

## SafeLandUSA Syllabus – Topics & Proposed Training Times



**Legend:** Bold items = Life-Saving Rules

Topic	Sub-Topics	Recommended Time
<b>Hazard Recognition &amp; Communication</b>	<ul style="list-style-type: none"> <li>• <b>Job Safety Checklist</b></li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Hydrogen Sulfide</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Fire Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Electrical Safety</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• General Health (temperature, ergonomics)</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Hand Safety</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Walking Working Surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Manual/Power Hand Tool Safety</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• High Pressure</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Noise Awareness</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Industrial Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>
<b>Energy Isolation</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Confined Space</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Stop Work</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>

<b>Working at Heights</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Safe Mechanical Lifting/Equipment and Manual</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Driving</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Hot Work</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Work Authorization</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Bypassing Safety Controls</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Line of Fire</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Trenching and Excavation</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minutes</li> </ul>
<b>Site Specific</b>	<ul style="list-style-type: none"> <li>• Emergency Evacuation</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Drug and Alcohol/Substance Abuse</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Behavior Based Safety</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Incident Reporting &amp; Recordkeeping</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Environmental</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Bloodborne Pathogens</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Housekeeping</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• New Personnel</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Medical Response</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>

	<ul style="list-style-type: none"> <li>• Infectious Disease</li> </ul>	<ul style="list-style-type: none"> <li>• 2.5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Prevention of Workplace Violence</li> </ul>	<ul style="list-style-type: none"> <li>• 2.5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Fire Arms &amp; Prohibited Items</li> </ul>	<ul style="list-style-type: none"> <li>• 2.5 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>• Active Shooter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 minute</li> </ul>
	<ul style="list-style-type: none"> <li>• Home Away from Home</li> </ul>	<ul style="list-style-type: none"> <li>• 1 minute</li> </ul>
Total Training Time		<ul style="list-style-type: none"> <li>• 7 hours</li> </ul>

### Delivery Guidelines

50% Presentation / 50% Application

Provide examples of application methods (case studies, discussion, role play, quizzes, etc.)