



Environmental Safety Training Professionals Course Catalog 2013

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ESTP — Your Training Provider!

“We are registered with the State of California. Registration means we have met certain minimum standards imposed by the state for registered schools on the basis of our written application to the state. Registration does not mean we have met all of the more extensive standards required by the state for schools that are approved to operate or licensed or that the state has verified the information we submitted with our registration form.” Please contact our staff at 916-638-5550 or 8000-968-0590 if you have any questions about any of our courses or wish to schedule a class.

Accreditation

Environmental Safety Training Professionals is fully accredited by the California Department of Occupational Safety and Health (DOSH) in accordance with Title 8 CCR § 341.16 and the US Environmental Protection Agency Model Accreditation Plan (40 CFR, Part 763, Subpart E, Appendix C). Our approvals include teaching the Worker and Worker Refresher courses in Spanish.

The United States EPA and California DOSH have approved our instructors (in all disciplines) for our asbestos training program, as defined in the revised Model Accreditation Plan, as published in the *Federal Register* on February 3, 1994 [40 CFR, Part 763].

Environmental Safety Training Professionals is approved by the California Department of Health Services (DHS), Childhood Lead Poisoning Prevention Branch, Training Provider Accreditation Unit, to offer training in *Lead Related Construction Work (in English and Spanish)*, *Lead-Related Construction Supervision / Project Monitor* & *Lead-Related Construction Continuing Education* for Workers and Lead-Related Construction Continuing Education General.

The California Department of Health Services has specifically approved our instructors who teach the approved lead courses.



In accordance with the provisions of California Education Code § 94831, the Council for Private Postsecondary and Vocational Education acknowledges that Environmental Safety Training Professionals has satisfied the registration requirements necessary to offer short-term seminar training and continuing education.

What We Do

We provide quality training throughout California and neighboring States. This enables our clients to remain in compliance with federal and state laws governing environmental and occupational exposure to asbestos, lead, mold and a variety of other topics. Our courses satisfy legal training requirements. We are accredited to provide courses by the proper government agencies. Our goal is to provide our clients with the necessary tools and information required to conduct their business and carry out their work assignments while ensuring minimal risk/exposure to occupational hazards, primarily asbestos, lead and bioaerosols (mold).

We have enhanced our facilities, revised our course material and recruited excellent trainers to satisfy our commitment to provide cost-effective training without compromising quality. We believe these changes provide a positive learning environment, enhance the retention and comprehension of our students.

What's New with LEAD

Lead Activities when Remodeling, Repairing and Painting

Our courses meet the training requirements for renovation and remodeling activities that as of June 1, 1999 must comply with the rules and regulations published by the U.S. Environmental Protection Agency. (Reference: 40 CFR Parts 745.82 and 745.103)

Lead Requirements

Cal/OSHA revised its Lead Construction Standard effective November 1998. The revised Standard requires employers to *“ensure that all employees and supervisors who are engaged in lead related construction activities...and have been shown to be exposed to lead at or above the permissible exposure limit”* receive the training from a California Department of Public Health accredited training provider and be certified by CDPH. Lead-related construction work is defined as any alteration, painting, demolition, salvage, renovation, repair or maintenance of any residential or public building, including preparation and cleanup, that by using or disturbing lead-containing material or soil, may result in significant exposure of adults or children to lead. This requirement virtually mandates that employees who may be occupationally exposed to lead on a construction site be trained under CDPH requirements. Certification is currently mandatory for work in California public schools and for some government-funded work in California, as well as for workers and supervisors whenever the PEL is or may be exceeded. It is anticipated that these requirements will soon be extended to other work in California. Effective July 1, 1994,



training providers must be accredited by CDPH to offer training courses required to perform lead related construction work. Environmental Safety Training Professionals is accredited by CDPH to provide training for Lead-Related Construction Worker, Supervisor/Project Monitor and sampling technicians. If you have any questions in regard to these courses and who needs them, please contact our staff at 916-638-5550 or 800-968-0590.

