



Construction Safety Specialists, Inc.

Services Guide

Your Partner in Safety Excellence



Our
Commitment:



The CSSI team is committed to providing safety excellence to the commercial construction industry. We take a collaborative approach to jobsite safety that focuses on site audits, education and training - all of which are key elements as we work with our clients to ensure their workers remain safe on the jobsite.

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Retainer Client Services

Customizable Scope of Services

CSSI's retainer client services allows for a customizable approach which affords our safety professionals to focus on your entire allotment of projects collectively. Through a company assessment, CSSI is able to create a customizable audit, training and assessment package based on a monthly level of service that best fits your company needs. An allotment of hours are pre-determined for each month as you decide your need in terms of project site audits, training and safety program analysis.

Exclusive for retainer clients is the inclusion of specialized data analytics. While conducting audits, CSSI's exclusively designed safety app allows for our professionals to collect the data and conduct analysis which can provide your firm a better understanding of your safety performance and if your teams are meeting designated safety goals.

Gathered data can also pin-point critical areas of training needs for your team to be the top performers you want them to be. Training becomes even more specialized as our consultants observe your operations and know exactly how to deliver the most effective training to your team. An added bonus to all retainer clients is the 25% discount on all training conducted by CSSI professionals.



"Hubbell Construction Services has been a retainer client of CSSI for many years now. We've found the services to be extremely valuable to our company and our subcontractor base. We view CSSI as a real partner in the business, not enforcement. Our subs react well to CSSI's presence on our job sites, and we've no doubt dramatically increased safety on our job sites due to CSSI"

-Casey Port, Present Hubbell Construction Services

Retainer Client Service Benefits:

- Customizable Services - consistent audits on the projects of your choice, regular training sessions, regular shop audits, site visits, and safety program review and maintenance
- Customizable Hours - determine how many hours you want per month and per year.
- Audit Reports - A detailed report on infractions observed, including the estimated fine amount coupled with recommendations to abate the hazard. Reports can be shared with designated company representatives.
- Client Discount - 25% discount on safety training offered by CSSI.
- Data Analytics - Measurable data from consistent audits
- Access to CSSI Toolbox Safety Talks
- Team Coaching - CSSI is there to mentor your team on your specific site and is not there to police the site
- 24/7 access to safety professionals
- Safety program management and oversight

Workshop Safety Audits

Workshop safety audits are done to determine if your company is complying with OSHA's standards for a safe and healthy work environment. CSSI Safety Consultants will conduct the inspection accompanied by your company representative and any other employees requested. During this walk-through, our team will examine actual working conditions and evaluate compliance with OSHA standards, including:

- Looking/Assessing for any condition/situation that can be expected to cause death or serious physical harm
- Listening for employee input of alleged safety and health violations or unsafe or unhealthy working conditions
- Evaluate ergonomics compliance for long term well-being



Certifications & Training

CSSI offers a wide array of topical training offerings from which to select. CSSI Safety Professionals are well-versed on the following training topics and can modify existing training to customize your specific needs. Our Training-on-Demand delivery method allows you to select the type of training you need, delivered when and where you want it. CSSI Retainer Clients do receive a 25% discount on all of these training offerings.

Accident Investigations

In this course you will get the information needed to effectively analyze an accident event by uncovering the cause of injury, and the primary and contributing factors that caused the accident. You will also develop skills that are needed in identifying root causes. Being able to identify root causes will lead to improvements in your safety management system. During the course you will learn why blaming and identifying who is at fault and disciplinary action is often not the correct way of solving accidents and can be irrelevant information when doing accident investigations.

Master Builder Designation: Safety - 2 Credits

Adult First Aid / CPR / AED Certification

The purpose of this course is to help participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care for a suddenly ill or injured person until more advanced medical care arrives to take over. In addition, this hands-on skills training prepares you to respond to breathing and cardiac emergencies, while teaching the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an Automated External Defibrillator (AED). Students who successfully complete this course will receive a certificate for Adult First Aid / CPR / AED, which is valid for two years. This is a designated American Red Cross course.

Master Builder Designation: Safety - 4 Credits

Asbestos Awareness

This course is designed for employees who may encounter asbestos during construction activities and introduces attendees to the description and make-up of asbestos; the health risk to asbestos exposure; review of the OSHA and EPA asbestos regulations; identification of Asbestos Containing Materials (ACM); and what to do if suspected ACM is encountered on a job site.

