

COURSE OVERVIEW (Exhibit 1)

>CareerSafe Professional Development Program (CPDP)



The CareerSafe Professional Development Program (CPDP) was created for educators, administrators, and other individuals within the educational community to enhance workplace and classroom safety awareness. *The goal* - better equip education professionals with the tools and resources necessary for increased safety orientation in the classroom and as a result, improve the learning experience for students.

Through the program, Educators will receive professional development hours as an added benefit. Because hours attained vary from state to state, it is important to confirm hours received from CPDP with administration or state directors.

The CPDP program challenges participants to learn more about OSHA's safety standards to create a safer environment in the classroom, lab and school setting. Participants learn through a web-based, interactive curriculum and are provided with an individual programmatic safety portfolio and implementation plan.

Each teacher that completes the CPDP program receives the following:

- One completed CareerSafe Online OSHA 10-Hour course.
- Teachers can select either the OSHA 10-Hour General Industry or the OSHA 10-Hour Construction Industry course, whichever best aligns with their classroom curriculum.
- Electronic access to the CareerSafe Online Fact Sheets following each topic module for easy printing.
- CareerSafe Lesson Plans and Enhanced CareerSafe PowerPoint presentations to align with individual classroom needs.
- Development of programmatic learning exercises for each CareerSafe topic module for in class discussion and exercises. (Student led classroom safety audit, emergency preparedness plan, etc.)
- Completed NIOSH/CDC Safety Checklist for each classroom and lab setting. The Safety Checklist provides the following classroom benefits:
 - Educators receive step by step instruction on how to analyze their classroom setting to make it a safe and healthy area for students
 - Develop a customized, programmatic safety checklist and portfolio based off of the 16 Career Clusters
 - Establishment of an inclusive culture that emphasizes the importance of classroom and lab safety and OSHA's role within the school environment
 - School administrator evaluation and sign-off for teachers to receive their individual school approved PDP credits.

CareerSafe Online is committed to delivering the CareerSafe Professional Development Program at a reasonable cost.

For more information, please visit the CareerSafe web site, <http://www.careersafeonline.com>.

What is CareerSafe?

The CareerSafe online program is the first of its kind. It is an interactive, Y2Y (Youth To Youth) online program that addresses the high priority safety training needs of young workers.

The CareerSafe philosophy is "StartSafe. StaySafe." To StartSafe and StaySafe students will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how they can protect themselves and others.

Throughout the program, students explore a wide range of topics including laws, guidelines, behaviors, and equipment, all intended to help them StartSafe and StaySafe.

Need for CareerSafe

Every five days, one teen is killed on the job. According to the National Institute of Occupational Safety and Health there are about 70 work-related fatalities each year among this young work population. Additionally, more than 200,000 young workers are injured on the job; 70,000 of them require emergency room treatment. Further, data from the Centers for Disease Control and Prevention (CDC) indicate that younger workers continue to have the highest rates of work-related deaths, injuries, and illnesses.

Expressing concern for young workers, former Secretary of Labor Elaine L. Chao, stated, "Today's youth will be the workforce of the 21st Century. One of my priorities for the U.S. Department of Labor is to assist America's youth in preparing to enter that workforce."

CareerSafe is making a valuable contribution to the Department of Labor's efforts to prepare young people for a safe and prosperous future in the workplace.

Delivery Costs & Payment

Since we believe in the importance of safety training for every student, we are committed to delivering the CareerSafe program at a reasonable cost to students, educators, and schools.

For more information regarding payment options and instructions, visit our website or email us at orders@careersafeonline.com.

Benefit for Students

Once a student successfully completes the Online 10-Hour General Industry course, the student receives a wallet card from OSHA Training Institute (OTI).

The wallet card demonstrates that the student has the fundamental safety knowledge needed in the workplace.

Young workers develop a safety mindset and acquire marketable skills for a competitive edge.

Course Description

CareerSafe's 10-Hour OSHA General Industry training program consists of 21 interactive modules discussing various safety tips and procedures one should follow while in the workplace.

