

SSH: Specialist in Safety & Health or CSHO: Certified Safety & Health Official

Take the Next Step in Safety Training!

Advance your career in the safety and health profession by earning a valuable credential. With an industry recognized certification, you can be prepared for a promotion, earn more money and show you are committed to your industry

Why become certified?

- Increase your awareness of changing Federal Regulations
- Enhance your advancement opportunities
- Take the knowledge gained and implement it into your organization
- Earn recognition and respect of your peers
- CEUs are available

Get Started today !

There is a **\$75 application fee** that doesn't have to be paid to start and there is no time limit to complete the programs.

SSH: Specialist in Safety & Health?

- This is a fundamental certificate program requiring just four(4) OSHA Courses
- You can choose from General Industry or Construction Industry Career Certification Tracks
- Complete the OSHA 510 or 511 OSHA Standards Course and choose three (3) other courses from the list of available electives
- Courses can be applied toward advanced level certifications (CHSO)
- Transfer up to two (2) required courses from any OSHA Training Institute Education Center outside of OSHA Region VII

Specializing in General Industries:

Required:

OSHA 511 OSH Standards General Industry

Electives (Pick 3):

OSHA 521 Introduction to Industrial Hygiene

OSHA 2015 Hazardous Materials

OSHA 2045 Machinery and Machine Safeguarding

OSHA 2225 Respiratory Protection

OSHA 2250 Principles of Ergonomics

OSHA 2264 Permit Required Confined Space

OSHA 3095 Electrical Standards

OSHA 3110 Fall Arrest Systems

OSHA 501 Trainer Course for General Industry

OSHA 510 OSH Standards Construction

Specializing in Construction Industry:

Required:

OSHA 510 OSH Standards Construction

Electives (Pick 3):

OSHA 2015 Hazardous Materials

OSHA 2225 Respiratory Protection

OSHA 2264 Permit Required Confined Space

OSHA 3010 Excavation, Trenching & Shoring

OSHA 3095 Electrical Standards

OSHA 3110 Fall Arrest Systems

OSHA 500 Train the Trainer

OSHA 511 OSH Standards General Industry

CSHO: Certified Safety & Health Official

- Requires six (6) OSHA Courses and two electives
- Nationally recognized professional safety and health certification
- You can choose from General Industry or Construction Industry Career Certification Tracks
- Transfer up to two (2) required courses from any OSHA Training Institute Education Center outside of OSHA Region VII

Specializing in General Industries:

Required Courses:

OSHA 501 Trainer Course for General Industry

OSHA 510 OSH Standards Construction

OSHA 2250 Principles of Ergonomics

OSHA 2045 Machinery and Machine Safeguarding

OSHA 2264 Permit Required Confined Space

OSHA 3095 Electrical Standards

Electives (Pick 2):

OSHA 521 Introduction to Industrial Hygiene

OSHA 2015 Hazardous Materials

OSHA 2225 Respiratory Protection

OSHA 3110 Fall Arrest Systems

OSHA 3010 Excavation, Trenching & Shoring

Seminars (2 seminars can be counted as 1 elective):

OSHA 7200 Bloodborne Pathogens

OSHA 7205 Health Hazard Awareness

OSHA 7845 Recordkeeping Rule Seminar

OSHA 7500 Introduction to Safety & Health Management

Specializing in Construction Industry:

Required Courses:

OSHA 500 Train the Trainer
OSHA 511 OSH Standards General Industry
OSHA 3010 Excavation, Trenching & Shoring
OSHA 3110 Fall Arrest Systems
OSHA 521 Introduction to Industrial Hygiene
OSHA 3095 Electrical Standards

Electives (Pick 2):

OSHA 2015 Hazardous Materials
OSHA 2225 Respiratory Protection
OSHA 2264 Permit Required Confined Space
OSHA 2250 Principles of Ergonomics
OSHA 2045 Machinery and Machine Safeguarding

Seminars (2 seminars can be counted as 1 elective):

OSHA 7105 Evacuation and Emergency Preparedness
OSHA 7500 Introduction to Safety & Health Management
OSHA 7300 OSHA's Permit-Required Confined Space Standards
OSHA 7505 Introduction to Accident Investigation
Standard First Aid/CPR