

**TDI**

**Safety @ Work**  
Division of Workers' Compensation



# Safety and Health Training Course Descriptions

Texas Department of Insurance, Division of Workers' Compensation  
[www.txsafetyatwork.com](http://www.txsafetyatwork.com)  
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# Workplace safety employer-requested training



The Texas Department of Insurance, Division of Workers' Compensation (DWC), offers affordable safety and health training for Texas businesses, groups, and trade associations. Training is available in English or Spanish and can be held at your workplace or at a nearby State of Texas facility, when space is available.

If the courses listed in this guide do not meet your needs, **DWC can create a custom training session for your company.** We can tailor each course to your specific work processes. If you request it, our trainers can visit your site before the training to learn about your workplace and take photos for use in the training materials.

## Costs, locations, and how to schedule training

- Training at DWC facilities across Texas costs **\$30 per person**. CPR classes cost **\$35 per person**. OSHA 10-Hour Construction courses are **free** at DWC locations and **\$30 per person** at other training sites.
- For training at your workplace or another State of Texas location, **travel costs for the trainer may apply**.
- Please give **at least one month's notice** for private training requests. Sessions are scheduled based on trainer availability.
- The **OSHA 10-Hour, OSHA 30-Hour, and CPR courses lead to certification**. Most other courses are **classroom-based (no certification)** and provide information only.
- To schedule training, call **512-804-4610** or email [safetytraining@tdi.texas.gov](mailto:safetytraining@tdi.texas.gov).

# Employer-requested training course descriptions

TRAINING	DESCRIPTION	LENGTH
<b>Accident Investigations</b>	<p>People often think accident investigations are about blame or finger-pointing, but they're actually about finding facts. A good investigation identifies what happened, who was involved, what injuries occurred, and what caused the accident. It also finds ways to prevent similar incidents. Through lectures, discussion, and hands-on activities, participants will learn the steps of an investigation, how to form an investigation team, gather information, and make corrections. This course meets OSHA regulation <a href="#">29 CFR 1960.29, Accident investigation</a>.</p>	1–3 hours
<b>Avoiding Maintenance Hazards</b>	<p>Keeping employees safe while maintaining or repairing machinery requires protective methods and procedures. When hazards cannot be removed, employers should use a mix of engineering controls, administrative controls, and personal protective equipment (PPE). This course covers OSHA standards <a href="#">29 CFR 1910.147, The control of hazardous energy (lockout/tagout)</a>, <a href="#">1910.120, Hazardous waste operations and emergency response</a>, and <a href="#">1910.132, General requirements</a>. Key topics include:</p> <ul style="list-style-type: none"> <li>• Using a job safety analysis when creating maintenance procedures.</li> <li>• Following a preventive maintenance schedule.</li> <li>• Managing work requests and establishing reporting processes.</li> <li>• Using lockout/tagout to protect against electrical, mechanical, and other energy hazards.</li> <li>• Choosing proper tools, sensors, and PPE.</li> <li>• Maintaining supplies in compliance with OSHA's Hazard Communication Standard.</li> <li>• Managing process changes safely.</li> <li>• Keeping records before and after inspections.</li> </ul>	3 hours
<b>Back Injury Prevention</b>	<p>Back injuries are one of the most common workplace injuries. This course covers back anatomy, safe lifting methods, posture, and prevention techniques to reduce strain and injury.</p>	1-4 hours
<b>Bloodborne Pathogens</b>	<p>Exposure to blood can happen in many workplaces, not just health care. This training covers basic microbiology, hazard identification, exposure control plans, and how to meet OSHA standard <a href="#">29 CFR 1910.1030, Bloodborne pathogens</a>. Topics include vaccinations, post-exposure actions, recordkeeping, and training. You can customize this session for health care or general industry workplaces. For health care workers, it includes information on the OSHA Needlestick Safety and Prevention Act.</p>	1-4 hours

