

# Course Schedule

<u>TIME</u>	<u>INSTRUCTOR</u>	<u>ACTIVITY</u>	<u>CLASS TIME</u>	<u>MATERIALS</u>
8:00	MSU Instructor	1. Introduction and Course Overview a. Trainers introduce themselves. b. Trainers explain emergency exit routes and locations of washrooms. c. Students introduce themselves and briefly describe their work experience and worksite. d. Trainers explain the broad objective of the course, review the day's schedule, and handout resource materials. e. Trainers "walk" students through the manual organization.	30	- Training Manual - Course Outline - Pencil - Trainers Manual - Resource materials #1 - 5
8:30	MSU Instructor	2. "20 Questions" Small Group Exercise and Report Back: "What is silica and what does it do to you?"	15	- Handout Exercise - Answer each handout question
8:45	MSU Instructor	3. "Plain Talk About A Serious Problem - Silicosis " Film	20	-Video tape - VCR
9:05	MSU Instructor	4. Health Hazards of Abrasive Blasting a. An explanation of silicosis (types and symptoms). b. An explanation about noise and metals. c. An explanation of Permissible Exposure Limit	55	- Overhead slides - REL slide series from NIOSH for respirable silica
10:00		- Break -	10	- Coffee, juice, pastries/bagels

10:15	Abrasive Salesman	5. Silica Substitutes - HANDS ON DEMO a. An explanation of different substitutes. b. Advantages over silica sand.	60	- Abrasive Samples - Literature
11:15	Abrasive Salesman	6. Cutting Airborne Silica a. An explanation of blasting rooms, blasting boxes and ventilation controls.	45	- Literature
12:00		- Lunch -	35	
12:35	PPE Salesman	8. Air Monitoring - HANDS ON DEMO a. Principles of air monitoring. b. Interpreting the results. c. Hands on demonstration (Small group - assembles and calibrates a sampling train).	55	- Air monitoring equipment Air sampling pumps Cyclones Filter cassettes Pump calibration equipment Direct Reading Instrumentation
1:30		- Stretch Break -	5	- Soda, snack items
1:35	PPE Salesman	9. Respiratory Protection and PPE - HANDS ON DEMO a. Type CE. b. Half face, full face, PAPR. c. How to select, protection factors, limitations. d. Respirator inspection, donning the respirator, respirator fit testing, cleaning and maintenance.	55	- 1 type each of the respirators discussed - Fit test kit - Respirator cleaning kit - Cartridges - Breather Box
2:30		- Break -	10	- Soda, snack items
2:40	MSU Instructor	7. Getting Organized a. An explanation about Health and Safety Committees.	15	- Overhead slides - H&S Manual section on H&S Committee

2:55	MSU Instructor	10. Safety Training a. An explanation of why we train (MIOSHA rules) and the need to train every employee. b. Review of written program requirements for hazard communication, PPE, respiratory protection, noise. c. Compressor information d. PPE review	20	- Overhead Slides - Resource Materials #6 - 8
3:15	MSU Instructor	11. Cleaning Up a. An explanation of how and why to clean. b. An explanation of PPE to be worn while cleaning.	15	- Overhead slides
3:30		- Stretch Break -	5	
3:35	MSU Instructor	12. Medical Monitoring a. Review of health effects of exposure. b. Recommended medical screening protocol. c. Explanation of the medical tests. d. Recordkeeping requirements	15	- Overhead slides - Resource Materials #9
3:50	MSU Instructor	13. Keeping Your Family Safe	10	
4:00	MSU Instructor	14. General Question and Answer Period	15	
4:15	MSU Instructor	15. Participants fill out Course Evaluation	15	- Course Evaluation form

\* Resource Materials

1. NIOSH pamphlet - Construction Workers: It's not Just Dust! ... Prevent Silicosis [DHHS (NIOSH) Publication No. 97-101]
2. NIOSH Update - NIOSH Warns of Silicosis Risks in Construction, Suggests Measures to Reduce Exposure [DHHS (NIOSH) Publication No. 96-120]
3. CDC Alert - Request For Assistance in Preventing Silicosis and Deaths From Sandblasting (August 1992) [DHHS (NIOSH) Publication No. 92-102]
4. NIOSH Update - Prevention of Silicosis Deaths (Summary of key points in the Preventing Silicosis and Deaths from Sandblasting Alert)
5. Michigan Department of Consumer and Industry Services, MIOSHA Occupational Safety and Health Standards Index and Order Form
6. NIOSH Guide to Industrial Respiratory Protection [DHHS (NIOSH) Publication No. 87-116]
7. NIOSH Guide to the Selection and Use of Particulate Respirators Certified Under 42 CFR 84 [DHHS (NIOSH) Publication No. 96-101]
8. Before You Blast Checklist
9. MIOSHA Forms -
  - 200 (Summary of Occupational Injuries and Illness)
  - 101 (Supplementary Record of Occupational Injuries and Illnesses)
  - Instructions for completing the MIOSHA 200 Form