

## WHAT IS CAREERSAFE®?

The CareerSafe® online program is the first of its kind. It is an interactive, Y2Y (Youth To Youth) online program that addresses the high priority safety training needs of young workers. With the CareerSafe® philosophy, "StartSafe. StaySafe.", students will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how they can protect themselves and others. Throughout the program, students explore a wide range of occupational safety and health topics including Introduction to OSHA, common physical and health hazards, hazard identification, and how to protect themselves from hazards, all intended to help them StartSafe. StaySafe.®

## NEED FOR CAREERSAFE®

Healthcare is the fastest-growing sector of the U.S. economy, employing over 18 million workers. Healthcare workers face a wide range of hazards on the job, including needlestick injuries, back injuries, latex allergy, violence, and stress. In 2013, one in five workers in the healthcare and social assistance industry reported nonfatal occupational injuries - among the highest number of such injuries reported for all private industries. Although it is possible to prevent or reduce healthcare worker exposure to these hazards, healthcare workers continue to experience injuries and illnesses in the workplace.

## DELIVERY COST & PAYMENT

Our mission at CareerSafe® is to deliver Safety Education for America's Future. Our vision is to advance and enhance OSHA's outreach by providing every young worker with workplace safety training prior to taking their first jobs. To this end, we are committed to offering affordable, informative and innovative online safety training to reach as many young workers as possible. The cost for OSHA 10-Hour General Industry (Healthcare) online course is \$25 per student.

For more information regarding payment options and instructions, visit our website or email us at [orders@careersafeonline.com](mailto:orders@careersafeonline.com).

## BENEFITS FOR STUDENTS

Once a student successfully completes the online CareerSafe OSHA 10-Hour General Industry (Healthcare) training course, the student will receive an OSHA Outreach 10-Hour General Industry course completion card through our authorized trainer. Upon completion of the course, the student should understand the fundamentals of common safety and health hazards in the workplace. Young workers will develop a safety mindset and acquire marketable skills for a competitive edge.

## COURSE DESCRIPTION

CareerSafe's OSHA 10-Hour General Industry (Healthcare) training course consists of interactive modules discussing various safety tips and procedures one should follow while working in the health industry.

The modules include:

- StartSafe. StaySafe.®
- Introduction to OSHA
- Hazardous Communication
- Walking Working Surfaces including Fall Protection
- Electrocution Hazards
- Personal Protection Equipment (PPE)
- Emergency Action including Exit Routes
- Fire Prevention and Protection
- Bloodborne Pathogens
- Biological Agents and Infection Control
- Ergonomics
- Preventing Workplace Violence
- Health Insurance Portability and Accountability Act

Each module contains a brief assessment, which must be successfully completed before the student can move on to the next module. Once all modules have been viewed and the corresponding assessments are passed, there is a comprehensive final assessment.

Once the student successfully completes the course a printable certificate is available. The student will also receive their OSHA 10-Hour General Industry wallet card by mail 4-6 weeks.

## **I. STARTSAFE. STAYSAFE.<sup>®</sup>**

This module will serve as an introduction to the course and its requirements.

This module covers:

- Identify course requirements
- Describe CareerSafe StartSafe. StaySafe.<sup>®</sup> philosophy

## **II. INTRODUCTION TO OSHA**

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose. NHSS Personal Safety 7.21

This module covers:

- Explain why OSHA is important to workers
- Explain worker rights under OSHA
- Discuss employer responsibilities under OSHA
- Discuss the use of OSHA Standards
- Explain how OSHA inspections are conducted
- Utilize helpful worker safety and health resources

## **III. HAZARDOUS COMMUNICATION**

This module explains the potential hazards of chemicals that individuals may encounter in the workplace and how to work safely with these chemicals. NHSS Common Safety Hazards 7.41, 7.42

This module covers:

- Identify the importance and basics of chemical safety
- Describe the "Right-to-Know" Law
- Identify the requirements of a hazard communication program and its alignment with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS)
- Explain the purpose of Safety Data Sheets (SDS)
- Recognize features of warning labels and pictograms

## **IV. WALKING WORKING SURFACES INCLUDING FALL HAZARDS**

This module provides information on the safety concerns and precautions associated with various walking and working surfaces. NHSS Environmental Safety 7.31c

This module covers:

- Describe the environments where OSHA's standards for walking/working surfaces apply
- List the general requirements for the maintenance of walking/working surfaces
- Define the terms floor opening, floor hole, and wall opening
- Describe the various methods for guarding openings and other walking/working surface conditions
- List the primary fall protection methods

## **V. ELECTROCUTION HAZARDS**

This module will provide information that helps you recognize and avoid common electrocution hazards in the work environment. NHSS Environmental Safety 7.31b, 7.21c

This module covers:

