



**US COMPLIANCE**



**SPECIALIZED TRAINING  
COURSE CATALOG**

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## Training Delivery Methods

- On-Demand — Self-paced online training available anytime
- Virtual Instructor-Led Training (VILT) — Live class via Zoom with real-time interaction
- Live In-Person — Instructor-led training for your group at your site

# Specialized Training



At U.S. Compliance, we provide live, virtual instructor-led courses that take a deep dive into today's most critical compliance, safety, and leadership topics. Our sessions go beyond lectures — they are engaging, interactive, and practical, designed to equip leaders and employees with tools they can apply immediately on the job.

Our online format offers flexibility and accessibility without sacrificing quality or participation. Each session is facilitated by experienced safety professionals who incorporate real-world scenarios, breakout discussions, polls, and hands-on activities to create an immersive learning experience. Participants stay connected through active dialogue, group problem-solving, and digital resources that reinforce learning long after the course ends.

From OSHA compliance and equipment operation to leadership development and workplace culture, our programs help organizations build safer workplaces, strengthen compliance, and empower employees at every level.

Learn More at [uscompliance.com](https://www.uscompliance.com)!

See the Schedule:

[www.uscompliance.com](https://www.uscompliance.com)



# Specialized Training



## **CEUs Privacy Statement**

U.S. Compliance is accredited by the International Accreditors for Continuing Education and Training (IACET) and offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. IACET is recognized internationally as a standard development organization and accrediting body that promotes quality of continuing education and training.

## **Proprietary Interest:**

None of our instructors have a proprietary interest in any products, instruments or devices of materials connected with the presentation.

## **Privacy & Information Security:**

- Training Records are secure and confidential.
- Records will be retained for a minimum of 7 years.
- To release requested records, the learner's identity must be verified by electronic signature, government or employee-issued ID.
- To release records, please contact Jennifer Erickson at [jerickson@uscompliance.com](mailto:jerickson@uscompliance.com).

**Learn More at [uscompliance.com](http://uscompliance.com)!**

**See the Schedule:**

**[www.uscompliance.com](http://www.uscompliance.com)**



# Compliance

## Safety, Health & Loss Prevention Management

2 hour Training

● Virtual Instructor-Led Training (VILT)

This course provides a practical framework for developing and managing an effective Safety, Health, and Loss Prevention Program that protects employees, property, and productivity. Participants will explore the essential elements of a proactive safety management system, including hazard identification, risk assessment, incident investigation, corrective action, and performance measurement.

Through interactive discussions and real-world case studies, attendees will learn how to integrate safety into daily operations, align programs with OSHA and industry best practices, and use leading indicators to prevent injuries and losses before they occur. The session emphasizes management accountability, employee engagement, and continuous improvement as key drivers of a strong safety culture. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Incident Investigations & Reporting

2 hour training

● Virtual Instructor-Led Training (VILT)

This comprehensive course equips supervisors, managers, and safety committee members with the knowledge and tools to conduct effective incident investigations and ensure accurate, timely reporting. Participants will learn how to apply a systematic approach to identifying root causes, documenting findings, and implementing corrective actions that prevent recurrence. The session covers the full investigation and reporting process—from initial response and evidence collection to root cause analysis, corrective action tracking, and regulatory reporting requirements. Using case studies and hands-on exercises, participants will practice interviewing techniques, root cause identification, and how to document findings using standardized forms and reporting systems.

By the end of this training, attendees will be able to strengthen their organization's incident management system, improve data accuracy, and transform incidents into opportunities for learning and prevention. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# Compliance

## Hazard Communication Management Training for Leaders and Buyers

2 hour training

● Virtual Instructor-Led Training (VILT)

Consistently ranked as one of OSHA's top General Industry violations, the Hazard Communication Standard (29 CFR 1910.1200) requires employers to ensure that all chemical hazards in the workplace are properly identified, labeled, and communicated to employees. This course is designed to help leaders, supervisors, and purchasing personnel understand and manage their responsibilities under OSHA's Hazard Communication Standard (29 CFR 1910.1200). Participants will learn how to develop, implement, and maintain an effective HazCom program that ensures chemical hazards are properly identified, labeled, and communicated throughout the workplace.

The session emphasizes the management systems behind compliance — from chemical approval and procurement controls to SDS management, container labeling, employee training, and contractor communication.