OSHA Asbestos Standard for Construction

In October 1, 1995, OSHA regulations became effective which in effect mandated AHERA training for all asbestos supervisors and project workers other than certain limited exclusions for maintenance and custodial work. The maintenance and custodial work can be performed with 16-hour training or 2-hour awareness training depending on the extent of work and the intention surrounding the work. If you are unsure as to what training is required, please contact our staff at 800-968-0590 for additional information. The new standard also includes new responsibilities for building owners and general contractors. Building owners are required to presume asbestos is present in certain materials if installed before 1981 unless a survey proves otherwise and are held to specific requirements in regard to notification of others. General contractors on a construction project that includes work covered by the Standard are required to ensure that the asbestos contractors are in compliance with the Standards.

Cal/OSHA Construction Standards for Asbestos

Cal/OSHA revised its Standard operative in October 1997. Many of the OSHA requirements, including those related to training, are included in the California Standard. Our training programs specifically address requirements related to Class I, II, III and IV work and other Maintenance and Operation activities. However, the California Standard also requires AHERA certification for all persons who perform building inspections, write management plans, monitor asbestos related work, conduct clearance visual inspections and air monitoring and perform some other tasks as stipulated by regulation. In order to obtain certification to perform these tasks, specific training is required. ESTP's AHERA-accreditation courses meet the requirements under DOSH and Cal/OSHA's regulations. ESTP is also accredited to provide the Construction Craft Worker (OSHA Class II) eight hour roofing & flooring courses.

AHERA/Revised Model Accreditation Plan

The Asbestos Hazard Emergency Response Act (AHERA) was originally passed into law by Congress in 1986. The law mandated specific training requirements for persons performing certain types of asbestos related work in schools. EPA developed a Model Accreditation Plan to provide guidance on implementing AHERA. In 1994, AHERA was revised to require accreditation for all asbestos inspections, project design, project supervisor and project work performed not only in schools, but in public and commercial buildings. (Some limited maintenance work is exempted from this requirement). EPA has developed a Revised Model Accreditation Plan to provide guidance on implementing AHERA.



Registration and Guest Information

Registration

You may register by phone, mail, fax or e-mail. You can find registration forms on our website. We ask that you register at least five days in advance of the scheduled class if possible.

Payment

Payment is expected on first day of class by either company check, cash, Visa, MasterCard, Discover or with a purchase order we can invoice you with terms at Net 30 days.

Cancellations

Despite best intentions, we realize that last minute job requirements may affect your enrollment. We ask that you provide us with two-days notice of any cancellations if possible.

Next Available Class

In the unlikely event that we are unable to enroll you in the class you request, we will notify you immediately and suggest possible alternatives.

Class Schedule

We publish and post our class schedule on our website.

If you need a particular training that is not on our schedule, please call. We create a waiting list and schedule a course when enough people sign up (generally five minimum).

Special Needs

We always strive to meet the specific training needs of our clients, regardless of our recorded schedule. Please contact our staff for assistance.

Spanish Language Classes

Spanish classes are available for asbestos and lead worker initial and refreshers at no additional cost. Call to schedule.



Class Time and Location

Our Asbestos classes are from 8:00 am – 4:00 pm; our Lead class is from 8:00 am – 5:00 pm. We train weekdays and weekends in Rancho Cordova or at your facility.

Snacks

We provide coffee and doughnuts at all of our classes. The facility does not contain a separate lunchroom; however, a microwave and refrigerator are available and students are welcome to remain in the classroom during lunch if they wish. The training facility is located near eating establishments and our staff will provide specific information on request.

Motels

There are several motels close to our school. They vary in price range. If you are in need of a motel call our staff and they will be able to assist you.

Cell Phones and Laptop Computers

Cell phones and laptops have become a problem in the classrooms. ESTP has made a ruling on this issue – There will be no texting, calling, emailing or receiving calls during class time. You will have time to do this during your break and during your lunchtime. Laptops will not be allowed in the classroom. You can do your reports, email and look on the web during your break and during your lunchtime.

Smoking

In accordance with local regulations and California state law, smoking is not allowed inside the training facility. You may go outside on breaks and lunchtime to smoke.

