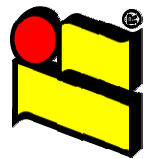


2009 COURSE SCHEDULE
SAFETY & HEALTH EDUCATION



HIGH
SAFETY
CONSULTING
SERVICES
LTD.

An Affiliate of High Industries Inc.

1853 William Penn Way

P.O. Box 10008

Lancaster, PA 17605-0008

(717) 209-4045

1-877-285-1129 (toll-free)

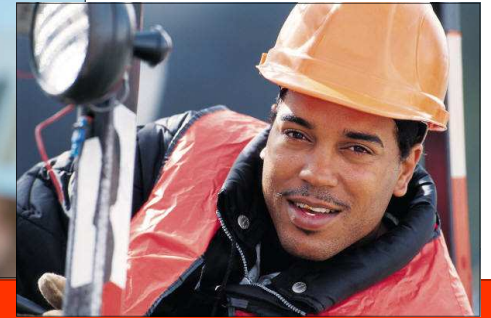
FAX (717) 293-4470

www.highsafety.com

E-mail: safetyinformation@high.net

LOCATIONS: Lancaster 717-209-4045 ♦ Lebanon 717-274 -1611 ♦

2009 COURSE SCHEDULE SAFETY & HEALTH EDUCATION



HIGH
SAFETY
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Investing in (Y)our Future

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Expanded Capabilities in 2009

Our expansion in 2008 offers our clients more resources and new programs. In October of last year we joined with Hofman Safety & Industrial Hygiene Consulting in Lebanon, Pa. This was followed by the purchase of the assets of Miller Safety Training and Consulting. These expanded resources include new equipment and additional personnel with different skill-sets and abilities. Our 2009 schedule introduces our expanded focus on Hazwoper and other specialized training options. Check our website for the most up-to-date offerings as we do add programs throughout the year. Sign-up for our Safety Update to receive e-mail notices of new and upcoming programs. We look forward to having the opportunity to assist in your safety education goals in 2009. We also participate with the Mid-Atlantic OSHA Training Center by offering programs locally for the center. This includes instructor-trainer and instructor-update programs. More information on these programs is available on-line.



On-Site Training Available

We offer all of our training programs on-site at your location. These on-site programs give you the flexibility of defining the schedule as well as the specific content of the program. We also develop specialized programs to address particular needs. If you have eight or more persons to be trained, it is often more cost-effective to have the program done at your facility! We are registered to do work in Pa., N.J., N.Y., Del., and Md. Depending on your project, we can deliver training outside of these regions as well.

Other Services Provided by High Safety Consulting

We provide all types of safety training as well as numerous other services including OSHA compliance assessments, energy control procedures development, noise exposure monitoring, chemical exposure assessments, indoor air quality investigations, chemical inventories, periodic site safety monitoring, written program development, ergonomic assessments, risk management consulting, culture surveys and much more. We are also a distributor of Automatic Electronic Defibrillators (AED)s.

REGISTER ON-LINE:

WWW.HIGHSAFETY.COM

LOCATION	FEE	HOURS
Lebanon High Safety	\$89	8:00 A 12:00 Noon
Lancaster High Safety	\$99	8:00 A 12:00 Noon
ABC Manheim	\$165	8:00 A 12:00 P
ABC Manheim	\$765	7:30 A 4:30 P
Lancaster Public Safety Training Ctr.	\$189	8:00 A 3:30 P
Lebanon High Safety	\$345	8:00 A 3:00 P
Lancaster High Safety	\$99	8:00 A 12:00 Noon
Lancaster High Safety	\$765	8:00 A 4:30 P
ABC Manheim	\$295	12:30 P 6:00 P
Lancaster High Safety	\$99	8:00 A 12:00 Noon
Lancaster Public Safety Training Ctr.	\$175	8:00 A 4:30 P
Lancaster High Safety	\$95	8:00 A 3:00 P
Lancaster High Safety	\$195	8:00 A 4:00 P

REGISTER ON-LINE OR BY PHONE

iHIGH SAFETY
CONSULTING
SERVICES LTD.