Master Builder Designation: Ecological - 2 Credits

Confined Space Awareness

Working inside of a confined space exposes employees to many risks, including: toxic substances; electrocutions; explosions; and, asphyxiation. In this interactive session, we take a look at what employers and employees can do to provide a safe and healthy environment when working in confined spaces. In addition, we address the final rule that OSHA issued and went into effect on August 3, 2015 that provides construction workers with protections similar to those manufacturing and general industry workers have had for more than two decades, with some differences tailored to the construction industry.

Master Builder Designation: Safety - 2 Credits

Confined Space Rescue

Working inside of a confined space exposes employees to many risks, including: toxic substances; electrocutions; explosions; and asphyxiation. When a worker is overcome by one of these hazards, their chance of survival may hinge on the level of planning and training that has been done prior to entering the space. In this interactive and hands-on course, you will learn the different options for confined space rescue and how to best prepare for a rescue prior to an employee entering the space.

Master Builder Designation: Safety - 2 Credits

Control of Hazardous Energy Standard & Lockout/Tagout

Do you work with stored energy? Do you work on equipment that involves removing a guard? This course will cover the requirements to develop and implement an energy control program, or lockout/tag-out (LOTO) for the protection of workers while performing servicing and maintenance activities on machinery and equipment. During this course, we'll review types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy. Developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard.

Master Builder Designation: Safety - 1 Credit

Customized Safety Day

Companies celebrate a wide variety of different things throughout the year: milestones reached, goals that have been achieved, or just overall successes along the way. However, when's the last time you heard about a company that celebrated safety? In this new offering, our safety team will help you plan, develop, and implement a "Safety Day" for your company, in a way that is customized to meet your company's needs and culture. Safety Days are a great way to incorporate required trainings, improve overall employee morale, and provide an environment for the entire company to interact. Since management/leadership involvement is the most crucial part of any company's safety culture, what better way to show your employee's their well-being matters than investing in a day to further educate/celebrate their achievements with safety?

Master Builder Designation: Determined by the amount and type of training provided

Emergency Planning

Do you have a plan for the unexpected? Have you determined what to do if there was a disaster, unexpected storm, a public demonstration, an active shooter on or near your work site? Not having a plan can lead to chaos, workers not knowing where they should go, and informing those people who just briefly came onto the work site. If you do not have a proper plan you could be sending these people directly into the path of an emergency. This course we will discuss emergency preparation including Emergency Action Plans and learn how to prepare and react before, during, and after an emergency event or disaster.

Master Builder Designation: Safety - 1 Credit

Equipment Operators

Employers are required to train employees on any and all equipment that the employee will be expected to operate. These courses will provide trainees with in-depth instruction on applicable regulations and safe operation as well as extensive hands-on exercises. Each trainee's knowledge and skill level is evaluated and only those able to demonstrate an acceptable level of operational competence receive documentation of successful program completion. These courses will require the completion of an operator's reference manual that will be sent out 3 weeks prior to class. This class will include theory training, a theory evaluation, practical training, and a practical evaluation. This training also meets the highest level of regulatory compliance. CSSI offers a 3 year operator training certification on the following equipment:

- Aerial Lift*
- Backhoe Loader
- Counterbalance forklift
- Front end Loader
- Rough terrain forklift
- Scissor lift*
- Skid steer loader

Each course will be a minimum of 8 hours depending on the number of attendees and their experience level.

*** Training for these courses meets the training requirements under ANSI A92 for Mobile Elevating Work Platforms or MEWP's (Effective March 1, 2020).**

Master Builder Designation: Safety - 1 Credit for each full hour of training

Fall Protection

This course is recommended for all construction workers, especially those with supervisor and/or safety responsibilities. Attendees will learn the OSHA standard requirements for fall protection, fall hazard identification, how to develop an effective company fall protection program, and more. In addition, attendees will learn the types of fall hazards and the different types of fall arrest systems available, and proper application on a job site.

Master Builder Designation: Safety - 2 Credits or 4 Credits Depending on Length of Course

Hand & Power Tool Safety

This course is recommended for inexperienced employees or as a refresher course for seasoned employees. It addresses the hand and power tools most widely used in the construction industry, their safe use, and maintenance.

Master Builder Designation: Safety - 1 Credit

Hazard Communication

OSHA has modified the Hazard Communication Standard (HCS) to adopt the Globally Harmonized System (GHS) to improve workers' safety and health through more effective communications of chemical hazards. The harmonized format of the safety data sheets (SDS) will enable employers, workers, health professionals and emergency responders to access the information more efficiently and effectively, thus increasing their utility. OSHA requires that all employees are trained on the new label elements i.e., pictograms; hazard statements; precautionary statements and signal words; and SDS format.

