

TRAINING INSITUTE  
EDUCATION CENTER



a cooperative program of the U.S. Department  
of Labor, OSHA and Keene State College

Region 1 OSHA Training Institute  
Education Center introduces

# Your Stepping Stone...



Photograph by PHILIP HUNTER



... to a higher level of competency in health and safety occupations

# Certified Safety & Health Official

continuing educational development and certification for career track safety and health professionals

## What is CSHO?

The Certified Safety and Health Official (CSHO) is a practical OSHA training-based advanced certificate program offered through Keene State College Region 1 OTIEC, providing you the opportunity to enhance your professional credentials. Completing your CSHO training program benefits you, your employers, co-workers, and the public.

### Earning your CSHO:

- Demonstrates commitment and dedication to your profession
- Reflects a high level of professionalism across all aspects of your career
- Acknowledges national industry standard of skill competence in the fields of safety, health, and risk management
- Earns you accepted criteria for promotion or career advancement
- Provides you with appropriate credentials to teach and lead others
- Creates a safer work environment for you and your coworkers

### You will benefit from earning your CSHO through

- Enhanced career advancement opportunities
- Continued professional development in a growing and changing field
- Assigned credit for your previous training from any OSHA Training Institute Education Center across the country (may be limited)
- Mobility of this verifiable training from employer to employer
- Increased awareness of changing government regulations
- Association with an elite network of certified professionals

### Who should participate in the CSHO Program?

- Health, Safety, and Environmental Professionals
- Safety Coordinators
- HR Professionals
- Plant Managers, Supervisors, Crew Chiefs
- Construction Site Superintendents
- Safety and Health Training Facilitators
- Public Works Safety Professionals
- Risk Management and Risk Assessment Professionals

### Getting started:

- Complete the Region 1 CSHO application form (available by calling or at the OTIEC/Keene State College website)
- Provide documentation of prior OTIEC training, if applicable
- Pay the \$95.00 application fee
- Register for upcoming course work, registration form available online.

## The CSHO Region 1 OTIEC Certificate Program

**Requiring the following OSHA Courses:  
Construction 8 core and 4 electives;  
General Industry 9 core and 3 electives**

- ◆ Is a nationally recognized professional safety and health certification
- ◆ Allows candidates to transfer up to six (6) required courses from any OSHA Training Institute Education Center completed within 4 years
- ◆ Allows candidates to choose from General Industry or Construction Industry Career Certification Tracks
- ◆ May be a stepping stone toward advanced level certifications through CCHES
- ◆ Upon completion, receive a distinctive plaque and certificate of completion



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## Building on the Region 1 Safety & Health Specialist Certificate Program

Region 1 OTIEC/Keene State College Safety and Health Specialist Certificate holders can augment training by becoming a CSHO. If you have completed Region 1 OTIEC courses within the last four years, OTIEC courses may be transferable to the CSHO certificate. Those individuals awarded the CSHO certificate must have current OSHA 500 or 501 Outreach Trainer status, preferably as an "active" Outreach Trainer. Each time the update is completed, simply request and updated CSHO certificate at no extra cost.

## Enhance your qualifications through CCHES

CCHES (Council on Certification for Health, Environmental, and Safety Technologies) offers diverse certifications such as OHST. CCHES is pleased to recognize our advanced academic certificate program (CSHO) as qualifying OHST applicants for a six month waiver of experience. Those who have successfully completed the CSHO certificate program will be granted the six month experience waiver automatically upon indication on their application. Find out how professional certification can be the most important, career enhancing step you'll ever take.

Occupational Health and Safety Technologist or OHST is a title awarded to safety practitioners who meet and continue to meet all requirements established for the OHST by the Council on Certification of Health, Environmental and Safety Technologists (CCHES). For further information visit [www.cchest.org](http://www.cchest.org).

The Region 1 OTIEC CSHO certificate program completion of a sequence of courses qualifies as a waiver of 6 months of experience toward the OHST criterion. **Additional test preparation may be required for those individuals who wish to take the OHST exam.**

For additional information and downloads, view [www.cchest.org](http://www.cchest.org)

**CSHO prerequisites:** CSHO participants must have up-to-date OSHA Outreach Trainer status. While many Safety & Health Specialist Certificate holders are also outreach trainers, it was not a mandate for the OTIEC/KSC Certificate program. If you are not a current outreach trainer, those who have taken the OSHA 510/511 Standards for Construction/General Industry courses within the last three years can take the OSHA 500/501 Construction/General Industry Outreach Train-the-Trainer course to qualify for the CSHO.

