the SafeLandUSA or SafeGulf orientation. Upon successful completion, each student receives their Photo ID Badge that shows completion of both SafeLand USA, SafeGulf and all the other topics covered.

The **PEC Core Compliance** program brings together the health, safety and environmental training certifications most requested by oilfield operators and other host employers. **PEC Core Compliance is SafeGulf and SafeLand accredited** and is accepted by every major and most mid-major operator in the USA, Canada, and Qatar. This in-depth training program will ensure your employees are compliant with your Company, Host Operator, OSHA and BSEE safety training requirements.

Material presentation is structured to build on common content in a high intensity three-day format. The instructor who led interactive training will certify you at training levels beyond awareness level. Each student receives documentation of completion in the form of a PEC picture ID and a certificate of completion. The students' information will be entered into the PEC International Training Registry. This documentation is available via the internet through the PEC Training Tracker site.

🔌 **Cost per student \$495.00**

🔌 **Please use our [schedule training link](#) or request training and we will respond within 24 hours of your request.**

PEC H2S CLEAR

PEC H2S Clear was designed to improve employee safety for general industry workers who may potentially encounter hydrogen sulfide in the workplace. This program meets the revised standards set forth in the ANSI/ASSE Z390.1—2024 and incorporates all the benefits of a PEC Safety standardized training program. PEC H2S Clear will provide students with crucial knowledge of the dangers of H2S and the precautions, tools and controls necessary when working in potential H2S environments.

H2S Clear COVERS

- Ⓢ ACGIH's New TLV
- Ⓢ ANSI/ASSE Z390.1—2024
- Ⓢ API RP 49
- Ⓢ API RP 55
- Ⓢ MMS 250.490
- Ⓢ The Railroad Commission of Texas

Upon completion of the course, all students are issued a physical and digital PEC ID card with their name, company name, picture, barcode, and completed course. All students are automatically entered into PEC's Advanced Training Tracker where your company's clients and auditors can view proof of employee orientation.

METHOD OF INSTRUCTION

Methods of instruction include but are not limited to, lectures, videos, and power point presentation. Each student will be required to take a written test at the end of the course.

COURSE COMPONENTS

- Ⓢ Buddy System
- Ⓢ Burning, Flaring, and Venting
- Ⓢ Characteristics of Hydrogen Sulfide
- Ⓢ Chemical Properties
- Ⓢ Corrective Actions and Shutdown Procedures

- Ⓢ Dispersion Models
- Ⓢ Effects of Hydrogen Sulfide on Metals
- Ⓢ Emergency Response and Evacuation
- Ⓢ Emerging Technology
- Ⓢ Engineering Controls
- Ⓢ First Aid and Post-exposure Evaluation
- Ⓢ Hydrogen Sulfide in Confined Spaces
- Ⓢ Hazard Communication for Hydrogen Sulfide
- Ⓢ Hazards of Hydrogen Sulfide and Sulfur Dioxide
- Ⓢ Health Effects
- Ⓢ Ignition Sources
- Ⓢ Methods for Detecting and Monitoring
- Ⓢ Operation of Safety Equipment and Life Support Systems
- Ⓢ Personal Protective Equipment
- Ⓢ Physical Properties
- Ⓢ Process Safety Management of Highly Hazardous Chemicals
- Ⓢ Rescue Techniques
- Ⓢ Respiratory Protection
- Ⓢ Sources of Hydrogen Sulfide
- Ⓢ State and Federal Regulatory Requirements
- Ⓢ Transportation
- Ⓢ Ventilation
- Ⓢ Warning Signs
- Ⓢ Warning Systems
- Ⓢ Well Control (Drilling Operations)
- Ⓢ Wind Direction
- Ⓢ Work Procedures

We can provide this training at your location no matter how far away it may be.

Cost per student: \$190.00



PEC BASIC REFRESHER

PEC BASIC ORIENTATION REFRESHER COVERS

- 🔌 American Petroleum Institute (API)
- 🔌 American National Standards Institute (ANSI)
- 🔌 29 CFR 1910
- 🔌 29 CFR 1926

PEC Basic Orientation Refresher (Basic Refresher) is an eLearning course that refreshes the PEC Basic Orientation course content.

