

SAFETY & LEADERSHIP COURSE CATALOG

**ENHANCE YOUR SKILLS
WITH CCB HEALTH &
SAFETY SERVICES**



Health & Safety Services

January 2025



Health & Safety Services

BUILDING A CULTURE OF SUCCESS

We believe that people are the cornerstone of organizational success. A thriving workplace starts with empowered, educated, and safe employees. That's why CCB Health & Safety Services is more than just a training provider—we're your trusted partner in building a robust culture of health, safety, and risk management, while cultivating strong leadership that puts people first.

Our services extend beyond comprehensive training programs. We specialize in:

- **Consulting Services:** Offering expert guidance to elevate your health and safety practices.
- **On-Site Safety Support:** Providing real-time safety oversight and solutions at your job sites.
- **Leadership Development:** Empowering teams at all levels, from front-line supervisors to executive leadership, with the skills to lead confidently and effectively.
- **Program Development:** Crafting tailored safety, health, and risk management protocols to meet your unique needs.

Whether you're looking to enhance your team's skills, strengthen your safety programs, or mitigate risks while ensuring compliance with industry standards, CCB Health & Safety Services is here to help you achieve your goals. Together, we can create safer, healthier, and more productive workplaces that prioritize the well-being of your most valuable asset—your people.

Ready to take the next step? Contact us today to explore how we can support your organization's journey toward excellence in health, safety, risk management, and leadership.

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WORKPLACE SAFETY and COMPLIANCE

Aerial Lifts

Focuses on the safe operation, inspection, and maintenance of aerial lifts. This course includes training on fall protection, pre-use inspections, and hazard recognition for operators and supervisors.

Avoiding Hot / Cold Weather Injuries

This course focuses on recognizing and preventing heat- and cold-related illnesses. Participants will learn about risk factors, symptoms, and protective measures to ensure safety in extreme weather conditions.

Barge Safety

Covers safety protocols and best practices for working on or near barges. This course emphasizes hazard identification, safe boarding procedures, and compliance with maritime safety regulations. Designed for workers in marine and construction industries.

Control of Hazardous Energy (LOTO)

Provides training on Lockout/Tagout procedures to control hazardous energy during maintenance and servicing of equipment. This course ensures compliance with OSHA standards and emphasizes the importance of protecting workers from accidental startup or release of energy.

Electrical Safety

Covers the basics of electrical hazard recognition, safe work practices, and compliance with OSHA standards. Participants will learn how to identify and mitigate electrical risks in the workplace.

Emergency Action Planning / Emergency Response

Covers the development and implementation of emergency action plans and response protocols. Participants will learn about evacuation procedures, communication strategies, and coordination with emergency services.

Environmental Controls - Ventilation

Focuses specifically on the design, implementation, and maintenance of ventilation systems to manage workplace hazards, improve air quality, and ensure compliance with safety standards. Ideal for facility managers and safety professionals in industrial and commercial settings.

Fall Protection / Fall Prevention

Focuses on the identification and mitigation of fall hazards in the workplace. This course covers the selection and use of fall arrest systems, guardrails, and other protective measures to ensure compliance with OSHA standards.

Hand and Power Tools

This course provides training on the safe use, maintenance, and storage of hand and power tools. Participants will learn to recognize potential hazards and implement safety measures to avoid injuries.

Hazard Analysis

Provides training on identifying workplace hazards, assessing risks, and implementing control measures. Participants will learn how to conduct thorough hazard analyses to prevent incidents and ensure compliance with safety standards.

Hazard Communication

Training on OSHA's Hazard Communication Standard, including labeling, Safety Data Sheets (SDS), and effective communication of chemical hazards in the workplace. Ideal for all employees handling hazardous materials.

Machine Guarding

Focuses on identifying and controlling hazards associated with machinery. This course emphasizes the importance of proper machine guarding and employee training to prevent injuries.

Material Handling

Focuses on safe material handling techniques and equipment usage. Participants will learn best practices for lifting, stacking, and transporting materials to reduce the risk of injury and improve operational efficiency.

New Employee Orientation

A comprehensive safety orientation program designed for new hires, introducing them to workplace policies, hazard awareness, and basic safety procedures. This course ensures a safe start for all employees.

