Flexible training options to make your job easier
Introduction

Every workplace is different and has unique hazards. With those hazards come specific training requirements that help you keep your employees safe and productive on the job.

Keeping up with all the training you need can be a tall order. You have new employees starting, multiple shifts to track, and without fail someone is out sick when you have an important training topic to cover.

We help safety managers keep their employees Ready for the Workday® by helping them tackle their challenging training program. Our blend of on-site and online training options makes it easy to train your team on the topics that are important to your business — on your schedule. Since training only counts if you have documentation to back it up, we also offer online recordkeeping and our industry-leading Safety Management Tool.

Contact your Cintas representative for more information on any of the training courses or programs you see in this catalog, or if you have any other needs.

Cintas Training is intended to assist employers as they strive to improve and maintain workplace health and safety. Depending on the nature and location of the worksite, federal and state statutes and regulations may require that employers conduct training for new employees. Each workplace is different and training requirements vary based on the nature of the worksite and the industries served. Cintas is not able to conduct an examination of the worksite to determine the training required for that specific worksite. Cintas does not provide recommendations or guidance regarding which training programs and training are required for any particular workplace. The services are provided for educational purposes only. Cintas shall have no liability to customer or any other person relating to or arising from the services or the information provided in connection with the services. Cintas will not be liable with respect to any decisions made by customer as a result of the training or in connection with services offered.

Our Instructors


Experience:
More than 480 years of combined experience

Hours of Training:
Over 75,000 classroom training hours every year

Classes Taught:
20,000 classes instructed each year

People Trained:
400,000+ people trained annually

Certifications:
• QSSP
• American Heart Association (AHA) Faculty
• OSHA Authorized Instructors

Our goal is for you to tell us — “It’s the best class we’ve ever had!”

Call 844.45.TRAIN
Instructor-led Training:
- Take advantage of our nationwide network of over 160 full-time Cintas Training and Compliance instructors
- Schedule training at your facility or attend classes at your local Cintas First Aid & Safety facility
- Cintas is one of the largest American Heart Association Training Centers

Online Training:
- Choose from 350+ online training courses
- Convenience of anywhere, anytime training — perfect for employees who missed an instructor-led class
- Comprehensive, easy-to-use recordkeeping

Training and Compliance Resources:
- Access OSHA regulations and training tools, track SDS and create written programs with our comprehensive online Safety Management Tool
- Stream training videos online or order training DVDs on a wide range of safety topics
- Employee handbooks, video training books, on-site hearing testing and more
On-Site Training

With our nationwide network of instructors, you can easily schedule training at your location or a local Cintas First Aid & Safety facility.

With instructor-led training from Cintas, you get:

• Hands-on practice with a low student-to-instructor ratio
• On-site training or open enrollment classes at your local Cintas facility
• Flexible, convenient scheduling to cover multiple shifts — including nights and weekends, if needed
• National coverage makes it easy to train consistently across multiple facilities

HOW THE SERVICE WORKS

1 Schedule training at your convenience at your location or a Cintas First Aid & Safety facility.
2 Our instructors provide classroom instruction, complete with hands-on practice.
3 Documentation provided at conclusion of training.

98% of Cintas customers find our training courses interesting and engaging*

* Based on 2016 Cintas customer satisfaction survey
Certifying over 300,000 individuals per year, Cintas is one of the largest national providers of American Heart Association First Aid, CPR/AED training.

- 1:1 student mannequin ratio allows for personalized instruction and feedback on quality of CPR
- Online training with in-person skills check available for additional or absent employees

AHA Heartsaver First Aid, CPR/AED Training
Course #650011

Course Details:
- Course lasts 4-5 hours
- Maximum of 9 students per instructor
- Individual certifications are valid for two years
- Pediatric CPR module available
- Also available as an online course with in-person CPR skills check (see page 23)

Training Includes:
- Learn to effectively recognize and treat adult emergencies prior to EMS arrival
- Be able to administer basic First Aid
- Become certified to perform adult CPR (cardiopulmonary resuscitation)
- Learn to effectively use an AED (automated external defibrillator) to deliver a life-saving shock

Federal Regulation:
29 CFR 1910.151(b) “In the absence of an infirmary, clinic, or hospital in the near proximity to the workplace, which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render First Aid.”

Did you know?
- Sudden cardiac arrest is the number one killer in the United States.¹
- High-quality CPR can increase a victim’s chances of survival by up to 2X.
- 70% of Americans may feel helpless to act if they find themselves in an emergency.

* Must complete skills check for proper certification

¹ American Heart Sudden Cardiac statistics
On-Site Training: Medical Topics

Basic Life Support (BLS)
Course #65022

Overview:
The BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Students will participate in simulated clinical scenarios and learning stations, complete BLS skills practice and skills testing as well as take a written exam.

Course Details:
• Course lasts approximately 3 hours
• Maximum of 9 students per instructor
• Blended online, instructor-led option also available

Training Includes:
• Instructor-led, hands-on class format reinforces skills proficiency
• Emphasis on high-quality CPR including a team dynamics classroom activity
• Video-based course with real world scenarios

Available formats: On-Site, Online
* Must complete skills check for proper certification

Be READY™ for Sudden Cardiac Arrest

You need an AED Program, not just an AED.
It takes a lot more than an AED to save a life… proper planning, implementation, ongoing support, and routine on-site service checks are critical in making sure the AED works when you need it most.

Get your business READY with a start-to-finish AED program.

AED Device: Choose from leading manufacturers, incorporating the most advanced lifesaving technology.

Accessories and Equipment: Includes installation, wall cabinet and accessories.

Training: Cintas Training and Compliance Instructors can help train your employees and responders.

LifeREADY 360™ AED Program Management:
An online platform provides the tools you need to monitor, manage and maintain AED program readiness and compliance.

• Device prescription
• Medical direction
• Agency notifications
• Post event support

Ongoing Service — Take the worry and hassle out of maintaining your AED with on-site monthly service.

• Routine device checks
• No-charge pad replacement and battery replacement
• No-charge software upgrades
• No-charge loaner AED after unit is used

Instructor-Led Medical Courses

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<tr>
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<th>Expiration</th>
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<td>CPR/AED Only</td>
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<tr>
<td>Healthcare Provider: Basic Life Support (BLS)</td>
<td>2 Years</td>
<td>3-4 Hours</td>
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</table>

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Available formats: On-Site, Online
* Must complete skills check for proper certification
What Is OSHA CFR?

Title 29 of the Code of Federal Regulations is the legislation governing the U.S. Occupation Safety and Health Act, established in 1970 to prevent workplace injuries, illnesses and death.

Different facilities have different hazards and require different safety trainings to comply with OSHA regulations.

Did you know?

