



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

## Catalog

### Asbestos Courses

#### **Asbestos Worker (Initial) - \$490 Available in Spanish**

Cal/ OSHA require this four day (32 hour) course for persons performing activities involving the removal of asbestos if the work is not maintenance related or involves more than one standard-sized glove-bag or waste bag. The course consists of classroom and hands-on instruction. It meets all training requirements for workers under the federal Asbestos Hazard Emergency Response Act's (AHERA) Revised Model Accreditation Plan (RMAP), which applies to work performed in schools, public and commercial buildings. Students learn how to perform a variety of asbestos abatement activities. Additionally, the course covers the history of asbestos, health effects and medical surveillance, respiratory protection, personal protective equipment, work practices, safety and federal and state regulations governing the asbestos industry.

#### **Asbestos Worker Refresher - \$190 Available in Spanish**

This one day course meets the AHERA annual refresher training requirements for asbestos workers. The course covers topics required by Cal/OSHA including a review of regulations and description of regulatory changes, review of the basic course material from the initial training for workers and any other new information that will be of benefit to the worker. Students must bring a copy of their most recent certification before a refresher certificate can be issued.

#### **Asbestos Contractor/Supervisor (Initial) - \$650**

Cal/OSHA require this five day (40 hour) course for anyone supervising activities involving the removal of asbestos which is not maintenance related or involves more than one standard-sized glove-bag or waste bag. This course is of benefit to anyone who must respond to asbestos problems, including staff of schools, hospitals, military and industry. The class consists of classroom and hands-on instruction. It meets all training requirements for contractor/supervisor under the federal Asbestos Hazard Emergency Response Act's (AHERA) Revised Model Accreditation Plan (RMAP), which applies to work performed in schools, public and commercial buildings. It also meets the training requirements for supervisors/competent persons overseeing all classes of work as defined by the State of California. Students cover topics related to the history and use of asbestos, health effects, medical surveillance, protective equipment, sampling, liability, insurance, abatement methods, safety and regulations.

#### **Asbestos Contractor/Supervisor Refresher - \$190**

This one-day course meets the AHERA annual refresher training requirements for asbestos contractor/supervisors. The course covers topics required by Cal/OSHA including a detailed review of regulations and descriptions of new regulatory requirements, a review of topics from the initial course and any other current issues of importance. Students must bring a copy of their most recent certification before a refresher certificate can be issued.



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

**Asbestos Operations & Maintenance - \$325 Available in Spanish**

This two-day (16 hour) course is required, at a minimum, for all maintenance and custodial personnel who have duties which may disturb asbestos during routine or emergency work. The course meets the training requirements for OSHA Class III work. If the person's work is not maintenance related or cannot be contained in a single standard-sized glove-bag or waste bag, AHERA accredited courses are necessary.

**Asbestos Operations & Maintenance Refresher - \$120 Available in Spanish**

This one-day course meets OSHA annual refresher training requirements for asbestos maintenance workers (Class III work). Course topics include a review of regulations, initial course material and any other new information that is related to this type of work.

**Asbestos Awareness - \$ 80-190 Available in Spanish**

This two-hour class meets OSHA requirements for Class IV work. It is designed for persons who may come into contact with but do not disturb asbestos containing or presumed asbestos containing materials. It is required by OSHA for any worker who performs custodial or maintenance activities under the above conditions, but is also of value for realtors, building owners and property managers regarding notification and disclosure requirements of asbestos-containing materials in buildings.

**Asbestos Building Inspector - \$435**

This three-day (24 hour) course is required by Cal/OSHA in order to collect bulk samples to determine asbestos content or to conduct building inspections for the presence or location of asbestos containing materials. This course is also required if the person's duties require the assessment of the condition of the material. EPA regulations require that buildings be inspected for asbestos before demolition or renovation activities. OSHA requires building owners to presume all materials such as acoustical sprays, fireproofing, pipe insulation, resilient flooring materials and other materials as containing asbestos if they were installed before 1981. Only an AHERA accredited inspector can sample and inspect such material. This course provides an overview of asbestos containing materials in buildings and the methods to find, categorize and assess their condition and potential for disturbance. Detailed discussion of state and federal regulations occurs, as well as coverage of the health effects of asbestos exposure, legal liability, insurance issues, all aspects of inspection, sampling and categorizing the material, record keeping and personal protective equipment. A field exercise is conducted on one of the days.

**Asbestos Management Planner - \$325**

This two-day (16 hour) course meets AHERA requirements for Management Planners. This course is required for all persons who write management plans for schools. Regulations are covered in detail, as well as EPA hazard assessment protocols, selection of response actions, development of an operations and maintenance program (O&M) and air sampling issues. Students will learn how to develop and use a management and O&M plan. (Students must have successfully completed the Building Inspector course in order to take this course.)



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

### **Asbestos Building Inspector/Management Planner Refresher - \$190\***

This one-day course meets AHERA refresher training requirements for Building Inspectors and Management Planners. For those who only need a Building Inspector refresher, it is only necessary to attend the morning session. Students must bring a copy of their most recent certification before a new certificate can be issued.

