



TRAINING ON DEMAND

An Outlet When Time is Critical and
the Need for Training is Urgent!

Brought to you by Master Builders of Iowa

About MBI:

Master Builders of Iowa is a construction trade association and the recognized leader of Iowa's commercial construction industry. Founded in 1912, MBI is one of the Associated General Contractors of America's 89 chapters and conducts business on behalf of the industry following our mission statement *"to be the essential resource for improving member performance and promoting a business environment favorable to the construction industry."*

What is Training on Demand?

Training on Demand is an excellent concept that allows construction companies to provide training for their employees to best fit the company's schedule, and is a great way to reduce the need for employees to travel for training. Training on Demand courses can be planned to fit the schedule of your company and offered either as a private in-house program, or a public course opened to others from the industry.

The Benefits:

- Train your employees on your schedule
- Reduced training cost by avoiding travel and lodging
- Some training can be customized per the needs of your team
- Cost savings versus sending several people to a public course
- All training is tracked through the MBI Training Vault - *MBI Only*
- Master Builder Designation credits applied to all courses - *MBI Only*

It's Easy:

To utilize the MBI Training on Demand program, simply complete the enclosed request form indicating the course(s) that you would like to provide for your employees, a requested date or date range, where you would like to hold the training, and how many employees you think will attend. Email the completed Training on Demand Request form to Tom Fulcher at tfulcher@mbionline.com

Master Builder Designation:

In an effort to recognize MBI member employees who believe in the importance of life-long learning and have demonstrated their desire for personal growth through their participation in the wide array of education and training activities offered by MBI, we offer the Master Builder Designation program. The Master Builder Designation recognizes those individuals who have demonstrated a work history in the commercial construction industry and are an active participant in the education and training offerings of MBI.

Each Training on Demand course offered through MBI will earn attendees employed by MBI members and enrolled in the Master Builder Designation program credits in the areas of Leadership, Project Management, Safety, Ecological, Ethics, or Your Choice. These credits will go toward the individual attaining the Master Builder Achievement Award.

GENERAL SAFETY

Confined Space Awareness - 2 Hour Course

Employees working in confined spaces face life-threatening hazards, including toxic substances, electrocutions, explosions and asphyxiation. In this interactive session, we take a look at what employers and employees can do to provide a safe and healthy environment when working in confined spaces. In addition, we address the final rule that OSHA issued and went into effect on August 3, 2015, that provides construction workers with protections similar to those manufacturing and general industry workers have had for more than two decades, with some differences tailored to the construction industry.

Master Builder Designation: Safety - 2 Credits

Confined Space Rescue - 2 Hour Course

Working inside of a confined space exposes employees to many risks, including toxic substances, electrocutions, explosions, and asphyxiation. When a worker is overcome by one of these hazards, his or her chance of survival may hinge on the level of planning and training that has been done prior to entering the space. In this interactive and hands-on course, you will learn the different options for confined space rescue and how to best prepare for a rescue prior to an employee entering the space.

Master Builder Designation: Safety - 2 Credits

“The Facts” Construction Safety Refresher 5 - Hour Course

The OSHA Construction Standards have a lot of numbers associated with them and not just the number that identifies what it is. When it comes to fall protection, it says that workers must be prevented from falling at 6', 10', 15', and even 30' depending on the activity being performed. Besides the numbers there are rules specific to what a worker is doing or the type of hazard faced. The difficult part of knowing the rules is remembering all this so the rules can be followed and injuries prevented. MBI is prepared to provide a refresher training to those contractors who understand that an educated workforce is a safe workforce by just presenting “the facts”. The Facts is a one day session on the most common and important numbers and rules that cover the most frequent causes of injuries and deaths to construction workers.

Master Builder Designation: Safety - 5 Credits

Fall Protection - 4 Hour Course

This course is recommended for all construction workers, especially those with supervisor and/or safety responsibilities. Attendees will learn the OSHA standard requirements for fall protection, fall hazard identification, how to develop an effective company fall protection program and more! In addition, attendees will learn the types of fall hazards and the different types of fall arrest systems available, and proper application on a job site.