PEC Basic Refresher provides general safety information to reinforce worker awareness of hazards they may encounter in their workplace and strengthens student knowledge of various practices to mitigate those hazards. Students will be reminded of OSHA regulation and industry best practices, and how to apply that knowledge to stay safe in the workplace.

CERTIFICATIONS

Upon successful completion of the course, students' PEC Digital ID cards will be updated via the PEC Mobile App and the student's record will populate on the PEC Advanced Training Tracker. Employers may also verify course completion by accessing the PEC website at www.peccard.com.

COURSE EVALUATION

Students must complete exams upon completion of the eLearning course. A score of 100% is required to verify competency in Basic Refresher topics. Students are given an opportunity to review missed questions and related content prior to retesting the missed questions

COURSE COMPONENTS

PEC Basic Refresher course components refresh the following topics:

- 🔌 Accident Prevention Signs and Tags

- 🔌 Behavior Based Safety
- 🔌 Confined Space Entry
- 🔌 Electrical Safety
- 🔌 Elevated Work (Fall Protection, Walking/Working Surfaces, Ladders)
- 🔌 Emergency Response (First Aid, Fire Safety)
- 🔌 Excavation and Trenching
- 🔌 Hazard Communication
- 🔌 Identifying Hazards and Hazard Control
- 🔌 Incident Investigation
- 🔌 Incident Reporting
- 🔌 Job Safety Analysis
- 🔌 Lockout/Tagout
- 🔌 Materials Handling (Forklift, Rigging Safety)
- 🔌 Occupational Health
- 🔌 OSHA Recordkeeping
- 🔌 Personal Protective Equipment
- 🔌 Process Safety Management
- 🔌 Respiratory Protection
- 🔌 Safety and Environmental Management Systems (SEMSII) (Offshore Course Only)
- 🔌 Stop Work Authority
- 🔌 Work Permits



- 🔌 **Cost per student \$65.00**
- 🔌 **Please call us on 888-859-5653 to obtain your online training key.**

DRUG AND ALCOHOL TESTING

All drug tests come in the form of panels where each panel is a drug being tested. For example, a 5-panel drug test checks for 5 drugs, while a 10-panel drug screen checks for 10 drugs.

A standard 5 panel drug urine test is the most frequently used drug test by government agencies and private employers. A 5-panel drug test typically tests for commonly abused substances, including THC, Opiates, PCP, Cocaine, and Amphetamines.

For most workplace drug tests, a 5-panel drug screen is used. In fact, this is the standard for the Federal government's Mandatory Guidelines for Workplace Drug Testing.

The Department of Transportation (DOT) also uses five panel urine drug tests. DOT truck drivers are required to undergo a drug test prior to employment, at least once randomly per year, after most accidents, and if reasonable suspicion exists that a driver is abusing drugs. The DOT 5 panel drug test checks for THC, Opiates, PCP, Cocaine, and Amphetamines.

Industry Drug Panel Best Practices

Although most private employers in the United States can choose both the scope of the panel drug test (five panel, 7 panel drug test, 4 panel drug test, 10 panel drug test, etc.) and the testing specimen (urine, blood, saliva, or hair) the industry standard, as used by the Federal government, the DOT, and many private employers, is 5 panel drug testing.

Therefore, unless there is a need to test for a specific substance, Your Safety Department, LLC suggests a standard five panel drug screen for all workplace drug testing.

Your Safety Department's 5-panel drug test tests for the following substances:

ANNUAL PROGRAM MANAGEMENT

Our Drug & Alcohol Program Management Service provides you with the peace of mind that comes from knowing that your Drug and Alcohol Testing program is being conducted correctly.

We track test results, reconciling invoices, and ensure that the year-end required testing percentages are met. We take the guesswork out of what tests to use, who to test and how often to test.