\*\$120 for the Asbestos Building Inspector Refresher portion.

### **Asbestos Project Designer Refresher - \$190**

This one-day course meets AHERA refresher training requirements for Asbestos Project Designers. A review of the basic course material and regulations, as well as a discussion of any new regulations is covered. Students must bring a copy of their most recent certification before a new certificate can be issued.

### **Asbestos Construction Craft Worker (OSHA Class II - Roofing) - \$190**

This eight hour course qualifies the individual to perform Class II asbestos abatement work in the roofing industry. Topics covered include identification of asbestos, health aspects, respiratory protection, EPA & NESHAP regulation and roofing construction specific techniques.

### **Asbestos Construction Craft Worker (OSHA Class II - Flooring) - \$190**

This eight hour course qualifies the individual to perform Class II asbestos abatement work in the flooring industry. Topics covered include identification of asbestos, health aspects, respiratory protection and flooring removal and renovations techniques. OSHA, EPA & NESHAP regulation of flooring techniques and procedures are discussed.

### **Asbestos Construction Craft Worker (OSHA Class II - Cement Pipe) - \$120**

This four hour course qualifies the individual to perform Class II asbestos construction work with cement/asbestos pipe. Topics covered include identification of asbestos, health aspects, respiratory protection and pipe handling techniques. OSHA, EPA & NESHAP regulation of work procedures are discussed.

## **Lead Courses**

### **Lead Awareness - \$80-190 Available in Spanish**

This 8 hour course provides an overall perspective of the lead problem, why it is a health concern, who is at risk, the regulatory and legal changes occurring in California. It is of benefit for Realtors, property managers and others who may not actually perform construction work that brings them into contact with lead, but who need a general overview of the current problem and laws in regard to the issue.



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

### **Lead-Related Construction Worker - \$490 Available in Spanish**

These three day (24) courses meet California Department of Public Health (CDPH) requirements for Lead-Related Construction Worker training. Students learn how lead abatement is performed and how to handle lead containing materials. Topics covered include the history of lead and its uses, health effects, protective equipment, regulations overview and methods for controlling lead hazards. Students receive hands-on training that will provide them with the skills to conduct their work activities safely and in accordance with applicable laws.

### **Lead-Related Construction Supervisor/Project Monitor - \$700**

This five-day (40 hour) course meets the California Department of Public Health (CDPH) requirements for Lead-Related Construction Supervisor/Project Monitor training. Students learn lead abatement practices and how to select the proper abatement action for different conditions. Topics include background information on lead, its health effects, protective equipment, regulation overview and detailed methods for controlling lead. This course also covers liability and insurance issues, contract specifications and record keeping requirements. Extensive hands-on training also occur.

### **Lead-Related Construction Continuing Education Worker - \$190 Available in Spanish**

The one-day course meets the California Department of Public Health (CDPH) training requirements for Lead-Related Construction Continuing Education for Worker (in English or Spanish) and Supervisors. Course topics include an overview of key safety practices, hands-on training, updates on regulations and new techniques in abatement strategies.

### **Lead-Related Construction Continuing Education General - \$190**

The one-day course meets the California Department of Public Health (CDPH) training requirements for Lead-Related Construction Continuing Education for Supervisors, Project Monitors, Inspectors/Assessors, Designers, and CIHs. Course topics include an overview of key safety practices, hands-on training, updates on regulations and new techniques in abatement strategies.

## **Other Health and Safety Courses**

### **EPA Lead Safety for Renovation, Repair and Painting (RRP) - \$220 Available in Spanish**

This 8 hour EPA mandated class, required in addition to the CA DPH worker and supervisor certification, qualifies individuals performing renovations in target (pre-1978) housing and child-occupied facilities (schools, day care centers, etc.). The course focuses on following the safe work practice requirements, health aspects, regulations, containment, cleaning, and recordkeeping. (ref: 40 CFR 745.90 (a) (1) and 40 CFR Subpart L)



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

**EPA Lead Safety for Renovation, Repair and Painting Refresher (RRP) - \$220 Available in Spanish**

This 4 hour class explains how to comply with EPA's Renovation, Repair and Painting Rule. Subjects covered include regulations, lead safe work practices, cleaning and recordkeeping. After passing the exam students receive a RRP Certificate.

Individuals who have successfully completed an accredited Lead Abatement Worker or Supervisor course or individuals who have successfully completed an EPA, HUD or EPA/HUD model renovation training course may take a refresher renovator training course in lieu of the initial renovator training course to become a certified renovator.

**OSHA 10 - \$275 Available in Spanish**

This 10 hour, two day class is for the Construction Industry and will provide construction workers general awareness on recognizing and preventing hazards on a construction site. The course emphasizes hazard identification, avoidance, control and prevention as well as job specific hazards. It covers the introduction to OSHA and the OSHA Focus Four Hazards, personal protective and lifesaving equipment.

**OSHA 30 - \$600 Available in Spanish**

The OSHA 30 hour Construction Industry training course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen and field supervisors; the program provides complete information on OSHA compliance issues.