Group Discounts

In an ongoing effort to provide our clients with the most cost-effective training available, ESTP offers group discounts. Please contact our staff for additional information.



Course Description and Costs

Asbestos

Asbestos Worker (Initial) - \$500

Cal/ OSHA require this four day (32 hour) course for persons performing activities involving the removal of asbestos if the work is not maintenance related or involves more than one standard-sized glove-bag or waste bag. The course consists of classroom and hands-on instruction. It meets all training requirements for workers under the federal Asbestos Hazard Emergency Response Act's (AHERA) Revised Model Accreditation Plan (RMAP), which applies to work performed in schools, public and commercial buildings. Students learn how to perform a variety of asbestos abatement activities. Additionally, the course covers the history of asbestos, health effects and medical surveillance, respiratory protection, personal protective equipment, work practices, safety and federal and state regulations governing the asbestos industry.

Asbestos Worker Refresher - \$190

This one-day course meets the AHERA annual refresher training requirements for asbestos workers. The course covers topics required by Cal/OSHA including a review of regulations and description of regulatory changes, review of the basic course material from the initial training for workers and any other new information that will be of benefit to the worker. Students must bring a copy of their most recent certification before a refresher certificate can be issued.

Asbestos Contractor/Supervisor (Initial) - \$650

Cal/OSHA require this five-day (40 hour) course for anyone supervising activities involving the removal of asbestos, which is not maintenance, related or involves more than one standard-sized glove-bag or waste bag. This course is of benefit to anyone who must respond to asbestos problems, including staff of schools, hospitals, military and industry. The class consists of classroom and hands-on instruction. It meets all training requirements for contractor/supervisor under the federal Asbestos Hazard Emergency Response Act's (AHERA) Revised Model Accreditation Plan (RMAP), which applies to work performed in schools, public and commercial buildings. It also meets the training requirements for supervisors/competent persons overseeing all classes of work as defined by the State of California. Students cover topics related to the history and use of asbestos, health effects, medical surveillance, protective equipment, sampling, liability, insurance, abatement methods, safety and regulations.



Contractor/Supervisor Refresher - \$190

This one-day course meets the AHERA annual refresher training requirements for asbestos contractor/supervisors. The course covers topics required by Cal/OSHA including a detailed review of regulations and descriptions of new regulatory requirements, a review of topics from the initial course and any other current issues of importance. Students must bring a copy of their most recent certification before a refresher certificate can be issued.

Asbestos Operations & Maintenance - \$325

This two-day (16 hour) course is required, at a minimum, for all maintenance and custodial personnel who have duties, which may disturb asbestos during routine or emergency work. The course meets the training requirements for OSHA Class III work. If the person's work is not maintenance related or cannot be contained in a single standard-sized glove-bag or waste bag, AHERA accredited courses are necessary.

Asbestos Operations & Maintenance Refresher - \$120

This four-hour course meets OSHA annual refresher training requirements for asbestos maintenance workers (Class III work). Course topics include a review of regulations, initial course material and any other new information that is related to this type of work.

Asbestos Awareness - \$80—\$190

This two—eight hour class meets OSHA requirements for Class IV work. It is designed for persons who may come into contact with but do not disturb asbestos containing or presumed asbestos containing materials. It is required by OSHA for any worker who performs custodial or maintenance activities under the above conditions, but is also of value for realtors, building owners and property managers regarding notification and disclosure requirements of asbestos-containing materials in buildings.

Asbestos Building Inspector - \$500

This three-day (24 hour) course is required by Cal/OSHA in order to collect bulk samples to determine asbestos content or to conduct building inspections for the presence or location of asbestos containing materials. This course is also required if the person's duties require the assessment of the condition of the material. EPA regulations require that buildings be inspected for asbestos before demolition or renovation activities. OSHA requires building owners to presume all materials such as acoustical sprays, fireproofing, pipe insulation, resilient flooring materials and other materials as containing asbestos if they were installed before 1981. Only an AHERA accredited inspector can sample and inspect such material. This course provides an overview of asbestos containing materials in buildings and the methods to find, categorize and assess their condition and potential for disturbance. Detailed discussion of state and federal regulations occurs, as well as coverage of the health effects of asbestos exposure, legal liability, insurance issues, all aspects of



inspection, sampling and categorizing the material, record keeping and personal protective equipment. A field exercise is conducted on one of the days.