An Affiliate of High Industries Inc.

www.highsafety.com

Toll-Free: (877) 285-1129

ON-LINE REGISTRATION PROVIDES MOST UP-TO-DATE STATUS

MONTH	COURSE	DATES
SEPTEMBER	R1: OSHA RECORDS	14
SEPTEMBER	FM1: ENERGY	28
SEPTEMBER	EX1: TRENCHING	30
OCTOBER	C30: OSHA CONSTRUCTION	6, 13, 20, 27
OCTOBER	CS1: CONFINED SPACE	9
OCTOBER	G10: OSHA 10 GENERAL INDUSTRY	15, 16
OCTOBER	FM2: AIR	19
OCTOBER	G30: OSHA 30 GENERAL INDUSTRY	26, 27, 28, 29
NOVEMBER	C10: OSHA 10 CONSTRUCTION	3, 5
NOVEMBER	FM3: GRAVITY	9
NOVEMBER	HM8: HAZMAT UPDATE SPILL RESPONSE	16
DECEMBER	FA1: FIRST AID / CPR	11
DECEMBER	ER1: BACK INJURY ERGONOMICS	14

Payment Options

Payment can be made by cash, check or credit card. High Safety Consulting Services Ltd. accepts VISA, MASTERCARD, and DISCOVER. Register through our secure server, on-line at www.highsafety.com or call toll-free (877) 285-1129.

ABC members should register directly with ABC in order to receive the maximum discount for programs that are branded with the ABC label. ABC members should call (717) 653-8106 or register on-line at: www.abckeystone.org for ABC courses ONLY.



NOTE: PRICES AND DATES ARE SUBJECT TO CHANGE.



Associated Builders & Contractors Courses

High Safety has been an active member and provider of safety training to the Associated Builders & Contractors (ABC) located in Manheim, Pa., for nearly ten years. Our course catalog lists many of these programs. These sessions are open to anyone. If you are a member of this association, you can obtain member discounts by registering on-line at www.abckeystone.org. Look for the ABC logo. All ABC classes are held at the ABC facility.

Where Are The Courses?

Upon registration you will receive a detailed course registration letter which outlines the course policies and the course location with specific directions. Many of our programs will be held in our corporate office located in the Greenfield Corporate Center in Lancaster, Pennsylvania. Occasionally we will hold our programs in one of our sister companies' hotels within the same complex. ABC programs will be held at the ABC facility located in the Rapho Business Park in Manheim, Pennsylvania. We have also made arrangements this year to conduct a number of our programs at the Lancaster County Public Safety Training Center and a few of the programs are being provided in other regions. The course schedule provides more details on the course locations.

A Little About Us...

From its humble start as a Depression-era welding shop in 1931 to its status today as a diverse and growing organization, the High® companies are committed to innovation, industry leadership, and exemplary corporate citizenship. High Safety Consulting Services Ltd., was started in the fall of 1998 by Steve High out of a passion for safety and injury prevention. The originating organization, High Steel Structures Inc., was one of the earliest participants in the OSHA Voluntary Protection Program and maintains STAR status at two of its facilities. High Safety provides safety training for a wide-range of clients in many different industries. Our staff offers well over 200 years of combined experience.



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REGISTER ON-LINE:

WWW.HIGHSAFETY.COM



CORE COMPLIANCE TRAINING

OSHA CONSTRUCTION 10-HOUR COURSE (C10)

This program provides the attendee with an understanding of the most important OSHA requirements in construction. Topics such as scaffolding, fall protection, hazardous materials, electrical hazards and many others are addressed. (2 days)

OSHA GENERAL INDUSTRY 10-HOUR COURSE (G10)

This program provides the attendee with an understanding of the most important OSHA requirements in industry applications. Topics such as walking surfaces, machine guarding, confined spaces, lockout-tagout, hazardous materials and many others are addressed. (2 days)

OSHA CONSTRUCTION 30-HOUR COURSE (C30)

This class is our most in-depth OSHA education program. The program provides attendees a comprehensive education on the OSHA rules and requirements that apply to construction work. This program is ideal for safety coordinators, project managers, site supervisors and safety committee members. This program will be held at the ABC facility. (4 days)

OSHA GENERAL INDUSTRY 30-HOUR COURSE (G30)

This class is our most in-depth OSHA education program. The program provides attendees a comprehensive education on the OSHA rules and requirements that apply to fixed workplaces. Topics such as bloodborne disease, machine guarding, safety program management, handling OSHA inspections, OSHA records and many other topics are covered in this program. (4 days)


OSHA RECORDKEEPING REQUIREMENTS (R1)

In this session we will review everything you need to know about maintaining the OSHA log and documenting OSHA compliance. Complex questions about how to record those difficult cases will be explored. (4 hrs.)