TRAINING	DESCRIPTION	LENGTH
<b>Ergonomics for the Workplace</b>	Proper ergonomics reduce fatigue and prevent musculoskeletal injuries. This session reviews ergonomic risks, assessment methods, and practical improvements for office and field settings.	3 hours
<b>Exit Routes and Emergency Plans</b>	This course explains OSHA requirements for exit routes, emergency action plans, and fire prevention plans as outlined in <a href="#">29 CFR 1910 Subpart E, Exit routes and emergency planning</a> and <a href="#">1926.35, Employee emergency action plans</a> . Participants learn key elements of exit route design, emergency and fire plan components, and fire protection best practices.	2 hours
<b>Fall Protection for the Construction Industry</b>	This training meets OSHA requirements in <a href="#">29 CFR 1926 Subpart M, Fall protection</a> . It covers employer duties, fall protection systems, inspection methods, emergency planning, and training requirements.	1-3 hours
<b>Fall Protection for General Industry</b>	This course explains how employers can prevent falls in general industry following <a href="#">OSHA 29 CFR 1910.23, Ladders, 1910.28, Duty to have fall protection and falling object protection</a> , and <a href="#">1910.132, General requirements-personal protective equipment</a> . Topics include safe work conditions, selecting protection systems, and training employees.	1-3 hours
<b>First Aid, CPR, and AED Certification</b>	This course trains participants in first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) use. Certified American Heart Association instructors provide hands-on practice. Each participant receives an official American Heart Association certification eCard upon successful completion. The course meets OSHA requirements in <a href="#">29 CFR 1910.151, Medical services and first aid</a> , and <a href="#">1926.50, Medical services and first aid</a> .	5 hours
<b>Forklift and Powered Industrial Vehicles</b>	Forklifts operate differently from passenger vehicles and require proper training. This course teaches how to develop a forklift training program, based on <a href="#">OSHA 29 CFR 1910.178, Powered industrial trucks</a> . Topics include: <ul style="list-style-type: none"> <li>• Instructor qualifications.</li> <li>• Operator training and testing.</li> <li>• Driving, parking, and loading procedures.</li> <li>• Operator evaluations and refresher training.</li> <li>• Certification and recordkeeping.</li> </ul>	3 hours
<b>Hand and Portable Power Tool Safety</b>	Hand tools are used widely across workplaces. Safe use and maintenance can prevent injuries. This session covers <a href="#">OSHA 29 CFR 1910 Subpart P, Hand and portable powered tools and other hand-held equipment</a> , and <a href="#">1926 Subpart I, Tools-hand and power</a> , focusing on guarding, anchoring, PPE, and inspection requirements.	2 hours

TRAINING	DESCRIPTION	LENGTH
<b>Hazard Communication Programs</b>	Exposure to hazardous chemicals can affect health and safety. This session teaches how to build a compliant hazard communication program under <a href="#">OSHA 29 CFR 1910.1200 Subpart Z</a> . Topics include chemical inventories, labeling, safety data sheets (SDS), and employee training. An in-class exercise helps you prepare your own training plan.	3 hours
<b>Incident Prevention Programs</b>	An effective incident prevention program is the foundation of workplace safety. This session, based on OSHA <a href="#">29 CFR 1910 Subpart J, General environmental controls</a> , explains how to plan and manage safety programs. Topics include accident prevention, investigations, training, inspections, recordkeeping, and program review. Participants will practice skills such as analyzing trends, conducting inspections, and investigating incidents.	1-8 hours
<b>Landscaping and Grounds Safety</b>	<p>Landscaping and grounds workers face hazards from equipment, chemicals, weather, and repetitive motion. This course is based on <a href="#">OSHA 29 CFR 1926, Construction standards</a>, for landscaping performed as part of a construction project, and <a href="#">1910, General industry standards</a>, for routine landscaping work not associated with construction. This session includes lectures, discussions, and demonstrations on topics such as:</p> <ul style="list-style-type: none"> <li>• Safe equipment use.</li> <li>• Heat safety.</li> <li>• Safe lifting techniques.</li> <li>• Avoiding hazardous plants and animals.</li> <li>• Safety program development.</li> </ul>	4 hours
<b>Machine Guarding</b>	Machine guards protect workers from cuts and amputations. This course covers types of guards and how they prevent injuries. This session follows <a href="#">OSHA 29 CFR 1910 Subpart O, Machinery and machine guarding</a> .	1 hour
<b>Occupational Driving Safety Programs</b>	Driving-related work poses high risks. This course helps employers create a safe driving program addressing vehicle operation, maintenance, policies, driver performance, and hazard awareness, including fatigue, distraction, and weather.	3 hours
<b>OSHA 10-Hour Construction Course</b>	This course, taught by OSHA-authorized outreach trainers, covers the basics of construction safety. It includes OSHA standards, common job site hazards, and ways to prevent injuries and accidents. The goal is to help workers and employers recognize and reduce risks. Participants who complete the training will receive an OSHA 10-Hour Construction card within eight weeks.	Two 8-hour days
<b>OSHA 10-Hour General Industry Course</b>	This course, taught by OSHA-authorized outreach trainers, focuses on basic workplace safety for general industry jobs. Training covers safety awareness to help workers identify, reduce, and control hazards. Those who complete the course receive an OSHA 10-Hour General Industry card within eight weeks.	Two 8-hour days

