

HEALTH AND SAFETY TRAINING COURSE SELECTION GUIDE

This document provides guidance on identifying the health and safety related training courses available to all University of Washington personnel. Use this information to determine which courses are relevant to your job, whether they are required or recommended, and the format of each training.

Course titles link to their online course information pages in the EH&S Course Catalog: <https://ehs.washington.edu/training/find-your-course>

General Health & Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	REQUIREMENT	FORMAT
<input type="checkbox"/>	Back Safety and Injury Prevention	Personnel who lift twenty pounds or more, lift objects of any weight higher than three feet, regularly push or pull objects, or perform other repetitive motions that may lead to back injury	Recommended initially	Online
<input type="checkbox"/>	Confined Space Entry Awareness	Personnel who work around confined spaces or personnel who may enter confined spaces that do not require an entry permit	Recommended initially	Online
<input type="checkbox"/>	Confined Space Entry Hands-On	Personnel who are assigned work in permit-required confined spaces	Required initially	Classroom
<input type="checkbox"/>	COVID-19 Safety Training	All University personnel	Recommended initially	Online
<input type="checkbox"/>	Fire Extinguisher Training Hands-On	Personnel whose job duties require them to use fire extinguishers to extinguish fires or who work with flammable, pyrophoric, reactive materials, as well as those in laboratory settings, kitchens, hot work environments, and shops	Recommended initially	Classroom
<input type="checkbox"/>	Fire Extinguisher Training Online	Personnel whose job duties require them to use fire extinguishers to extinguish fires Personnel who work with flammable, pyrophoric, reactive materials, as well as those in laboratory settings, kitchens, hot work environments, and shops	Required annually Recommended annually	Online
<input type="checkbox"/>	First Aid and CPR Certification	Personnel who are expected to provide first aid in the workplace	Required every 2 years	Classroom
<input type="checkbox"/>	Hearing Conservation Training	Personnel who work in locations with or are otherwise exposed to high noise levels that may exceed 85 decibels (dBA) averaged over an 8-hour period	Required annually	Online
<input type="checkbox"/>	Motorboat Operator Training	Personnel who are operators of motored vessels more than 26 feet in length Employees, students, or volunteers who operate motorboats as part of their work	Required every 5 years Recommended every 5 years	Classroom

<input type="checkbox"/>	Outdoor Heat Safety	Personnel who are assigned outdoor work activities as well as supervisors of employees assigned outdoor work activities	Required annually	Online
<input type="checkbox"/>	Respirator Half-Face and Full-Face Training Online <i>(email for details)</i>	Personnel who use half- and full-face air purifying respirators in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program	Required annually	Online
<input type="checkbox"/>	Respirator N95 Filtering Facepiece Training Online <i>(email for details)</i>	Personnel who use N95 filtering facepieces in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program.	Required annually	Online
<input type="checkbox"/>	Respirator Powered Air Purifying Respirator (PAPR) Training Online <i>(email for details)</i>	Personnel who use a powered air purifying respirator (PAPR) in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program.	Required annually	Online
<input type="checkbox"/>	Scientific Diver First Aid, CPR, AED, Oxygen Administration	Active status University of Washington Scientific Divers and Scientific Divers-in-Training in the University of Washington Diving Safety Program	Required every 2 years	Classroom
<input type="checkbox"/>	Scientific Diver Training	Personnel who use a Self Contained Underwater Breathing Apparatus (SCUBA) for research diving activities	Required initially	Classroom
<input type="checkbox"/>	Wilderness First Aid	Personnel who may need to provide first aid in rural areas without access to immediate assistance	Recommended every 2 years	Classroom
<input type="checkbox"/>	Wildfire Smoke Safety	Personnel who work outdoors when the AQI is 69 or higher (PM2.5 concentration of 20.5 µg/m ³ or more)	Required annually	Online
<input type="checkbox"/>	Workplace Ergonomics Training Online	Personnel seeking to prevent or reduce the risk of musculoskeletal disorders (MSDs) in the workplace	Recommended initially	Online

Administrative Trainings

COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/> Emergency Evacuation Warden Training	Building emergency evacuation wardens and evacuation directors	Required initially; recommended every 3 years	Online
<input type="checkbox"/> Five Whys Root Cause Analysis Training	University personnel, and especially supervisors who are responsible for investigating the root cause of employee injuries, illnesses, exposures, fires, and near misses	Recommended initially	Online
<input type="checkbox"/> Health and Safety Committee Training Program	Elected and appointed members of the UW Organizational and U-Wide Health and Safety Committees	Required initially	Online
<input type="checkbox"/> Laboratory Safety and Compliance Training for Administrators	Administrators who oversee University research and teaching laboratories	Recommended initially	Webinar
<input type="checkbox"/> Laboratory Safety Compliance	Principal investigators (PIs), laboratory chemical hygiene officers (CHOs), laboratory instructors, and other laboratory supervisors in research and teaching laboratories	Required initially	Online
<input type="checkbox"/> Laboratory Safety Practices	University research or teaching laboratory principal investigators (PIs), chemical hygiene officers (CHOs), instructors, and supervisors	Required initially	Webinar