Arc Flash/NFPA 70E® Safety
Course #574485

- Nature of electric arc flash/blast
- Interpretation of equipment warning labels
- PPE selection and maintenance requirement
- Electrical safe work practices
- Electrical safety program, principles and procedures

NFPA 70E® 110.2(A)/(B) “The training requirements in [NFPA 70E® 110.2] shall apply to employees exposed to an electrical hazard… Training shall be at intervals not to exceed three years.”

29 CFR 1910.332(a) “… Employees in occupations listed in [1910.332(a) Table S-4] face such a risk and are required to be trained. Other employees who also may reasonably be expected to face comparable risk of injury due to electric shock or other electrical hazards must also be trained.”

29 CFR 1910.332(c) “… The training required by [1910.332] shall be of the classroom or on-the-job type.”

Bloodborne Pathogen Safety
Course #65003

- Proper handling of blood and other bodily fluids to reduce risk of infection
- Safe and effective BBP removal and clean-up techniques
- Review of an effective exposure control plan

29 CFR 1910.1030 (g)(2)(i) “Employers shall ensure that all employees with occupational exposure participate in a training program, which must be provided at no cost to the employee.”

29 CFR 1910.1030 (g)(2)(ii)(a) “At the time of initial assignment.”


Confined Space Awareness
Course #65205

- Definition and hazards associated with confined spaces
- Proper procedures for entry preparation, entry and rescue
- Responsibilities of attendant and entrant

29 CFR 1910.146(g)(1) “The employer shall provide training so that all employees whose work is regulated by this section acquire the understanding, knowledge, and skills necessary for the safe performance of the duties assigned under this section.”

Available formats:
- On-Site
- Online
- DIY Training Tools

Check out page 44 for information on our Arc Flash Risk Assessments.
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Emergency Preparedness
Course #65218
Training Includes:
- Explanation of the four major types of emergencies
- Development of an emergency action plan
- The importance of effective drills
- Tips for returning to normal operation

29 CFR 1910.38(b) “...An emergency action plan must be in writing, kept in the workplace, and available to employees for review...”

29 CFR 1910.38(e) “An employer must designate and train employees to assist in a safe and orderly evacuation of other employees.”

29 CFR 1910.38(f) (1-3) “...An employer must review the emergency action plan with each employee covered by the plan... When the plan is developed or the employee is assigned initially to a job, when the employee’s responsibilities under the plan change, and when the plan is changed.”

Available formats: On-Site • Online* • DIY Training Tools

Fire Extinguisher Safety
Course #65222
Training Includes:
- Learn to differentiate between types of fire extinguishers and the type of fires they are effective against
- Help teach your employees what to do with either live burn or simulated fire extinguisher training

29 CFR 1910.157(g)(1) “Where the employer has provided portable fire extinguishers for employee use in the workplace, the employer shall also provide an educational program to familiarize employees with the general principles of fire extinguisher use and the hazards involved with incipient stage fire fighting.”

29 CFR 1910.157(g)(2) “The employer shall provide the education required in paragraph (g)(1) of this section upon initial employment and at least annually thereafter.”

Available formats: On-Site • Online* • DIY Training Tools

Forklift/Powered Industrial Truck Safety
Course #65208 • Skills Check #652091
Training Includes:
- Learn the different types of PITS
- Pre-inspection and safe operation methods
- Hands-on practice and skills testing on the forklift

29 CFR 1910.178(l)(1)(i) “The employer shall ensure that each powered industrial truck operator is competent to operate a powered industrial truck safely, as demonstrated by the successful completion of the training and evaluation specified in (1910.178(i))/”

29 CFR 1910.178(l)(2)(i) “Training shall consist of a combination of formal instruction (e.g., lecture, discussion, interactive computer learning, video tape, written material), practical training (demonstrations performed by the trainer and practical exercises performed by the trainee), and evaluation of the operator’s performance in the workplace.”

29 CFR 1910.178(l)(4)(iii) “An evaluation of each powered industrial truck operator’s performance shall be conducted at least once every three years.”

See 29 CFR 1910.178(l)(4)(iii) for additional retraining requirements.

Available formats: On-Site • Online* • DIY Training Tools

* May need to complete an on-site skills check

Hazard Communication/GHS
Course #65226
Training Includes:
- The Globally Harmonized System for Hazard Communication
- Chemical labels and Safety Data Sheets (SDS)
- Proper precautions, including information on the effective use of PPE
- Emergency procedures for handling chemical exposures

29 CFR 1910.1200(h)(1) “Employers shall provide employees with effective information and training on hazardous chemicals in their work area at the time of their initial assignment, and whenever a new chemical hazard the employees have not previously been trained about is introduced into their work area...”

Available formats: On-Site • Online

DIY Training Tools

On-Site Training: Safety Topics

Fire protection services available in some markets through Cintas Fire Protection.
On-Site Training: Safety Topics

**Hearing Conservation**
Course #65230

Training Includes:
- Noise exposure and its impact on hearing
- Proper use of hearing protection devices to achieve a proper fit
- Inspection and care for hearing protection

29 CFR 1910.95(a)(1) “The employer shall train each employee who is exposed to noise at or above an 8-hour time weighted average of 85 decibels in accordance with the requirements of [1910.95(k)]. The employer shall institute a training program and ensure employee participation in the program.”

29 CFR 1910.95(a)(2) “The training program shall be repeated annually for each employee included in the hearing conservation program. Information provided in the training program shall be updated to be consistent with changes in protective equipment and work processes.”

**Lockout/Tagout Safety**
Course #65234

Training Includes:
- LOTO definitions and most common forms of energy sources
- Situations that require LOTO procedures, types of devices and their proper use
- Safe start-up procedures and tips for special situations
- Training for authorized and affected employees

29 CFR 1910.147(c)(7)(i) “The employer shall provide training to ensure that the purpose and function of the energy control program are understood by employees and that the knowledge and skills required for the safe application, usage, and removal of the energy controls are acquired by employees…”

29 CFR 1910.147(c)(7)(i)(A) “Each authorized employee shall receive training in the recognition of applicable hazardous energy sources, the type and magnitude of the energy available in the workplace, and the methods and means necessary for energy isolation and control.”

29 CFR 1910.147(c)(7)(i)(B) “Each affected employee shall be instructed in the purpose and use of the energy control procedure.”

**Heat Injury Prevention and Heat Stress**
Course #65231

Training Includes:
- Proper precautions and clothing
- Replenishing fluids and hydration
- Understanding your environment
- Heat exhaustion and heat stress — signs and symptoms

OSH Act of 1970 Section 5. Duties (a) “Each employer (1) shall furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees.”

29 CFR 1926.28(a) “The employer is responsible for requiring the wearing of appropriate personal protective equipment in all operations where there is an exposure to hazardous conditions or where this part indicates the need for using such equipment to reduce the hazards to the employees.”