Through real-world examples and group discussion, attendees will walk away with a clear understanding of program ownership, documentation requirements, and best practices for ensuring every worker has the right information to work safely around hazardous materials.

**This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## HAZWOPER 8-Hour Refresher

8 hour training

● On-Demand

This course meets the annual refresher training requirements of OSHA 29 CFR 1910.120 for employees engaged in hazardous waste operations or who are exposed, or potentially exposed, to hazardous substances and health hazards. The training reinforces critical safety principles including hazard recognition, hazardous waste handling, hazard communication, personal protective equipment (PPE), respiratory protection, decontamination procedures, emergency response, and site control practices. Content may be tailored to reflect site-specific hazards and job tasks. Successful completion provides documentation of the required 8 hours of HAZWOPER refresher training; however, employers remain responsible for ensuring employees are properly trained for their assigned duties and site conditions.

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# Competent Person

## Forklift Train the Trainer

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course equips **experienced** forklift operators with the knowledge and instructional skills needed to deliver effective forklift certification training to new and experienced forklift operators. Topics include OSHA requirements, adult learning principles, classroom delivery techniques, practical evaluation methods, and proper recordkeeping. Participants will gain the tools and confidence to train, evaluate, and certify forklift operators within their organization. Successful completion of this course provides the training component needed for training others; however, the employer is ultimately responsible for designating and deeming an individual as a qualified trainer based on their qualifications and job responsibilities. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Scissor Lift Train the Trainer

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course equips **experienced** scissor lift operators the knowledge and instructional skills needed to deliver effective scissor lift certification training to new and experienced scissor lift operators. Topics include OSHA and ANSI requirements, adult learning principles, classroom delivery techniques, practical evaluation methods, and proper recordkeeping. It is ideal for companies looking to develop in-house trainers to ensure OSHA and ANSI compliance and maintain a safe working environment. Successful completion of this course provides the training component needed for training others; however, the employer is ultimately responsible for designating and deeming an individual as a qualified trainer based on their qualifications and job responsibilities. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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# Competent Person

## Rough Terrain Forklift (Telehandler) Train the Trainer

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course provides **experienced** rough terrain/telehandler operators with the knowledge and instructional skills needed to conduct effective operator certification training. Instruction covers OSHA and ANSI standards, adult learning principles, classroom delivery techniques, practical evaluation methods, and proper documentation. Participants will be prepared to train, evaluate, and certify rough terrain forklift (telehandler) operators within their organization. Successful completion of this course provides the training component needed for training others; however, the employer is ultimately responsible for designating and deeming an individual as a qualified trainer based on their qualifications and job responsibilities. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Boom Lift Train the Trainer

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course provides **experienced** boom lift operators with the knowledge and instructional skills required to deliver effective boom lift operator certification training. Topics include OSHA and ANSI standards, adult learning techniques, classroom delivery methods, hands-on evaluation procedures, and training documentation. Participants will be equipped to train, evaluate, and certify boom lift operators within their organization. Successful completion of this course provides the training component needed for training others; however, the employer is ultimately responsible for designating and deeming an individual as a qualified trainer based on their qualifications and job responsibilities. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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# Competent Person

## Confined Space Competent Person

2 hour training

● Virtual Instructor-Led Training (VILT)

This course provides experienced workers and leaders with the knowledge and leadership skills necessary to serve as a competent person for confined space operations. Training covers OSHA requirements, hazard recognition, atmospheric monitoring, ventilation methods, entry permits, and emergency procedures. Participants will also learn how to oversee confined space entries, enforce safety procedures, and ensure compliance. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, they will be prepared to fulfill the role of a confined space competent person within their organization. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## NUCA Confined Space Competent Person

3 hour training

● Virtual Instructor-Led Training (VILT)

This course, developed by the National Utility Contractors Association (NUCA), equips participants with the knowledge to serve as a competent person for confined space work. Training covers OSHA requirements, NUCA best practices, hazard identification, atmospheric monitoring, ventilation, entry permits, and emergency procedures. Participants will learn how to plan, oversee, and enforce safe confined space operations, ensuring compliance and protecting workers. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be recognized as trained to perform the duties of a confined space competent person and receive a NUCA Certification of Completion. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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# Competent Person