- Identify common electrocution hazards
- Describe types of electrocution hazards
- Protect yourself from electrocution hazards
- Recognize employer requirements to protect workers from electrocution hazards
- Identify contact with power lines and energized sources
- Describe proper Lockout/Tagout Procedures
- Explain using Ground Fault Circuit Interrupters (GFCI)
- Describe inspecting extension cords and portable tools

## **VI. PERSONAL PROTECTIVE EQUIPMENT (PPE)**

This module will cover how to be as safe as possible when working in an area where you may need personal protective equipment (PPE). NHSS Personal Safety 7.21

This module covers:

- Explain why PPE is important
- List the different types of PPE
- Recognize the situations in which different types of PPE should be used
- Describe how to use the different types of PPE
- List employer responsibilities toward affected employees

## **VII. EMERGENCY ACTION INCLUDING EXIT ROUTES**

The purpose of this module is to help an individual StartSafe and StaySafe in case they are faced with an emergency situation. This module helps demonstrate the importance of planning for any emergency that might occur. NHSS Emergency Procedures and Protocols 7.5, 7.52

This module covers:

- Describe the importance of emergency planning
- Describe general emergency preparedness
- Define the term of Emergency Action Plan (EAP)
- List preparation guidelines for different emergency situations
- Describe the term walk-about and the importance
- Understand the importance of exit routes

## **VIII. FIRE PREVENTION AND PROTECTION**

This module will cover precautions to take to prevent fires and the steps to take in order to protect individuals if a fire was to occur at the workplace. NHSS Emergency Procedures and Protocols 7.5, 7.51

This module covers:

- Describe how to protect individuals in the event of a fire
- State the key components of a fire prevention plan
- Explain the steps to take to identify, avoid, control, and report fire hazards
- Identify healthcare fire situations and emergencies

## **IX. BLOODBORNE PATHOGENS**

In this module you will learn what bloodborne pathogens are as well as discover ways in which you can StartSafe and StaySafe around blood and other bodily fluids that could be carrying a harmful disease. NHSS Infection Control 7.12d

This module covers:

- Describe characteristics and dangers of bloodborne pathogens
- Explain how bloodborne pathogens are transmitted
- Identify ways to reduce risk of exposure to bloodborne pathogens
- Identify OSHA requirements pertaining to bloodborne pathogens

## **X. BIOLOGICAL AGENTS AND INFECTION CONTROL**

The purpose of this module is to explain principles of infection control. NHSS Infection Control 7.1, 7.11, 7.12

This module covers:

- Understand the chain of infection
- Describe the mode of transmission
- Describe the healthcare-associated infections
- Define microorganisms
- Differentiate methods of controlling the spread and growth of microorganisms
  - Aseptic control
  - Standard precautions
  - Isolation precautions
  - Vaccinations

## **XI. ERGONOMICS**

This module explains the science of ergonomics and how to prevent ergonomic-related injuries and illnesses. NHSS Personal Safety 7.22, 7.3, 7.31

This module covers:

- Define the term “ergonomics”
- Explain the importance of ergonomics
- Explain the difference between personal risk factors and task-related risk factors
- Explain the importance of good posture
- Describe why safe patient safe lifting handling is critical
- Explain how to apply ergonomics to your work

## **XII. HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT (HIPAA)**

This module explains The Privacy Rule, or the standards for privacy of individually identifiable health information.

This module covers:

- Explain the importance of HIPAA
- Understand who is covered by the privacy rule
- Describe the information that is protected
- Describe the general principle for uses and disclosures
- Understand the enforcement and penalties for noncompliance

## **XIII. WORKPLACE VIOLENCE**

This module explains The Privacy Rule, or the standards for privacy of individually identifiable health information.

Upon completion of this module, you should be able to:

- Define what constitutes workplace violence
- Recount the consequences of workplace violence
- Describe the different types of workplace violence
- State recordkeeping best practices
- Identify the patient behaviors that can indicate an attack is imminent
- List controls that can lessen the likelihood of workplace violence
- Recount some intervention strategies

**CAREERSAFE ALSO PROVIDES OPTIONAL MODULES FOR EACH OSHA 10-HOUR COURSE. THE MODULES ARE INTENDED TO PROVIDE ADDITIONAL CONTENT TO STUDENTS THAT MAY BE RELEVANT TO THEIR CAREER FIELD. THESE MODULES ARE NOT REQUIRED TO RECEIVE THE OSHA 10-HOUR WALLET CARD.**

**THE OSHA 10-HOUR GENERAL INDUSTRY (HEALTHCARE) OPTIONAL MODULES INCLUDE:**

- Safety and Health Programs
- Disaster Preparedness
- Flammable and Combustible Liquids
- Stairways and Ladders

**TO LEARN MORE ABOUT THE CAREERSAFE<sup>®</sup> PROGRAM PLEASE VISIT OUR WEBSITE  
[HTTP://WWW.CAREERSAFEONLINE.COM](http://www.careersafeonline.com)**