**Personal Protective Equipment**
Course #65240

Training Includes:
- Overview of PPE and proper protection
- Proper use and maintenance for various types of PPE
- Demonstrations on proper wear and use of PPE

29 CFR 1910.132(6)(i) “The employer shall provide training to each employee who is required by [1910.132] to use PPE.”

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On-Site Training: Safety Topics

Respiratory Protection and Fit Testing

Course #65252  Fit Testing #65500

Training Includes:

- Why respirators are important
- Proper selection, fitting, inspection and storage of respirators
- How to properly use a respirator

29 CFR 1910.134(k) "...the employer [is] to provide effective training to employees who are required to use respirators. The training must... recur annually..."  
29 CFR 1910.134(k)(3) "The employer shall provide the training prior to requiring the employee to use a respirator..."

We also provide on-site respirator fit testing and online medical clearance questionnaires. Please note: Medical clearance is required prior to an employee’s initial fit test.

Walking and Working Surfaces

Course #65206

Training Includes:

- Identify and evaluate slip, trip and fall hazards in the workplace
- How to use different types of protection, personal arrest system and proper rescue and retrieval procedures
- Fall arrest system and ladder inspections also available

29 CFR 1910.30(a)(1) “Before any employee is exposed to a fall hazard, the employer must provide training for each employee who uses personal fall protection systems or who is required to be trained as specified elsewhere in [1910.30(a)].”

29 CFR 1910.30(a)(2) “The employer must ensure that each employee is trained by a qualified person.”

29 CFR 1910.30(c) “The employer must retrain an employee when the employer has reason to believe the employee does not have the understanding and skill required by [1910.30(a)&(b)].”

Simplify your compliance training with an annual training package

Cintas offers annual training packages to help you simplify your current training program. These packages will help you meet the OSHA requirements and ANSI standards specific to your business.

Get started today. Select your training package along with your courses from the list provided.

Available formats:

- On-Site
- Online
- DIY Training Tools
- On-Site Testing

Respirator Fit Testing

Available formats:

- On-Site
- Online
- DIY Training Tools
- On-Site Testing

PLATINUM PACKAGE  #77636

- 10 Training Classes (topics selected by customer)
- 1 Safety Awareness Walkthrough of Building
- 1 Safety Management Tool Annual Subscription
- 20 Interactive Online Classes
- Fully Stocked First Responder Bag

SILVER PACKAGE  #77638

- 4 Training Classes (topics selected by customer)
- 1 Safety Awareness Walkthrough of Building
- 6 Interactive Online Classes
- Fully Stocked First Responder Bag

GOLD PACKAGE  #77637

- 6 Training Classes (topics selected by customer)
- 1 Safety Awareness Walkthrough of Building
- 1 Safety Management Tool Annual Subscription
- 12 Interactive Online Classes
- Fully Stocked First Responder Bag

Course List*

- Aerial Lift/Order Picker  
- (up to 10 people/class)
- Back Injury Prevention
- Bloodborne Pathogens
- Confined Space Awareness
- CPR/AED Only  
- (up to 9 people/class)
- Emergency Preparedness
- Fall Protection Basics
- Forklift  
- (up to 10 people/class)
- Fire Extinguisher
- First Aid Only  
- (up to 9 people/class)
- HazCom/GHS
- Hearing Conservation
- Heat Stress
- LockOut/TagOut
- Machine Safeguarding
- PPE/Eye Protection
- Respiratory Protection
- Walking and Working Surfaces

* Includes up to 20 students per class unless otherwise stated.

Available formats:

- On-Site
- Online
- DIY Training Tools
- On-Site Testing

We also provide on-site respirator fit testing and online medical clearance questionnaires. Please note: Medical clearance is required prior to an employee’s initial fit test.

Available formats:

- On-Site
- Online
- DIY Training Tools
- On-Site Testing

ON-SITE TRAINING
cintastraining.com
Call 844.45.TRAIN
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<tr>
<td>Various “Train The Trainer” Classes</td>
<td>65301-65313</td>
<td>—</td>
<td>Varies</td>
</tr>
</tbody>
</table>

* Employee training is required prior to initial assignment and whenever there is a change in the hazard, equipment or procedure.

Don’t see a course you need? Contact your Cintas representative for the full list of classes available in your area.
Online Training

In today’s busy workplace, keeping your employees trained can be challenging. Let Cintas help you stay READY™ with online training solutions powered by the American Heart Association and J.J. Keller.

- Convenient anywhere, anytime training is great for remote employees, multiple shifts, new hires and employees absent from classroom training
- Comprehensive, easy-to-use recordkeeping system tracks your employees’ progress

Online Courses:
- Choose from 350+ topics to create the right training program for each employee
- Scored quizzes help gauge comprehension
- Many courses are mobile capable and can be accessed from a tablet or phone

97% of customers agree that our online training program is convenient*

* Based on 2016 Cintas customer satisfaction survey

1 Absent employee? New hire? Supplement your classroom training with flexible online options.
2 Included recordkeeping allows you to access hundreds of online course options and easily assign to employees.
3 Contact a Cintas Training Specialist to learn how we can help.
Online Training: Medical Topics

Did you know?
You can take many of our American Heart Association instructor-led courses in a convenient online format with an in-person skills check.

AHA Heartsaver™ First Aid, CPR/AED
The Heartsaver™ course was developed by the American Heart Association and is available in a convenient online version with in-person skills session.

Course Includes:
• Instruction on how to effectively recognize and treat adult emergencies in the critical first minutes until EMS personnel arrive
• Provides a training solution for first aid, adult CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) use

This training also includes in-person skills session (required for issuance of certification):
• Schedule at your location or a local Cintas facility
• Includes hands-on CPR skills practice with a 1:1 student mannequin ratio
• Following a successful skills session, students will receive certification card

Medical topics available online with in-person skills session

<table>
<thead>
<tr>
<th>Course #</th>
<th>Expiration</th>
<th>Duration*</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid, CPR/AED</td>
<td>65031</td>
<td>2 Years</td>
</tr>
<tr>
<td>CPR/AED Only</td>
<td>65032</td>
<td>2 Years</td>
</tr>
<tr>
<td>First Aid Only</td>
<td>65030</td>
<td>2 Years</td>
</tr>
<tr>
<td>Pediatric First Aid, CPR/AED</td>
<td>583941</td>
<td>2 Years</td>
</tr>
<tr>
<td>Healthcare Provider: Basic Life Support (BLS)</td>
<td>8307636</td>
<td>2 Years</td>
</tr>
</tbody>
</table>

Blended Online Medical Training Courses can be purchased on a per-employee basis. Contact your Cintas representative to learn more.