Master Builder Designation: Safety - 4 Credits

Hand & Power Tool Safety - 1 Hour Course

This course is recommended for inexperienced employees or as a refresher course for seasoned employees. It addresses the hand and power tools most widely used in the construction industry, their safe use and maintenance.

Master Builder Designation: Safety - 1 Credit

Hazard Communication / SDS - 1 Hour Course

OSHA has modified the Hazard Communication Standard (HCS) to adopt the Globally Harmonized System (GHS) to improve workers' safety and health through more effective communications of chemical hazards. The harmonized format of the safety data sheets (SDS) will enable employers, workers, health professionals and emergency responders to access the information more efficiently and effectively, thus increasing their utility. OSHA requires that all employees are trained on the new label elements (i.e., pictograms, hazard statements, precautionary statements and signal words) and SDS format.

Master Builder Designation: Safety - 1 Credit

OSHA 10 Hour - 10 Hour Course

The OSHA 10 Hour course was developed by OSHA in an effort to educate the construction industry on the OSHA requirements and is a critical first step of safety training for all employees. This course is designed for commercial and residential construction firms. Attendees of the class will walk away with knowledge of OSHA requirements, the importance of learning and adhering to proper safety procedures, as well as a practical understanding of why safety conscious behavior is so vital to all workers on the job site.

Master Builder Designation: Safety - 7 Credits, Ecological - 3 Credits

GENERAL SAFETY

OSHA 30 Hour - 30 Hour Course

This course is a necessity for anyone who is responsible for the safety and health of their employees. Many project owners, construction managers and general contractors require trained safety representatives with the OSHA 30 Hour knowledge and credentials to be available on job sites. Training includes an introduction to OSHA standards and the OSHA Act, general safety and health provisions, hazard communication, personal protective equipment / respiratory protection, fire protection and prevention material handling, rigging, welding and cutting, electrical, scaffolding, fall protection / stairway and ladders, cranes, excavations, confined space entry, safety economics and more. In addition to a wealth of information, attendees will learn the most common OSHA violations and gain the confidence that they are creating a safer work environment.

Master Builder Designation: Safety - 15 Credits, Your Choice - 15 Credits

Personal Protective Equipment - 1 Hour Course

This course provides trainees with a comprehensive explanation of the specific use, inspection and maintenance of all types of PPE, including: head protection, eye and face protection, hearing protection, hand protection, foot protection, respiratory protection, fall protection equipment and safety nets.

Master Builder Designation: Safety - 1 Credit

Qualified Rigger / Signal Person - 6 Hour Course

Correct rigging is essential to make the lift safe. Understanding how to calculate load weights, sling angles and knowing about wire rope are all critical for the rigger. In this course, learn the rejection criteria for wire rope and synthetic slings, as well as inspection requirements, how to rig a stable load and how to select the proper slings and hardware. Signal persons play key roles on a construction site. They are the crane operator's eyes and ears on the ground and have a major responsibility in guiding operations. This course focuses on the role and responsibility that signal persons have, performing proper hand signals for both mobile crane and tower crane operations and understanding voice commands.

Master Builder Designation: Safety - 6 Credits

Scaffold User, Builder and Competent Person - 2 Hour Course

This course is designed to cover general scaffold requirements, tubular welded frame scaffold, mobile scaffold and requirements for the competent person. The regulation requires training for anyone who uses scaffolding. It also requires training for anyone who erects, dismantles, moves, alters, maintains, repairs or inspects scaffolding. A competent person who is qualified in scaffolding must be designated by the employer to supervise scaffolding erection, dismantling, alteration, and inspection of the scaffold system. The competent person must select only trained and experienced personnel to work under their supervision. This training program will assist you in meeting these OSHA mandates. This course will provide a thorough knowledge of OSHA regulations and proper procedures when working with scaffolding.

Master Builder Designation: Safety - 2 Credits

Stairway & Ladder Safety - 1 Hour Course

This course will provide construction workers with a basic understanding of the OSHA standard as it pertains to stairway and ladder usage, as well as steps that should be taken to prevent job site injuries and fatalities due to their improper use.

