

# FREE TRAINING

The Maine Department of Labor offers safety and health and labor law classes—at no charge.

## JULY 2024 CLASSES

(all in Augusta unless indicated otherwise)

### Safety and the Supervisor

July 16

The success of any safety program is dependent on your front-line supervisors. Do they have the technical and interpersonal skills it takes to move your safety program in a positive direction? This training discusses the interpersonal skills all supervisors should develop to create a positive safety culture. In addition, the course will outline the key tasks supervisors should be performing on a daily basis to identify hazards and keep their employees safe.

### Video Display Terminal Train-the-Trainer

July 17

Maine's Video Display Terminal (VDT) law requires employers to train VDT operators how to work safely at the computer. This class prepares trainers, supervisors, and safety-team members to recognize and eliminate the hazards to which VDT operators are exposed.

### Silica Awareness

July 23

Exposure to silica is common and dangerous so OSHA has strengthened the rules. Learn about the health hazards of silica, the OSHA regulations, and how to protect workers from overexposure.

### Impairment Detection Training for Employers

July 25

This one-day training session is designed to help owners, managers, and supervisors recognize and respond appropriately to employee impairment in the workplace to reduce worker accidents and injuries. Participants will be taught procedures to detect impairment regardless of the substance or cause. This class is designed to fulfill the federal DOT requirements for reasonable suspicion training of supervisors. In addition, participants will learn how to develop and implement policies that address impairment in the workplace and are in compliance with Maine's Substance Use Testing Law.

### OSHA Recordkeeping

Presque Isle

July 25

This class provides thorough and comprehensive six-hour training for both new and experienced safety and human resources personnel. You will learn the OSHA rule (29 CFR 1904) regarding recording and reporting work-related injuries and illnesses as it applies to your organization, including COVID-19 recordability guidance. This class includes several hands-on activities on how to correctly fill out the required injury reporting forms. An additional 30 to 45 minutes will be available for businesses providing healthcare services or healthcare support services who are required by 1910.502(q) to keep a supplemental Covid-19 illness log.

## Ladder Safety

Ladders are a major source of injuries and fatalities in the workplace. However, falls can be reduced if people use caution when climbing ladders or when working in places where falls are a potential hazard. This half-day course will demonstrate how falls from ladders can be prevented through education which includes planning for their use, ladder inspection, and using basic ladder safeguards.

July 26

## Forklift Operator Safety

This full-day class is designed for new operators. The instruction will involve classroom and hands-on training. Training will include performing a forklift inspection and using a forklift simulator. This training does not meet the requirements to qualify the participants to be a "qualified operator." Only the employer can provide such certification.

July 29

Call 207-623-7900 to enroll • TTY users call Maine Relay 711  
Maine Department of Labor, Bureau of Labor Standards  
45 State House Station, Augusta, ME 04333-0045



Visit our website at [safetyworksmaine.gov](https://safetyworksmaine.gov) for a complete list of classes.

The Maine Department of Labor provides equal opportunity in employment and programs.  
Auxiliary aids and services are available to individuals with disabilities upon request.

SafetyWorks! is also a host site for the Region 1 OSHA Training Institute Education Center. The next class will be:

**July 8-11, 2024** 3095 Electrical Standards

To register go to <https://oshaedne.com/osha-3095/> or call 800-449-6742.

**Please note, this class has a registration fee to attend.**