

**COMPLETED**

LOS RIOS COMMUNITY COLLEGE DISTRICT  
1919 Spanos Court • Sacramento, CA 95825-3981

P.O. No. F4094

Date \_\_\_\_\_

**LIMITED PURCHASE ORDER**  
(Not to Exceed \$1000.00)

REIMBURSEMENT

<b>VENDOR NAME AND ADDRESS:</b>	DELIVERY INSTRUCTIONS: <input type="checkbox"/> Deliver to Address Below (Check one) <input type="checkbox"/> Will Call  FLC-FACILITY
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ITEM	DESCRIPTION <small>GIVE COMPLETE DESCRIPTION, INCLUDING CAT. NO. &amp; SIZES</small>	ORDERED			UNIT PRICE	TOTAL
		QUANTITY	UNIT	STOCK NO.		
1						
2						
3						
4	<b>PAID</b>					
5	<b>CHECK #: 0094824677</b>					
6						
7	<b>DATE: 3/3/22</b>					
8	<b>AMOUNT: 0094824677</b>					
9						
10	<b>VOUCHER#: F4094</b>					

**Purchases Charged to Categorical Programs, Grants or Special Projects**  
This purchased is in compliance with the requirements of:

Program Name \_\_\_\_\_  
For grants/special projects 485Y  
Project/Grant Number

Program Director/Coord. Signature \_\_\_\_\_

Program Goal/Objective Number/Explanation \_\_\_\_\_

<b>SUB-TOTAL</b>	
<b>SALES TAX</b>	
<b>TOTAL</b> (Not to Exceed \$1000.00)	

**VENDOR:** Reference P.O. number on all invoices and packing slips. Total invoice may not exceed \$1000.00 including tax and shipping costs. Mail invoices in duplicate to: Los Rios Community College District, Accounting Department, 1919 Spanos Court, Sacramento, CA 95825.

I hereby certify the items/services listed above shall be obtained in accordance with District Policy, Conflict of Interest Code, P-8631 Section 3.0., and all other applicable district, state, and federal policies, rules, regulations, and laws.

Received by \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/

**REQUESTED BY:** \_\_\_\_\_ **TYPED/PRINT** \_\_\_\_\_ **DATE** \_\_\_\_\_

Bus. Unit Account Fund Org

**REQUESTED BY:** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

09560 / 00000 / 2022 / 485Y \$ 765.00  
Program Sub-Class BY Proj/Grnt Amount

APPROVED: DEAN OR OTHER AUTHORIZED SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Bus. Unit Account Fund Org

APPROVED: VICE PRESIDENT, ADMINISTRATION \_\_\_\_\_ DATE \_\_\_\_\_

Program Sub-Class BY Proj/Grnt Amount



**UC San Diego Extension**  
9500 Gilman Dr., La Jolla, CA 92093  
Phone: (858) 534-3400  
Fax: (858) 534-8527  
Email: unex-reg@ucsd.edu  
Web: myextension.ucsd.edu

Frazeo, Todd Ryan  
4475 Bocana Rd.  
Cameron Park, CA 95682  
todd.frazeo@yahoo.com

Course Receipt

Fee

Process Date

Payment Method

Amount

<b>Laws And Regulations FPM-40060</b>				
Section ID: 164511 Enroll Date: 02/14/2022 Units: 3 Class Type: LIVE ONLINE Dates: 06/13/2022 - 06/16/2022	\$765.00	02/14/2022	Credit Card	\$765.00
	Total Fees: \$765.00		Balance Due:	\$0.00

Printed On: 2/15/2022

**Re-Disclosure Notice**

The enclosed information is being released to you in accordance with the provisions of the Federal Family Educational Rights and Privacy Act of 1974 (Buckley Amendment). In providing this information, it is the responsibility of the University of California, San Diego Extension to inform you that such information is being transferred on the condition that you will not permit any other party to have access to such information without the written consent of the Student, except that the information may be used by your organization's officers, employees and agents, but only for the purposes for which the Disclosure was made to you.

## UC San Diego Safety Courses

### FIRE AND LIFE SAFETY IN THE WORKPLACE

Fire and explosions in the workplace can be dangerous for employees. Not just for construction sites and industrial plants, but also office spaces, buildings and other general industry facilities. It is the responsibility of the employer to develop and implement fire and life safety programs for the protection of their workers through fire prevention measures, fire protection and fire suppression. In this course, students will learn about the employer's roles and responsibilities as well as the codes and standards of fire and life safety in the workplace, allowing them to implement industry best practices. This includes fire prevention, protection and suppression as well as general life safety.