Management Planner - \$325

This two-day (16 hour) course meets AHERA requirements for Management Planners. This course is required for all persons who write management plans for schools. Regulations are covered in detail, as well as EPA hazard assessment protocols, selection of response actions, development of an operations and maintenance program (O&M) and air sampling issues. Students will learn how to develop and use a management and O&M plan. (Students must have successfully completed the Building Inspector course in order to take this course.)

Project Designer Refresher - \$190

This one-day course meets AHERA refresher training requirements for Asbestos Project Designers. A review of the basic course material and regulations, as well as a discussion of any new regulations is covered. Students must bring a copy of their most recent certification before a new certificate can be issued.

Building Inspector/Management Planner Refresher - \$190*

This one-day course meets AHERA refresher training requirements for Building Inspectors and Management Planners. For those who only need a Building Inspector refresher, it is only necessary to attend the morning session. Students must bring a copy of their most recent certification before a new certificate can be issued.

**\$120 for the Asbestos Building Inspector Refresher or Management Planner Refreshers alone.*

Construction Craft Worker (OSHA Class II - Roofing) - \$190

This eight-hour course qualifies the individual to perform Class II asbestos abatement work in the roofing industry. Topics covered include identification of asbestos, health aspects, respiratory protection, EPA NESHAP regulation and roofing construction specific techniques.

Construction Craft Worker (OSHA Class II - Flooring) - \$190

This eight-hour course qualifies the individual to perform Class II asbestos abatement work in the flooring industry. Topics covered include identification of asbestos, health aspects, respiratory protection and flooring removal and renovations techniques.



Asbestos Cement Pipe—\$120

This four-hour course qualifies the individual to perform repairs on asbestos containing cement pipe. Students use a snap cutter to perform the work. This course is now mandatory for water districts involved in repairing and replacing AC pipe.

Lead

Lead Awareness - \$80—\$190

This two—eight hour course provides an overall perspective of the lead problem, why it is a health concern, who is at risk, the regulatory and legal changes occurring in California. It is of benefit for realtors, property managers and others who may not actually perform construction work that brings them into contact with lead, but who need a general overview of the current problem and laws in regard to the issue.

Lead-Related Construction - Worker - \$510

These three and four-day (24 or 32 hr.) courses meet California Department of Public Health (CDPH) requirements for Lead-Related Construction Worker training. Students learn how lead abatement is performed and how to handle lead containing materials. Topics covered include the history of lead and its uses, health effects, protective equipment, regulations overview and methods for controlling lead hazards. Students receive hands-on training that will provide them with the skills to conduct their work activities safely and in accordance with applicable laws.

Lead-Related Construction Supervisor/Project Monitor - \$735

This five-day (40-hour) course meets the Department of Public Health (CDPH) requirements for Lead-Related Construction Supervisor/Project Monitor training. Students learn lead abatement practices and how to select the proper abatement action for different conditions. Topics include background information on lead, its health effects, protective equipment, regulation overview and detailed methods for controlling lead. This course also covers liability and insurance issues, contract specifications and record keeping requirements. Extensive hands-on training also occurs.

Lead-Related Construction Continuing Education Worker/ Supervisor and Continuing Education General - \$190

These one-day courses meet the Department of Public Health (CDPH) training requirements for Lead-Related Construction Continuing Education for Worker (in English or Spanish) and Supervisors. Course topics include an overview of key safety practices, hands-on training, updates on regulations and new techniques in abatement strategies. The General Continuing Education is for Supervisors, Project Monitors,



Inspectors/Assessors, Designers, and CIHs.

Lead Sampling Technician—\$220

This one-day course provides Sampling Techs with the information they will need to do their work under the supervision of a Lead Inspector Assessor. They learn how to use the XRF machine, collect dust wipe, paint chip and soil samples.

