



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

### 1) Introduction

- a) Standards
- b) Why Training
- c) Qualified Person

### 2) General

- a) Circuits
- b) Voltage vs Current
- c) Active Passive Elements
- d) Transistors
- e) Resistor
- f) Capacitors
- g) Voltage Source
- h) Bilateral & Unilateral Elements

### 3) Safe Operations

- a) Hierarchy of Controls
- b) Elimination
- c) Substitution
- d) Engineering Controls
- e) Administrative Controls
- f) PPE
- g) Energized Work Permit
- h) Additional Hazards or Increased Risk
- i) Infeasibility
- j) Less than 50 Volts
- k) Normal Operation
- l) Required Information
- m) Approval
- n) Powerlines
- o) Barricades
- p) Line Work



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- q) Grounding
- r) Temporary Grounding
- s) Insulation
- t) Fall Protection
- u) Lockout/Tagout
- v) Portable Generators
- w) Inspection
- x) Shock & Electrocutation
- y) Grounding Generators
- z) Carbon Monoxide
- aa) Fueling
- bb) Noise & Vibrations
- cc) Distribution Box
- dd) Circuit Breakers
- ee) Ground Fault Circuit Interrupters
- ff) Circuit Breaker
- gg) Cords & Plugs
- hh) Extension Cords
- ii) Damaged Cords
- jj) Power Strips Vs Surge Protectors
- kk) Plugs & Receptors
- ll) Wet Conditions
- mm) Cable Trays
- nn) Writing Methods
- oo) Wiring
- pp) Old Buildings
- qq) Reversed Polarity

## 4) Equipment

- a) Personal Protective Equipment
- b) PPE
- c) PPE Categories
- d) Non-Conductive Clothing
- e) Arc Rated Clothing
- f) ABT Rating
- g) Hard Hats
- h) Eye & Hearing Protection
- i) Hand & Arm Protection
- j) Body & Foot Protection



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- k) Ladders
- l) Tools
- m) Testing Tools & PPE

## 5) Hazards

- a) Burns
- b) Electrical Current
- c) Other Hazards
- d) Confined Spaces
- e) Fire Hazards
- f) Inhalation
- g) Insufficient Lighting
- h) Drugs & Medications

## 6) Emergency Care

- a) Emergency Planning & Preparedness
- b) Electric Shock
- c) Call 911
- d) Contact Release
- e) Powerlines
- f) First Aid
- g) CPR
- h) Fire Response
- i) Fire Prevention Plan
- j) Stop, Drop, Roll
- k) First Aid & CPR

## 7) Conclusion