* Both online and in-person skill session times can vary.
Cintas has partnered with J.J. Keller & Associates to offer hundreds of interactive online training courses and online safety training videos.

### Did you know?

Cintas has partnered with J.J. Keller & Associates to offer hundreds of interactive online training courses and online safety training videos.

## Online Training: Safety Topics

### Workplace Safety

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerial Lifts for General Industry</td>
<td>Forklifts: Ultimate Hazard Perception Challenge (Intermediate)</td>
</tr>
<tr>
<td>Arc Flash/Arc Blast Awareness and Safety</td>
<td>Hand and Foot Protection: PPE Employee Essentials</td>
</tr>
<tr>
<td>Asbestos Awareness Training</td>
<td>Hand and Power Tool Safety — Spanish only</td>
</tr>
<tr>
<td>Back Safety: Keep Your Back In Action*</td>
<td>Hazard Communication (see HazCom/GHS Section)</td>
</tr>
<tr>
<td>Bloodborne Pathogens and MRSA</td>
<td>Hazardous Substances: Incidental Spill Response</td>
</tr>
<tr>
<td>Bloodborne Pathogens in First Response Environments*</td>
<td>Hazardous Substances: Spill Discovery and Notification</td>
</tr>
<tr>
<td>Bloodborne Pathogens in Healthcare Facilities*</td>
<td>Head, Eye and Face Protection: PPE Employee Essentials</td>
</tr>
<tr>
<td>Bloodborne Pathogens: Safety in the Workplace</td>
<td>Hearing Protection: PPE Employee Essentials</td>
</tr>
<tr>
<td>Cold Stress</td>
<td>Heat Stress</td>
</tr>
<tr>
<td>Compressed Gas Cylinders</td>
<td>Hot Work: Safety Operations Training*</td>
</tr>
<tr>
<td>Computer Workstation Design and Use</td>
<td>Housekeeping and Maintenance</td>
</tr>
<tr>
<td>Confined Spaces: Entry Team Training — Maintenance Activities</td>
<td>Hydrogen Sulfide for General Industry</td>
</tr>
<tr>
<td>Crane Safety for General Industry</td>
<td>Hydrogen Sulfide for Oil and Gas</td>
</tr>
<tr>
<td>Crystaline STE for General Industry Employers</td>
<td>Incident Investigations for Accidents and Near Misses</td>
</tr>
<tr>
<td>Crystaline STE for General Industry Employers</td>
<td>Indoor Air Quality</td>
</tr>
<tr>
<td>Electrical Safety: Training for Unqualified Employees</td>
<td>Ladder Safety for General Industry*</td>
</tr>
<tr>
<td>Emergency Eyewash and Shower Use</td>
<td>Lockout/Tagout: Put a Lock on Hazardous Energy*</td>
</tr>
<tr>
<td>Emergency Preparedness and Response</td>
<td>Machine Guarding*</td>
</tr>
<tr>
<td>Ergonomics: Industrial*</td>
<td>Material Handling Safety*</td>
</tr>
<tr>
<td>Ergonomics: Office</td>
<td>Motorized Pallet Jacks: Safe Operation</td>
</tr>
<tr>
<td>Fall Protection for General Industry*</td>
<td>Office Safety*</td>
</tr>
<tr>
<td>Fire Extinguisher Use*</td>
<td>Personal Protective Equipment: Employee Essentials*</td>
</tr>
<tr>
<td>Fire Prevention and Response</td>
<td>Power Tool and Extension Cord Safety</td>
</tr>
<tr>
<td>First Aid Basics*</td>
<td>RCRA Hazardous Waste Generator Training</td>
</tr>
<tr>
<td>Forklift Operator Safety Training*</td>
<td>Respiratory Protection: Breathing Safety</td>
</tr>
<tr>
<td>Forklift Operator Safety Training (with EyeCue® Visual Learning System)</td>
<td>Rigging Safety for General Industry</td>
</tr>
<tr>
<td>Forklifts: Ultimate Hazard Perception Challenge (Advanced)</td>
<td>Safety Audits for Employees</td>
</tr>
</tbody>
</table>

* Also available in Spanish
### Online Training: Safety Topics

#### Workplace Safety (continued)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scissor Lifts for General Industry</td>
<td>Welding: Safety and Health Protections</td>
</tr>
<tr>
<td>Slips and Trips: Workplace Safety*</td>
<td>Working with Lead Exposure in General Industry</td>
</tr>
<tr>
<td>Slips, Trips and Falls: Hazard Perception Challenge</td>
<td>Workplace Injury and Illness: OSHA Reporting and Recordkeeping for Employees</td>
</tr>
<tr>
<td>Stairways for General Industry</td>
<td>Workplace Injury and Illness: OSHA Reporting and Recordkeeping for Managers</td>
</tr>
<tr>
<td>Step Bolts and Manhole Steps for Telecommunications</td>
<td>Workplace Safety Basics: In case of an Emergency*</td>
</tr>
<tr>
<td>Tuberculosis in the Healthcare Environment</td>
<td>Workplace Safety Basics: Safe Use of Equipment*</td>
</tr>
<tr>
<td>Walking-Working Surfaces: What Supervisors Need to Know*</td>
<td>Workplace Safety Basics: Work Practice*</td>
</tr>
</tbody>
</table>

#### Construction Safety

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerial Lifts for Construction</td>
<td>Forklift Operator Safety Training for Construction</td>
</tr>
<tr>
<td>Caught-In or -Between for Construction: Focus Four Hazards</td>
<td>Hand and Power Tools for Construction</td>
</tr>
<tr>
<td>Confined Spaces: Entry Team Training — Construction Activities</td>
<td>Health Hazards for Construction</td>
</tr>
<tr>
<td>Construction Safety Basics: In case of an Emergency*</td>
<td>Materials Handling, Storage, Use, and Disposal for Construction</td>
</tr>
<tr>
<td>Construction Safety Basics: Safe Use of Equipment*</td>
<td>Personal Protective and Lifesaving Equipment for Construction</td>
</tr>
<tr>
<td>Construction Safety Basics: Work Environment*</td>
<td>Rigging Safety for Construction</td>
</tr>
<tr>
<td>Construction Safety Basics: Work Practice*</td>
<td>Scaffolds for Construction</td>
</tr>
<tr>
<td>Cranes and Derricks for Construction</td>
<td>Scissor Lifts for Construction</td>
</tr>
<tr>
<td>Crystalline Silica for Construction Employers</td>
<td>Slips and Trips for Construction</td>
</tr>
<tr>
<td>Crystalline Silica for Construction Employers</td>
<td>Stairways and Ladders for Construction</td>
</tr>
<tr>
<td>Electrocution for Construction: Focus Four Hazards</td>
<td>Struck-By for Construction: Focus Four Hazards</td>
</tr>
<tr>
<td>Excavations for Construction</td>
<td>Working with Lead Exposure in Construction Environments</td>
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</table>

