



**SAFETY COUNCIL  
OF THE TEXAS MID-COAST, INC.**



# Association of Reciprocal Safety Councils, Inc.

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ARSC was chartered as a not-for-profit corporation on October 7, 1997(Charter #1462953) and is funded by the participating Safety Organizations each calendar year. ARSC continues to grow each year. In 2012 ARSC member organizations delivered 327,572 reciprocal Basic Orientation Plus® and Basic Orientation Plus – Refresher® training units.

A core value ARSC provides to members and the facilities they serve is credibility. Comprehensive audits, of each member council, regarding quality and consistency of training as well as assurance that the individual trained is the individual who is issued a card stating the training has occurred, is the chief tool used to attain and maintain credibility.

ARSC was created to address the need for uniform and consistent training of contract workers in the petrochemical plant environment. Our programs are now used in many industrial environments.

There are currently 23 Members of ARSC working together to provide the Basic Orientation Plus® and Basic Orientation Plus-Refresher® programs in the following areas: Alabama, Colorado, Indiana, Kansas, Kentucky, Louisiana, Mississippi, Missouri, New Jersey, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, West Virginia, Wyoming and the United States Virgin Islands. There are over 40 locations delivering ARSC reciprocal training at this time.

ARSC members work together to develop and revise current training programs that meet a significant portion of OSHA requirements, as defined within the standards and industry best practices. This allows councils that perform site orientations,

to work with industrial facility representatives, in reducing the amount of redundant information in their site orientations.

This is the historical basis upon which, Basic Orientation Plus® and Basic Orientation Plus-Refresher® were initially created. The objective of ARSC is to continue this approach and continue to produce new and effective additional reciprocal training programs. The last page of this document contains a list of the current reciprocal programs developed by ASRC.

The ARSC programs focus on the needs of industry. The contractors, the facilities and the workers benefit from cost and time savings by the reduction of repetitive training while assuring the quality of the training from council to council. The programs are fast paced and informative for today's audience and audited by a third party auditor for compliance with the established ARSC Common Guidelines that all members must maintain compliance with.

# Basic Orientation Plus®

The purpose of this orientation is to inform the new contractor employee of general safety rules, regulations, practices, and principles associated with the construction and contract maintenance/services industry, as well as, re-informing and updating the experienced employee. This course will qualify as an OSHA mandated orientation. The following topics are covered in the Basic Orientation Plus®

## Introduction to Basic Orientation Plus®

- Review course topics
- Smoking rules
- Plant entry and security
- Accident Reports
- Importance asking and informing your supervisor
- Personal safety considerations

## Hazard Communication

- Describe the "Right-to-Know" Law under OSHA regulations
- Define Hazardous Material and TWA
- Describe methods of recognizing hazards
- Explain Material Safety Data Sheets (MSDS')
- Discuss Marking and Labeling for Hazardous Materials
- Describe the NFPA and HMIS methods for labeling
- GHS standard

## Personal Protective Equipment

- Controlling Hazards
- Assessment and Selection
- Selection and fitting guidelines
- Devices and Adjustable Features
- Reassessment of Hazards
- Cleaning and Maintenance

## Respiratory Protection

- OSHA and NIOSH requirements
- Respiratory Hazards
- Types of respirators
- Fitting the respirator, Facial Seal/Leakage
- Medical Evaluation
- Training

## **Hearing Conservation**

- Program Requirements
- Effects of noise and the way we hear
- Symptoms of Exposure
- Types of Overexposure
- OSHA Hearing and Conservation Standard
- Monitoring and Audiometric Testing
- Administrative & Engineering Controls
- Personal Protective Equipment

## **Electrical Safe-Work Practices for the Non-Qualified Worker**

- Causes of Electrical Accidents
- Unsafe Work Practices
- GFCI
- Authorized/Trained
- Reporting Defects
- Energized and De-energized equipment
- Hot Work
- Lockout/Tagout procedures
- Barricades
- Working on Energized Circuits Safely
- Overhead Line Safety
- Energized parts General Safety Considerations
- Safe work Practices for Portable Electrical Equipment

## **Elevated Work**

- Hazards of Elevated Work
- Employer/Employee responsibilities
- Types of Fall Protection Systems
- Scaffold User Safety
- Scaffold Inspection
- Ladder Safety
- Personal Fall Arrest
- Orthostatic Intolerance
- Rescue
- Training Requirements
- Confined Space

## **Job Hazard Analysis/Job Safety Analysis**

- Frequency and Other Names for JSA/JHA
- Process – Four Main Elements when Conducting a JSA

## **Process Safety Management**

- Introduction to Process Safety Management
- Employee Involvement
- Process Safety Information
- Process Hazard Analysis.(PHA)
- Operating Procedures and Practices
- Employee Training
- Contractors
- Pre-Startup Safety
- Mechanical Integrity
- Non-routine Work Authorizations
- Managing Change
- Investigation of Incidents
- Emergency Preparedness
- Compliance Audits

## **General Rules and Emergency Response**

- Owner/Employer Responsibilities
- Employee Responsibilities
- Accident Reporting and Emergency Notifications
- Controlled Substance Policies
- Permits and Work Authorizations
- Job site Maintenance and Housekeeping
- Vehicle and Equipment Rules and Operations
- Hand Injuries
- Back and Lifting Safety
- Bloodborne Pathogens
- Fire Prevention, Chemistry and Classes of Fire, Fighting Fire
- Emergency Action Plans
- Alarms and Communications, Signage and Tags
- Spills
- Housekeeping

## **Excavation, Trenching and Shoring**

- Definition
- Egress
- Protective Measures
- Inspection
- Emergencies

## **Review and Testing**

- Review Points are Included After Each Topic
- Question and Answer Period/Overall Review at the Conclusion
- Comprehensive 50 Question Test
- Test questions are professionally validated

# ARSC

**The mission of the Association of Reciprocal Safety Councils, Inc. (ARSC) is to provide consistent and cost effective reciprocal safety education that conforms to regulatory standards and industry accepted practices.**

## ARSC Reciprocal Training Programs

Basic Orientation Plus®  
Basic Orientation Plus - Refresher®  
Benzene  
Bloodborne Pathogens  
Confined Space  
Electrical Safety for Non-Qualified  
Elevated Work  
Fire Watch Attendant  
Globally Harmonized Systems  
Hazard Communication Standard  
Hearing Conservation  
Hydrogen Sulfide  
Line of Fire  
Lockout/Tagout  
Process Safety Management  
Respiratory Protection

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