

PREPARING FOR WORK-BASED LEARNING

STARTSAFE

The StartSafe course is **the perfect introduction to workplace safety concepts** and is a great stepping stone for those considering taking an OSHA 10-Hour course in the future.

Students who complete this course will receive a Course Completion Certificate **for the main topic portion of the course** as well as a Course Completion Certificate **for each optional pathway completed**.



Optional Pathways

Once the prerequisite main course has been completed, students can choose to take one or more optional courses to explore industry-specific OSHA training for the following industries:

- Agriculture
- Automotive
- Construction
- Cosmetology
- Culinary
- Healthcare
- Hospitality & Tourism
- Manufacturing
- Public Safety
- Public Safety: EMS
- Public Safety: Law Enforcement, Corrections, and Security
- Veterinary

StartSafe gives your students **a valuable safety foundation** that comes with the opportunity to explore their career field options!



2.3x

More young worker injuries than adult injuries annually*



420

Young worker fatalities in 2024*



+60%

Decrease in workplace fatalities since OSHA training was instituted*

"This training taught me essential information and vital skills to identify, assess, and successfully manage workplace dangers."

*Sources: U.S. Centers for Disease Control and Prevention, U.S. Bureau of Labor Statistics, Occupational Safety and Health Administration

Main Course Topics (5 Hours)

Bloodborne Pathogens (30 minutes)

- Identify OSHA requirements pertaining to bloodborne pathogens.
- List the potential routes of exposure from bloodborne pathogens.
- Identify the risks associated with Human Immunodeficiency Virus (HIV), Hepatitis B Virus, and Hepatitis C Virus.
- Identify methods of preventing transmission of bloodborne pathogens and managing occupational exposures.
- Restate methods of the safe disposal of sharps.
- Recount steps which should be taken in the event of an exposure to a potential bloodborne pathogen.

Personal Protective Equipment (60 minutes)

- Recall employer responsibilities toward affected employees regarding PPE.
- Identify when face and head protection should be used.
- Recall which types of hand and foot protection should be used in a specific situation.
- Recognize the differences between respirator types.
- Identify the differences between full-body protection levels.

Walking-Working Surfaces (60 minutes)

- Identify hazards in the workplace associated with walking and working surfaces.
- Identify best practices for eliminating or controlling hazards associated with walking and working surfaces in the workplace.
- Recognize employer requirements to protect workers from walking and working surface hazards.

Avoiding Electrocution Hazards (GI) (60 minutes)

- Identify major electrical hazards.
- Describe types of electrical hazards.
- Describe electrical protection methods.
- Recognize employer requirements to protect workers from electrical hazards.

Hazard Communication (60 minutes)

- Identify the employer's responsibilities under HCS, including training requirements.
- Identify components of a Hazard Communication program.
- Describe requirements of the different types of Hazard Communication labels.
- Locate pertinent information about chemicals on labels, including other forms of hazard communication, to ensure "right to understanding" provisions of GHS requirements.

Preventing Workplace Violence (30 minutes)

- Define the term violence.
- Recall who is at risk for encountering workplace violence.
- Describe workplace violence prevention strategies.
- Identify how to start safe and stay safe to prevent or lessen workplace violence.

Pathway Course Options

StartSafe in Agriculture (90 minutes)

- Define confined spaces.
- Identify agricultural confined space hazards.
- Identify unique livestock behaviors.
- Recognize hazards surrounding the handling of livestock.
- Identify general tractor safety principles.
- Identify the hazards and prevention methods surrounding tractor rollovers.
- Recognize the hazards and prevention methods involved with tractor entanglements, runovers, and collisions.

StartSafe in Automotive (60 minutes)

- Recall strategies for reducing the likelihood of being injured by chemical hazards.
- Outline methods for managing biological hazards.
- List the causes of slip and trip hazards.
- Describe how to avoid ergonomic injuries.
- Identify the leading causes of struck-by and caught-in hazards.
- Recognize the hazards associated with welding.

StartSafe in Construction (60 minutes)

- List the basic hand and power tool safety rules.
- Identify the precautions essential to the safe use of tools commonly used at construction worksites.
- Name the guarding techniques that apply to hand and power tools.
- Recognize employer requirements to protect workers from tool hazards.
- Describe how to safely use the equipment associated with gas welding and cutting.
- Describe how to safely use the equipment associated with arc welding and cutting.
- List the various methods of ventilation and protection used in various working environments.
- Restate the dangers associated with both chemical and physical agents when welding and cutting.

