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
2) Common Injuries
    a) Lacerations
    b) Puncture Wounds
    c) Strains & Sprains
    d) Fractures
    e) Burns
    f) Thermal
    g) Electrical
    h) Chemical
    i) MSDs
    j) HAVS
    k) Amputations
    l) Avulsion
    m) Reporting an Injury
3) Safe Operations
    a) Hierarchy of Controls
    b) Elimination or Substitution
    c) Engineering Controls
    d) Administrative Controls
    e) PPE
    f) Pre-Shift Inspection
    g) Signs & Labels
    h) Chemicals
    i) Safety Data Sheets
    j) Lockout/Tagout
    k) Energy-Isolating Devices
    l) Machine Guarding

m) Focus Areas
n) Point of Operation
o) Power Transmission Apparatus
p) Moving Parts
q) Ergonomics
r) Carpal Tunnel Syndrome
s) Tendinitis
t) Prevention
u) Stretches
v) Hands
w) Wrists
x) Forearms
y) Proper Clothing
z) Rings

4) PPE (Gloves)
a) Cut Levels
b) Puncture Resistance
c) Abrasion & Tear Resistance
d) Impact Protection
e) Sizing Gloves
f) Other Properties
g) Grip
h) Dexterity
i) Comfort
j) Temperature
k) Glove Types
l) Cotton & Fabric
m) Coated Fabric
n) Synthetic
o) Leather
p) Aluminized
q) Kevlar
r) Chemical-Resistant Gloves
s) Butyl
t) Natural Latex or Rubber
u) Neoprene
v) Nitrile
w) Care & Maintenance of Gloves

TRAINING OUTLINE

x) Inspection
y) Cleaning & Washing

5) Hazards
   a) Pinch Points
   b) Shear or Cutting Points
   c) Crush Points
   d) Moving Parts
   e) Rotating
   f) Reciprocating
   g) Chemicals
   h) Injection
   i) Cold
   j) Heat
   k) Human Factors
   l) Fatigue
   m) Emotional & Physical Health
   n) Distractions
6) Conclusion