Master Builder Designation: Safety - 1 Credit

Individual Personnel Respirator Fit Testing

Due to recent changes in the Code of Federal Regulations (CFR), OSHA is now enforcing additional items aimed towards employee protection. Some of the items we've seen recently in the news involve heavy emphasis on medical surveillance, as well as testing to ensure work site conditions are adequate for employees. When referencing things like silica, dust, asbestos, and gas/fumes, sometimes the most logical step for an employer to protect their people is to provide personal protective equipment in the form of respirators. If this sounds like your company, do you know everything that is involved in requiring your employees to wear respirators on your job sites? Not only are companies now required to have a doctor's approval for their employees to wear respirators, they have to have documentation that a qualified 3rd party has "fit tested" the actual respirator selected to that individual employee. We will be training employees on hazards in their workplace, how to properly clean/maintain/store their respirators, when to change their filters/cartridges, and finish the class by performing a quantitative fit-test on the employees in attendance. Employees are required to have respirators selected/provided prior to holding this class.

Master Builder Designation: Ecological - 1 or 2 Credits Depending on Class Size

Near Miss Reporting

A near miss is an unplanned event that did not result in injury, illness or damage, but had the potential to do so. A faulty process or management systems is typically the root cause for a near miss. During this course, we will discuss why near miss reporting is important to every company, and also discuss how using positive near miss reporting can lead to safer workplaces.

Master Builder Designation: Safety - 1 Credit

OSHA 10 Hour Training

The OSHA 10 Hour course was developed by OSHA in an effort to educate the construction industry on the OSHA requirements and is a critical first step of safety training for all employees. This course is designed for commercial and residential construction firms. Attendees of the class will walk away with knowledge of OSHA requirements, the importance of learning and adhering to proper safety procedures, as well as a practical understanding of why safety conscious behavior is so vital to all workers on the job site. Maximum 7 ½ hour contact time per day.

**Please note that this class will be scheduled for more than the 10 hours referenced in the title as OSHA requires 10 "contact hours". The scheduled time will factor in breaks and lunch where appropriate.

Master Builder Designation: Safety - 7 Credits, Ecological - 3 Credits

OSHA 30 Hour Training

This course is a necessity for anyone who is responsible for the safety and health of their employees. Many project owners, construction managers and general contractors require trained safety representatives with the OSHA 30 Hour knowledge and credentials to be available on job sites. Training includes an introduction to OSHA standards and the OSHA Act; general safety and health provisions; hazard communication; personal protective equipment/respiratory protection; fire protection and prevention material handling; rigging; welding and cutting; electrical; scaffolding; fall protection/stairway and ladders; cranes; excavations; confined space entry; safety economics; and more. In addition to a wealth of information, attendees will learn the most common OSHA violations and gain the confidence that they are creating a safer work environment. Maximum 7 ½ hour contact time per day.

**Please note that this class will be scheduled for more than the 30 hours referenced in the title as OSHA requires 30 “contact hours”. The scheduled time will factor in breaks and lunches where appropriate.

Master Builder Designation: Safety - 15 Credits, Your Choice - 15 Credits

Personal Protective Equipment

This course provides trainees with a comprehensive explanation of the specific use, inspection and maintenance of all types of PPE, including: head protection; eye and face protection; hearing protection; hand protection; foot protection; respiratory protection; fall protection; equipment; and safety nets.

Master Builder Designation: Safety - 1 Credit

Pre-Planning for Safe Sites

Often times contractors react to unplanned circumstances that occur during the course of a job. Pre-Planning for Safe Sites takes a look at what contractors should prepare for long before ever setting foot on the work site. The information and examples that will be provided will aid in realizing that if the contractor thinks of these situations ahead of time, they can prevent or minimize the unplanned circumstances as well as increase safety for those on the job site.

Master Builder Designation: Safety - 2 Credits

Scaffold User, and Competent Person

This course is designed to cover general scaffold requirements, tubular welded frame scaffold, mobile scaffold and requirements for the competent person. The regulation requires training for anyone who uses scaffolding. A competent person who is qualified in scaffolding must be designated by the employer to supervise scaffolding erection/dismantling/alteration and inspection of the scaffold system. The competent person must select only trained and experienced personnel to work under their supervision. This course will assist you in meeting these OSHA mandates and will provide a thorough knowledge of OSHA regulations and proper procedures when working with scaffolding.