#### Driver/DOT Safety (continued)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
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<tbody>
<tr>
<td>City Driving — Master Driver</td>
<td>Injury Prevention Around tankers</td>
</tr>
<tr>
<td>CMV Driver Basics</td>
<td>Loading and Unloading: Straight Truck Series</td>
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<tr>
<td>CSA: Know the BASICS</td>
<td>Motorcoach: Defensive Driving</td>
</tr>
<tr>
<td>Defensive Driving for Light and Medium Duty Vehicles</td>
<td>Motorcoach: Vehicle Inspections</td>
</tr>
<tr>
<td>Distracted Driving</td>
<td>Night Driving: Driver Training Series</td>
</tr>
<tr>
<td>Driver Qualification Training for Managers</td>
<td>Pattern Driving — Master Driver</td>
</tr>
<tr>
<td>Driving Safety*</td>
<td>Personal Safety and Security for CMV Drivers</td>
</tr>
<tr>
<td>Driving Techniques: Driver Training Series</td>
<td>Prohibiting the Coercion of CMV Drivers</td>
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<tr>
<td>Driving Techniques: Straight Truck Series</td>
<td>Pulling Doubles</td>
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<tr>
<td>ELD Basics</td>
<td>Rear End Collisions — Master Driver</td>
</tr>
<tr>
<td>Emergency Maneuvers: Driver Training Series</td>
<td>Reasonable Suspicion Testing: What Supervisors Need to Know</td>
</tr>
<tr>
<td>Extreme Weather Driving: Driver Training Series</td>
<td>EYE ON Defensive Driving</td>
</tr>
<tr>
<td>Fixed Object Collisions: Driver Training Series</td>
<td>Right Turns/Lft Turns/Intersections</td>
</tr>
<tr>
<td>Hours of Service — Canada</td>
<td>Roadside Inspections for CMV Drivers</td>
</tr>
<tr>
<td>Hours of Service Rules for Oil and Gas CMV Drivers</td>
<td>Rural Driving — Master Driver</td>
</tr>
<tr>
<td>Hours of Service Rules for Passenger-Carrying CMV Drivers</td>
<td>Sanitary Food Transportation</td>
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<tr>
<td>Hours of Service Rules for Property-Carrying CMV Drivers</td>
<td>Vehicle Inspections — Intermodal Chassis</td>
</tr>
<tr>
<td>Hours of Service: How to Fill Out Paper Logs</td>
<td>Vehicle Inspections: Refrigerated Trailers</td>
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<tr>
<td>Injury Prevention Around Flatbeds</td>
<td>Vehicle Inspections: Straight Truck Series</td>
</tr>
<tr>
<td>Injury Prevention Around Flatbeds</td>
<td>Vehicle Inspections: Tractor Trailers</td>
</tr>
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</table>

#### HazCom/GHS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>GHS Safety Data Sheets for Construction</td>
<td>Hazard Communication in the Hospitality Industry*</td>
</tr>
<tr>
<td>GHS Safety Data Sheets in the Laboratory</td>
<td>HazCom: GHS Container Labels</td>
</tr>
<tr>
<td>Hazard Communication in Auto Service Facilities</td>
<td>HazCom: GHS Safety Data Sheets (SDS)</td>
</tr>
<tr>
<td>Hazard Communication in Cleansing and Maintenance Facilities</td>
<td>HazCom: Introduction to Hazard Communication and GHS</td>
</tr>
<tr>
<td>Hazard Communication in Construction Environments</td>
<td>HazCom: What You Need to Know* **</td>
</tr>
<tr>
<td>Hazard Communication in Healthcare Facilities*</td>
<td></td>
</tr>
</tbody>
</table>
Online Training: Safety Topics

Hazmat Safety
- Hazmat: General Awareness*
- Hazmat: General Awareness Training
- Hazmat: Highway Transportation Driver Training
- Hazmat: Labeling
- Hazmat: Loading/Unloading and Load Segregation
- Hazmat: Marking
- Hazmat: Packaging
- Hazmat: Placarding
- Hazmat: Reporting an Incident
- Hazmat: Security Awareness Training
- Hazmat: Shipping Papers
- Hazmat: The Hazardous Materials Table

HAZWOPER
- HAZWOPER: 24-Hour General Training
- HAZWOPER: 40-Hour Training
- HAZWOPER: 8-Hour Refresher Training: Waste Site Workers
- HAZWOPER: Air Monitoring and Medical Program
- HAZWOPER: Annual Refresher Training: Emergency Response Workers
- HAZWOPER: Chemical Fundamentals
- HAZWOPER: Confined Spases
- HAZWOPER: Decontamination
- HAZWOPER: Electrical Safety and Lockout/Tagout
- HAZWOPER: Emergency and Post-Emergency Response Procedures
- HAZWOPER: Emergency Response and Decontamination
- HAZWOPER: Emergency Response: Hazmat Technician
- HAZWOPER: Emergency Response Initial Training: Awareness-Level Responders
- HAZWOPER: Emergency Response Initial Training: Operations-Level Responders
- HAZWOPER: Emergency Response: Operations Training
- HAZWOPER: Emergency Response Planning
- HAZWOPER: Emergency Response Procedures and Follow-Up
- HAZWOPER: Exposure Monitoring and Medical Surveillance
- HAZWOPER: Exposure Monitoring and Sampling
- HAZWOPER: Fire Prevention and Protection
- HAZWOPER: Handling and Shipping Drums and Containers
- HAZWOPER: Hazard Recognition
- HAZWOPER: Hazard Substance Recognition and Identification
- HAZWOPER: Health and Physical Hazards
- HAZWOPER: Intro to HAZWOPER for Waste Site Workers
- HAZWOPER: Introduction to HAZWOPER Retraining
- HAZWOPER: Medical Program
- HAZWOPER: Personal Protective Equipment and Clothing
- HAZWOPER: Personal Protective Equipment and Decontamination Procedures
- HAZWOPER: Plans and Programs
- HAZWOPER: PPE and Other Hazard Control Measures
- HAZWOPER: Radiation and Biologic Exposures
- HAZWOPER: Respiratory Protection
- HAZWOPER: Temperature Extremes
- HAZWOPER: The Site Safety and Health Plan
- HAZWOPER: Overview

