

Asbestos Operations & Maintenance (O&M) Course Outline

Duration: 2 Days

Lunch Breaks: 30 Minutes Each Day

Day 1

8:00 AM - 8:30 AM

- **Introduction and Course Overview**
 - Goals and objectives of the course
 - Review of Oregon OSHA and federal OSHA asbestos standards
 - Explanation of O&M (Operations & Maintenance) work scope

8:30 AM - 9:30 AM

- **Asbestos Awareness & Health Effects**
 - Understanding asbestos and its history
 - Types and uses of asbestos
 - Health risks: asbestosis, lung cancer, mesothelioma

9:30 AM - 10:00 AM

- **OSHA Regulations & Oregon-Specific Requirements**
 - OSHA standards for asbestos (29 CFR 1926.1101)
 - Overview of Oregon-specific asbestos regulations

10:00 AM - 11:30 AM

- **Identification and Assessment of Asbestos Materials**
 - Types of asbestos-containing materials (ACMs)
 - Asbestos-containing materials commonly found in buildings
 - Visual inspection and sampling requirements

11:30 AM - 12:30 PM

- **Asbestos Hazard Communication and Labeling**
 - Labeling requirements for ACMs
 - OSHA's Hazard Communication Standard
 - Warning signs, placards, and worker notification requirements

12:30 PM - 1:00 PM

- **Lunch Break**

1:00 PM - 2:00 PM

- **Exposure Limits and Medical Surveillance**
 - Permissible Exposure Limits (PELs) and action levels
 - Monitoring airborne asbestos levels
 - Medical surveillance requirements for asbestos workers

2:00 PM - 3:00 PM

- **Engineering Controls and Safe Work Practices**
 - Engineering controls for asbestos dust containment
 - Proper work practices to minimize exposure
 - Importance of isolation and containment barriers

3:00 PM - 4:30 PM

- **Personal Protective Equipment (PPE) for Asbestos Work**
 - Types of PPE required (respirators, clothing, etc.)
 - Selection, use, and maintenance of PPE
 - Respirator fit testing and limitations

4:30 PM - 5:00 PM

- **Q&A and Day 1 Review**

Day 2

8:00 AM - 8:30 AM

- **Review of Day 1 Concepts and Q&A**

8:30 AM - 9:30 AM

- **Decontamination Procedures**
 - Proper decontamination practices for tools and equipment
 - Worker decontamination steps
 - Waste disposal procedures and OSHA guidelines

9:30 AM - 10:15 AM

- **Work Area Preparation and Containment Setup**
 - Preparing the work area for asbestos removal/maintenance
 - Establishing containment areas
 - Use of negative air pressure systems

10:15 AM - 11:30 AM

- **Emergency Response and Spill Procedures**
 - Immediate response actions for asbestos-related incidents
 - Clean-up protocols and emergency preparedness
 - Handling accidental exposures

11:30 AM - 12:30 PM

- **Asbestos Waste Handling and Disposal**
 - Federal and Oregon regulations for asbestos waste
 - Packaging, labeling, and transport of asbestos waste
 - Licensed asbestos disposal facilities

12:30 PM - 1:00 PM

- **Lunch Break**

1:00 PM - 2:00 PM

- **Hands-On Activity: PPE Usage and Decontamination**
 - Proper donning and doffing of PPE
 - Step-by-step decontamination practice
 - Safe handling and containment of simulated asbestos material

2:00 PM - 3:00 PM

- **Documentation and Recordkeeping Requirements**
 - Required documentation for O&M asbestos work
 - Medical and exposure records management
 - Oregon OSHA-specific recordkeeping requirements

3:00 PM - 4:30 PM

- **Final Exam and Course Evaluation**
 - Review and take the final exam on course content
 - Course evaluation and feedback collection

4:30 PM - 5:00 PM

- **Closing Remarks and Certification Distribution**