## Construction CSHO Track

8 Required Core Courses (must complete all courses from this list)	Hrs	Tuit.*
510 OSHA Standards for the Construction Industry ↕	26	\$855
500 OSHA Trainer Course in Standards for the Construction Industry (or 502 OSHA Outreach Trainer Update)	26	\$885
511 OSHA Standards for General Industry ↕	26	\$855
521 OSHA Guide to Industrial Hygiene	26	\$855
3010 Excavation, Trenching & Soil Mechanics	20	\$855
3095 Electrical Standards	18	\$785
3110 Fall Arrest Systems	18	\$785
7845 Recordkeeping Rule	4	\$225
Electives (4 required) Choose at least two (2) Electives from this list		
2015 Hazardous Materials	26	\$855
2045 Machinery and Machine Guarding	26	\$785
2225 Respiratory Protection	26	\$785
2250 Principles of Ergonomics	26	\$855
2264 Permit-Required Confined Space Entry	20	\$785
Two Courses from this list equal one elective (max. allowed 4)		
7100 Introduction to Machinery and Machine Safeguarding	4	\$245
7105 Evacuation & Emergency Planning	4	\$245
7115 Lock out/Tag out	6	\$245
7120 Introduction to Combustible Dust Hazards	14	\$355
7200 Bloodborne Pathogen Exposure Control	7	\$245
7205 Health Hazard Awareness	7	\$245
7300 Introduction to Permit-Required Confined Space	7	\$245
7500 Introduction to Safety and Health Management	7	\$245
7505 Introduction to Accident Investigation	12	\$295

## General Industry CSHO Track

9 Required Core Courses (must complete all courses from this list)	Hrs	Tuit.*
511 OSHA Standards for General Industry ↕	26	\$855
501 OSHA Trainer Course in Standards for General Industry (or 503 OSHA Outreach Trainer Update)	26	\$885
510 Construction Industry Standards ↕	26	\$855
521 Industrial Hygiene	26	\$855
2045 Machinery & Machine Guarding	26	\$855
2250 Principles of Ergonomics	18	\$785
2264 Permit-Required Confined Space	20	\$785
3095 Electrical Standards	26	\$855
7845 Recordkeeping Rule	4	\$225
Electives (3 required) Choose at least one (1) Elective from this list		
2015 Hazardous Materials	26	\$855
2225 Respiratory Protection	26	\$785
3110 Fall Arrest Systems	18	\$785
Two Courses from this list equal one elective (max. allowed 4)		
7105 Evacuation & Emergency Planning	4	\$245
7115 Lock out/Tag out	6	\$245
7120 Introduction to Combustible Dust Hazards	14	\$355
7200 Bloodborne Pathogen Exposure Control	7	\$245
7205 Health Hazards Awareness	7	\$245
7300 Introduction to Permit-Required Confined Space	7	\$245
7405 Fall Hazard Awareness	7	\$245
7500 Introduction to Safety & Health Management	7	\$245
7505 Introduction to Accident Investigation	12	\$295

\* Course tuition subject to change ↕ 510/511 training available online as well as in classroom at [www.OSHAedcenter.com](http://www.OSHAedcenter.com)

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## Region 1 OSHA Training Institute Education Center

The New England OSHA Training Institute Education Center offers more than 30 premier OSHA Outreach courses in Construction, General Industry, Maritime Trades, and Disaster Site-Work.

In addition, Keene State College Safety Center offers an additional 30 short term technical courses on high hazards and occupational safety and compliance topics. Combining the OTIEC courses with Keene State College Safety Center programs, four safety and health specialist certificate programs offer exceptional opportunities for continuing professional development in construction, general industry, industrial hygiene and health care.

We are pleased to announce that we now have six courses offered online: OSHA 510, OSHA 511, 10-Hr Construction, 10-Hr General Industry, 30-Hr Construction, and 30-Hr General Industry. These courses are all authorized OSHA outreach courses and you will receive an OSHA Training Institute Certificate of completion or D.O.L. card, just as you would if you took an on-site class.

All our courses are available on-site at your facility — group rates available. Bringing training to your facility results in greater efficiency and more need-specific training, as well as saving you time and money. Please contact the OSHA Education Center at 800-449-OSHA (6742) for a proposal and quotation.

Take advantage of our open enrollment courses available throughout New England. See our Region 1 OTIEC course catalog on-line at [www.OSHAedcenter.com](http://www.OSHAedcenter.com).