Occupational Noise Exposure / Hazardous Noise

This course addresses the identification and control of hazardous noise levels in the workplace. Participants will learn about hearing conservation programs, noise monitoring, and protective measures to prevent hearing loss.

Permit Required Confined Spaces

An overview of confined space hazards, entry requirements, and rescue procedures. This course delves into the practical and regulatory aspects of confined space work, equipping participants with essential knowledge to recognize and control hazards. Important for workers and supervisors in both industrial and construction settings, this training also addresses best practices for ensuring safe entry and exit procedures, compliance with permit-required confined space regulations, and emergency preparedness.

Personal Protective Equipment

Provides comprehensive training on the selection, use, and maintenance of personal protective equipment (PPE). Participants will learn to assess workplace hazards and implement effective PPE programs to enhance worker safety.

Portable Ladders

Teaches the safe selection, inspection, and use of portable ladders. This course emphasizes proper placement, stability, and maintenance to prevent accidents.

Powered Industrial Trucks

Focuses on the safe operation and maintenance of powered industrial trucks, including forklifts. Participants will learn pre-operation inspections, load handling, and workplace safety practices to prevent incidents.

Respiratory Protection

Addresses the proper selection, use, and maintenance of respiratory protective equipment. This course ensures compliance with OSHA standards and protects employees from airborne hazards.

Respiratory Protection - SCBA

This course provides specialized training on the use of self-contained breathing apparatus (SCBA). Participants will learn proper donning and doffing techniques, equipment maintenance, and usage in emergency scenarios. Ideal for workers in hazardous environments requiring advanced respiratory protection.

Signs, Signals, and Barricades

Covers the use of signs, signals, and barricades to communicate hazards effectively and maintain safety in work zones and industrial sites. Participants will learn compliance requirements and proper implementation techniques.

Temporary Work Platforms / Scaffolds

Covers the safe assembly, inspection, and use of temporary work platforms and scaffolding. Participants will learn OSHA requirements and best practices to prevent falls and other scaffold-related hazards.

Trenches & Excavations

This course covers the identification of hazards and implementation of protective systems for trenching and excavation work. Participants will learn OSHA standards, soil classification, and safety measures to prevent cave-ins and other incidents.

Walking and Working Surfaces

Covers the identification and prevention of hazards associated with walking and working surfaces. This course ensures compliance with OSHA standards and promotes safe workplace practices to prevent slips, trips, and falls.

Welding, Cutting, and Brazing Safety

Provides in-depth training on safe practices for welding, cutting, and brazing operations. This course includes hazard identification, ventilation requirements, and personal protective equipment to ensure a safe working environment.



ABOUT OUR TEAM

Our highly trained and experienced staff is dedicated to supporting the diverse needs of our clients. With expertise across multiple industries, we ensure the delivery of top-quality training and services. Most of our courses are also available in **Spanish** and **Portuguese**, enabling us to serve a broader audience and meet the needs of a multilingual workforce.

HEALTH and FIRST AID ESSENTIALS

Advanced Bleeding Control

Advanced techniques for managing severe bleeding, including the use of tourniquets, hemostatic agents, and wound packing methods. This hands-on course is designed for first responders and safety personnel who may encounter traumatic injuries, ensuring they have the skills to respond effectively in critical situations.

Basic First Aid

Fundamentals of first aid for workplace injuries and emergencies. This course covers essential topics such as wound care, burns, fractures, and basic life support techniques. Ideal for all employees, it ensures they are prepared to provide immediate assistance while awaiting professional medical help.

Bloodborne Pathogens

Covers the prevention of exposure to bloodborne pathogens and proper response to incidents. This course emphasizes the importance of personal protective equipment, proper handling procedures, and post-exposure actions. Applicable to healthcare workers, first responders, and any employees with potential exposure risks.

CPR & AED

Certification course covering cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AEDs). Participants will learn life-saving techniques through hands-on practice and real-world scenarios. Open to all employees, this course provides essential training for workplace and community emergencies.