We offer these drug & alcohol tests:

- Ⓞ Pre-Employment
- Ⓞ Random Selection
- Ⓞ Reasonable Suspicion
- Ⓞ Post-Accident Testing
- Ⓞ Return-to-Duty
- Ⓞ Follow-Up Testing
- Ⓞ Non-DOT Drug Free Workplace

5 PANEL DRUG TESTS

Cocaine

This drug is commonly found in the form of a white powder, but many times mixed with other similar looking powder such as baking soda or baby powder to create artificial filler. Cocaine is a processed drug that is made from the leaves of the coca plant. Some enjoy the lighter effect of cocaine by chewing the raw coca leaf.

As a stimulant, cocaine is popular among people who need to stay up for a long time such as an overnight work shift or all-night parties. It is also an appetite suppressant that can cause dangerous and rapid weight loss.

The United States government recognizes cocaine as a schedule 2 drug with high potential for abuse but less abuse potential than Schedule I drugs. They are likely to lead to severe psychological or physical dependence, are considered dangerous, and are tested in all 5 panel drug tests.



Amphetamine

Amphetamines are usually found in pills and crushed by the user for snorting. Like cocaine, amphetamine is susceptible to artificial fillers to add weight to the drug. Amphetamine is a laboratory drug commonly found in ADHD and ADD treatment drugs such as Adderall and Ritalin.

Like cocaine, amphetamine is also a stimulant and appetite suppressant, but to a lesser extent. Instead of the energy rush of cocaine, amphetamines simply allow the user to stay awake, alert, and focused. It is a dangerous, but popular “study drug” commonly found among high school and college students.

It is considered a schedule 2 drug with high potential for abuse and potential for psychological or physical dependence. Although illegal recreationally, it is available by prescription.

Methamphetamine (part of Amphetamines)

Methamphetamine is a form of amphetamine with a similar chemical base, most known as its nickname, “meth”. Meth is found as a powder or in a crystallized form. Since most meth is made by illicit home laboratories, it is hard to establish a standard of composition or strength.

The user of meth experiences a sudden rush of euphoria and increased energy and focus. After the initial effects subside, the user now requires a larger

amount to regain the same high. This dangerous addiction creates strong and violent dependence. Over time, the meth destroys dopamine receptors, making it impossible to feel pleasure.

Due to the dangerous effects and habit of meth, it is considered a schedule 2 drug along with cocaine and amphetamine. It is illegal, and a top target for law enforcement agents, and usually tested in a 5-panel drug test. There are medicinal uses for meth with a prescription, but these are rare and tightly regulated. Opiate

Opiates are processed from the opium poppy plant usually found in South-East Asia. The opiate base is used to create illicit drug such as heroin, as well as medicinal painkillers such as morphine.

Opiates are strictly a relaxer that reduces pain and increases euphoria in the user. Illegal versions of opiates such as heroin and opium can be smoked, snorted, or injected. Like meth, addiction to opiates is very strong, and can consume one’s life. When injected, the sharable diseases transmitted introduce a new risk to using the drug.

Since there are legitimate uses for opiates in the medical field, different versions of it are scheduled differently by the Department of Drug Enforcement (DEA). Heroin is a schedule 1, but Vicodin, a prescribed painkiller made from opiate derivative, is a schedule 3 drug.

THC

THC is naturally found exclusively in the marijuana plant and in a synthetic form as Marinol. Marijuana is found either in dried flower buds, processed into hash, or found in baked foods such as brownies and cookies. Users either smoke the dried buds and hash or eat the edible baked goods.

Users of marijuana mostly smoke it to achieve a feeling of relaxation and euphoria, but anxiety and paranoia is possible. Although marijuana does not have a strong dependence factor, prolonged use can

result in a variety of negative cognitive effects relating to space and time perceptions as well as a lack of motivation.

The Federal government recognizes marijuana as a schedule 1 drug with no medicinal uses, although many US states recognize medical uses and allow legal prescription of marijuana. Colorado and Washington have also legalized marijuana recreationally, but often still test for THC in a 5-panel drug test.

Phencyclidine

Phencyclidine is a synthetic chemical generally made in illegal laboratories or stolen from veterinary sources. It can be found either in a powder form or in a clear, yellowish liquid. Users can smoke, inject, snort, or take in the drug in a variety of different ways.

Legitimately made as an animal tranquilizer phencyclidine, also known as PCP or angel dust, is used recreationally to induce hallucinations and dangerous 'out of body' experiences. Severe cases of PCP use contribute to prolonged states similar to schizophrenia.