Other Health and Safety Courses

EPA Lead Safety for Renovation, Repair and Painting (RRP) - \$220 Available in Spanish

This 8 hour EPA mandated class, required in addition to the CA DPH worker and supervisor certification, qualifies individuals performing renovations in target (pre-1978) housing and child occupied facilities (schools, day care centers, etc.). The course focuses on following the safe work practice requirements, health aspects, regulations, containment, cleaning, and recordkeeping. (ref: 40CFR 745.90 (a) (1) and 40 CFR Subpart L)

EPA Lead Safety for Renovation, Repair and Painting Refresher (RRP) - \$150

This 4 hour class explains how to comply with EPA's Renovation, Repair and Painting Rule. Subjects covered include regulations, lead safe work practices, cleaning and recordkeeping. After passing the exam students receive a RRP Certificate. Individuals who have successfully completed an accredited Lead Abatement Worker or Supervisor course or individuals who have successfully completed an EPA, HUD or EPA/HUD model renovation training course may take a refresher renovator training course in lieu of the initial renovator training course to become a certified renovator.

OSHA 10 - \$275 Available in Spanish

This 10 hour, two day class is for the Construction Industry and will provide construction workers general awareness on recognizing and preventing hazards on a construction site. The course emphasizes hazard identification, avoidance, control and prevention as well as job specific hazards. It covers the introduction to OSHA and the OSHA Focus Four Hazards, personal protective and lifesaving equipment.

OSHA 30 - \$600 Available in Spanish

The OSHA 30 hour Construction Industry training course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen and field supervisors; the program provides complete information on OSHA compliance issues.



Hazwoper (Initial) \$650 – Available in Spanish

This is a 40 hour course. This is in accordance with Title 8 Section 5192(e) of the General Industry Safety Orders. General site workers such as equipment operators, general laborers and supervisory personnel engaged in hazardous substance removal or other activities which expose or potentially expose workers to hazardous substances and health hazards. Training also applies to General Waste Site Cleanup Operations, Operations at hazardous waste Treatment, Storage, Disposal Facilities and Emergency Response Operations.

Hazwoper (Refresher) \$190 – Available in Spanish

This is an 8 hour course. This meets the training requirements for refresher training under 29 CFR 1910.120 and 8 CCR 5192 for HAZWOPER trained individuals. Students identify hazards, characterize incidents and solve problems in group settings.

Permit Required Confined Space \$325

This is a 16 hour course. It's designed to enable students to recognize, prevent any safety and health hazards associated with confined space entry. Technical topics include the recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards and ventilation techniques.

Fall Protection \$170 – Available in Spanish

This is a 5 hour course. It will identify, evaluate and prevent or control fall hazards at construction sites. The course focuses on falls to a lower level not falls to the same level resulting from slips and falls. The target audience is the small construction employer, business owner and managers who would like to obtain information about fall hazards found in the workplace. The training is suitable for employees.

Scaffolding \$170 – Available in Spanish

This is a 5 hour course. Students will learn basic craft and industrial safety, OSHA safety regulations and guidelines in the scaffolding industry, proper use of tools and equipment used with stationary scaffolds, mobile scaffolds and suspension scaffolds. Students will also learn the procedures for erection and operation of these scaffolds.

Respirator Training \$80 – Available in Spanish

This is a 2 hour course. For those who may need to wear respirators in the workplace. This is an interactive Respiratory Protection course. We will teach you how to do it safely and knowledgeably, get completely comfortable with your respirator and all its parts, clean and store your respirator correctly.



Qualitative Fit Testing \$30

This is an OSHA annual requirement according to Title 8. Before you are fit tested with a respirator you have to have a medical evaluation, be clean shaven and have the respirator that has been assigned to you.

Air Monitoring Class- \$135.00

This four hour class provides the attendee with an understanding of the principals used to measure lead or asbestos in air. After completion of this course attendees will be able to conduct air monitoring required by OSHA for Lead or Asbestos work sites. The following topics are covered. Why Air Monitoring is conducted, Collection Equipment capabilities, Collection methods, Calibration, Chain of Custody, Laboratory Methods, Analytical sensitivity, Posting Requirements, Legal Requirements for Air Monitoring.