StartSafe in Cosmetology (60 minutes)

- Recall strategies for reducing the likelihood of being injured by chemical hazards.
- Describe how to avoid ergonomic injuries.
- Outline methods for managing biological hazards.
- List the causes of slip and trip hazards.
- Name strategies for having a successful career in the cosmetology industry.

StartSafe in Culinary (60 minutes)

- Recognize where slips and trips are most likely to occur.
- Describe how to protect yourself from sharps hazards.
- List the leading causes of burn injuries in kitchens.
- Explain the role good hygiene plays in the culinary industry.
- Recognize best practices for growing your career in the culinary industry.
- Describe how to protect yourself from heat and cold stress.

StartSafe in Healthcare (60 minutes)

- Identify dangers of poor patient handling.
- Recognize best practices for safe patient handling.
- Recall the impacts of patient handling, including the four categories of influencing factors.
- Identify types of mechanical lifting equipment.
- Select the proper steps to safely move a patient using mechanical lifting equipment.
- Define healthcare-associated infections.
- Define microorganisms.
- Describe the chain of infection.
- Describe the modes of transmission of healthcare-associated infections.
- Recount how to control the spread of healthcare-associated infections through the safe handling of potentially contaminated equipment or surfaces in the patient environment.
- Recount how to control the spread of healthcare-associated infections through the use of hand hygiene.

StartSafe in Hospitality & Tourism (60 minutes)

- Recognize common safety hazards found in hospitality and tourism environments.
- List factors that increase risk in hospitality and tourism settings.
- Recognize examples of clear and unclear communication for safety in hospitality and tourism settings.
- Describe how weather affects worker safety, guest safety, and job tasks.
- Identify how poor cleanliness practices can lead to injuries or illnesses.
- Identify situational awareness strategies to reduce risk in crowd or traffic-related situations.
- Identify ways to interact safely with guests in challenging situations.

StartSafe in Manufacturing (30 minutes)

- Recall the risk factors associated with rotating equipment and how to stay safe around such machinery.
- Describe how to protect yourself from sharps hazards.
- Repeat why always wearing eye safety wear is so important.
- Describe how to keep yourself safe from slip and trip hazards.
- Restate the importance of keeping your work area clean and tidy and always being professional on the job.
- Recall the traits that will help you build a successful career in manufacturing.

StartSafe in Public Safety (60 minutes)

- Describe the command structure when multiple public safety agencies are present on site.
- Recognize how active listening strategies, effective communication, and emotional intelligence are critical skills in public safety-related interpersonal interactions.
- List elements that contribute to successful situational awareness.
- Identify potential traffic hazards for public safety professionals.
- List ways to ensure safety in and around vehicles.
- Identify potential biological and chemical hazards associated with public safety.
- List ways to ensure safety around biological and chemical hazards.
- List mental and physical health concerns for public safety workers.
- Identify best practices to ensure mental and physical wellness.

StartSafe in Public Safety: EMS (60 minutes)

- Recall the skills required for EMS provider safety.
- Contrast how mindsets increase or decrease EMS safety.
- Identify vehicle and transportation hazards.
- List best practices to reduce transportation hazards.
- Name the categories of potential hazards when assessing scenes.
- Describe tactics to minimize hazards when arriving at a scene.
- Recognize the hazards associated with patient and equipment handling.
- Select best practices for safe patient handling.
- Identify the causes and symptoms of stress.
- Restate strategies and tactics for stress management.
- Recognize EMS career-related hazards.

StartSafe in Public Safety: Law Enforcement, Corrections, and Security (60 minutes)

- Recognize chemical and biological hazards commonly encountered in the law enforcement, corrections, and security fields.
- List protection methods against controlled substances and communicable diseases.
- Identify the major hazards surrounding motor vehicles in the law enforcement, corrections, and security fields.
- Describe protection methods against vehicle hazards.
- Recognize the impact of wellness and mental health on the law enforcement, corrections, and security fields.
- Identify practical ways to initiate and continue healthy habits.
- Identify ergonomic hazards specific to the law enforcement, corrections, and security fields.
- Describe conflict resolution and anger management strategies for law enforcement, corrections, and security personnel.
- Recognize the hazards associated with restraints and firearms.

StartSafe in Veterinary (60 minutes)

- Identify hazards that result from improper animal restraint.
- Name hazards associated with hazardous chemicals.
- List methods to protect themselves from infectious diseases.
- Describe how to avoid ergonomic injuries.
- Recall strategies to protect themselves against radiation.
- Describe how to protect yourself from heat and cold stress.