**Hazwoper (Initial) \$615 – Available in Spanish**

This is a 40 hour course. This is in accordance with Title 8 Section 5192(e) of the General Industry Safety Orders. General site workers such as equipment operators, general laborers and supervisory personnel engaged in hazardous substance removal or other activities which expose or potentially expose workers to hazardous substances and health hazards.

Training also applies to General Waste Site Cleanup Operations, Operations at hazardous waste Treatment, Storage, Disposal Facilities and Emergency Response Operations.

**Hazwoper (Refresher) \$190 – Available in Spanish**

This is an 8 hour course. This meets the training requirements for refresher training under 29 CFR 1910.120 and 8 CCR 5192 for HAZWOPER trained individuals. Students identify hazards, characterize incidents and solve problems in group settings.

**Permit Required Confined Space \$325**

This is a 16 hour course. It's designed to enable students to recognize, prevent any safety and health hazards associated with confined space entry. Technical topics include the recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards and ventilation techniques.



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

**Fall Protection \$170 – Available in Spanish**

This is a 5 hour course. It will identify, evaluate and prevent or control fall hazards at construction sites. The course focuses on falls to a lower level not falls to the same level resulting from slips and falls. The target audience is the small construction employer, business owner and managers who would like to obtain information about fall hazards found in the workplace. The training is suitable for employees.

**Scaffolding \$170 – Available in Spanish**

This is a 5 hour course. Students will learn basic craft and industrial safety, OSHA safety regulations and guidelines in the scaffolding industry, proper use of tools and equipment used with stationary scaffolds, mobile scaffolds and suspension scaffolds. Students will also learn the procedures for erection and operation of these scaffolds.

**Respirator Training \$80 – Available in Spanish**

This is a 2 hour course. For those who may need to wear respirators in the workplace. This is an interactive Respiratory Protection course. We will teach you how to do it safely and knowledgeably, get completely comfortable with your respirator and all its parts, clean and store your respirator correctly.

**Qualitative Fit Testing \$30**

This is an OSHA annual requirement according to Title 8. Before you are fit tested with a respirator you have to have a medical evaluation, be clean shaven and have the respirator that has been assigned to you.

**Air Monitoring Class- \$135.00**

This four hour class provides the attendee with an understanding of the principals used to measure lead or asbestos in air. After completion of this course attendees will be able to conduct air monitoring required by OSHA for Lead or Asbestos work sites. The following topics are covered. Why Air Monitoring is conducted, Collection Equipment capabilities, Collection methods, Calibration, Chain of Custody, Laboratory Methods, Analytical sensitivity, Posting Requirements, Legal Requirements for Air Monitoring.

**Federal Manifest Awareness \$120**

This is a 4 hours course. All persons who sign a manifest have to be knowledgeable of the information provided on a manifest. We will cover generator information, ID number verification, transporter, disposal information and shipping description information.

**Fork Lift Training Initial \$190 (plus rental of equipment if applicable) Available in Spanish**

This is an 8 hour course. This course is for anyone who has no experience in operating a fork lift. This course will cover all the OSHA requirements for safety, operating, maintenance and recordkeeping. You will receive a fork lift operator's certification upon completion.



Environmental Safety Training Professionals, Ltd,  
3035 Prospect Park Drive, Suite 110  
Rancho Cordova, CA 95670  
916 638-5550

### **Advanced Fork Lift \$120 Available in Spanish**

This is a 4 hour course. Individuals with fork lift experience will be able to take this class. This course will cover fundamental on safety and operating procedures.

### **Mobil Equipment Training**

This course will cover all the OSHA requirements for safety, operating, maintenance and recordkeeping. You will receive an operator's certification upon completion.

- Scissor Lift – 8 hours \$190 (plus rental of equipment if applicable)**
- Elevated Platforms – 16 hours \$325 (plus rental of equipment if applicable)**
- Skid Steer – 24 hours \$435 (plus rental of equipment if applicable)**
- Advanced Skid Steer – 8 hours \$190 (plus rental of equipment if applicable)**
- Telehandler – 16 hours \$325 (plus rental of equipment if applicable)**

### **Traffic Control \$190**

This is an 8 hour course. Temporary Traffic Control on highway work zones, this teaches workers to setup traffic zones and adapt and implement Traffic Control Plans.

### **Flagging \$150**

This is a 4 hour course. Basic instruction on traffic control, use of signaling devices effectively, positioning warning signs, tapers and flagging stations safely.

### **Asbestos Awareness and Automotive Brake and Clutch Operations \$120**

This is a 4 hour course. This course will cover the EPA recommended work practices, PPE, safe methods of working around asbestos as an automotive mechanic and work practices.

### **Asbestos Awareness and Automotive Brake and Clutch Operations Refresher \$80**

This is a 2 hour course. A quick overview on work practices, PPE and new equipment that is available.

### **Torch Cutting \$190**

This is an 8 hour course. This class will teach fundamentals on safely identifying compressed gases by labels, safely transport, handle and store gas cylinders, safe use of gauges and regulators.