Master Builder Designation: Safety - 2 Credits

Silica Awareness

Occupational exposure to respirable crystalline silica occurs when cutting, sawing, drilling, and crushing of concrete, brick, ceramic tiles, rock, and stone products. These respirable dust particles can penetrate deep into the lungs and cause disabling and sometimes fatal lung diseases, as well as kidney disease. OSHA has issued a final rule to limit workers' exposure to respirable crystalline silica. The final rule took effect on June 23, 2016 and all construction companies must be in compliance by September 23, 2017. This course will provide contractors with their obligations to control silica on job sites, and information on how to best comply with the silica standard to keep employees safe.

Master Builder Designation: Ecological - 3 Credits

Stairway & Ladder Safety

This course will provide construction workers with a basic understanding of the OSHA standard as it pertains to stairway and ladder usage, as well as steps that should be taken to prevent job site injuries and fatalities due to their improper use.

Master Builder Designation: Safety - 1 Credit

Steel Erection Safety

This course is designed to address the safety requirements for general contractors and steel erectors. General contractors who do not perform steel erection have specific requirements for safety procedures and the overall responsibility for safety on the job site. Proper safety procedures for steel erection involves project managers, superintendents, steel erectors, foremen and safety personnel. This course will address pre-planning, erection procedures and fall protection according to the OSHA requirements.

Master Builder Designation: Safety - 2 Credits

Stretch & Flex

On nearly every workers' compensation insurance company's top 10 most common claims list, overexertion is listed as #1. Overexertion occurs when a muscle is strained or a joint is forced to move beyond its typical range of motion. Without proper warming up each day, muscles and joints can become damaged when subjected to heavy use. Studies have proven that the "industrial athlete" (a construction worker) performs better and suffers less injuries when muscles and joints are warmed up before being put to use. Progressive construction companies have and are implementing "stretch & flex" programs to improve the well-being of their workforce and reduce overexertion injuries, both naturally lead to better performance by the individual and the company.

Master Builder Designation: Safety - 2 Credits

Trenching / Excavation Competent Person

OSHA requires a "competent person" on site to determine the proper protective system and to perform daily inspections. Knowledge of OSHA's excavation standard is one of the qualifications for becoming the "competent person." This course is designed to familiarize workers with soil identification and testing, the recognition of excavation hazards, and how to select an appropriate protective system. This course is taught using real world examples that help the attendee apply the knowledge in a safe and reasonable fashion. The completion of this course provides safety awareness components for designating an individual as a "competent person."

Master Builder Designation: Safety - 2 Credits or 4 Credits Depending on Length of Course

WORK

SAFE



WORKSAFE Package:

Pre-Construction Safety Review

A Kick-off meeting is held with all contractors on the WORKSAFE project. During this meeting, hazardous activities are identified and questions are asked regarding how these hazards will be controlled. Best practices are determined and a plan of action is developed and forwarded to all contractors. Before interior subcontractors begin work, a second planning meeting can be added for an additional fee.

Project Recognition:

An important component of the program is making a statement to the public that safety is important to everyone on the project.

- A WORKSAFE banner is provided to display at the job site for the duration of the project.
- WORKSAFE hard hat stickers are provided to all workers on the project.
- A press release is prepared and sent to local media outlets (optional)
- WORKSAFE projects are recognized through Master Builders of Iowa communications, social media and listed on the CSSI website.

WORKSAFE is a customized job site safety approach, unique to each project owner and job site team. It is designed to assist contractors to be “safety proactive” through the implementation of pre-construction safety review and planning, professional job site consultation, project recognition and special package pricing.

Job Site Safety Surveys:

Separate safety surveys are conducted on the WORKSAFE project by OSHA Consultation and CSSI. While on the job site, CSSI safety consultants conduct a thorough assessment of all aspects of the site utilizing CSSI’s exclusive safety auditing tool. Any hazards that need to be controlled are addressed and all site operations that were found to be in alignment with OSHA standards are noted.

Additional WORKSAFE Audits:

Audit packages can be procured to better fit the duration of a project. It is recommended that CSSI consultants conduct safety audits every other month once the project commences and until final completion.

Unannounced Audits:

It is also recommended that audits be designated “unannounced” to provide the most accurate reflections of safety on the site.