Wilderness First Aid

Specialized first aid training for remote or wilderness environments. Participants will learn techniques for managing injuries and illnesses when access to emergency medical services is delayed. Suitable for outdoor professionals and enthusiasts, this course includes scenarios such as fractures, hypothermia, and wildlife encounters.



HAZARDOUS MATERIALS and EMERGENCY RESPONSE

Confined Space Rescue

Specialized training for rescuing individuals from confined spaces. Participants will learn technical skills and proper equipment use, including harnesses, retrieval systems, and atmospheric monitoring devices. This course is targeted at emergency responders, rescue teams, and any personnel responsible for executing confined space rescue plans.

Direct Read Instruments

This course provides training on the use of direct-read instruments for detecting and measuring hazardous substances. Participants will learn about calibration, operation, and interpreting data to ensure accurate hazard assessment and compliance with safety standards.

DOT Markings, Placards, and Labels

Covers the identification and interpretation of DOT-required markings, placards, and labels for hazardous materials transportation. Participants will gain a thorough understanding of compliance requirements, hazard classification systems, and practical applications in transportation safety. Designed for logistics and transportation professionals, this course also addresses incident response procedures.

Emergency Response Guidebook

Training on the use of the Emergency Response Guidebook for managing hazardous materials incidents. Participants will learn how to quickly identify hazards, determine safe response actions, and coordinate effectively with emergency services. Suitable for first responders and safety personnel, this course ensures readiness for a range of hazardous materials scenarios.

Hazardous Waste Operations (HAZWOPR)

Comprehensive training for workers involved in hazardous waste operations and emergency response. This course covers hazard recognition, site safety plans, personal protective equipment (PPE), decontamination procedures, and OSHA regulatory compliance. Designed for workers at treatment, storage, and disposal facilities or those responding to uncontrolled hazardous waste releases.

Hazmat Response - Awareness Level

An introductory course for personnel who may encounter hazardous materials in their workplace. Participants will learn to identify hazardous materials, understand safety protocols, and initiate proper emergency response procedures.

Hazmat Response - Operations Level

Designed for workers tasked with responding to hazardous materials incidents at an operational level. This course covers containment, decontamination, and protective equipment use to mitigate risks effectively.

Hazmat Response - Technician Level

A comprehensive training program for hazardous materials technicians. Participants will gain in-depth knowledge of advanced response techniques, incident command systems, and specialized equipment for managing complex hazardous materials emergencies.



ROADWAY and TRAFFIC SAFETY

Defensive Driving

This course provides essential training for drivers to recognize and respond to potential hazards on the road. Participants will learn techniques for maintaining awareness, reducing risks, and preventing accidents through safe driving practices. Topics include vehicle inspection, road conditions, handling emergencies, and adherence to traffic laws. Ideal for fleet operators, commercial drivers, and anyone seeking to improve their driving safety skills.

Reasonable Suspicion

Equips supervisors with the tools to identify and address substance abuse in the workplace. This course covers behavioral indicators, documentation protocols, and effective intervention strategies to maintain a safe and productive environment.

Traffic Control / Work Zone Safety

Provides training on creating and maintaining safe work zones. Includes topics such as proper signage placement, flagging techniques, and compliance with federal and state traffic safety regulations. This course is ideal for construction and roadwork personnel, emphasizing strategies to protect both workers and the public in active work zones.



FIRE SAFETY and PREVENTION

Fire Prevention

Focuses on identifying and mitigating fire risks in the workplace. This course provides participants with knowledge of common fire hazards, best practices for prevention, and compliance with fire safety regulations. Designed for safety officers and general employees, it fosters a proactive approach to workplace safety.

Fire Protection

Focuses on identifying workplace fire hazards, using fire extinguishers effectively, and managing small fire incidents. This course emphasizes the importance of fire prevention strategies, safe evacuation practices, and regular maintenance of fire safety equipment. Geared toward employees and supervisors, it ensures participants are well-equipped to handle fire emergencies.

Portable Fire Extinguishers

This course provides hands-on training in selecting and using portable fire extinguishers effectively. Participants will learn about fire classifications, extinguisher types, and proper techniques for safely extinguishing small fires. Ideal for employees and supervisors to enhance workplace safety.