Due to medical uses, Phencyclidine is considered a Schedule 2 substance with no legal use for humans. It is considered a very dangerous substance with detrimental effects. SAMHSA reports PCP related hospital visits increased by more than 400% from 2005-2011.

These are the most abused and dangerous drugs that Your Safety Department, LLC encourages employers to screen for during a 5-panel drug screen. From dangerous dependency related risks to cognitive deterioration, these drugs are a risk to the user and the workplace. A 5-panel drug test is designed to detect these substances and allow employers to take appropriate decisions relating to enforce their drug free workplace.

10 PANEL DRUG TESTS

10-Panel Drug Screen (available for urine) adds:

Methadone

Methadone is unusual and controversial in that it is legally prescribed opiate, which is used for pain relief as well as drug addiction detox. The drug is often used to help people recover from an addiction to other opiates. Methadone works to reduce cravings and withdrawal symptoms associated with opiate addiction. While the drug stays active for up to 36 hours, the pain relief effects fade much quicker. This can lead to people increasing their dosages and ultimately becoming dependent or addicted to the drug. Methadone is detectable in our 10-panel drug screen with a look back period of approximately three to seven days.

Barbiturates

Barbiturates are central nervous system depressants. They are more commonly known as muscle relaxers. They can be used to treat seizures, headaches, and insomnia. Barbiturates have been around since the 70's, often being used as a popular party drug. Because Barbiturates are sedatives people often use them to combat anxiety. These drugs are highly addictive and are no longer prescribed as much as they once were because of this. Barbiturates show up in our 10-panel drug screen for up to five days.

Benzodiazepines

Benzodiazepines are known better by their product names Valium, Xanax, Ativan, Klonopin, and Librium. They are often prescribed to treat mental health conditions like anxiety and panic attacks. They can also be used to help with insomnia and seizures. Patients that are prescribed the drug in heavy dosages can be susceptible to becoming dependent on it. That dependency can lead to recreational use and ultimately addiction. When conducting a 10-panel drug test it's important to know whether the person being tested has been prescribed any Benzodiazepines, to avoid any false positives.

Propoxyphene

Propoxyphene is a narcotic cough suppressant and pain reliever. It is in the same family as Codeine and Hydrocodone but considered a much weaker drug. Propoxyphene can help dull mild to moderate pain, but it won't necessarily eliminate it. In 2010, the drug was removed from the market amid safety and health risk concerns. Even when taken with a prescription, it can be extremely dangerous in a work environment that involves operating heavy machinery or driving. Our 10-panel test detects Propoxyphene for about 5 to 7 days.

Methaqualone

Methaqualone is a sedative-hypnotic drug that is similar in effect to barbiturates, a general central nervous system depressant. The sedative-hypnotic activity was first noted by Indian researchers in the 1950s and in 1962 methaqualone itself was patented in the US by Wallace and Tiernan. Its use peaked in the early 1970s as a hypnotic, sedative, and muscle relaxant commonly used for insomnia. It has also been used illegally as a recreational drug, commonly known as Quaaludes, Sopors, Ludes or Mandrax.

REASONS FOR DRUG TESTING

- ④ Pre-employment Drug Testing
- ④ Random Drug Testing
- ④ Post-Accident Drug Testing
- ④ Reasonable Suspicion
- ④ Return-to-Work
- ④ Follow Up
- ④ Periodic Drug Testing

DOT SUPERVISOR REASONABLE SUSPICION TRAINING

This course meets the requirements of the required DOT supervisor training and provides the basis for developing your DOT required employee training. Equip your workplace with the knowledge and resources needed to implement and uphold your drug free workplace policy. Supervisor training will help to serve as a deterrent to possible drug use in the workplace and enhance safety and regulatory compliance.

This course provides tools and techniques to successfully

identify and facilitate a reasonable suspicion scenario through discovery, documentation and discussion while maintaining safety and confidentiality; provides practical guidance, raises awareness of the potential signs and symptoms in your workplace, familiarizes you with regulatory requirements, and educates you about the scope of your involvement and resources available to assist you. This course covers both DOT and Non-DOT programs.

