

Safety Training

CITEC offers safety training on a variety of topics including the following. They can all be customized to meet your specific needs. If your safety training needs are not covered by the topics below, let us know. We may be able to find the resources you need.

Training Topic	Hours
Intro to Safety: How to begin a safety program	2
Safety for Supervisors	4
Accident Investigation	1.5
Lockout/Tagout	1.5
Confined Space	1.5
Emergency Evacuation/Fire Protection	1.5
Recordkeeping	1.5
Housekeeping – Slips, Trips & Falls	1.5
Electrical Safety	1.5
Fall Protection	1.5
Personal Protective Equipment PPE	2
Heat/Cold Stress	1.5
Machine Guarding	1.5
Blood Borne Pathogens	1.5
Electrical Safety / Arc Flash Training	4
Workplace Violence Prevention	1.5
Best in Class: Benchmarking Your Safety Program	2
Job Hazards Analysis	2

Hazard Communications	2
Powered Tools	1.5
Back Safety/Proper Lifting	1.5
Flammables & Combustible	1.5
Forklift	2
Industrial Ventilation	4
Aerial Lift	4
OSHA 10 Hour General Industry	10
OSHA 30 hour General Industry	30

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