Master Builder Designation: Safety - 1 Credit

Steel Erection Safety - 2 Hour Course

This course is designed to address the safety requirements for general contractors and steel erectors. General contractors who do not perform steel erection have specific requirements for safety procedures and the overall responsibility for safety on the job site. Proper safety procedures for steel erection involves project managers, superintendents, steel erectors, foremen and safety personnel. This course will address preplanning, erection procedures and fall protection according to the OSHA requirements.

Master Builder Designation: Safety - 2 Credits

Trenching / Excavation Competent Person - 4 Hour Course

OSHA requires a “competent person” on-site to determine the proper protective system and to perform daily inspections. Knowledge of OSHA’s excavation standard is one of the qualifications for becoming the “competent person.” This course is designed to familiarize the student with soil identification and testing, the recognition of excavation hazards and how to select an appropriate protective system. This course is taught using real world examples that help the attendee apply the knowledge in a safe and reasonable fashion. The completion of this course provides safety awareness components for designating an individual as a “competent person.”

Master Builder Designation: Safety - 4 Credits

HEAVY EQUIPMENT

Equipment Operators - Hours will vary

Employers are required to train employees on any and all equipment that the employee will be expected to operate. These courses will provide trainees with in-depth instruction on applicable regulations and safe operation as well as extensive hands-on exercises. Each trainee's knowledge and skill level is evaluated and only those able to demonstrate an acceptable level of operational competence receive documentation of successful program completion. These courses will require the completion of an operator's reference manual that will be sent out 3 weeks prior to class. This class will include theory training, a theory evaluation, practical training, and a practical evaluation. This training also meets the highest level of regulatory compliance. CSSI offers a 3 year operator training certification on the following equipment:

- Aerial Lift
- Aerial lift combo (scissor lift & Aerial Lift)
- Backhoe Loader
- Counterbalance forklift
- Front end Loader
- Rough Terrain Forklift
- Scissor Lift
- Skid Steer Loader

Each course will be a minimum of 8 hours depending on the number of attendees and their experience level. **CSSI will offer recertification for each of these courses beginning in August 2021.**

Master Builder Designation: Safety - 1 Credit for each full hour of training

Mobile Crane Operator Certification

This 5-day certification course can be customized for lattice boom, crawler crane, lattice boom truck crane, telescopic swing cab crane, or telescopic fixed cab crane operators. Included in this course is classroom instruction, written exams, and practical examination. This course is credentialed by the National Commission for the Certification of Crane Operators (NCCCO).

*Master Builder Designation: Project Management - 15 Credits, Safety - 15 Credits,
Your Choice - 2 Credits*

HEALTH TRAINING

Asbestos Awareness - 2 Hour Course

This course is designed for employees who may encounter asbestos during construction activities and introduces attendees to the description and make-up of asbestos, the health risk to asbestos exposure, review of the OSHA and EPA asbestos regulations, identification of Asbestos Containing Materials (ACM) and what to do if suspected ACM is encountered on a job site.

Master Builder Designation: Ecological - 2 Credits

Drug Awareness / Recognition - 6 Hour Course

This course will teach your employees the warning signs and consequences of drug abuse. Areas discussed include how to identify different types of drug abuse and types of paraphernalia used to disguise or use illegal drugs. In addition, this course will provide you with the information that is needed for reasonable suspicion drug testing, as well as identifying the signs and symptoms of each drug category.

Master Builder Designation: Safety - 6 Credits

First Aid / Adult CPR / AED - 3 Hour Course

The purpose of this course is to help participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care for a suddenly ill or injured person until more advanced medical care arrives to take over. In addition, this hands-on skills training prepares you to respond to breathing and cardiac emergencies, while teaching the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Students who successfully complete this course will receive a certificate for Adult CPR/AED, which is valid for two years.