GENERAL CONDITIONS OF SERVICE

1. GENERAL

(a) Unless otherwise agreed in writing or except where they are at variance with (i) the regulations governing services performed on behalf of governments, government bodies or any other public entity or (ii) the mandatory provisions of local law, all offers or services and all resulting contractual relationship(s) between any of the affiliated companies of "Your Safety Department, LLC" or any of their agents (each a "Company") and Client (the "Contractual Relationship(s)") shall be governed by these general conditions of service (hereinafter the "General Conditions").

(b) The Company may perform services for persons or entities (private, public or governmental) issuing instructions (hereinafter, the "Client").

(c) Unless the Company receives prior written instructions to the contrary from Client, no other party is entitled to give instructions, particularly on the scope of the services or the delivery of reports or certificates resulting therefrom (the "Reports of Findings"). Client hereby irrevocably authorizes the Company to deliver Reports of Findings to a third party where so instructed by Client or, at its discretion, where it implicitly follows from circumstances, usage or practice.

2. PROVISION OF SERVICES

(a) The Company will provide services using reasonable care and skill and in accordance with Client's specific instructions as confirmed by the Company or, in the absence of such instructions:

- (1) the terms of any standard order form or standard specification sheet of the Company; and/or
- (2) any relevant trade custom, usage or practice; and/or
- (3) such methods as the Company shall consider appropriate on technical, operational and/or financial grounds.

(b) Information stated in Reports of Findings is derived from the results of inspection, evaluations, or testing procedures carried out in accordance with the instructions of Client, and/or our assessment of such results on the basis of any technical standards, trade custom or practice, or other circumstances which should in our professional opinion be taken into account.

(c) Reports of Findings issued further to the assessments and evaluations contain the Company's opinion on those risks at the time of an inspection or evaluation.

(d) Should Client request that the Company witness any third-party intervention, Client agrees that the Company's sole responsibility is to be present at the time of the third party's intervention and to forward the results, or confirm the occurrence, of the intervention. Client agrees that the Company is not responsible for the condition or calibration of apparatus, instruments and measuring devices used, the analysis methods applied, the qualifications, actions or omissions of third-party personnel or the analysis results.

(e) Reports of Findings issued by the Company will reflect the facts as recorded by it at the time of its intervention only and within the limits of the instructions received or, in the absence of such instructions, within the limits of the alternative parameters applied as provided for in clause 2(a). The Company is under no obligation to refer to, or report upon, any facts or circumstances which are outside the specific instructions received or alternative parameters applied.

(f) The Company may delegate the performance of all or part of the services to an agent or subcontractor and Client authorizes Company to disclose all information necessary for such performance to the agent or subcontractor.

(g) Should Company receive documents reflecting engagements contracted between Client and third parties or third-party documents, they are considered to be for information only, and do not extend or restrict the scope of the services or the obligations accepted by the Company.

(h) Client acknowledges that the Company, by providing the services, neither takes the place of Client or any third party, nor releases them from any of their obligations, nor otherwise assumes, abridges, abrogates or undertakes to discharge any duty of Client to any third party or that of any third party to Client.

3. OBLIGATIONS OF CLIENT

The Client will:

- (a) Ensure that sufficient information, instructions, and documents are given in due time to enable the required services to be performed;
- (b) Procure all necessary access for the Company's representatives to the premises where the services are to be performed and take all necessary steps to eliminate or remedy any obstacles to, or interruptions in, the performance of the services;
- (c) Supply, if required, any special equipment and personnel necessary for the performance of the services;
- (d) Ensure that all necessary measures are taken for safety and security of working conditions, sites and installations during the performance of services and will not rely, in this respect, on the Company's advice whether required or not;
- (e) Inform Company in advance of any known hazards or dangers, actual or potential, associated with any order or samples or testing including, for example, presence or risk of radiation, toxic or noxious or explosive elements or materials, environmental pollution or poisons;
- (f) Fully exercise all its rights and discharge all its liabilities under any relevant sales or other contract with a third party and at law.

4. FEES AND PAYMENT

(a) Fees not established between the Company and Client at the time the order is placed, or a contract is negotiated shall be at the Company's standard rates (which are subject to change), and all applicable taxes shall be payable by Client.