HR and Legal Compliance
- Active Shooter/Active Threat*
- Active Shooter/Active Threat: Organizational Preparedness and Recovery
- ADA for Supervisors
- Americans With Disabilities Act (Title II)
- Anti-Boycott Compliance
- Anti-Money Laundering
- Anti-Money Laundering for MSBs
- Antitrust Essentials
- Appropriate Email and Internet Use
- Attorney-Client Privilege for Employees
- Avoiding Insider Trading
- Avoiding Retaliation
- Business Ethics
- Business Gifts and Courtesies
- Conducting Effective Investigations
- Conflicts of Interest
- Contract Law Essentials
- Customer Proprietary Network Information (CPNI)
- Dealing with Difficult Situations
- Diversity and Discrimination for Employees
- Diversity and Discrimination for Supervisors
- Domestic Violence and the Workplace
- Diversity and Discrimination for Employees: Legal Considerations
- Drug-Free Workplace
- Effective Communication for Employees
- Effective Communication for Supervisors
- Effective Communication: Managing within the Law — Advanced
- Effective Communication: Managing within the Law — Basics
- Electronic Funds Transfer Act (EFTA)
- Ethics and Compliance Essentials
- EU Data Privacy
- European Union (EU) Competition Law
- Fair and Accurate Credit Transactions Act (FACTA) "Red Flags"
- Fair Labor Standards Acts
- Family Educational Rights and Privacy Act (FERPA)
- Federal Acquisition Regulation (FAR) Code of Business Conduct
- Federal Contracting (OFCCP) Primer
- Federal Energy Regulatory Commission (FERC) Standards of Conduct
- Finance Essentials for Managers
- Foreign Contracting Practices Act (FCPA)
- Fraud Detection and Awareness
- Gramm-Leach-Bliley Act (GLBA)
- Gramm-Leach-Bliley Act (GLBA) for Insurance Companies
- Handling Insurance Complaints
- Healthcare Fraud and Abuse
- Health and Physical Hazards
- HIPAA Privacy and Security
- Immigration Essentials
- Information Security
- Information Security Awareness for Law Firms
- Internal Controls Essentials
- Injury and Illness Prevention (Cal-OSHA)
- Insurance Fraud
- Internal Controls Essentials
- Maintaining a Cooperative Workforce
- Making Our Campus Safer (Clery Act)
- Managing within the Law — Advanced
- Managing within the Law — Basics
- Making Our Campus Safer (Clery Act)
Online Training: Safety Topics

HR and Legal Compliance (continued)

- Marketing Compliance
- Medicare Compliance
- Office of Foreign Assets Control (OFAC) Sanctions and Embargoes
- Patents, Trademarks and Copyrights
- Payment Card Industry Data Security Standard (PClIDSS) Compliance
- Preventing Discrimination and Harassment for Employees (Canada)
- Preventing Discrimination and Harassment for Employees (Maine)
- Preventing Discrimination and Harassment for Managers (California)
- Preventing Discrimination and Harassment for Managers (Canada)
- Preventing Discrimination and Harassment for Managers (Connecticut)
- Preventing Discrimination and Harassment for Managers (Maine)
- Preventing Sexual Harassment in Athletics
- Preventing Sexual Harassment in Athletics
- Preventing Sexual Misconduct (Title IX)
- Protecting Personal Information (Massachusetts 201 CMR 17.00)
- Protecting Trade Secrets
- Questionable Interview Questions
- Real Estate Settlement Procedures Act (RESPA)
- Record Management
- Regulation FD (Fair Disclosure)
- Responsible Social Media Use
- Laboratory Safety
- Electrical Safety in the Laboratory
- Flammables and Explosives in the Laboratory
- GHS Safety Data Sheets in the Laboratory (see HazCom/GHS Section)
- Handling Compressed Gas Cylinders in the Laboratory
- Hazard Communication (see HazCom/GHS Section)
- Laboratory Ergonomics
- Laboratory Hoods
- Safe Harbor Privacy Essentials
- Sexual Harassment for Employees
- Sexual Harassment for Supervisors
- Substance Abuse Training for Employees
- Substance Abuse Training for Supervisors
- Team Building for Employees
- Team Building for Supervisors
- Time Reporting
- Timekeeping
- Travel and Expense Reimbursement
- U.S. Export Controls
- Unfair Competition Laws
- Wellness and Fitness
- Whistleblowing (DRA Compliance)
- Worker Classification
- Workplace Bullying and Violence: Training for Employees
- Workplace Bullying and Violence: Training for Supervisors
- Workplace Stress

Online OSHA 10 and 30 Hour Training

Benefits of Online OSHA 10 and 30 Hour Training:
- Customizable: Set your own elective courses to tailor the training to your exact job needs.
- Flexible: Bookmark feature allows students to complete training in multiple sessions.
- Engaging: Highly interactive online courses include video, animation, high-end graphics and award-winning content.
- Accommodating: Students have 180 days to complete the online training, which virtually eliminates scheduling issues or loss of production typically associated with traditional classroom training.
- Official: Upon completion, students will receive a course completion certificate and an official Department of Labor OSHA 10 or 30 Hour card will be mailed to them.
- Easy: Cintas handles all the set up. You pick the classes and send us the participants information and we’ll take care of the rest.

OSHA 10 and 30 Hour Training for General Industry or Construction

<table>
<thead>
<tr>
<th>Number of Users:</th>
<th>1-9</th>
<th>10-24</th>
<th>25 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savings:</td>
<td>—</td>
<td>10%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Cintas has partnered with Summit Training Source, an OSHA authorized 10 and 30 Hour training provider.
Cintas offers a number of training tools for you to supplement your internal safety training.

**Video On Demand:**
- Choose from a library of 100+ video topics that include supplemental PowerPoint presentations, quizzes, handouts and more
- Pay Per View pricing plans and subscription services are available
- Can be combined with Train the Trainer courses

**Video Training Books:**
- No classroom? No Internet? No problem!
- Targeted training for employees who are off the beaten path — or just offline

**DVD Training Programs:**
- DVD-based programs created by subject-matter experts
- Lesson plans and training guides to assist with delivery of the training

Cintas has the tools and knowhow to help you improve your internal training.

**HOW THE SERVICE WORKS**

1. Choose from our extensive library to customize and enhance your training program.
2. Use materials to deliver your own safety training or to supplement Cintas Instructor-Led courses.
3. Contact a Cintas Training Specialist to learn how we can help.
Video on Demand

Instant access to the training content you need... with Video on Demand.

Access hundreds of online video courses that provide you with anywhere, anytime instruction on the safety and compliance topics important to your industry.

- **Instant access:** Any video from our library anytime you choose
- **Tablet and Mobile Capable:** Now you can watch videos from our entire Video on Demand library on your preferred mobile or tablet device. (Minimum bandwidth availability of 1.5 Mbps, 3.0 Mbps or higher recommended.)
- **Consistent delivery:** Powerful “Remote View” training capabilities help ensure that no matter how many employees need training, or where they are located, your training message will reach them and be consistent.
- **Powerful recordkeeping:** Keep track of when employees were trained on which topics, and have all of your records together in one easy-to-access site.