CSSI Resources

Consultation Resources

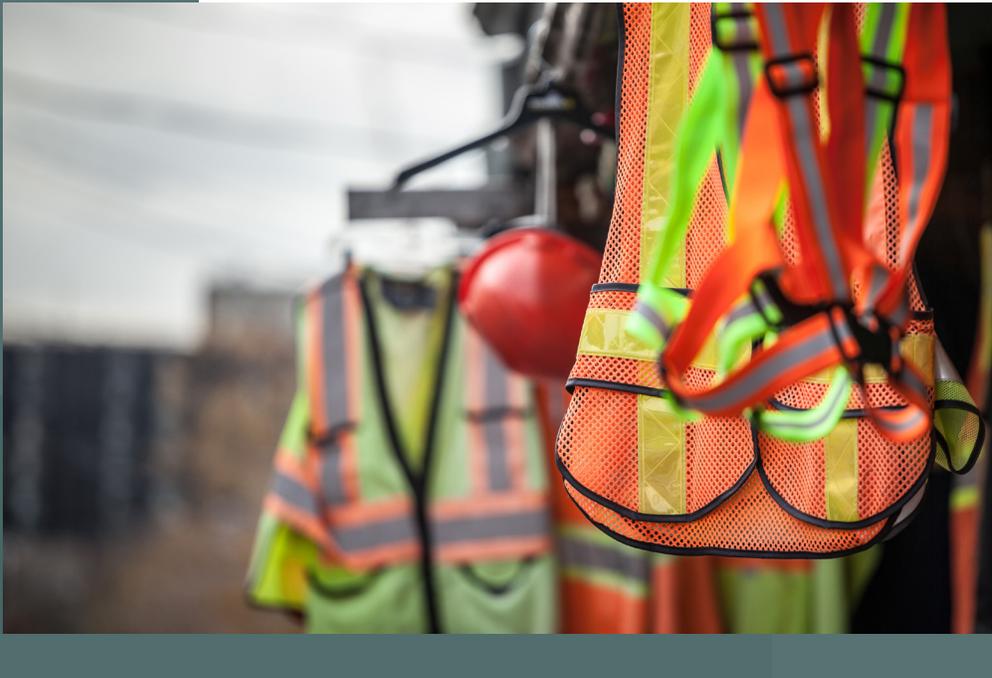
CSSI is a resource for safety advice, rules and training. CSSI has three safety professionals who can provide assistance to you and your firm.

Customized Safety Programs

CSSI has created various generic safety programs that can be customized to meet your company's needs. Specific written programs are vital to the success of a company's overall safety program and establish why and how policies/procedures are used to protect workers and the public from construction hazards. No two companies are the same and your program should reflect your culture.

OSHA Citation Assistance

CSSI is available to provide assistance to MBI Members in defense of a citation issued by OSHA or assistance in helping to abate an infraction cited by OSHA. Assistance will be the form of advice via phone or email. Up to one hour phone guidance is provided. More in-depth assistance, including site visits, will constitute an agreement with an hourly fee.



CSSI Newsletter

CSSI produces a quarterly electronic newsletter providing recipients with essential industry news and safety information that can be beneficial tools toward your journey to safety excellence.

CSSI Posters and Signage

CSSI has signage for job sites that can be purchased at a discounted price. Posters and signage include:

- Stretch & Flex Poster
- "Warning" Check-in-Sign

Respirator Fit Testing

This service is designed for contractors whose employees perform work requiring a respirator to be worn. CSSI safety professionals will address the proper usage, application and care of the respirators. In addition, information will be provided regarding the proper fit of respirators to assure maximum protection for the employee, and assist with internal respirator program development. Formal qualitative fit testing can be performed on employees with the respirator you have chosen.

TOOLBOX Safety Talks

Accident Prevention

Aerial Lifts

Air Contaminants

Alcohol & Drug Abuse

Asbestos

Bloodborne Pathogens

Compressed Gas

Concrete and Masonry

Confined Space

Crystalline Silica

Driving Safety

Electrical Safety

Emergency Preparedness

Ergonomics

Excavation & Trenching

Fall Protection

Fire Prevention

Flammable & Combustibles

Forklift

Hand & Power Tools

Hand Protection

Hazard Communication

Health & Wellness

Heat & Cold Stress

Housekeeping

Job Site Sanitation

Ladders & Stairways

Lead

Material Handling

Noise

Personnel Protective
Equipment

Pneumatic Tools

Scaffolding

Slips, Trips, Falls

Welding, Cutting, Brazing

Workplace Violence



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