OSHA HOT TOPICS / UPDATE (O1)

This program is designed to summarize new and pending regulatory changes that have been put in place within the past year. The program will discuss how new requirements will affect your business and what to do about them. (4 hrs.)



LOCATION	FEE	HOURS
Wilkes-Barre	\$145	8:00 A 5:00 P
State College	\$145	8:00 A 5:00 P
ABC Manheim 	\$149	7:30 A 2:30 P
ABC Manheim 	\$765	7:30 A 4:30 P
Lancaster High Safety	\$85	8:00 A 12:00 Noon
Lancaster Public Safety Training Ctr.	\$189	8:00 A 3:30 P
Lancaster High Safety	\$95	8:00 A 3:00 P
Lancaster High Safety	\$345	8:00 A 3:00 P
Lebanon	\$295	8:00 A 3:00 P
ABC Manheim 	\$82	7:30 A 11:30 A
Lancaster Public Safety Training Ctr.	\$175	8:00 A 4:30 P
ABC Manheim 	\$295	7:30 A 1:00 P
Lancaster High Safety	\$82	8:00 A 12:00 Noon
Lancaster High Safety	\$95	8:00 A 3:00 P
Lancaster Public Safety Training Ctr.	\$495	8:00 A 4:30 P

MONTH	COURSE	DATES
JANUARY	HW8: HAZWOPER UPDATE 40 HR REFRESHER	9
FEBRUARY	HW8: HAZWOPER UPDATE 40 HR REFRESHER	20
MARCH	DDC6: DEFENSIVE DRIVING	19
MARCH	C30: OSHA 30 HR CONSTRUCTION	31 April 1, 7, 8
APRIL	O1: OSHA HOT TOPICS	3
APRIL	CS1: CONFINED SPACE	8
APRIL	FA1: FIRST AID / CPR	20
MAY	G10: OSHA 10 HR GENERAL INDUSTRY	4, 5
MAY	C10: OSHA 10 HR CONSTRUCTION	7, 8
MAY	RA1: RESPIRATOR ADMIN	14
MAY	HM8: HAZMAT UPDATE SPILL RESPONSE	18
JUNE	C10: OSHA 10 HR CONSTRUCTION	2, 4
JULY	BB1: BLOOD BORNE DISEASE	27
AUGUST	FA1 FIRST AID / CPR	21
SEPTEMBER	HM24: HAZMAT SPILL RESPONSE	9,10,11



EMERGENCY RESPONSE TRAINING

CPR, AED & FIRST AID (FA1)

This program meets OSHA requirements for having a first-aid trained person at every workplace (29 CFR 1910.151). This program covers adult CPR, AED's and the basics of what to do in a medical emergency. Course cards are good for 2 years. Wear comfortable clothing—we will be working on the floor! (6 hrs.)

HAZWOPER 8-HOUR REFRESHER (HW8 / HM8)

This program is designed to provide the required update training as specified in the Hazwoper regulation for those individuals involved in operations of hazardous waste clean-up. This program will also provide education focused on refresher training for spill response operations in an industrial setting. (1 day)

HAZARDOUS MATERIALS TECHNICIAN TRAINING (HM24)

This program is designed to provide training for safe and effective response to a hazardous materials release in an industrial setting. This training is designed for personnel on a hazardous materials emergency response teams in an industrial or municipal setting. This program may be helpful to anyone interested in how to safely address hazardous materials release issues. Training includes a wide range of safety and health topics specific to the Hazwoper requirements (3 days)

FACILITIES & MAINTENANCE TRAINING SERIES

This training series was developed with the maintenance and facilities' personnel in mind but is open to anyone. The intent of the series is to offer focused training on those hazards most often faced by the maintenance and facilities personnel. This group is often under-served because they represent a smaller segment of the workforce, but they are often exposed to more significant hazards. Individuals completing all three segments will receive a certificate of completion in maintenance safety and the text Maintenance Management & Regulatory Compliance Strategies by Terry Wireman. This text contains over 300 pages of important regulatory compliance information and tips (a \$42.50 value).