PURCHASE OPTIONS

Purchase videos on an as-needed basis or gain unlimited access to the entire library with the Video on Demand Subscription.

Video on Demand Subscription

With our Video on Demand Subscription, you will have training videos available whenever you need them. Get unlimited access to our entire library of over 100 training videos covering transport safety, hazmat, workplace safety, construction safety, and HR compliance.

Training Materials Included:
- PowerPoint® presentations
- Trainer guides
- Quizzes
- Images
- Checklists
- Posters
- Supplemental videos

On-Site Train the Trainer Course Bundled with the Video on Demand Subscription

Included with bundle:
- One on-site Train the Trainer course, one- or two-year Video on Demand Subscription, 60-day implementation service

60-day implementation service: ($250 value)
- Providing a web conference on how to use Training on Demand
- Importing your employee roster
- Processing your initial enrollments
- Creating student groups and curriculum groups

Some topics also available in Spanish

Some of the most requested Train the Trainer topics* offered:

- Aerial Lift
- Back Safety
- Lockout/Tagout
- Overhead Crane
- Fall Protection
- Fire Safety
- Forklift Safety
- Hazard Communication/GHS
- Bloodborne Pathogen
- Confined Space Awareness
- Emergency Preparedness
- Hearing Conservation
- Personal Protective Equipment
- Respiratory Protection

* Please ask your service or sales professional which topics are available in your area.
Video Training Books

No Classroom? No Internet? No Problem!

Targeted training for employees who are off the beaten path — or just offline.

Ideal for:
- Missed training sessions
- Remote locations
- Off-site and/or traveling employees
- Refresher training

Each high-quality Video Training Book includes:
- Same expert training content as the DVD
- Bright, 7" LCD video screen visible in direct sunlight
- Hard-cover front and back with soft-touch coating
- Safety handbooks
- Quizzes and answer key

• Training log
• Rechargeable Li-Ion battery with 5-hour life
• AC adapter
• Earbuds
• Built-in speakers

Lightweight, yet durable, with high-contrast video

DVD Training Programs

DVD training programs can be a great solution for employers with limited internet or computer access. Choose from our extensive DVD library to deliver your own safety training or to supplement Cintas On-Site courses.

Training Programs include:
- DVD-based programs created by J.J. Keller subject-matter experts
- Lesson plans and training guides to assist with delivery of the training
- Learning exercises, including quizzes, worksheets and evaluations to help retention of the topics covered

Samples of our DVD topics:

No Classroom? No Internet? No Problem!

DVD Training Programs

Training Programs include:
- DVD-based programs created by J.J. Keller subject-matter experts
- Lesson plans and training guides to assist with delivery of the training
- Learning exercises, including quizzes, worksheets and evaluations to help retention of the topics covered

Samples of our DVD topics:

Some topics also available in Spanish
## DIY Training Tools: VOD/DVD/VTB Topics

### Workplace

<table>
<thead>
<tr>
<th>Topic</th>
<th>DVD</th>
<th>Video on Demand</th>
<th>Video Training Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Safety: Keep Your Back In Action</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bloodborne Pathogens: Safety in the Workplace (w/EyeCue)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Confined Spaces: Entry Team Training — Maintenance Activities (w/EyeCue)*</td>
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<tr>
<td>Fire Prevention and Response: What Employees Need to Know (w/EyeCue)*</td>
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<td>Hazard Perception Challenge: Slips, Trips and Falls (w/EyeCue)</td>
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<td>HazCom: What You Need To Know*</td>
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<td>HAZWOPER Emergency Response Training for Employees</td>
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<td>Hot Work: Safety Operations Training</td>
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<td>Ladder Safety for General Industry*</td>
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<td>Lockout/Tagout: Put a Lock on Hazardous Energy (w/EyeCue)*</td>
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<td>Lockout/Tagout: Put a Lock on Hazardous Energy (w/EyeCue) — Spanish only</td>
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<td>Motorized Pallet Jacks: Safe Operation</td>
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<td>PPE: Protective Equipment: Employee Essentials (w/EyeCue)*</td>
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<td>Respiratory Protection: Breathing Safety (w/EyeCue)*</td>
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<td>The Forklift Workshop (w/EyeCue)*</td>
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<td>Workforce Health and Safety Training for Supervisors and Employees*</td>
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<td>Workplace Safety Basics*</td>
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### Construction

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<th>Topic</th>
<th>DVD</th>
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<td>Bucket Truck Safety Training for Operators</td>
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<td>Confined Spaces: Entry Team Training — Construction Activities*</td>
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<td>Construction Safety Basics*</td>
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<td>Crystalline Silica for Construction Employees</td>
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<td>Crystalline Silica for Construction Supervisors</td>
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<td>Fall Protection for Construction</td>
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<td>Forklift Workshop for Construction*</td>
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<td>Trenching and Shoring Safety</td>
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<td>Hazmat Training for All Employees</td>
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<td>Hazmat Transportation: Driver Training</td>
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### HR and Legal

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<td>Sexual Harassment: Training for Supervisors and Employees</td>
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<td>Substance Abuse for Supervisors and Employees</td>
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<td>Workplace Bullying and Violence Training for Supervisors and Employees</td>
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### DIY TRAINING TOOLS VIDEO ON DEMAND / DVD / VIDEO TRAINING BOOK TOPICS

- Accident Procedures: Driver Training Series
- Air Brakes: Master Driver
- Alcohol and Drug Testing: What Drivers Need to Know
- Air Brakes: Master Driver
- Backing and Parking: Straight Truck Series
- Backing Techniques: Master Driver
- Cargo Securement for Flatbeds
- CMV Driver Basics for Entry-Level Training
- Coupling and Uncoupling: Master Driver
- CSA: Know the BASICS
- Defensive Driving for Light and Medium Duty Vehicles
- Distraction Driving
- Driving Techniques: Driver Training Series
- Driving Techniques: Straight Truck Series
- Dry Van Cargo Securement, Second Edition
- ELD Basics
- Emergency Maneuvers: Driver Training Series
- Extreme Weather Driving: Driver Training Series
- EYE ON Defensive Driving
- EYE ON Speed and Space Management
- Fixed Object Collision: Driver Training Series
- Hours of Service Canada: A Driver’s Guide
- Hours of Service Rules for Properly-Carrying CMV Drivers
- Injury Prevention for CMV Drivers
- Loading and Unloading: Straight Truck Series
- Loading Dock and Warehouse Safety — The Ins and Outs
- Material Handling Equipment Safety — The Ups and Downs
- Motorcoach Defensive Driving
- Motorcoach Vehicle Inspections
- Night Driving: Driver Training Series
- Personal Safety and Security for CMV Drivers
- Reasonable Suspicion Testing: What Supervisors Need To Know
- Roadside Inspections for CMV Drivers
- Speed and Space Management: Master Driver
- Tanker Solutions Compilation
- Vehicle Inspections: Tractor Trailers

* Also available in Spanish
Compliance Resources

Cintas offers a number of resources to help you manage your training and compliance program.