TRAINING	DESCRIPTION	LENGTH
<b>OSHA 30-Hour Construction Course</b>	This course is for supervisors and workers with safety responsibilities. It provides a deeper understanding of OSHA safety and health standards for construction. The training helps participants learn how to spot hazards, follow safety rules, and build a safer, more productive job site. Participants who complete the course will receive an OSHA 30-Hour Construction card within eight weeks.	5 days
<b>OSHA Compliance Update</b>	Stay informed on recent changes to OSHA's recordkeeping, hazard communication, and confined space standards.	1 hour
<b>OSHA Recordkeeping and Reporting</b>	This course explains how to meet the requirements under OSHA standard <a href="#">29 CFR 1904, Recording and reporting occupational injuries and illnesses</a> . Participants complete exercises using OSHA forms and learn about injury reporting, exemptions, electronic submissions, and record retention.	3 hours
<b>OSHA Written Program and Training Requirements</b>	Learn which written programs OSHA requires and how often training must be provided. Examples include hazard communication, forklift training, bloodborne pathogens, hearing conservation, lockout/tagout, respiratory protection, confined spaces, hazardous waste operations, and fire prevention plans.	3 hours
<b>Personal Protective Equipment</b>	PPE provides protection when hazards cannot be fully controlled. This session covers training and use of PPE for eye, face, hand, foot, and electrical safety, based on <a href="#">29 CFR 1910.132, General PPE requirements</a> , <a href="#">1926.28, General safety and health provisions-PPE</a> , and <a href="#">1926.95, Criteria for PPE and life-saving equipment</a> .	1 hour
<b>Safety Committee Operations</b>	Safety committees encourage employee involvement in workplace safety. This course explains how to form and manage a safety committee. Topics include best practices, meeting management, effective communication, and problem solving. It covers OSHA standards <a href="#">29 CFR 1960.37, Committee organization</a> , <a href="#">1960.38, Committee formation</a> , and <a href="#">1960.40, Establish committee duties</a> .	2 hours
<b>Safety Inspections</b>	Thorough inspections help organizations measure how well their safety programs work. This session covers OSHA standards <a href="#">29 CFR 1960.25, Qualifications of safety and health inspectors and agency inspections</a> , <a href="#">1960.26, Conduct of inspectors</a> , <a href="#">1960.28, Employee reports of unsafe or unhealthful working conditions</a> , and <a href="#">1960.30, Abatement of unsafe or unhealth working conditions</a> . Participants learn to plan and conduct inspections, choose inspection types, understand formal and informal processes, and review relevant records. It also covers hazard evaluation, observation, interviewing skills, and useful reference tools.	2 hours

TRAINING	DESCRIPTION	LENGTH
<b>Safety Meetings</b>	Learn to organize motivational safety meetings that make an impact. This course covers both formal meetings and informal "toolbox talks." You'll learn how to choose topics that meet worker needs, use meeting data effectively, and deliver engaging content. Recordkeeping and follow-up practices are also discussed.	2 hours
<b>Safety Orientation for New Employees</b>	New employees need to understand company safety policies from day one. This session explains how to build an effective safety orientation, including training on evacuation routes, hazard communication, PPE, reporting procedures, fire safety, forklift safety, and lockout/tagout awareness	2 hours
<b>Scaffolding Safety</b>	This course covers scaffold capacities, setup and teardown procedures, power line clearance, fall protection, and aerial lift safety as outlined in <a href="#">OSHA 29 CFR 1926 Subpart L</a> .	3 hours
<b>Supervising for Safety</b>	Supervisors play a key role in enforcing safety programs. This session covers planning, hazard analysis, inspections, training, and emergency action plans to help supervisors manage their safety responsibilities.	4-6 hours
<b>Trenching and Shoring</b>	This program, based on <a href="#">OSHA 29 CFR 1926 Subpart P, Excavations</a> , reviews soil safety requirements, protective systems (shoring, shielding, sloping, benching), and safe digging practices.	3 hours
<b>Walking and Working Surfaces</b>	Slips, trips, and falls are among the most common workplace injuries. This course reviews OSHA standards on floors, ladders, stairs, and housekeeping as outlined in <a href="#">29 CFR 1910 Subpart D, Walking-working surfaces</a> , and <a href="#">1926.25, Housekeeping</a> , <a href="#">1926.26, Illumination</a> , and <a href="#">1926.27, Sanitation</a> .	2 hours
<b>Work-Zone Safety</b>	This course prepares workers to protect themselves and others in high-risk construction and maintenance zones. It covers traffic control, PPE, and hazard awareness.	3 hours



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**1-800-252-7031, Option 2**

*The Texas Department of Insurance,  
Division of Workers' Compensation (DWC)-Workplace Safety  
P.O. Box 12050  
Austin, TX 78701-2050*

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