**Fee:** \$995

### INTRODUCTION TO FIRE AND LIFE SAFETY IN THE WORKPLACE

This course is designed to provide students with the knowledge and understanding of fire and life safety requirements in the workplace including fire prevention, fire protection, and fire suppression methods. The class will familiarize students with the applicable codes, standards and regulations as well as the history leading to the fire and life safety requirements. Students will learn to apply the requirements to specific workplace situations. The class will cover systems and equipment used to provide fire & life safety in the workplace and how to maintain/inspect them.

**Fee:** \$450

### LAWS AND REGULATIONS

This course includes a basic overview of Federal OSHA standards with main emphasis on Cal/OSHA standards. Students will be coached through a jobsite inspection process from the opening conference to the closing conference. Working group sessions will study actual court cases highlighting preparation for a hearing, burden of proof, affirmative defenses and discovery. The overall objective of this course is to enable students to better prepare for workplace inspections conducted by OSHA and responding to citations issued. Topics Include: Fed OSHA and Cal/OSHA, Citation categories, Abatement, Litigation and Hearing/Settlement Conference procedures, Injury Illness Prevention and COVID-19 Prevention Plans, Personal Protective Equipment, and Respiratory Protection.

**Fee:** \$765

### SAFETY INSPECTION TECHNIQUES

Learn the most commonly used safety inspection standards, tools and techniques in this three-day course. Experience an organized approach to inspecting and auditing projects to insure OSHA compliance and injury prevention. Visit both construction and general industry sites to perform an inspection and prepare a final report.

**Fee:** \$695

### SAFETY LEADERSHIP I

A manager has employees that report to him or her, but not all managers have good leadership skills. Leadership can be defined as the ability to compel and motivate others towards the leader's goals. In safety, this translates into leaders that go beyond simply defining and implementing safety and health policies and procedures. Through lectures, presentations and real-world simulations, students will learn topics including: Alignment of values within an organization around safety, exhibiting visible leadership each day, identifying an organization's safety strengths and weaknesses and improvements, constructive intervention skills, fostering two-way dialogue between employees and leadership, setting and maintaining safety expectations. By the end of the course, safety professionals will have the skills necessary to become safety leaders.

**Fee:** \$695

### SAFETY LEADERSHIP II

Safety culture can be summed up as the approach, acceptance, attention, awareness and attitude that an organization and its employees have regarding safety in the workplace. Safety culture is a part of the larger organizational culture, and can be summed up as "the way we do things around here." When workplace illnesses, injuries and deaths occur, they can often be traced back to a breakdown in communication, and lack of understanding and adherence to the safety policies and procedures – and/or the inadequacy of the policies and procedures themselves. This course will help students identify, create and improve an organizational safety culture by focusing on areas such as: Ensuring leadership commitment at all levels, making workplace safety the top priority in all instances, organization-wide safety communication, discipline system for unsafe practices, employee empowerment to suggest improvements in safety practices and viewing safety as an investment and not a cost.

**Fee:** \$695

# PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE

[osha.ucsd.edu/PSHO](https://osha.ucsd.edu/PSHO)

The curriculum helps safety professionals achieve their career goals with its focus on safety regulations and in-demand skill sets for leadership and training. Certificate students will acquire the skills needed to help them get hired and promoted.



## TARGET AUDIENCE

The curriculum is designed for safety professionals with at least five years of experience in the field—the minimum requirement to complete the OSHA outreach trainer courses. Professionals with the desire to excel in leadership positions in safety are highly encouraged to apply.

## PROGRAM AT-A-GLANCE

- Minimum of 23 units
- Can be completed in as little as three to six months, although many students prefer to take one year or more
- Both in-class and online courses are required to complete the certificate

**Please note:** Prerequisite course units do not count towards the total minimum required units.



## REQUIRED FOR CERTIFICATE COMPLETION

One prerequisite course, one trainer course, all other remaining required courses and a minimum of three specialty courses. To be awarded a certificate in the PSHO program, a student must be a current authorized Outreach Trainer in the construction industry and/or general industry at the UC San Diego OTI Education Center.



## CERTIFICATE ELECTIVES REQUIRED

The PSHO certificate requires the completion of electives in one of the following areas: Cal/OSHA, construction, or general industry. The OSHA Training Institute Education Center / OS&H Department at UC San Diego Extension will allow up to two (2) OTIEC courses to be transferred/substituted from another authorized OTIEC into the PSHO program. If a student is intending to complete more than one specialization (track), the student may still only transfer two classes.

