



# August 2008 Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 27</b> Defensive Driving Maritime Security/ VSO	<b>July 28</b> First Aid DDC Incipient Fire 8 Hour SafeGulf/PEC/Rig Pass Crane 7:00 am Basic Rigging 12:00 pm <b>Water SWET 7:00 am</b> <b>Conf Space Entrant/Atten</b> <b>Sea Survival w/ METS</b>	<b>July 29</b> Crane 7:00 am Basic Rigging 12:00 pm Phase 1 Day 1 Core Day 1 STCW Firefighting Sea Survival w/ METS DDC <b>Water SWET 7:00 am</b> <b>Confined Space Rescue</b>	<b>July 30</b> Water SWET 8:00 am DOT HM 126 8:00 am Basic Rigging 12:00 pm Phase 1 Day 2 Core Day 2 STCW Firefighting SafeGulf/PEC/Rig Pass First Aid Sea Survival w/ METS DDC <b>Crane 8:00 am</b> <b>Fall Protect End User</b>	<b>July 31</b> Water SWET 7:00 am Basic Rigging 12:00 Incipient Fire 4hr 12:00 Core Day 3 H2S 12:00 pm STCW PST DDC <b>Crane 7:00 am</b> <b>Fall Pro Comp Person /</b> <b>Ind Rescue</b>	<b>1</b> Water SWET 7:00 am Crane 7:00 am Basic Rigging 12:00 STCW PST 7:00 am STCW PSSR 12:00 pm SafeGulf/PEC/Rig Pass First Aid DDC	<b>2</b> First Aid
<b>3</b> Defensive Driving Maritime Security/ VSO	<b>4</b> First Aid DDC Incipient Fire 8 Hour SafeGulf/PEC/Rig Pass Crane 7:00 am Basic Rigging 12:00 pm <b>Water SWET 7:00 am</b> <b>Conf Space Entrant/Atten</b> <b>Sea Survival w/ METS</b>  <b>First Responder</b> <b>Advanced Rigging</b> <b>HLO</b>	<b>5</b> Crane 7:00 am Basic Rigging 12:00 pm Phase 1 Day 1 Core Day 1 STCW Firefighting Sea Survival w/ METS DDC <b>Water SWET 7:00 am</b> <b>Confined Space Rescue</b>  <b>First Responder</b> <b>Deck Safety</b>	<b>6</b> Water SWET 8:00 am DOT HM 126 8:00 am Basic Rigging 12:00 pm Phase 1 Day 2 Core Day 2 STCW Firefighting SafeGulf/PEC/Rig Pass First Aid Sea Survival w/ METS DDC <b>Crane 8:00 am</b> <b>Fall Protect End User</b> <b>First Responder</b>	<b>7</b> Water SWET 7:00 am Basic Rigging 12:00 Incipient Fire 4hr 12:00 Core Day 3 H2S 12:00 pm STCW PST DDC <b>Crane 7:00 am</b> <b>Fall Pro Comp Person /</b> <b>Ind Rescue</b> <b>First Responder</b>	<b>8</b> Water SWET 7:00 am Crane 7:00 am Basic Rigging 12:00 STCW PST 7:00 am STCW PSSR 12:00 pm SafeGulf/PEC/Rig Pass First Aid DDC  <b>First Responder</b>	<b>9</b> First Aid
<b>10</b> Defensive Driving Maritime Security/ VSO	<b>11</b> First Aid DDC Incipient Fire 8 Hour SafeGulf/PEC/Rig Pass Crane 7:00 am Basic Rigging 12:00 pm <b>Water SWET 7:00 am</b> <b>Conf Space Entrant/Atten</b> <b>Sea Survival w/ METS</b>  <b>STS Prep Course</b>	<b>12</b> Crane 7:00 am Basic Rigging 12:00 pm Phase 1 Day 1 Core Day 1 STCW Firefighting Sea Survival w/ METS DDC <b>Water SWET 7:00 am</b> <b>Confined Space Rescue</b>  <b>STS Prep Course</b>	<b>13</b> Water SWET 8:00 am DOT HM 126 8:00 am Basic Rigging 12:00 pm Phase 1 Day 2 Core Day 2 STCW Firefighting SafeGulf/PEC/Rig Pass First Aid Sea Survival w/ METS DDC <b>Crane 8:00 am</b> <b>Fall Protect End User</b> <b>STS Prep Course</b>	<b>14</b> Water SWET 7:00 am Basic Rigging 12:00 Incipient Fire 4hr 12:00 Core Day 3 H2S 12:00 pm STCW PST DDC <b>Crane 7:00 am</b> <b>Fall Pro Comp Person /</b> <b>Ind Rescue</b>  <b>STS Prep Course</b>	<b>15</b> Water SWET 7:00 am Crane 7:00 am Basic Rigging 12:00 STCW PST 7:00 am STCW PSSR 12:00 pm SafeGulf/PEC/Rig Pass First Aid DDC  <b>STS Prep Course</b>	<b>16</b> First Aid
