



Please forward this to other workers in your agency who might want to participate in any of these classes.

Registration is available in the COV Learning Center. If you are having difficulty accessing the course in the COVLC, please contact your agency's COVLC administrator. If your agency does not participate in the COVLC or for more information about the course, please email dhrmriskmanagement@dhrm.virginia.gov. Non-participating agencies are welcome to take the course; however, completions will not be recorded on the official transcripts. DHRM-OWC cannot enroll users into courses in the COVLC from outside agencies. Certificates of completion can be obtained by requesting a certificate from the instructor.

The deadline to register is 5:00 p.m. on the Monday before the class date unless otherwise noted.

The training classes are offered ***both in person in the Monroe Building in Richmond and via a webinar format*** (except for the OSHA 10-hour and 30-hour courses, which must be attended in person). Register for the classroom session of the course. You will receive an email a few days before the class date with the webinar link, along with an email with slides and handouts. At that time, please reply to confirm if you will be attending in person or via webinar. To participate in the webinar, you will need a computer with a high-speed internet connection and a telephone.

If you are coordinating or participating in a webinar as part of a group, each attendee must register for the webinar section of the course to receive credit for attending the class.

FALL PROTECTION-DON'T LET WORKING AT HEIGHTS GET YOU DOWN

Falls continue to be a leading cause of employee injuries for the Commonwealth. A significant category of these claims involves falls from ladders, platforms, and scaffolds. This class will cover the requirements of the OSHA/VOSH Fall Protection Standard, including employer responsibilities, fall protection for employees working at heights on ladders, scaffolds, manlifts, and roofs, inspection procedures, and training requirements.

May 9, 2023 – 1:00 pm – 4:00 pm Richmond

[Register](#) for the course.

FUNDAMENTAL ELECTRICAL SAFETY: DON'T BE SHOCKED!

Are your employees protected from electrical injury? This course covers common electrical hazards and their effects on the human body. Class discussion will include risks associated with office equipment and a variety of other work environments including facilities management, buildings and grounds, and warehousing. Participants will learn to recognize electrical hazards and avoid associated injuries and will take away a variety of resources including an electrical hazard checklist and a sample lockout/tagout program developed by the Virginia Department of Labor and Industry.

June 6, 2023 – 9:00 am – 12:00 pm Richmond

[Register](#) for the course.



NEAR MISSES, CAN WE PREDICT THE FUTURE?

This course defines what a near miss is and what is a near miss program. It will demonstrate how an effective Near Miss program can prevent catastrophic incidents, taking your safety program from reactive to proactive. In addition, you will learn how an effective near-miss program can lower your incident rate and boost worker morale by making your workplace safer.

June 6, 2023 – 1:00 pm – 4:00 pm Richmond

[Register](#) for the course.

GENERAL STORAGE SAFETY

Improper storage of materials and chemicals can lead to injuries to staff members as well as property damage. This course will identify common storage problems and demonstrate the proper way to store materials and chemicals. This course is based on relevant standard information found in the 29 CFR 1910 General Industry Standards.

June 13, 2023 – 1:00 pm – 4:00 pm Richmond

[Register](#) for the course.

BLOODBORNE PATHOGENS: UNDERSTANDING AND PREVENTING EXPOSURES IN THE WORKPLACE

Do you have employees that are routinely or occasionally exposed to bloodborne pathogens (BBP) or other potentially infectious materials (OPIM)? This class is designed to help employers identify the risks associated with these exposures, how to prevent them, and how to properly dispose of items contaminated with BBPs or OPIMs. Attendees will leave with an overview of BBPs, first aid, tips for addressing contractors and visitors, the key components of an effective exposure control plan, and available resources to assist with creating a comprehensive exposure control plan.

July 11, 2023 – 1:00 pm – 4:00 pm Richmond

[Register](#) for the course.

BUSINESS BEST PRACTICES: EMERGENCY PLANNING MANAGEMENT

Is your agency prepared for the unthinkable? Does your staff know what to do in the event of fire, power outage, earthquake, or hazardous material leak? This class will review 'Best Practices' related to emergency planning as you evaluate or develop your emergency plans. Have you considered how you would do your job if a fire or other disaster prevented you from accessing your office? This class will also walk you through the steps of developing a business continuation plan.

July 18, 2023 – 9:00 am – 12:00 pm Richmond

[Register](#) for the course.

BURNS, FRACTURES, AND LACERATIONS - "OUCH!"

Burns, fractures, and lacerations, are some of the most common injuries the average worker experiences. These injuries occur in a multitude of work situations and Commonwealth of Virginia employees are no different in this respect. This training course will address ten case studies where a worker has experienced one or more of these injuries. We will cover the work activity at the time of injury, the mechanism of injury, the different possible outcomes of the individual cases, and how the injury could have been prevented.

[Register](#) for the course.

July 18, 2023 – 1:00 pm – 4:00 pm Richmond

OSHA 10 AND 30 GENERAL INDUSTRY COURSE

We understand that it is difficult to get away from work for 4 full days of training. That is why we are offering a Combination course. The people that can attend all 4 days will be able to complete an OSHA 30 Hour course. If you are unable to get away for all 4 days you can

complete the first day and the morning session of the second day you will be able to obtain the OSHA 10 Certification. Please see below for a course description for each program.

OSHA 10-Hour - This 1 1/2-day course provides a short version of the national curriculum developed by the OSHA training institute. Topics vary, depending on the needs of the attendees, but will include OSHA compliance and recordkeeping, personal protective equipment, hazcom, and emergency preparedness. (Note: Must attend the first day and the morning of the second session to complete the 10 hours required.)

July 24, 2023, 8:00 am – 4:30 pm & July 25, 2023, 8:00 am – 12:00 pm

Twin Lakes State Park, Green Bay Va.

[Register](#) for the course.

OSHA 30-Hour – This course is based on a national curriculum developed by the U.S. Department of Labor – OSHA, and specially adapted for the needs of employees of the Commonwealth. Emphasis will be placed on learning how to interpret, understand, and implement OSHA requirements at the agency level. Topics range from a discussion of how the Virginia OSHA Program (VOSH) regulates state agencies to technical topics of interest in a variety of work situations. This will complete the rest of the schedule for the week. (Note: Must attend all 4 days.)

July 24, 25, 26 & 27, 2023 – 8:00 a.m. – 4:30 p.m.

Twin Lakes State Park, Green Bay Va.

[Register](#) for the course.