## General Industry Fall Protection Competent Person

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course provides participants with the knowledge to serve as a competent person for fall protection in general industry workplaces. Training covers OSHA 29 CFR 1910 Subpart D requirements, hazard recognition, selection and inspection of fall protection systems, and development of workplace-specific fall protection procedures. Participants will also learn how to supervise employees, stop unsafe practices, and ensure compliance with regulatory standards. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be prepared to oversee and enforce fall protection programs as a competent person in general industry settings. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Construction Fall Protection Competent Person

**3 hour training**

● **Virtual Instructor-Led Training (VILT)**

This course provides participants with the knowledge to fulfill the role of a competent person for fall protection on construction sites. Training covers OSHA Subpart M requirements, hazard recognition, selection and use of fall protection systems, inspection of equipment, and development of site-specific fall protection plans. Participants will also learn how to oversee crews, stop unsafe work, and ensure compliance with regulatory standards. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be prepared to implement and enforce fall protection programs as a competent person. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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# Competent Person

## Electrical Qualified Person NFPA 70E

### 5 hour Training

● Live In-Person | ● Virtual Instructor-Led Training (VILT)

This course is designed to provide participants with the knowledge to serve as a qualified person working with 600 volts or under. This training covers electrical hazard recognition, approach boundaries, incident energy and arc flash awareness, selection and use of PPE, establishing electrically safe work conditions, and safe work practices around energized equipment. Successful completion of this course provides the training component needed for the qualified person role; however, the employer is ultimately responsible for designating and deeming an individual as a qualified person based on their qualifications and job responsibilities. Participants will also learn how to oversee tasks, enforce safety procedures, and ensure compliance with NFPA 70E requirements. **The course is eligible for .4 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

If you are seeking additional electrical training opportunities, including trainings for voltages exceeding 600 V, lineman training, and various certifications, please contact us at [STC@uscompliance.com](mailto:STC@uscompliance.com).

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## Frame Scaffolding Competent Person

### 3 hour training

● Virtual Instructor-Led Training (VILT)

This course provides participants with the knowledge to act as a competent person for frame scaffolding. Training covers OSHA requirements, scaffold assembly and disassembly procedures, load capacities, inspections, and common hazards such as falls, falling objects, and unstable foundations. Participants will also learn how to supervise crews, identify and correct hazards, and ensure compliance with regulatory standards. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be prepared to oversee and enforce scaffold safety as a competent person. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# Competent Person

## Trenching/Excavating Competent Person

### 2 hour Training

#### ● Virtual Instructor-Led Training (VILT)

This course provides participants with the knowledge to serve as a competent person for trenching and excavating activities. Training covers OSHA 29 CFR 1926 Subpart P requirements, soil classification, protective systems (sloping, shoring, shielding), access and egress, and hazard recognition such as cave-ins, water accumulation, and utility strikes. Participants will also learn how to conduct daily inspections, supervise crews, and take corrective actions to maintain compliance and protect workers. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be prepared to oversee trenching and excavation safety as a competent person. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## NUCA Trenching/Excavating Competent Person

### 6 hour training

#### ● Virtual Instructor-Led Training (VILT)

This course, developed by the National Utility Contractors Association (NUCA), prepares participants to fulfill the role of a competent person for trenching and excavation work. Training covers OSHA 29 CFR 1926 Subpart P requirements along with NUCA best practices for soil classification, protective systems (sloping, shoring, shielding), safe access and egress, and daily site inspections. Participants will learn how to identify and correct hazards such as cave-ins, water accumulation, and underground utilities. Successful completion of this course provides the training component needed for the competent person role; however, the employer is ultimately responsible for designating and deeming an individual as a competent person based on their qualifications and job responsibilities. Upon completion, individuals will be recognized as trained to oversee trenching and excavation safety as a competent person. **This course is eligible for .5 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# OSHA Outreach

## OSHA 10 General Industry Certification

### 10 hour training

● Virtual Instructor-Led Training (VILT) | ● On-Demand

This entry-level course provides workers with a foundation in OSHA regulations and safe work practices for general industry environments such as manufacturing, warehousing, and service industries. During the 10 hours of training, participants will learn about walking-working surfaces, machine guarding, hazard communication, electrical safety, ergonomics, and personal protective equipment. Designed to raise hazard awareness and promote a safe workplace, this course reinforces employee rights and employer responsibilities. Upon successful completion, participants receive an OSHA 10-Hour General Industry completion card.

