



**MetroTech**

DOWNTOWN  
BUSINESS  
CAMPUS



101 N Robinson Ave • Third Floor

## Health & Safety Training

Assure a safe  
work environment.

Let us show you how effective safety training can  
result in better morale, fewer injuries and illnesses,  
and lower insurance premiums.

405.595.4090

[Safety.Training@MetroTech.edu](mailto:Safety.Training@MetroTech.edu)



**Metro Technology Centers**  
Preparing for Life

# Safety Training On-Site or On Campus

Accident Investigation	Mail Opening Procedures
Aerial Lifts (Scissor, Boom, Bucket and Scaffolding)	Material Handling and Storage
Animal and Insect Bites	Multi-Piece Rim Handling
Asbestos and Lead General Awareness	Office Safety
Back Injury Prevention	OSHA 10 Hour General Industry
Bloodborne Pathogens	OSHA 30 Hour General Industry
Cardiopulmonary Resuscitation (CPR)/First Aid	OSHA 10 Hour Construction
Electrical Safety – both Qualified and Unqualified Person	OSHA 30 Hour Construction
Emergency Action Plan	Overhead Hoist/Gantry Crane
Ergonomics	Confined Space – Permit Required Entry and Non-Entry
Fall Protection and Suspension Trauma	Confined Space Rescue
Fire Prevention/Extinguisher Use	Personal Protective Equipment (PPE)
Flagger	Powered Industrial Trucks
Groundskeeping/Commercial Mowing	Respiratory Protection
Hand and Power Tool Equipment Safety	Rigging/Hoisting
Hazard Communication	Risk Management Plan/Process Safety Management
Hazardous Waste Operations (Hazwoper)	SafeLandUSA Training
Hazwoper Refresher	Skid Steer
Hearing Protection/Conservation Program	Slips Trips and Falls
Heat-Cold Stress	Supervisor Safety Training Development Program
Heavy Equipment Operator (Backhoe, Dozer, Dump Truck, Excavator, Loader and Grader)	Trailer Safety
Highway Safety – AAA Driver Improvement Program	Tree Trimming – Electrical Hazard and Chain Saw Safety
Hot Work Permits – Welding, Cutting and Brazing	Trenching, Shoring and Excavation
Hydrogen Sulfide (H <sub>2</sub> S)	Trenching, Shoring and Excavation Review
Job Safety Analysis (JSA)	Underground Utilities
Laboratory Safety	Walking/Working Surfaces
Ladder Safety	Work Zone Temporary Traffic Control
LockOut/TagOut	Workplace Violence Prevention

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