



Mid-State Safety Training Courses

Mid-State Safety offers 65 courses to fit your workplace and compliance needs. Below is a sampling of classes with individual rates. Call us for reduced group rates for up to 20 participants at your preferred schedule. We also offer a free Mock OSHA Inspection if you host any Mid-State programs at your facility.

Call 434-546-3012 or email fgoodwin@midstatesafety.com today to discuss training needs, topic selection, custom, group pricing and scheduling.

www.themidstategroup.com

OSHA 10-HOUR GENERAL INDUSTRY

\$179/person for the OSHA 10 General Industry class. All participants receive an OSHA 10-hour General Industry card and a certificate from Mid-State Safety with 1.0 CEUs and a comprehensive 10-hour OSHA manual compiled and edited by Frank D. Goodwin.

OSHA 30-HOUR GENERAL INDUSTRY

\$549.00 per person for the OSHA 30 General Industry class. All participants receive the OSHA 30-hour card, a 30-hour certificate with 3 CEUs from Mid-State Safety, a 10-hour OSHA manual and a flash drive with class materials compiled and edited by Frank D. Goodwin.

OSHA 10-HOUR CONSTRUCTION

\$179/person for OSHA 10 Construction class. All participants receive an OSHA 10-hour Construction card, a certificate from Mid-State Safety with 1.0 CEUs, and a comprehensive 10-hour OSHA manual compiled and edited by Frank D. Goodwin

OSHA 30-HOUR CONSTRUCTION

\$549.00 per person for the OSHA 30 Construction class. All participants receive the OSHA 30-hour card, a 30-hour certificate with 3 CEUs from Mid-State Safety, a comprehensive 10-hour OSHA manual and a flash drive with class materials compiled and edited by Frank D. Goodwin.

CPR/AED/FIRST-AID

\$75/per person for CPR/AED and First Aid classes. \$650 minimum for an in-house class with up to 10 participants. All participants receive the National Safety Council CPR/AED workbook, the NSC First-Aid manual, and the NSC pro-vider card; or the AHA CPR/AED workbook, provider card, a certificate from Mid-State Safety with 0.4 CEUs, and a pocket CPR mask.



If your company or organization will add one hour of time allotment to the CPR/AED First Aid class, Mid-State will at no charge offer Homeland Security's "Stop the Bleed" program and certificate. This is excellent for any first or intermediate responders.



NFPA 70E ARC FLASH/ELECTRICAL SAFETY

\$289/per person for the 8-hour NFPA®70E class, including 2021 standards updates. All participants receive the NFPA®70E card with

0.8 CEUs, and a comprehensive NFPA®70E Electrical Safety handbook. The class emphasizes electrical workplace safety, principles of electricity, Arc Flash and NFPA®70E 2021 standards as they relate to Lockout Tagout, Personal Protective Equipment, FR-rated clothing, and insulated tools. This class includes a section on first aid for the injured. What should you do until the paramedics arrive to help the victim?

LOCKOUT/TAGOUT CONTROLLING HAZARDOUS ENERGY

\$99/per person for this 4 hour class on (Lockout/Tagout) controlling hazardous energy in the workplace. Minimum 12 participants. All participants receive a certificate from Mid-State Safety with 0.4 CEUs, and a comprehensive Basic Electrical Safety manual compiled by Frank D. Goodwin.



SCAFFOLDING or FALL PROTECTION SAFETY

\$459/ per person for the 2-day class. All participants receive a certificate from Mid-State Safety with 1.5 CEUs and a comprehensive Fall Protection/Scaffolding manual compiled and edited by Frank D. Goodwin. The class emphasizes how to erect, access, and inspect scaffolding.

INDUSTRIAL HYGIENE SYMPOSIUM

\$459/per person for the 2-day Industrial Hygiene Symposium. All participants receive a certificate from Mid-State Safety with 1.5 CEUs, a comprehensive manual and handouts from expert speakers.

The class teaches how to identify health and safety problems in the workplace, including chemical, biological, physical, ergonomic, asbestos HAZMAT, workplace security and violence, drug issues, hearing conservation, and workplace ergonomics. The curriculum includes gender, sexual, and racial harassment along with fire safety and evacuation.

CONFINED SPACE SYMPOSIUM

\$349/per person for the one-day Confined Space class. All participants receive a certificate from Mid-State Safety with 1.0 CEUs and a comprehensive manual compiled and edited by Frank D. Goodwin.

The class will help participants identify and label confined spaces, with training in the techniques for entering confined spaces safely, personal protective equipment, proper permits and reporting. Participants will learn about the most common, harmful toxic substances they may encounter.

IDENTIFY and ADDRESS HAZARDOUS WORKPLACE ISSUES

Workplace Violence, Fire, Severe Weather, Floods, Pandemic Infections or anything the environment throws at your company.

Mid-State Safety employees will address your situation(s), and prepare a way for your employees to approach and deal with them.

An interactive class will be used to teach your company's assigned employees how to best deal with the issue in your company. Or you may go to . . .

www.themidstategroup.com

. . . . OSHA Authorized Instructors

Frank D. Goodwin Joni L. Organ