Biological Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Biosafety Cabinet (BSC) Training	Personnel who use biosafety cabinets in their research	Recommended initially	Online
<input type="checkbox"/>	Biosafety Training	Personnel whose work or research includes potential exposure to recombinant or synthetic nucleic acid molecules or other biohazardous agents	Required every 3 years	Online
<input type="checkbox"/>	Bloodborne Pathogens (BBP) for Non-Researchers	Non-research personnel who are assigned work activities with potential for exposure to human blood and other potentially infectious materials that may contain bloodborne pathogens, including personnel who manage or clean up spills of human blood or body fluids	Required annually	Online
<input type="checkbox"/>	Bloodborne Pathogens (BBP) for Researchers	Researchers who are assigned work activities with a reasonably anticipated potential for exposure to human blood and other potentially infectious materials that may contain bloodborne pathogens	Required annually	Online
<input type="checkbox"/>	BSL-3 Training	Personnel who work in Biosafety Level 3 (BSL-3) laboratories at the University of Washington	Required annually	Classroom
<input type="checkbox"/>	Dual Use Research of Concern (DURC) Training	Principal investigators and other laboratory personnel conducting research involving any of the agents listed on the course page	Required every 3 years	Online
<input type="checkbox"/>	Select Agent Program Training	Personnel enrolled in the University of Washington (UW) Select Agent Program	Required annually	Classroom

Chemical Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Chemical Hygiene Officer (CHO) Hands-On Training	Personnel acting as the Chemical Hygiene Officer in research and teaching laboratories, principal investigators, laboratory safety officers, instructors, and supervisors	Recommended initially	Classroom
<input type="checkbox"/>	Compressed Gas Safety for Laboratory Environments	Personnel working in laboratories where compressed gas in cylinders is used	Recommended initially	Online
<input type="checkbox"/>	Compressed Gas Safety	Personnel who work with compressed gas in shops, makerspaces, and other areas	Recommended initially	Online
<input type="checkbox"/>	Crystalline Silica Safety	Personnel who may work with or disturb materials containing crystalline silica	Required annually	Online
<input type="checkbox"/>	Formaldehyde Safety	Personnel who work with or may be exposed to formaldehyde or formaldehyde-containing products in the workplace	Required annually	Online
<input type="checkbox"/>	Fume Hood Training	Personnel who use a fume hood in their work or education	Recommended initially	Online
<input type="checkbox"/>	Globally Harmonized System for Hazard Communication	Personnel who use chemicals in their work or education	Required initially	Online
<input type="checkbox"/>	Hydrofluoric Acid Safety	Personnel who work with or may be exposed to hydrofluoric acid in the workplace	Required initially	Online
<input type="checkbox"/>	Lead Awareness	Personnel interested in learning about the hazards of lead and lead-containing product	Recommended initially	Online
<input type="checkbox"/>	Liquid Nitrogen Safety	Personnel working with or around liquid nitrogen	Required initially	Online
<input type="checkbox"/>	Managing Laboratory Chemicals	Personnel who work in laboratories where hazardous chemicals are present	Required every 3 years	Online

Electrical Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Electrical Safety Awareness Online	Personnel who do not encounter exposed energized electrical parts but want basic electrical safety awareness and recognition skills	Recommended initially	Online
<input type="checkbox"/>	Electrical Safety in the Workplace	Personnel who face a risk of electrical shock but are not qualified to work on or near exposed energized parts	Required every 3 years	Classroom
<input type="checkbox"/>	Electrical Safety Low Voltage Qualified	Qualified persons permitted to work on exposed energized parts operating at 50 to 600 volts to ground	Required every 3 years	Classroom
<input type="checkbox"/>	Lockout Tagout Hands-On	Personnel who conduct maintenance or repair work on or around de-energized systems such as electricians, plumbers, or heating ventilation & air conditioning	Required initially and when new hazards are present	Classroom
<input type="checkbox"/>	Lockout Tagout Awareness	Personnel, such as shop supervisors or maintenance personnel, who work in areas where energy control procedures may be utilized	Required initially	Online