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## OSHA 30 General Industry Certification

### 30 hour training

● Virtual Instructor-Led Training (VILT) | ● On-Demand

This advanced course is designed for supervisors, managers, and safety professionals who oversee workplace safety in general industry. During the 30 hours of training, participants will gain an in-depth understanding of OSHA 29 CFR 1910 standards, including walking-working surfaces, machine guarding, electrical safety, ergonomics, hazard communication, and developing safety programs. Training emphasizes leadership responsibilities, risk management, and creating a proactive safety culture. Upon successful completion, participants receive an OSHA 30-Hour General Industry completion card, demonstrating their knowledge and commitment to workplace safety.

# OSHA Outreach

## OSHA 10 Construction Certification

### 10 hour Training

● Virtual Instructor-Led Training (VILT) | ● On-Demand

This introductory course provides construction workers with essential knowledge of OSHA regulations, jobsite hazards, and safe work practices. During the 10 hours of training, participants will learn about fall protection, scaffolding, ladders, electrical safety, hazard communication, personal protective equipment, and other key topics under OSHA 29 CFR 1926. Designed for entry-level workers, this course helps employees recognize and prevent common hazards, while reinforcing their rights and responsibilities on the jobsite. Upon successful completion, participants receive an OSHA 10-Hour Construction completion card.

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## OSHA 30 Construction Certification

### 30 hour Training

● Virtual Instructor-Led Training (VILT) | ● On-Demand

This comprehensive course is designed for construction supervisors, foremen, project managers, and safety leaders who need a deeper understanding of OSHA regulations and advanced hazard recognition. During the 30 hours of training, participants will explore topics including fall protection, scaffolding, excavation safety, electrical hazards, health hazards in construction, and managing safety programs. Emphasis is placed on leadership responsibilities, multi-employer worksite issues, and effective communication of safety expectations. Upon successful completion, participants receive an OSHA 30-Hour Construction completion card, demonstrating their knowledge and commitment to workplace safety.

# Community & Wellness

## First Aid, CPR, AED Training

4 hour training

● Live In-Person Training

This course provides participants with the knowledge and hands-on skills needed to respond to medical emergencies in the workplace. Training covers basic first aid, recognition and care for life-threatening conditions, adult CPR techniques, and proper use of an Automated External Defibrillator (AED). Participants will practice real-world scenarios to build confidence in providing immediate care until professional medical help arrives. Upon successful completion, participants will receive a 2 year certification in First Aid/CPR/AED.

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## Mental Health In Workplace

2 hour training

● Virtual Instructor-Led Training (VILT)

This course raises awareness of mental health issues and provides practical strategies for creating a supportive and safe work environment. Participants will learn how to recognize common signs of stress, anxiety, and depression, reduce stigma, and respond with empathy and appropriate resources. Training also covers best practices for fostering resilience, promoting work-life balance, and connecting employees to professional support when needed. Upon completion, participants will be better prepared to support their own well-being and contribute to a healthier workplace culture. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# Community & Wellness

## Mental Health First Aid

8 hour training

● Virtual Instructor-Led Training (VILT)

This evidence-based training teaches participants how to identify, understand, and respond to signs of mental health and substance use challenges. The course covers common disorders such as anxiety, depression, and substance misuse, and provides a step-by-step action plan to offer support until appropriate professional help is available. Participants will gain the confidence to approach, listen, and connect individuals to resources while reducing stigma in the workplace and community. Upon completion, participants receive a nationally recognized Mental Health First Aid certification. **This course is eligible for .7 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Ergonomics & Musculoskeletal Disorder Prevention

2 hour Training

● Virtual Instructor-Led Training (VILT)

This interactive session provides practical guidance on identifying, evaluating, and controlling ergonomic risk factors that contribute to musculoskeletal disorders (MSDs) in the workplace. Participants will explore how body mechanics, workstation setup, and task design impact fatigue, discomfort, and injury risk.

