



Certified Occupational Safety Specialist (COSS) Introduction

This 5-day / 40-hr. course takes place at:

Pacific Safety Center

9880 Via Passar, Suite F, San Diego, 92126

Dates: Feb. 25 – Mar. 1, 2019
Apr. 29 – May 3, 2019
Aug. 19 – 23, 2019
Nov. 4 – 8, 2019

Class Times: 8:00 am – 5:00 pm

TUITION: \$2299 ABC Members/Non-Members

Occupational Safety Specialist (COSS®) is a training program designed by safety professionals for the entry level person, or for the experienced safety person who needs a refresher on safety. Its main objective is to equip employees who have safety and health responsibilities; with the core competencies they must master to be successful in occupational safety and health. The COSS® Program provides students with focused and relevant content that is enforced with concentrated learning activities. Unlike other safety designations, where there is no training involved, the curriculum-based format of the COSS® Program involves hands-on, in-class, instructor-led training. Students testify to the value of the training they receive; instead of simply "testing into the designation", they feel like they worked hard to earn it.

COSS training is an intensive learning experience that teaches participants how to manage safety effectively within their organizations. Skills gained in COSS include calculating the true cost of accidents; identifying hazards and implementing correction actions; performing risk assessments for key jobs and procedures; and developing, implementing and maintaining safety plans. COSS provides safety practitioners with the tools and techniques they need to make an impact on the safety of their organization.

COSS meets the requirements outlined in ANSI Z490.1 - Criteria for Accepted Practices in Safety, Health & Environmental Training Standards.

COSS focuses on:

Cost of Accidents	System Safety
SIC Codes/NAICS Codes	Worksite Analysis
OSHA overview	Job Safety Analysis (JSA)
Using the CFR's	Risk/Accident Causation
Record Keeping	Accident Investigation
Hazard Controls & Hazard Types	Audits
Multi- Employer Doctrine	Industrial Hygiene
Focused Inspections	Behavior Based Safety
Managing Safety	Safety and Health Program Assessment
Psychology and Safety	

Upon successfully completing COSS, graduates receive:

- National COSS designation
- 40 Contact hours approved by CWEA

In summary, COSS is a curriculum-based program that consists of 40 hours of hands-on, face-to-face learning, delivered by an OSHA 500/501 Authorized Outreach Training Provider. Case studies and workshops are used extensively to bring learning objectives into focus. Guest speakers from areas such as OSHA and other governmental agencies are sometimes used to enhance the learning experience. Student presentations, daily quizzes, practical reviews and a comprehensive final exam allow students to demonstrate their competency in the class. By learning how to promote safety on a job site, COSS graduates have the knowledge to help lower fatalities, near misses and OSHA citations.

➤ **TO REGISTER:** Call or email Continuing Education:
(858) 513-4700 x206 / Direct at (858) 203-0032 / continuinged@abcsd.org

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