(b) Unless a shorter period is established in the invoice, Client will promptly pay not later than 30 days from the relevant invoice date or within such other period as may be established by the Company in the invoice (the "Due Date") all fees due to the Company failing which interest will become due at a rate of 1.5% per month (or such other rate as may be established in the invoice) from the Due Date up to and including the date payment is actually received.

(c) Client shall not be entitled to retain or defer payment of any sums due to the Company because any dispute, counter claim or set off which it may allege against the Company.

(d) Company may elect to bring action for the collection of unpaid fees in any court having competent jurisdiction.

(e) Client shall pay all the Company's collection costs, including attorney's fees and related costs.

(f) In the event any unforeseen problems or expenses arise during carrying out the services the Company shall endeavor to inform Client and shall be entitled to charge additional fees to cover extra time and cost necessarily incurred to complete the services.

(g) If the Company is unable to perform all or part of the services for any cause whatsoever outside the Company's control including failure by Client to comply with any of its obligations provided for in clause 3 above the Company shall nevertheless be entitled to payment of:

- (1) the amount of all non-refundable expenses incurred by the Company; and
- (2) a proportion of the agreed fee equal to the proportion of the services carried out.

5. SUSPENSION OR TERMINATION OF SERVICES

The Company shall be entitled to immediately and without liability either suspend or terminate provision of the services in the event of:

- (a) failure by the Client to comply with any of its obligations hereunder and such failure is not remedied within 10 days that notice of such failure has been notified to Client; or
- (b) any suspension of payment, arrangement with creditors, bankruptcy, insolvency, receivership or cessation of business by Client.

6. LIABILITY AND INDEMNIFICATION

(a) Limitation of Liability:

- (1) The Company is neither an insurer nor a guarantor and disclaims all liability in such capacity. Clients seeking a guarantee against loss or damage should obtain appropriate insurance.
- (2) Reports of Findings are issued based on information, documents and/or samples provided by, or on behalf of, Client and solely for the benefit of Client who is responsible for acting as it sees fit based on such Reports of Findings. Neither the Company nor any of its officers, employees, agents or subcontractors shall be liable to Client nor any third party for any actions taken or not taken based on such Reports of Findings nor for any incorrect results arising from unclear, erroneous, incomplete, misleading or false information provided to the Company.
- (3) The Company shall not be liable for any delayed, partial or total non-performance of the services arising directly or indirectly from any event outside the Company's control including failure by Client to comply with any of its obligations hereunder.
- (4) The Company shall have no liability for any indirect or consequential loss including without limitation loss of profits, loss of business, loss of opportunity, loss of goodwill and cost of product recall. It shall further have no liability for any loss, damage or expense arising from the claims of any third party (including, without limitation, product liability claims) that may be incurred by the Client.
- (5) Indemnification: Client shall guarantee, hold harmless and indemnify the Company and its officers, employees, agents or subcontractors against all claims (actual or threatened) by any third party for loss, damage or expense of whatsoever nature including all legal expenses and related costs and howsoever arising relating to the performance, purported performance or non-performance, of any services.

7. MISCELLANEOUS

- (a) If any one or more provisions of these General Conditions are found to be illegal or unenforceable in any respect, the validity, legality and enforceability of the remaining provisions shall not in any way be affected or impaired thereby.
- (b) During the course of providing the services and for a period of one year thereafter Client shall not directly or indirectly entice, encourage or make any offer to Company's employees to leave their employment with the Company.
- (c) Use of the Company's corporate name or registered marks for advertising purposes is not permitted without the Company's prior written authorization.

8. GOVERNING LAW, JURISDICTION AND DISPUTE RESOLUTION

Unless specifically agreed otherwise, all disputes arising out or in connection with Contractual Relationship(s) hereunder shall be governed by the substantive laws of The State of Texas exclusive of any rules with respect to conflicts of laws and be finally settled under the Rules of Arbitration of the International Chamber of Commerce by one or more arbitrators appointed in accordance with the said Rules, each party to bear its own costs. The arbitration shall take place in Wilson County, Texas.