



Avoiding Hazards at Work

6-Hour Professional Growth Hour Training Course Outline for

- ✓ **NC Drinking Water Operators – Course ID No. 230161**
- ✓ **NC Wastewater Operators – Course No. CE08142301**
- ✓ **NC Animal Waste Operators - Course No. AB02072401**

Topics Include:

- Hazard Recognition
- Machine Guarding
- Ladder Safety
- Slips, Trips, and Falls
- Ergonomics
- Materials Handling

Course Agenda

Time	Duration (hours)	Topic
8:00am – 8:30am		Registration/Introduction
8:30am – 9:30am	1.0	Hazard Recognition
9:30am – 9:45am		BREAK
9:45am – 10:45am	1.0	Machine Guarding
10:45am – 11:00am		BREAK
11:00am – 12:00am	1.0	Ladder Safety
12:00am – 12:30pm		LUNCH
12:30pm – 1:30pm	1.0	Slips, Trips, and Falls
1:30pm – 1:45pm		BREAK
1:45pm – 2:45pm	1.0	Ergonomics
2:45pm – 3:00pm		BREAK
3:00pm – 4:00pm	1.0	Materials Handling
4:00pm - 4:15pm		Questions, review, and wrap up
Total	6.0	