FACILITIES & MAINTENANCE: ENERGY—PART I (FM1)

This program focuses on working with and control of hazardous energy. The session provides summaries of the most commonly violated issues involving lockout-tagout and electrical-related work practices. The program will review the new 2009 NFPA 70E changes and summarize OSHA's machine guarding requirements. (4 hrs.)



FACILITIES & MAINTENANCE: AIR—PART II (FM2)

This program focuses on aspects of the indoor air quality within a facility. We will discuss preventative measures necessary to maintain healthy indoor air quality, types of contamination which can occur. We will also discuss the new green building trends as they relate to facility air quality. Also this session will provide an overview of the hazards and issues presented with facility confined space exposures. (4 hrs.)

FACILITIES & MAINTENANCE: GRAVITY—PART III (FM3)

The final session in this series addresses exposures to falls by both staff in performance of maintenance activities as well as occupants. The program focuses on fall protection issues in a fixed facility, work on roof tops and walking surface safety. Topics such as ladders, stairways, slip-resistance and proper protective options for facilities will be covered. (4 hrs.)

HEALTH BASED COURSES

BLOOD & AIR-BORNE DISEASE AWARENESS (BB1)

This program addresses occupational exposure to occupational diseases with a focus on communicable diseases including viral and bacterial infections. Topics include Tuberculosis, MRSA, HIV, HBV and HCV. This program can meet the requirements for annual required training as specified under 29 CFR 1910.1030. (4 hrs.)

RESPIRATORY PROTECTION ADMINISTRATOR (RA1)

This program will address all the requirements necessary to use a respirator in the workplace. Use requirements, exposure assessments, fit-testing, written program requirements and medical clearance will all be discussed in detail. If you are using respirators in your company, you need to have a comprehensive understanding of this program content. This program will be held at the ABC facility. (4 hrs.)

BACK INJURY PREVENTION (ERGONOMIC ASSESSMENT) (ER1)

This program highlights the importance of good ergonomics in the workplace. Back injury is the number one cause of lost workdays in the United States. In most cases, injury is a result of insidious, ingrained work processes and designs. We will review workstation design in various settings. We will review qualitative and quantitative tools that can be used for ergonomic assessments. We will also review the status of OSHA enforcement and how to establish an ergonomics program in your organization. (1 Day)



CONFINED SPACE ENTRY REQUIREMENTS (CS1)

Entering confined spaces can be deadly. Our one-day course covers all of the basics of entering a confined space. Hands-on demonstrations and breakout groups provide the student with group interaction to solve confined space problems. We discuss the hazards, permits, duties of all confined space team members, rescue requirements and air-monitoring techniques to round out this comprehensive course. (7 hrs.)

COMPETENT PERSON FOR EXCAVATION & TRENCHING (EX1)

Excavating and trench work can be extremely dangerous when requirements for safe work operations are not followed. This program will review the competent person requirements for trenching work activities. The program will include training on identification of hazards, soil classification techniques and use of related testing equipment. Access and protective systems requirements will be reviewed in detail. This program will be held at ABC. (4 hrs.)

DEFENSIVE DRIVING COURSE (DDC-6)

Motor vehicle accidents continue to be the number one cause of workplace death in most segments and the leading cause of accidental death in the U.S. This National Safety Council course will provide drivers with important driving safety tips and practices that can reduce the risk of injury or death. How employees operate company vehicles can significantly affect a company's image and liability. An excellent investment of time and resources for anyone wishing to reduce their level of risk to this daily hazard. This program will be held at ABC. (6 hrs.)

IMPORTANT COURSE REGISTRATION POLICIES

Course registration is filled on a first-paid basis. Your registration is not confirmed until payment is received. Payment must be made PRIOR to the course date, unless other arrangements have been made. Refunds of paid registrations will be subject to a 25% processing fee (up to \$120). Cancellations and refunds of paid registrations within 10 days of the course date are subject to a 50% cancellation fee. No-shows are ineligible for refund or credit. Substitution of registrants is permitted and encouraged within the same organization. In some cases classes may be cancelled due to low attendance. Courses may be rescheduled. In the event of a rescheduled or cancelled course program, full refunds are provided. ABC has different course registration requirements. For courses sponsored by ABC, see their specific requirements.