<b>17</b> Defensive Driving Maritime Security/ VSO	<b>18</b> First Aid DDC Incipient Fire 8 Hour SafeGulf/PEC/Rig Pass Crane 7:00 am Basic Rigging 12:00 pm <b>Water SWET 7:00 am</b> <b>Conf Space Entrant/Atten</b> <b>Sea Survival w/ METS</b>  <b>PRT 512</b> <b>HAZWOPER 24</b>	<b>19</b> Crane 7:00 am Basic Rigging 12:00 pm Phase 1 Day 1 Core Day 1 STCW Firefighting Sea Survival w/ METS DDC <b>Water SWET 7:00 am</b> <b>Confined Space Rescue</b>  <b>PRT 512</b> <b>HAZWOPER 24</b>	<b>20</b> Water SWET 8:00 am DOT HM 126 8:00 am Basic Rigging 12:00 pm Phase 1 Day 2 Core Day 2 STCW Firefighting SafeGulf/PEC/Rig Pass First Aid Sea Survival w/ METS DDC <b>Crane 8:00 am</b> <b>Fall Protect End User</b> <b>PRT 512</b> <b>HAZWOPER 24</b>	<b>21</b> Water SWET 7:00 am Basic Rigging 12:00 Incipient Fire 4hr 12:00 Core Day 3 H2S 12:00 pm STCW PST DDC <b>Crane 7:00 am</b> <b>Fall Pro Comp Person /</b> <b>Ind Rescue</b> <b>PRT 512</b> <b>Personnel Transfer</b>	<b>22</b> Water SWET 7:00 am Crane 7:00 am Basic Rigging 12:00 STCW PST 7:00 am STCW PSSR 12:00 pm SafeGulf/PEC/Rig Pass First Aid DDC  <b>PRT 512</b> <b>ServSafe</b>	<b>23</b> First Aid
<b>24</b> Defensive Driving Maritime Security/ VSO	<b>25</b> First Aid DDC Incipient Fire 8 Hour SafeGulf/PEC/Rig Pass Crane 7:00 am Basic Rigging 12:00 pm <b>Water SWET 7:00 am</b> <b>Conf Space Entrant/Atten</b> <b>Sea Survival w/ METS</b>  <b>First Responder Refresh</b> <b>MPIC</b> <b>HLO</b> <b>EMT Refresher</b>	<b>26</b> Crane 7:00 am Basic Rigging 12:00 pm Phase 1 Day 1 Core Day 1 STCW Firefighting Sea Survival w/ METS DDC <b>Water SWET 7:00 am</b> <b>Confined Space Rescue</b>  <b>First Responder Refresh</b> <b>MPIC</b> <b>HLO</b> <b>EMT Refresher</b>	<b>27</b> Water SWET 8:00 am DOT HM 126 8:00 am Basic Rigging 12:00 pm Phase 1 Day 2 Core Day 2 STCW Firefighting SafeGulf/PEC/Rig Pass First Aid Sea Survival w/ METS DDC <b>Crane 8:00 am</b> <b>Fall Protect End User</b> <b>First Responder Refresh</b> <b>MPIC</b> <b>EMT Refresher</b>	<b>28</b> Water SWET 7:00 am Basic Rigging 12:00 Incipient Fire 4hr 12:00 Core Day 3 H2S 12:00 pm STCW PST DDC <b>Crane 7:00 am</b> <b>Fall Pro Comp Person /</b> <b>Ind Rescue</b>  <b>MPIC</b> <b>EMT Refresher</b>	<b>29</b> Water SWET 7:00 am Crane 7:00 am Basic Rigging 12:00 STCW PST 7:00 am STCW PSSR 12:00 pm SafeGulf/PEC/Rig Pass First Aid DDC  <b>MPIC</b> <b>EMT Refresher</b>	<b>30</b> First Aid <b>STS: Safety Trained Supervisor</b>  <b>PRT 512: Occupational Safety &amp; Health Standards for Oil &amp; Gas Industry</b>  <b>EMT: Emergency Medical Technician</b>  <b>MPIC: Medical Person In Charge</b>