Designed for supervisors, safety leaders, and employees in both office and industrial settings, this course connects the science of ergonomics with real-world prevention strategies. Through demonstrations, self-assessments, and interactive case examples, attendees will learn how to apply simple, low-cost interventions to reduce strain, improve posture, and increase productivity and comfort—whether at a desk, on the production floor, or in the field. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# Safety Leadership

## OSHA Recordkeeping

2 hour training

● Virtual Instructor-Led Training (VILT)

This course provides participants with the knowledge and skills to properly complete and maintain OSHA's required injury and illness recordkeeping forms, including the OSHA 300 Log, 301 Incident Report, and 300A Summary. Training covers recordkeeping criteria, reporting requirements, common mistakes, electronic submission rules, and retention guidelines. Participants will learn how to accurately classify cases, maintain compliance with OSHA regulations, and use recordkeeping data to identify workplace trends and improve safety performance. Upon completion, attendees will be prepared to confidently manage OSHA injury and illness recordkeeping within their organization. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Reasonable Suspicion for Leaders

2 hour training

● Virtual Instructor-Led Training (VILT)

This course equips supervisors and managers with the knowledge and confidence to identify and respond appropriately to signs of drug and alcohol use in the workplace. Training covers legal requirements, recognizing physical, behavioral, and performance-related indicators, proper documentation, and how to approach employees with professionalism and care. Participants will also learn how to follow company policies, make testing referrals, and maintain a safe and compliant workplace. Upon completion, leaders will be prepared to fulfill their responsibilities in enforcing a drug- and alcohol-free work environment. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**



# Safety Leadership

## DOT Drug & Alcohol Reasonable Suspicion Training for Supervisors

2 hour training

● Virtual Instructor-Led Training (VILT)

Required under 49 CFR §382.603, this course trains supervisors to recognize and respond to signs of drug and alcohol use in the workplace. Participants learn how to identify physical, behavioral, and performance indicators, document observations, and take proper action in compliance with DOT testing requirements. Real-world examples and case scenarios help leaders build confidence in handling reasonable suspicion situations safely and professionally. **The Virtual Instructor-Led Course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Safety for HR Leaders

2 hour training

● Virtual Instructor-Led Training (VILT)

This interactive session empowers HR leaders to become proactive partners in workplace safety. Participants will learn how HR plays a critical role in building a strong safety culture, ensuring compliance, and reducing workplace risk through effective onboarding, training, and incident management systems.

The course explores how safety and HR intersect across key processes—including new hire onboarding, incident investigations, reasonable accommodations, substance use policies, and temporary worker programs. Through real-world examples and practical tools, attendees will gain the confidence to align HR practices with OSHA standards, improve communication with safety teams, and drive measurable improvements in employee well-being and organizational performance. **The Virtual Instructor-Led Course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# Safety Leadership

## Designing an Effective Safety Onboarding Program

2 hour training

● Virtual Instructor-Led Training (VILT)

This interactive workshop guides safety and HR professionals through the process of creating a structured, compliant, and culture-driven safety onboarding program for new hires and temporary workers. Participants will identify regulatory requirements, define Day-1 essentials, and develop tools such as training matrixes, supervisor checklists, and temporary worker agreements. Through guided activities, attendees will leave with a customized onboarding framework that ensures every worker—permanent or temporary—starts their job informed, equipped, and safe. **The Virtual Instructor-Led Course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

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## Supervisor's Guide to Safety Onboarding

2 hour training

● Virtual Instructor-Led Training (VILT)

This course equips supervisors and managers with the tools to effectively onboard new and temporary employees into a safe work environment. Training covers OSHA and company responsibilities, how to communicate safety expectations, reinforce hazard awareness, assign appropriate PPE, and provide site-specific instruction. Supervisors will also learn strategies for mentoring new workers, monitoring early performance, and addressing unsafe behaviors. Upon completion, leaders will be prepared to create a structured onboarding process that builds a strong safety culture from day one. **The Virtual Instructor-Led Course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**

# HR Compliance

## Harassment Prevention & Respectful Workplace for Leaders

2 hour training

● Virtual Instructor-Led Training (VILT)

This course equips supervisors and managers with the knowledge and skills to prevent, recognize, and appropriately respond to harassment and discrimination in the workplace. Training covers federal and state legal requirements, organizational policies, complaint handling, documentation, and the duty to act. Leaders will learn how to model respectful behavior, address inappropriate conduct, and create an inclusive environment while protecting employees from retaliation. Upon completion, supervisors will be prepared to fulfill their responsibilities in maintaining a safe, respectful, and compliant workplace. **This course is eligible for .2 IACET CEUs through U.S. Compliance, an IACET Accredited Provider.**





# US COMPLIANCE



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## Thank You