Equipment Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Eyewashes and Safety Showers Training	Personnel who may be exposed to caustic, toxic, or highly irritating substances, or personnel who work in laboratories, shops, high dust areas, battery charging areas, spraying and dipping areas, or hazardous dispensing areas	Recommended initially	Online
<input type="checkbox"/>	Fall Protection	Personnel who are assigned duties that require working at heights greater than 4 feet where the edges of the work area may be unprotected	Required initially; retraining required as needed	Classroom
<input type="checkbox"/>	Forklift and Lift-Truck Operator Safety	Personnel who operate forklifts	Required every 3 years	Classroom
<input type="checkbox"/>	Forklift Evaluator Training	Personnel who train forklift operators to pass the operator safety class	Required every 3 years	Classroom
<input type="checkbox"/>	Golf and Utility Cart Safety	Personnel who may use a utility cart as part of UW operations or events	Required initially	Online
<input type="checkbox"/>	Hand and Power Tool Safety	Personnel using portable powered tools	Recommended initially	Online
<input type="checkbox"/>	Ladder Safety	Personnel who frequently use ladders	Required initially	Online
<input type="checkbox"/>	Machine Guarding	Personnel who work with or around machinery with recognized hazards due to moving parts	Recommended initially	Online
<input type="checkbox"/>	Overhead and Gantry Crane Safety	Personnel using overhead and gantry cranes and hoists to lift and move loads	Recommended initially	Online
<input type="checkbox"/>	Rigging Safety	Personnel who use cranes, hoists, chain-falls, or other equipment to lift loads	Recommended initially	Online

Hazardous Materials Handling and Shipping

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Asbestos <1% and Lead Work Practices Initial	Personnel who perform maintenance and alterations work on building materials that contain lead or <1% asbestos in wallboard systems	Required initially; Refresher course required annually	Classroom
<input type="checkbox"/>	Asbestos <1% and Lead Work Practices Refresher	Personnel who perform maintenance and alterations work on building materials that contain lead or <1% asbestos in wallboard systems	Required annually	Classroom
<input type="checkbox"/>	Asbestos Awareness Initial	Personnel performing maintenance or custodial services in buildings with asbestos-containing material that could be disturbed or contacted during work	Required initially; Refresher course required annually	Classroom
<input type="checkbox"/>	Asbestos Awareness Refresher	Personnel performing maintenance or custodial services in buildings with asbestos-containing material that could be disturbed or contacted during work	Required annually	Classroom
<input type="checkbox"/>	Asbestos General Awareness	All paid University personnel	Required initially	Online
<input type="checkbox"/>	Shipping Biological Substances Category B	Personnel shipping any Biological substance, Category B materials	Required every 2 years	Online
<input type="checkbox"/>	Shipping Dangerous Goods in Excepted Quantities	Personnel who ship very small amounts of hazardous materials as Dangerous goods in excepted quantities	Required every 2 years	Online
<input type="checkbox"/>	Shipping Dry Ice with Non Dangerous Goods	Personnel who ship dry ice packed with non-dangerous goods and/or Exempt Patient Specimens	Required every 2 years	Online
<input type="checkbox"/>	Shipping Hazardous Materials	Personnel who prepare or ship hazardous materials	Required every 2 years	Webinar
<input type="checkbox"/>	Shipping Regulated Medical Waste	Personnel who package and offer untreated regulated medical and biohazardous waste for collection and shipment through a UW waste contractor for offsite decontamination and disposal	Required every 3 years	Online

Radiation Safety

<input checked="" type="checkbox"/>	COURSE TITLE	AUDIENCE	TAKEN	FORMAT
<input type="checkbox"/>	Laser Worker Safety	Personnel who work with or may be exposed to electromagnetic radiation produced by a Class 3B or Class 4 laser	Required initially	Online
<input type="checkbox"/>	Radiation Safety for Dental Personnel	Personnel who work with x-ray equipment in the University of Washington School of Dentistry	Required annually	Online
<input type="checkbox"/>	Radiation Safety for Research Laboratory Use	Personnel who work with unsealed radioactive materials	Required initially; then <i>Radiation Safety Refresher</i> required annually	Online
<input type="checkbox"/>	Radiation Safety for Research Radiation Producing Machines	Individuals using radiation producing machines in a research setting, but not individuals operating x-ray devices used on humans	Required initially	Online
<input type="checkbox"/>	Radiation Safety for Sealed Source Use	Personnel who use only sealed sources of radioactive material	Required initially	Online
<input type="checkbox"/>	Radiation Safety for Uranium Use	Personnel who use uranium compounds	Required initially	Online
<input type="checkbox"/>	Radiation Safety Refresher	Personnel who are authorized radiation workers for unsealed radioactive materials	Required annually after taking <i>Radiation Safety for Research Laboratory Use</i>	Online
<input type="checkbox"/>	Radio Frequency Radiation Safety Awareness	Personnel who access campus rooftops with RF emitting antennas	Required initially	Classroom
<input type="checkbox"/>	UWMC Radiation Safety for Nursing Personnel	Nursing staff and other medical personnel who work with patients undergoing radiation therapy	Required annually	Online