# OHST Preparation Workshop

This is a three-day review course for those preparing for the OHST Examination, leading to the designation of Occupational Health and Safety Technologist. This course is an excellent review for those desiring to:

- \* determine whether the participant is ready to attempt the examination.
- \* identify areas where extra preparation is needed.
- \* become familiar with resources available to prepare for the exam.
- \* learn about certification requirements and scoring procedures.
- \* review content material in an informal environment utilizing a "testing" format including an opportunity for discussion.
- \* minimize "test shock" for those who have not taken an exam of this magnitude and importance for an extended period of time.



## OHST Workshop Agenda

### Day 1

A.M. Introduction  
Review of Fundamentals - Calculator, Algebra, and Trigonometry  
P.M. Review of Fundamentals - Physics and Statistics

### Day 2

A.M. Worksite Assessment (34%)  
P.M. Hazard Control and Loss Prevention (31%)

### Day 3

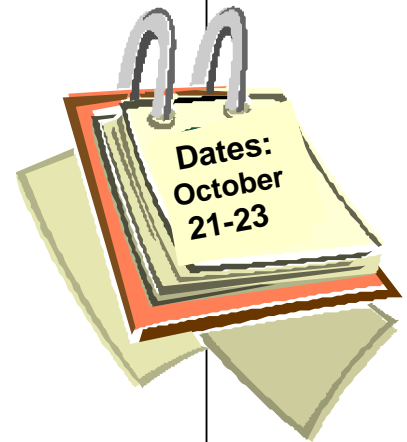
A.M. Verification (17%)  
P.M. Disaster Planning and Emergency Response (14%)  
Professional Responsibility (4%)

Note: Percentages represent the question distribution on the OHST examination.

\* Effective January 1, 2004, only the following calculators will be allowed by BCSP:

**Texas Instruments:** TI-30, TI-34, TI-35, TI-36 **Casio:** FX-115, FX-250, FX-260, FX-300

**Hewlett Packard:** hp 9, hp 10, hp 12, hp 30



## About the Instructor:

C. David Langlois, holds a Bachelor of Science in Industrial Technology from LSU and a Masters Degree in Business Administration from the University of North Dakota. Mr. Langlois has taught college courses in Occupational Safety, Supervision, Training, and Maintenance Management. He has over 25 years experience in the safety and training field and is a Certified Safety Professional. He has taught development courses in safety inspections, accident investigations, industrial hygiene, safety audits, hazard recognition, substance abuse awareness, and safety management.

OHST is accredited through the Council on Certification of Health,  
Environmental & Safety Technologists