## COMPLETION OF CERTIFICATE BENEFITS

- OSHA 10- and 30-hour outreach trainer authorization
- The knowledge to create a safety culture in the workplace that includes leadership commitment, organization-wide safety communication, and safety training as an investment for the organization
- The knowledge, skills, and tools needed to conduct accident and incident investigations
- Leadership and communication skills, including constructive intervention, fostering a two-way dialogue, setting and maintaining expectations, and alignment of values around safety
- How to minimize the threat of illnesses by learning industrial hygiene practices and related OSHA regulations and procedures





**PROFESSIONAL SAFETY AND HEALTH OFFICER CERTIFICATE**

Course Title	Course Number	Units
<b>PREREQUISITE COURSES</b>		
Choose either OSHA 510 or OSHA 511 (not both).		
<input type="checkbox"/> OSHA 510 - Occupational Safety & Health Standards for the Construction Industry	FPM-40299	3.0
<input checked="" type="checkbox"/> OSHA 511 - Occupational Safety & Health Standards for General Industry	FPM-40366	3.0
<b>REQUIRED TRAINER COURSES</b>		
Choose either OSHA 500 or OSHA 501 (not both).		
<input type="checkbox"/> OSHA 500 - Trainer Course in Occupational Safety & Health Standards for the Construction Industry	FPM-40280	3.0
<input checked="" type="checkbox"/> OSHA 501 - Trainer Course in Occupational Safety & Health Standards for General Industry	FPM-40281	3.0
<b>OTHER REQUIRED COURSES</b>		
Students must complete all of the following courses.		
<input type="checkbox"/> OSHA 521 - OSHA Guide to Industrial Hygiene	FPM-40296	3
<input type="checkbox"/> OSHA 2255 - Principles of Ergonomics	FPM-40297	3
<input type="checkbox"/> OSHA 3095 - Electrical Standards (Low Voltage - Federal)	FPM-40300	3
<input checked="" type="checkbox"/> OSHA 7505 - Introduction to Incident (Accident) Investigation	FPM-40637	0.5
<input checked="" type="checkbox"/> Safety Leadership I	FPM-40641	2
<input checked="" type="checkbox"/> Workers' Compensation for Safety Professionals	FPM-40640	0.5
<b>SPECIALTY COURSES</b>		
Must complete one track for certificate completion. Students may complete multiple tracks. (Construction, General Industry or Cal/OSHA)		
<b>CONSTRUCTION</b> (Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 2055 - Cranes in Construction	FPM-40413	3
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 3015 - Excavation, Trenching and Soil Mechanics	FPM-40301	2.5
<input type="checkbox"/> OSHA 3085 - Principles of Scaffolding	FPM-40638	2.5
<input type="checkbox"/> OSHA 3115 - Fall Protection	FPM-40489	3

Course Title	Course Number	Units
<input type="checkbox"/> EM385-1-1 40-Hour Safety	FPM-40507	4
<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<input type="checkbox"/> Trainer Course - Fall Protection	FPM-40566	0.5
<input type="checkbox"/> Trainer Course - Rigging Safety	FPM-40349	3
<input type="checkbox"/> Trainer Course - Trenching	FPM-40308	1.5
<b>GENERAL INDUSTRY</b>		
(Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 2015 - Hazardous Materials	FPM-40302	3
<input type="checkbox"/> OSHA 2045 - Machinery and Machine Guarding Standards	FPM-40298	3
<input type="checkbox"/> OSHA 2225 - Respiratory Protection	FPM-40303	3
<input type="checkbox"/> OSHA 2264 - Permit-Required Confined Space Entry	FPM-40289	2.5
<input type="checkbox"/> OSHA 7105 - Introduction to Evacuation and Emergency Planning	FPM-40410	0.5
<input type="checkbox"/> OSHA 7115 - Lockout/Tagout	FPM-40497	0.5
<input type="checkbox"/> OSHA 7200 - Bloodborne Pathogens Exposure Control	FPM-40378	0.5
<input type="checkbox"/> Trainer Course - Confined Space	FPM-40291	1.5
<input type="checkbox"/> Trainer Course - Forklift Safety	FPM-40307	1.5
<input type="checkbox"/> Safety Leadership II	FPM-40642	2
<b>CAL/OSHA</b>		
(Must complete a minimum of 8 units)		
<input type="checkbox"/> OSHA 5109 - Cal/OSHA Standards for the Construction Industry	FPM-40511	3
<input checked="" type="checkbox"/> OSHA 5119 - Cal/OSHA Standards for General Industry	FPM-40512	3
<input type="checkbox"/> <b>Laws and Regulations</b>	<b>FPM-40060</b>	<b>3</b>
<input type="checkbox"/> Safety Leadership II	FPM-40642	2