

## Construction Safety Training System (CSTS-09)

This course is designed for the individual worker and is offered through an eLearning, high media based, computer system. The training is done individually and takes, on average, 6 - 7 hours to complete. The participant is instructed on various health & safety topics and tested for 100% mastery of content. This program gives the individual and employer the flexibility of training when and where it is most convenient.

The CSTS-09 course qualifies for 0.5 BCRSP Certificate maintenance points. (CPM 10231)

**Cost per student:** *(Facilitated through Manitoba Regional Council)*

\$75.00

**Cost per licence:** *(for companies with a CSO that purchase 10 or more)*

\$50.00

### **Lessons & Topics include:**

#### **Your Worksite and the Law**

- Legislation Awareness
- Employer Responsibility
- Employee Responsibility
- Training and Competency
- Reporting Requirements
- Communication

#### **Personal Physical Care and Conduct**

- Fitness for Work
- Working Outdoors
- Fatigue Management
- Stretching and Micro-Breaks
- Back Care
- Personal Conduct
- Drugs and Alcohol
- Alcohol and Drugs Guidelines / Work Rule

#### **Protective Equipment**

- PPE Defined
- Basic PPE
- Use and Care of PPE
- Specialized PPE
- Clothing

#### **Workplace Hazards**

- Hazard Assessment
- Causes of Workplace Hazards
- Inspections
- Investigations
- Invisible Hazards
- Confined Spaces
- Respiratory Hazards
- Hazard Control

## Field Level Hazard Assessment

- What is FLHA
- STOP and Think
- Look and Find Hazards
- Assess Hazards
- Controlling Hazards
- Resume Work

## Worksite Conditions

- Housekeeping / Cleaning Up
- Slips, Trips and Falls
- Signs and Entryways
- Compressed Gases

## Emergency Response

- Emergency Preparedness
- First Aid
- Fire Safety
- Fire Extinguishers
- Fighting Fires

## Mobile Equipment

- Responsibilities
- Operating Procedures
- Hazards to Beware of
- Visibility and Traffic Control
- Rigging and Hoisting

## WHMIS

- Purpose of WHMIS
- WHMIS Responsibilities
- Labels
- MSDS
- Hazard Symbols
- Protecting yourself

## Environmental Factors

- Dealing with Releases
- Laws and Regulations
- Classification, Storage and Disposal
- Safeguards

## Ladders and Scaffolding

- Ladders
- Portable Ladders
- Scaffolding
- Working from Scaffolds

## Machinery, Tools and Equipment

- Inspecting Equipment
- Electrical Tools
- Pinch Points and Guards
- Air Activated Tools
- Power Actuated Tools

## Excavating and Trenching

- Potential Causes of Injury
- Dial Before You Dig
- Soil Types and Groups Conditions
- Shoring, Cutbacks and Spoil Piles

## Defensive Driving

- The Basics
- Impairments
- Animals
- Loading Vehicles
- Cell Phones and Other Communication Devices

## Fall Protection

- Introduction to Fall Protection
- Methods of Fall Protection
- System Selection
- Arrest Forces, Anchorage and Connectors
- Fully Body Harness and Equipment Inspection

*It should be possible to get CSTS-09 running on a system with the following minimum hardware specification, although it is unlikely that the system would perform optimal.*

- Pentium 4, 2 GHZ
- 1 GB of system memory (RAM)
- Speakers or Headset
- Adobe Flash Player 8
- High Speed Internet Access
- Internet Explorer, Firefox, Safari, Chrome
- Students can use any Internet browser
- Administrators **must** use IE 6 or higher

*CSTS – 09 should perform optimally on a computer with the following hardware specification:*

- Pentium 4, 3 GHZ
- 2 GB of system memory (RAM)
- Speakers or Headset
- Adobe Flash Player 10+
- High Speed Internet Access
- Internet Explorer 8