The modules include:

- Introduction to OSHA (Part 1)
- Introduction to OSHA (Part 2)
- StartSafe StaySafe©
- Flammable & Combustible Liquids
- Hand and Power Tools
- Materials Handling
- Walking Working Surfaces
- Stairways & Ladders
- Disaster Preparedness
- Welding & Cutting
- Safety & Health Programs
- Fall Hazards
- Personal Protective Equipment
- Bloodborne Pathogens
- Electrocution Hazards
- Fire Prevention and Protection
- Machine Guarding
- Hazardous Communication
- Ergonomics
- Preventing Workplace Violence
- Emergency Action

Each module contains a brief assessment, which must be successfully completed before the student can move on to the next module. Once all modules have been viewed and the corresponding assessments are passed there is a comprehensive final assessment.

Once the student successfully completes the course a printable certificate is available. The student will also receive their OSHA 10-Hour General Industry wallet card by mail in 4-6 weeks.

I. Introduction to OSHA (Part 1)

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Explain why OSHA is important to workers
- Explain worker rights under OSHA

II. Introduction to OSHA (Part 2)

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Discuss employer responsibilities under OSHA
- Discuss the use of OSHA Standards
- Explain how OSHA inspections are conducted
- Utilize helpful worker safety and health resources
- Explain worker rights under OSHA

III. Fall Hazards

This module is designed provide students with an overview of the Occupational Safety and Health Administrations (OSHA's) guidelines and different fall protection methods.

This module covers:

- OSHA's regulations that protect workers on elevated surfaces
- Primary fall protection methods
- Explains how guardrails help prevent falls
- Explains guidelines for using safety nets
- Components of personal fall arrest systems

IV. Flammable & Combustible Liquids

In this module you will learn the safety concerns and necessary precautions you need to be aware of when working around flammable and combustible liquids.

This module covers:

- Identify the two primary hazards associated with flammable and combustible liquids
- Define important terms related to flammable and combustible liquids
- Describe two ways to avoid an explosion or fire, and
- Identify potential sources of ignition

V. Preventing Workplace Violence

The purpose of this module is to raise your awareness about workplace violence and help you to StartSafe and StaySafe by providing you some tips on how you can prevent or avoid violent incidents both in your personal life *and* in the workplace.

This module covers:

- What is violence?
- Who is at risk?
- Prevention strategies:
 - Employer and employee involvement
 - Warning signs
 - Coping skills

VI. Welding & Cutting

This module provides information on safety concerns and precautions when using welding and cutting equipment.

This module covers:

- Describe the requirements placed on employers by the General Duty Clause
- Demonstrate a thorough knowledge of the safe use of equipment associated with gas welding and cutting
- Demonstrate an understanding of the safe use of equipment associated with arc welding and cutting properly
- Describe the various methods of ventilation and protection used in various working environments
- Describe the dangers associated with both chemical and physical agents when welding and cutting

VII. Emergency Action

The purpose of this module is to help you StartSafe and StaySafe in case you are faced with an emergency situation. This module helps demonstrate the importance of planning for any emergency that might occur.

This module covers:

- The importance of emergency planning
- General emergency preparedness
- What is an Emergency Action Plan (EAP)?
- Emergency guidelines
 - Tornados
 - Earthquakes
 - Hurricanes
 - Fires
 - Chemical Release
 - Hostile Act

XX. Ergonomics

The purpose of this module is to help you understand the science of ergonomics and how to prevent ergonomic related injuries and illnesses.

This module covers:

- What is ergonomics?
- Why ergonomics matters
- Risk factors affecting ergonomics
- Posture
- Biomechanics
- Lifting techniques
- Applying ergonomics in everyday situations

VIII. Walking Working Surfaces

This module provides information on the safety concerns and precautions associated with various walking and working surfaces.

This module covers:

- Describe the environments in which OSHA's standards for walking-working surfaces do and do not apply
- Describe the general requirements for the maintenance of walking-working surfaces
- Define the terms floor opening, floor hole, and wall opening and describe the various methods for guarding them and other walking-working surface conditions

XVIII. Hand & Power Tools

This module will cover how to StartSafe and StaySafe while using hand and power tools.

This module covers:

- List the hand and power tool safety rules
- Identify the precautions essential to the safe use of different types of tools
- Name the guarding techniques that apply to hand and power tools

XI. Safety & Health Programs

This module will introduce the concerns and benefits the Safety and Health Programs cover.

This module covers:

- Describe the major elements of an effective occupational safety program
- Identify the methods for hazard identification
- List the methods used in hazard prevention and control

XIV. Personal Protective Equipment (PPE)

The purpose of this module is to provide an overview of Personal Protective Equipment (PPE) designed to protect your head, face, eyes, ears, hands, feet, respiratory tract, and body from injury and discuss the importance of selecting the PPE that is right for the job you may perform.