Pro Board FF I/II Prep

Preparation course for Pro Board Firefighter I/II certification exams. This intensive training includes theoretical knowledge, practical skills, and exam strategies to ensure success. Designed for aspiring firefighters, it provides a solid foundation in fire service operations and emergency response.

Standpipe and Hose Systems

Training on the operation and maintenance of standpipe and hose systems. Participants will gain hands-on experience with system components, fire department connections, and water supply management. For fire protection teams and maintenance staff, this course emphasizes readiness and understanding of operational principles to support effective use during emergencies

OSHA OUTREACH TRAINING

Foundations for Safety Leadership (FSL)

Designed for supervisors and managers, this course develops leadership skills to promote a strong safety culture. Participants will learn strategies for effective communication, hazard identification, and motivating workers to prioritize safety on the job site.

OSHA Fatal Four

Focuses on the four leading causes of fatalities in construction: falls, struck-by incidents, electrocutions, and caught-in/between hazards. This course emphasizes hazard recognition, prevention strategies, and OSHA compliance to reduce workplace incidents.

OSHA 10-Hour - Construction

This foundational course provides workers with essential knowledge about construction safety and health hazards. Topics include fall protection, scaffolding, hazard communication, and personal protective equipment (PPE). Participants will gain a comprehensive understanding of OSHA requirements and safe work practices.

OSHA 30-Hour - Construction

An advanced course designed for supervisors and workers with safety responsibilities. This program covers a wide range of construction safety topics, including excavation, electrical safety, and crane safety. Participants will learn to identify and mitigate hazards while ensuring compliance with OSHA regulations.



LEADERSHIP AND TEAM BUILDING

Executive Leadership Skills

Focuses on strategic leadership for senior executives and organizational leaders. This course covers advanced topics such as visionary decision-making, leading through change, and cultivating a strong safety culture to inspire teams and achieve long-term goals.

Front-Line Supervisor Training

Designed for new or aspiring supervisors, this course builds foundational leadership skills for managing teams and maintaining operational efficiency. Participants will learn practical tools for effective communication, safety oversight, and motivating employees.

Leading with Vision and Strategy

Designed to develop adaptive and forward-thinking leaders, this course provides tools to navigate complex challenges, foster effective team collaboration, and drive organizational change. Participants will explore key topics such as strategic decision-making, impactful communication, and building a growth-oriented workplace culture. Ideal for managers, supervisors, and emerging leaders aiming to enhance their leadership capabilities.

Strengths-Based Leadership

Focuses on leveraging individual and team strengths to achieve organizational goals. Participants will identify their unique strengths using proven assessment tools and learn strategies to develop their leadership potential. This course is ideal for managers, supervisors, and team leaders looking to foster a strengths-based culture of collaboration and productivity.





Health & Safety Services

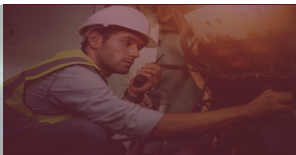
Helping You Ensure Employee Health and Safety

CCB Inc is a leading provider of health and safety services, offering a wide range of solutions to help businesses of all sizes protect their employees and their assets.

Our team of professionals has over 75 years of experience across a variety of industries including construction, manufacturing, waste management, food processing, emergency services, and more.

We are committed to helping our clients ensure the safety and wellbeing of their people by helping them to identify and mitigate hazards, develop and implement safety procedures, and train employees and subcontractors on work practices necessary to ensure that every worker goes home healthy and safe.

CCB Inc's health and safety services are available as either project-based solutions to address short-term needs, or as an ongoing and affordable solution to handle your health and safety needs over the long term.



- Reduce worker injury and illness rates
- Recognize and remove hazards from your workplace
- Send every worker home healthy and safe



Available services include:

- Temporary Safety Staff
- Health & Safety Audits
- Risk Assessments
- Confined Space Support
- Employee Training / Orientation
- Emergency Planning
- OSHA 10/30 Hour Training
- Equipment Inspections
- Leadership Development
- Project Safety Management
- Outage Safety Support
- Program Development
- ISNetworld Support
- Violation Counseling
- Incident Investigation
- Hazcom Compliance
- Attendant / Spotter
- HSE Management Services

