

HillsboroU 2023

Class Title	Time	Room	Instructor	Description	Who Should Attend	CEs
Monday November 13, 2023						
TriMet On-Track Safety	2:00pm - 4:00pm	Civic Center / 207	Matt Baccitich, TriMet	Attendees in this class will learn how the Max Light Rail System operates and the necessary permitting protocol, PPE, and communication requirements to ensure employee safely while working in the TriMet right-of-way. This certification is valid for 2 years from date of issue.	For all Employees who work or have the potential to work in the TriMet Right Of Way.	0.2 W/WW
Drug and Alcohol Awareness for Supervisors of Commercial Drivers	2:00pm - 4:00pm	Civic Center 113B&C	Mike Eastman (ODOT Trainer – Oregon Technology Transfer Center)	This class covers the USDOT rules on drug and alcohol use by CDL holders. Topics include mandatory testing, how test samples are collected, the effects of the specifically prohibited drugs, and driver and agency rights and responsibilities. The class satisfies the USDOT requirements through the use of videos, a workbook, and group discussion. Course content includes all aspects of the class for CDL holders (above) plus USDOT minimum training requirements in drug and alcohol abuse awareness for supervisors. Attendees are shown how to recognize and challenge drug and alcohol use in the workplace.	Supervisors of employees that drive commercial vehicles	0.2 W/WW

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Tuesday November 14, 2023						
Excavation and Trenching	9:00am - 11:00am	Civic Center Auditorium	Eric Fullan, Tualatin Valley Water District	This 2-hour session will focus on the OSHA Excavation Standard including the roles and responsibilities of the Competent Person as well as an overview of soils and protective systems. specifically: Understanding of key definitions, terms, and concepts. Explanation of general requirements for excavations. Understand soils classifications and characteristics soil stability. Understanding protective systems including sloping, shoring, or shielding.	For employees that are involved in excavation work and construction inspectors performing underground inspections.	0.2 W/WW
Defensive Driving	10:00am - 11:00am	Brookwood Library / Community Room	Margaret Ryan, CIS	Motor vehicle collisions are the number one cause of work-related fatalities — and distractions are the leading cause of motor vehicle accidents. These accidents can cause significant costs for employers in lost wages, employee absenteeism, low morale, property damages and more. Join your CIS Risk Management Consultant to review safe-driving skills, while learning techniques for how to avoid collisions.	All employees	0.1 W/WW
Safety Committee Workshop	2:00pm - 4:00pm	Civic Center Auditorium	Randy Westmoreland, Oregon OSHA Health Consultant	This session is for those employees that are serving on safety committee, curious about what a safety committee is, or who would like to learn how a safety committee can represent them to improve safety, health, and security in the workplace. This will not only focus on the OSHA rules for Safety Committees and minimum involvement, but safety committee best practices including roles and responsibilities, accident investigation, and making effective recommendations to improve safety, health, and security in the workplace.	All employees	0.2 W/WW

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Wednesday November 15, 2023						
Confined Space	8:00am - 12:00pm	Water Operations	Greg McDonald, Ritz Safety	Learn how to identify, assess, and control confined space hazards, including the use of the gas detectors and rescue retrieval equipment.	Employees who perform Confined Space Entry.	0.4 W/WW
Bloodborne Pathogens	9:45am - 10:45am	Civic Center / 113C	Barabara Aguon, Barbara Aguon Safety and Wellness LLC	Employees will learn the dangers of Bloodborne Pathogens, preventative practices, and post-exposure procedures to follow if an occupational exposure occurs.	Employees who have a reasonable anticipation of contact with blood or other potentially infectious materials because of performing designated job duties.	0.1 W/WW
Everyday Ergonomics	11:00am - 12:00pm	Civic Center / 113C	Barabara Aguon, Barbara Aguon Safety and Wellness LLC	In this session you will learn how to reduce strains, sprains, and things that go numb in the night associated with workstations, wherever they may be. (Field, Office, Shop, Home) The tips and tools you learn can be leveraged to leave you feeling better at the end of the day. What you will learn is intended to be immediately applicable in recognizing opportunities for improving task design, posture, and positioning.	All employees	0.1 W/WW
Fall Protection	1:00pm - 4:00pm	Water Operations	Greg McDonald, Ritz Safety	The ABCs to fall protection and equipment inspections.	Employees who work at elevations that require fall protection equipment.	0.3 W/WW

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Thursday November 16, 2023						
Bloodborne Pathogens	9:45am - 10:45am	Civic Center / 113C	Barabara Aguon, Barbara Aguon Safety and Wellness LLC	Employees will learn the dangers of Bloodborne Pathogens, preventative practices, and post-exposure procedures to follow if an occupational exposure occurs.	Employees who have a reasonable anticipation of contact with blood or other potentially infectious materials because of performing designated job duties.	0.1 W/WW
Everyday Ergonomics	11:00am - 12:00pm	Civic Center / 113C	Barabara Aguon, Barbara Aguon Safety and Wellness LLC	In this session you will learn how to reduce strains, sprains, and things that go numb in the night associated with workstations, wherever they may be. (Field, Office, Shop, Home) The tips and tools you learn can be leveraged to leave you feeling better at the end of the day. What you will learn is intended to be immediately applicable in recognizing opportunities for improving task design, posture, and positioning.	All employees	0.1 W/WW