This module covers:

- Why PPE matters
- Eye and face protection
- Head protection
- Hearing protection
- Hand protection
- Foot protection
- Respiratory protection
- Full body protection

XIII. StartSafe. StaySafe.

This module will serve as an introduction to the Career-Safe program and provide an overview of OSHA and the "StartSafe. StaySafe." Philosophy.

This module covers:

- What is CareerSafe?
- What is safety?
- Why safety matters to you
- Your legal rights
- What is OSHA?
- The "StartSafe. StaySafe." Philosophy
- What it means to StartSafe
- What it means to StaySafe

XII. Materials Handling

This module covers the safety concerns and necessary precautions you need to be aware of when handling, storing, using, and disposing of materials.

This module covers:

- List main injuries that occur during handling, storage, use, and disposal of materials
- Name the ways to prevent injury when performing manual lifting
- Identify ways to eliminate hazards that may lead to injury when using forklifts, cranes, or slings to handle materials
- List actions that can reduce or eliminate hazards when storing, using, or disposing of materials

XIX. Hazardous Communication

The purpose of this module is to help you be aware of the potential hazards of chemicals that you may encounter in the workplace.

This module covers:

- Why chemical safety matters
- Chemical safety overview
- The “Right-to-Know” Law
- HAZCOM Program
- Material safety data sheets
- Warning labels
- Employee training

IX. Electrocuting Hazards

This module provides information that helps you recognize and avoid common electrocution hazards in your work environment

This module covers:

- Common electrocution hazards
- Types of electrocution hazards
- How to protect yourself from electrocution hazards
- Recognize employer requirements and to protect workers from electrocution hazards

XV. Disaster Preparedness

This module provides information on the safety concerns and necessary precautions you will need to be aware of when preparing to handle a disaster situation.

This module covers:

- List the different types of disasters
- Describe preparation strategies for each type of disaster
- Identify emergency supplies needed for disasters
- Identify the requirements for exits and exit routes

X. Stairways & Ladders

This module provides information on the safety concerns and precautions associated with various types of stairways and ladders.

This module covers:

- Describe the different types of ladders
- Describe the safety guidelines and requirements for ladders used at a construction site
- Describe the different types of stairs
- Describe the safety guidelines and requirements for stairways used at a construction site.

XVII. Fire Prevention and Protection

This module will cover the precautions to take to prevent fires and the steps to take in order to protect yourself if a fire occurs at your workplace. Planning ahead in case there is a fire allows you StartSafe, and knowing what to do to protect yourself and others during a fire enables you to StaySafe.

This module covers:

- Describes how to protect yourself and others in the event of a fire
- State the key components of a fire prevention plan
- Explains the steps to take to identify, avoid and control fire hazards

XXI. Machine Guarding

The purpose of this module is to help you be as safe as possible when you are working with machines or in areas where machines are being operated.

This module covers:

- Why machine guarding matters
- Types of mechanical hazards
- Methods of machine guarding namely
 - Guards
 - Devices and
 - Location or Distance
- Safety aids
- Safe work practices
- Proper training

XVI. Bloodborne Pathogens

In this module you will learn what bloodborne pathogens are as well as discover ways in which you can StartSafe and StaySafe around blood and other bodily fluids that could be carrying a harmful disease.

This module covers:

- Understanding pathogens
- Hazards of bloodborne pathogens
- How bloodborne pathogens are transmitted
- Who is at risk
- Reducing your risk of exposure
- OSHA requirements

To learn more about the *CareerSafe Program* please visit our website

<http://www.careersafeonline.com>



OSHA 10-Hour Construction

What is CareerSafe?

The CareerSafe Online offers the OSHA 10-Hour Construction Industry trainings with the CareerSafe approach. It is an interactive, Y2Y (Youth To Youth) online approach that addresses the high priority safety training needs of young workers.

The CareerSafe philosophy is "StartSafe. StaySafe." To StartSafe and StaySafe students will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how they can protect themselves and others.

Throughout the training, students explore a wide range of topics including laws, guidelines, behaviors, and equipment, all intended to help them StartSafe and StaySafe.

