



# Specialist in Safety and Health (SSH)

This is a fundamental certification program requiring four (4) OSHA courses. This certificate requires no experience in safety and health in order to complete. Completion of the four courses will provide you with practical hands-on experience to help you make an immediate impact at your company. You will become aware of laws and regulations that affect your industry and learn how to communicate safety and health issues to management, helping to reduce workplace injuries and illnesses.

These courses will help you to take what you have learned in class and implement an effective safety program at your workplace.

## Who Should Take the Courses?

- Individuals in industry who have an interest in preventing workplace injuries and illnesses.
- Individuals just starting out in the safety field or who have an interest in finding a position in safety.
- Safety and Environmental Health professionals, Risk Managers, Human Resource managers, Facility managers, company owners, executives, safety committee members, and supervisors.
- Federal, state and municipality staff with safety and health responsibilities.

*\* A minimum of three (3) certificates for the SSH must have been completed at a Region VII OSHA Training Institute Education Center (OTIEC).*

*\* There is a certificate cost and there is no time limit in which the courses must be completed.*

## General Industry Certificate

### Required

OSHA 511 Standards for General Industry

### Electives (pick 3)

OSHA 521 OSHA Guide to Industrial Hygiene  
OSHA 2015 Hazardous Materials  
OSHA 2225 Respiratory Protection  
OSHA 2255 Principles of Ergonomics  
OSHA 2264 Permit-Required Confined Space  
OSHA 3095 Electrical Standards  
OSHA 3115 Fall Protection  
OSHA 501 Trainer for General Industry  
OSHA 510 Standards for the Construction Industry  
OSHA 2045 Machinery and Machine Guarding Standards

## Construction Industry Certificate

### Required

OSHA 510 Standards for the Construction Industry

### Electives (pick 3)

OSHA 521 OSHA Guide to Industrial Hygiene  
OSHA 2015 Hazardous Materials  
OSHA 2225 Respiratory Protection  
OSHA 2264 Permit-Required Confined Space  
OSHA 3095 Electrical Standards  
OSHA 3015 Excavation, Trenching and Soil Mechanics  
OSHA 3115 Fall Protection  
OSHA 500 Trainer for Construction Industry  
OSHA 511 Standards for General Industry

## Healthcare Industry Certificate (See Reverse)



# Specialist in Safety and Health (SSH)

## Healthcare Industry Certificate

### Required

OSHA 521 OSHA Guide to Industrial Hygiene

### Electives (pick 3)

OSHA 511 Standards for General Industry

OSHA 2225 Respiratory Protection

OSHA 2255 Principles of Ergonomics

Healthcare Focus Four (counts towards one class)

OSHA 7000 Training Guidelines for Safe Patient Handling

OSHA 7200 Bloodborne Pathogens Exposure Control for Healthcare Facilities

OSHA 7205 Health Hazards Awareness

OSHA 7845 Recordkeeping Rules