Federal Manifest Awareness \$120

This is a 4 hours course. All persons who sign a manifest have to be knowledgeable of the information provided on a manifest. We will cover generator information, ID number verification, transporter, disposal information and shipping description information.

Fork Lift Training Initial \$190 (plus rental of equipment if applicable) Available in Spanish

This is an 8 hour course. This course is for anyone who has no experience in operating a fork lift. This course will cover all the OSHA requirements for safety, operating, maintenance and recordkeeping. You will receive a fork lift operator's certification upon completion.

Advanced Fork Lift \$120 Available in Spanish

This is a 4 hour course. Individuals with fork lift experience will be able to take this class. This course will cover fundamental on safety and operating procedures.

Mobil Equipment Training

This course will cover all the OSHA requirements for safety, operating, maintenance and recordkeeping. You will receive an operator's certification upon completion.

Scissor Lift – 8 hours \$190 (plus rental of equipment if applicable)

Elevated Platforms – 16 hours \$325 (plus rental of equipment if applicable)

Skid Steer – 24 hours \$435 (plus rental of equipment if applicable)

Advanced Skid Steer – 8 hours \$190 (plus rental of equipment if applicable)

Telehandler – 16 hours \$325 (plus rental of equipment if applicable)



Traffic Control \$190

This is an 8 hour course. Temporary Traffic Control on highway work zones, this teaches workers to setup traffic zones and adapt and implement Traffic Control Plans.

Traffic Control \$190

This is an 8 hour course. Temporary Traffic Control on highway work zones, this teaches workers to setup traffic zones and adapt and implement Traffic Control Plans.

Flagging \$150

This is a 4 hour course. Basic instruction on traffic control, use of signaling devices effectively, positioning warning signs, tapers and flagging stations safely.

Asbestos Awareness and Automotive Brake and Clutch Operations \$120

This is a 4 hour course. This course will cover the EPA recommended work practices, PPE, safe methods of working around asbestos as an automotive mechanic and work practices.

Asbestos Awareness and Automotive Brake and Clutch Operations Refresher \$80

This is a 2 hour course. A quick overview on work practices, PPE and new equipment that is available.

Torch Cutting \$190

This is an 8 hour course. This class will teach fundamentals on safely identifying compressed gases by labels, safely transport, handle and store gas cylinders, safe use of gauges and regulators.

Do you have other training needs? ESTP can provide training in other health and safety areas. We can design classes to meet your specific training and scheduling needs. Courses could be one hour to several days in length. Examples include, but are not limited to, Hazwoper Initial and Refresher, Basic Safety, Confined Space Operations, Electrical Safety, Fire Safety, Hazard Communication, Blood borne Pathogens, Power Tool Safety, Vision Protection, etc. Please call for further details.



Meet Our Training Staff

Ramon Parra Mr. Parra has over 20 years of field experience that he transference into the classroom. He teaches asbestos, lead, Hazwoper, mobile equipment and other environmental classes. He has been teaching for ESTP since 2005. Mr. Parra is fluent in English and Spanish.

Hermes Parra Mr. Parra began his experience in 2006 working as a laborer for a large abatement firm in the Bay Area. In 2008, Hermes switched from the abatement side to the consulting side and began working as a field technician for an environmental consulting firm. Hermes brings a diverse point of view to his classes. With seven years in the abatement and environmental consulting industry, Mr. Parra has been a valuable addition to ESTP. He has been teaching with ESTP since 2011. Mr. Parra is fluent in English and Spanish.

Mike Lee, CAC, IA, REPA Mr. Lee has been in the industry for 13 years. He is a Certified Asbestos Consultant and Inspector Assessor in Lead. As a consultant he brings real life experience to the classroom. He has been teaching for us for four years.

Dan Napier, MS, CIH, CSP, CAC, REA Mr. Napier founded DNA Industrial Hygiene in 1984. He has taught courses, conducted surveys, provided consulting and management services for public and private entities throughout California and neighboring states. Mr. Napier started teaching for ESTP in 2001. Mr Napier is fluent in English and Spanish.

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