Need for OSHA 10-Hour Construction Industry Training

Every five days, one teen is killed on the job. According to the National Institute of Occupational Safety and Health there are about 70 work-related fatalities each year among this young work population. Additionally, more than 200,000 young workers are injured on the job; 70,000 of them require emergency room treatment. Further, data from the Centers for Disease Control and Prevention (CDC) indicate that younger workers continue to have the highest rates of work-related deaths, injuries, and illnesses.

Expressing concern for young workers, former Secretary of Labor Elaine L. Chao, stated, "Today's youth will be the workforce of the 21st Century. One of my priorities for the U.S. Department of Labor is to assist America's youth in preparing to enter that workforce."

CareerSafe is making a valuable contribution to the Department of Labor's efforts to prepare young people for a safe and prosperous future in the workplace.

Delivery Costs & Payment

Since we believe in the importance of safety training for every student, we are committed to delivering the OSHA 10-Hour Construction Industry training at a reasonable cost to students, educators, and schools.

For more information regarding payment options and instructions, visit our website or email us at orders@careersafeonline.com.

Benefit for Students

Once a student successfully completes the Online 10-Hour Construction Industry course, the student receives a wallet card from OSHA Training Institute (OTI).

The wallet card demonstrates that the student has the fundamental safety knowledge needed in the workplace.

Young workers develop a safety mindset and acquire marketable skills for a competitive edge.

Course Description

OSHA 10-Hour Construction Industry training consists of 18 interactive modules discussing various safety tips and procedures one should follow while in the workplace.

The modules include:

- Introduction to OSHA (Part 1)
- Introduction to OSHA (Part 2)
- StartSafe StaySafe
- Crane Operations
- Materials Handling
- Welding & Cutting
- Hand & Power Tools
- Scaffolds
- Excavations
- Stairways & Ladders
- Hazardous Communications
- Personal Protective Equipment (PPE)
- Struck-By Hazards
- Fall Hazards (Part 1)
- Fall Hazards (Part 2)
- Caught-In or Between
- Electrocution Hazards
- Health Hazards in Construction

Each module contains a brief assessment, which must be successfully completed within 3 attempts with a score of 70% or higher. Once all modules have been viewed and the corresponding assessments are passed there is a comprehensive final assessment which also must be passed within three attempts with a score of 70% or higher.

The student will have 6 months to complete the course and will receive their OSHA 10-Hour Construction Industry wallet card by mail in 4-6 weeks.

I. Introduction to OSHA (Part 1)

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Explain why OSHA is important to workers
- Explain worker rights under OSHA

II. Introduction to OSHA (Part 2)

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Discuss employer responsibilities under OSHA
- Discuss the use of OSHA Standards
- Explain how OSHA inspections are conducted
- Utilize helpful worker safety and health resources
- Explain worker rights under OSHA

III. Personal Protective Equipment (PPE)

The purpose of this module is to provide an overview of Personal Protective Equipment (PPE) designed to protect your head, face, eyes, ears, hands, feet, respiratory tract, and body from injury and discuss the importance of selecting the PPE that is right for the job you may perform.

This module covers:

- Why PPE matters
- Eye and face protection
- Head protection
- Hearing protection
- Hand protection
- Foot protection
- Respiratory protection
- Full body protection

XXI. Hand & Power Tools

This module will cover how to StartSafe and StaySafe while using hand and power tools.

This module covers:

- List the hand and power tool safety rules
- Identify the precautions essential to the safe use of different types of tools
- Name the guarding techniques that apply to hand and power tools

V. Scaffolds

This module provides information on the safety concerns and precautions needed when using scaffolds.

This module covers:

- List and define the basic types of scaffolds
- List the five major hazards associated with working on scaffolds
- Demonstrate a thorough understanding of the different kinds of fall protection equipment, as well as the different situations in which each type is required
- Demonstrate an understanding of the regulations for safely working on scaffolds
- Describe the responsibilities of a competent person in relation to scaffolds

IX. Materials Handling

This module covers the safety concerns and necessary precautions you need to be aware of when handling, storing, using, and disposing of materials.

This module covers:

- List main injuries that occur during handling, storage, use, and disposal of materials
- Name the ways to prevent injury when performing manual lifting
- Identify ways to eliminate hazards that may lead to injury when using forklifts, cranes, or slings to handle materials
- List actions that can reduce or eliminate hazards when storing, using, or disposing of materials

IV. Crane Operations

This module provides information on the safety concerns and necessary precautions you will need to be aware of when working around cranes.