Master Builder Designation: Safety - 3 Credits

HEALTH TRAINING

Lead Safe Renovator - 8 Hour Course

This course focuses on working safely with lead-based painted surfaces and is required by the State of Iowa and the EPA for anyone (for profit, or non-profit) working in or on pre-1978 housing and/or child-occupied facility. This includes, but is not limited to work such as: painting, siding, windows, gutters, roofing, flooring, countertops and cabinets, window treatments, garage doors, electrical, plumbing, HVAC and mechanical, maintenance workers, handyman services, landlords, specialty wiring, etc. Training certification must be renewed every three years by taking the 4-hour refresher course. This course is approved by the Iowa Plumbing & Mechanical Systems Board for 8 hours of continuing education credit.

Master Builder Designation: Ecological - 8 Credits

Lead Safe Renovator Refresher - 4 Hour Course

This course is for individuals that have already taken an approved lead-safe work practices course prior to February, 2010, and for individuals that need to renew their Lead Safe Renovator certification. This course is approved by the Iowa Plumbing & Mechanical Systems Board for 4 hours of continuing education credit.

Master Builder Designation: Ecological - 4 Credits

Silica Awareness - 3 Hour Course

Occupational exposure to respirable crystalline silica occurs when cutting, sawing, drilling, and crushing of concrete, brick, ceramic tiles, rock, and stone products. These respirable dust particles can penetrate deep into the lungs and cause disabling and sometimes fatal lung diseases, as well as kidney disease. OSHA has issued a final rule to limit workers' exposure to respirable crystalline silica. The final rule took effect on June 23, 2016 and all construction companies must be in compliance by September 23, 2017. This course will provide contractors with their obligations to control silica on job sites, and information on how to best comply with the silica standard to keep employees safe.

Master Builder Designation: Ecological - 3 Credits

Stretch & Flex - 2 Hour Course

On nearly every work comp insurance company's top 10 most common claims list "overexertion" is listed as #1. Overexertion occurs when a muscle is strained or a joint is forced to move beyond its typical range of motion. Without proper warming up each day muscles and joints can become damaged when subjected to use. Studies have proven that the "industrial athlete" (a construction worker) performs better and suffers less injuries when muscles and joints are warmed up before being put to use. Progressive construction companies are implementing "stretch & flex" programs to improve the well-being of their workforce and reduce overexertion injuries, both naturally lead to better performance by the individual and the company.

Master Builder Designation: Safety - 2 Credits

Individual Personnel Respirator Fit Testing - 1 or 2 Hour Course (depending on class size)

Due to recent changes in the Code of Federal Regulations (CFR), OSHA is now enforcing additional items aimed towards employee protection. Some of the items we've seen recently in the news involved heavy emphasis on medical surveillance, as well as testing to ensure worksite conditions are adequate for employees. When referencing things like silica, dust, asbestos, and gases/fumes, sometimes the most logical step for an employer to protect their people is to provide personal protective equipment in the form of respirators. If this sounds like your company, do you know everything that is involved with requiring your employees to wear respirators on your job sites? Not only are companies now required to have a doctor's approval for their employees to wear respirators, they have to have documentation that a qualified third party has "fit tested" the actual respirator selected to that individual employee. Therefore, in this new offering, we will be training employees on hazards in their workplace, how to properly clean/maintain/store their respirators, when to change their filters/cartridges, and finish the class by performing a quantitative fit-test on the employees in attendance. Class length can vary, depending on the number of participants, and employers are required to have respirators selected/provided prior to holding this class.

Master Builder Designation: Ecological - 1 or 2 Credits (depending on length of class)

Workplace Violence – Preparation Saves Lives! - 2 Hour Course

This course will provide attendees with valuable information regarding workplace violence. Topics covered will include recognition of potentially violent individuals, and information on how to effectively communicate and safely interact with individuals during stressful situations. The session will stress the importance of having a personal safety plan while in the workplace, as well as how to make simple changes in their daily routines that can improve their personal safety. Active Shooter situations will be discussed and information will be given on what to do in the event the unthinkable happens.

Master Builder Designation: Safety - 2 Credits

GENERAL CONSTRUCTION

Advanced Blueprint Reading for Commercial Construction - 7 Hour Course

This course is a follow-up to the Master Builders of Iowa (MBI) Blueprint Reading for Commercial Construction and will present attendees with advanced plan reading skills, as well as quantity take-off and estimating using the RSMeans Manual. The morning session will include an extensive concrete take-off activity and the afternoon session will include an extensive interior finishes take-off activity.

Master Builder Designation: Project Management - 7 Credits

Blueprint Reading – General Construction / Civil / Project Delivery Methods - 4 Hour Course

This course will provide the participant with an introduction to the life cycle of a construction project from project conception, through design, construction, and project closeout. Participants will learn about project delivery methods, such as the traditional Design-Bid-Build, as well as alternative delivery methods, including Design-Build and Construction Management. Roles of the various parties in each delivery method will be discussed: owner, architect, engineer, contractor and subcontractor.

Master Builder Designation: Project Management - 3 Credits, Ecological - 1 Credit

Blueprint Reading - Architectural / Structural - 4 Hour Course

This course will focus on the reading and use of architectural and structural plans and specifications. Architectural and structural plan reading topics to be discussed include the following: standard symbols, plan organization, specification organization, standard architectural scales, architectural plan views, details, elevations, and sections, architectural schedules, notes and symbols, structural foundation plans, plan reading for structural building systems, including precast concrete, structural steel, site cast concrete and masonry.

Master Builder Designation: Project Management - 4 Credits

Blueprint Reading - Plumbing / Mechanical / Electrical - 6 Hour Course

This course will focus on the reading and use of mechanical, electrical and plumbing plans and specifications. Plan reading topics to be discussed include the following: standard symbols, plan organization, specification organization, mechanical systems, equipment, ductwork, and schedules, plumbing systems, equipment, piping, and schedules, electrical systems, equipment, wiring, conduit, one-line diagrams and schedules, electrical site plan, mechanical, plumbing and electrical details.

Master Builder Designation: Project Management - 6 Credits

Green Building & LEED - 12 Hour Course

The primary goal of this course is to educate attendees on the principles of LEED and sustainable practices, as well as prepare attendees for success when taking the LEED Accreditation Exam. This course covers an introduction to sustainable design principles and concepts, an overview of the green building industry and the application of the LEED Green Building Rating System. The instructor will provide a detailed analysis of the LEED Rating System, including a review of all categories, prerequisites, credits, points and submittals required for each credit. The course concludes with a LEED exam review that includes an open discussion and a practice exam.

Master Builder Designation: Ecological - 12 Credits

Customized Company Safety Day

Companies celebrate a wide variety of different things throughout the year: milestones reached, goals that have been achieved, or just overall successes along the way. However, when's the last time you heard about a company that celebrated safety? In this new offering, our safety team will help you plan, develop, and implement a "Safety Day" for your company, in a way that is CUSTOMIZED to meet your company's needs and culture. Safety Days are a great way to incorporate required trainings, improve overall employee morale, and provide an environment for the entire company to interact. Since management/leadership involvement is the most crucial part of any company's safety culture, what better way to show your employees their well-being matters than investing in a day to further educate and celebrate their achievements with safety?

Master Builder Designation: determined by the amount and type of training provided

PARTNERING WITH CSSI!

Master Builders of Iowa has a strong partnership with Construction Safety Specialists, Inc. (CSSI) to assure that safety courses delivered through the Training on Demand program are delivered with the same high quality, professionalism, and knowledge as all of our training. The team of Master Builders of Iowa and CSSI will assure that your training needs and expectations are met... every time!

The safety professionals at CSSI are not only extremely knowledgeable about OSHA regulations, they have extensive experience on commercial construction projects as field workers and safety consultants. The CSSI "boots on the ground" approach to safety training will provide your employees with book knowledge as well as field knowledge coming from years of experience having walked hundreds of job site while witnessing hazards and getting them corrected.

Your employees can expect to not only understand safety but more importantly, they will walk out of every course with a better understanding of "why" safety standards are written as they are. An increased awareness and passion for safety by your employees will assure everyone goes home every day and the team of MBI and CSSI are here to share their passion for safety with your workforce.



www.mbionline.com



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