This module covers:

- Identify the major causes of crane accidents
- Describe the pre-planning that is required before using a crane
- State the main precautions that need to be taken when working near power lines
- Understand the importance of operator and personnel training

V. Fall Hazards Part 1

This module will provide an overview of common fall hazards on construction sites, ways to protect yourself from fall hazards, and actions employers must take to protect workers from fall hazards.

This module covers:

- Recognize major fall hazards on a construction site
- List the leading causes of construction industry deaths
- Describe the dangers of working on unprotected roofs and edges
- Describe the risks of improper scaffold usage
- Describe the hazards of not following guidelines for portable ladder safety
- Follow the fall protection guidelines to avoid fall hazards on-the-job
- Describe employers' five areas of responsibilities for protecting workers

V. Fall Hazards Part 2

The purpose of this training module is to provide an overview of the Occupational Safety and Health Administration's (OSHA's) guidelines and different protection methods.

This module covers:

- Describe OSHA's regulations that protect workers on elevated surfaces
- List the primary fall protection methods
- Explain how guardrails help prevent falls
- Explain guidelines for using safety nets

XIV. Excavations

This module provides information on the safety concerns and precautions when working in and around excavations.

This module covers:

- Identify the greatest risk present at an excavation site
- Recognize the three methods of protecting employees from cave-ins
- Name three hazards to people working in excavation areas and ways to eliminate them
- Describe the function of a competent worker at an excavation site

XI. Hazardous Communication

The purpose of this module is to help you be aware of the potential hazards of chemicals that you may encounter in the workplace.

This module covers:

- Why chemical safety matters
- Chemical safety overview
- The "Right-to-Know" Law
- HAZCOM Program
- Material safety data sheets
- Warning labels
- Employee training

XI. Struck-By Hazards

The purpose of this module is to provide students with the information that will enable you to recognize common struck-by hazards on construction worksites.

This module covers:

- How to identify common struck-by hazards
- Describe types of struck-by hazards
- Protect yourself from struck-by hazards
- Recognize employer requirements to protect workers from struck-by hazards

XIX. Welding & Cutting

This module provides information on safety concerns and precautions when using welding and cutting equipment.

This module covers:

- Describe the requirements placed on employers by the General Duty Clause
- Demonstrate a thorough knowledge of the safe use of equipment associated with gas welding and cutting
- Demonstrate an understanding of the safe use of equipment associated with arc welding and cutting properly
- Describe the various methods of ventilation and protection used in various working environments
- Describe the dangers associated with both chemical and physical agents when welding and cutting

XVI. StartSafe. StaySafe.

This module will serve as an introduction to the CareerSafe program and provide an overview of OSHA and the “StartSafe. StaySafe.” Philosophy.

This module covers:

- What is CareerSafe?
- What is safety?
- Why safety matters to you
- Your legal rights
- What is OSHA?
- The “StartSafe. StaySafe.” Philosophy
- What it means to StartSafe
- What it means to StaySafe

XIV. Caught-In or Between Hazards

The purpose of this training module is to provide information that helps students recognize common caught-in or caught-between hazards in your work environment.

This module covers:

- Identify common caught-in and caught-between hazards
- Describe types of caught-in and caught-between hazards
- Protect yourself from caught-in and caught-between hazards
- Recognize employer requirements to protect workers from caught-in or caught-between hazards

XIV. Electrocuting Hazards

This module will provide information that helps students recognize and avoid common electrical hazards in your work environment.

This module covers:

- Identify common electrocution hazards
- Describe types of electrocution hazards
- Protect yourself from electrocution hazards
- Recognize employer requirements to protect workers from electrocution hazards

XIV. Health Hazards in Construction

This module is to help students recognize potential health hazards in their workplace environment.

This module covers:

- List the four types of health hazards on construction sites
- Distinguish between acute and chronic hazard exposure and illnesses
- Describe the characteristics and effects of various chemical hazards
- Describe the characteristics and effects of various physical hazards
- Describe the characteristics and effects of various biological hazards
- Describe the characteristics and effects of various ergonomic hazards

**To learn more about the *CareerSafe Program*
please visit our website**

<http://www.careersafeonline.com>

**or please send us an email at
orders@careersafeonline.com**