**Online Safety Management Tool:**
- Personal assistant to help answer questions
- Customized written programs and downloadable training tools
- Search regulatory materials and SDS online
- Incident reporting and training recordkeeping

**On-Site Hearing Testing:**
- Access to nation’s largest provider of on-site hearing testing
- Testing packages and scheduling to fit your needs
- State-of-the-art equipment and testing processes and industry-leading audiologists
- Secure online compliance and reporting system

**Arc Flash Risk Assessment:**
- On-site, equipment-specific study of electrical hazards
- Includes data collection, one-line diagram development, analysis and equipment labels

**HOW THE SERVICE WORKS**

1. Cintas can help with a variety of compliance needs.
2. Let us know what challenges you face.
3. Contact a Cintas Training Specialist to learn how we can help.

Every business has its own set of unique hazards, so training and compliance needs vary.
Safety Management Tool

The Cintas Safety Management Tool provides you instant access to:

- **Personal Assistant**: Ask your safety and compliance questions directly to knowledgeable safety personnel.
- **Regulatory Materials**: Search federal and state-specific regulations, including DOT, EPA, HR, OSHA.
- **Written Programs**: Quickly and easily develop customized, written programs.
- **Training Tools**: Train your team with downloadable, customizable PowerPoint presentations, quizzes and activities.
- **Online SDS**: Search millions of SDS in the database and create your site specific E-Binder with built-in automatic updating and alerts.
- **Incident Reporting/Recordkeeping**: Track workplace incidents and maintain training recordkeeping.
- **Online Training**: Cintas offers hundreds of interactive, self-paced, online training courses at a 20% discount off regular list price.

Think about how much time you’ll save when you no longer need to scour the internet hoping to find that one specific piece of safety information.

**Take back your workday.**

On-Site Hearing Testing

It’s not enough to train your employees … you need written programs, regulatory knowhow and documentation to back it up. But managing all that can be a tall order. That’s why Cintas partnered with J.J. Keller to bring you our online Safety Management Tool.

Cintas has partnered with the nation’s largest provider of on-site hearing testing to help you protect your employees and comply with federal regulations.

**On-Site Hearing Testing:**

- Half-day or full-day scheduling to fit your needs
- Convenient and customizable: testing only, testing and training, or the full-service option
- State-of-the-art equipment and testing processes for quality results
- Industry-leading CAOHC certified audiologists oversee the process and review results
- Accuracy is key. We’ll automatically retest if a potential hearing loss is detected
- Free access to your own secure online compliance and reporting system

Federal Regulation States:

29 CFR 1910.95(G)(1) “The employer shall establish and maintain an audiometric testing program as provided in this paragraph by making audiometric testing available to all employees whose exposures equal or exceed an 8-hour time-weighted average of 85 decibels.”

Contact us for a free trial
844.45.TRAIN | cintas.com/SMT

Simplify your hearing conservation program
Arc Flash Risk Assessment

OSHA and the National Fire Protection Association (NFPA) make it clear that employers must assess the workplace for hazards. Not just general hazards, but those that necessitate the use of PPE. There are three known electrical hazards: Arc Flash, Arc Blast, and Electrical Shock. Each of these hazards requires use of PPE as well as identification through a process known as Arc Flash and Shock Risk Assessment.

- 29 CFR 1910.132(d)(1) states: “The employer shall assess the workplace to determine if hazards are present, or are likely to be present, which necessitate the use of personal protective equipment (PPE). If such hazards are present, or likely to be present.”

- NFPA 70E Article 130.5 states: “An arc flash risk assessment shall determine if an arc flash hazard exists, the arc flash boundary, and the PPE to be used within the arc flash boundary.”

What the Process Entails:

A proper Arc Flash Risk Assessment is both site and equipment specific. Generic warning labels do not meet the requirements of today’s safety standards. The Arc Flash Risk Assessment should be specific to the equipment installed and take into account the design of the existing electrical distribution network. To make this specific assessment takes time, resources and knowledge of the facility. The process for the assessment is as follows:

- Data Collection
- One-Line Diagram Development
- Analysis
- Equipment Labels

End Deliverables:

- A copy of the one-line diagram, project reports/results, and Energized Electrical Work Permits (EEWP), will be compiled into an interactive interface and loaded onto your network for access by multiple personnel and workstations simultaneously.

- Energized Electrical Work Permits are required by the NFPA 70E when energized work is taking place. A completed EEWP is provided for all electrical equipment included in the assessment.

- NFPA and OSHA compliant labels are provided for each electrical equipment item included in the assessment. Proper labelling and marking at the equipment level makes it easy for maintenance staff or contractors to perform their work tasks safely with minimal impact on operations.

Cintas’ Arc Flash Risk Assessment is conducted by an unaffiliated third-party and Cintas does not make or provide any representations, recommendations, or guidance with respect to electrical hazards present in the workplace or the personal protective equipment (“PPE”) that is necessary for any particular workplace. It is the sole responsibility of the employer to perform workplace assessments to identify potential hazards that exist in the workplace, in accordance with 29 CFR 1910.132. The employer is solely responsible for determining the necessary PPE to provide to employees based on the arc flash hazards that exist in the workplace. Cintas shall have no liability to the customer, the employer, its employees or any other person or entity relating to Cintas’ Arc Flash Risk Assessment or any services related thereto. Cintas disclaims all warranties other than as expressly provided.

Only Cintas offers the service excellence you expect and the full scope of products you rely on to help run your First Aid and Safety program.

First Aid

Safety Products

AED

Be READY™ to respond to a workplace injury or illness

Choose from a variety of safety options and services

Get prepared to respond to a workplace emergency

Compliance Training

Eyewash

Hydration

Multiple classes and formats available on-site or on demand

Keeping your eyewash stations clean and ready to use

Introducing Cintas WaterBreak™
Some of our most popular training courses

Medical Training*

- First Aid, CPR/AED
- Healthcare Provider: Basic Life Support (BLS)

Safety Compliance Training*

- Accident Investigation
- Aerial and Scissor Lift Training
- Arc Flash — NFPA 70E
- Back Safety/Proper Lift
- Bloodborne Pathogens
- Confined Space Awareness and Entry
- DOT Awareness and CFR 49
- Drug-Free Workplace
- Electrical Safety Awareness
- Emergency Preparedness
- Ergonomics
- Fall Protection Training and Inspections
- Fire Training: Live or Simulated
- Forklift Safety
- Hazard Communication/GHS
- Hand & Power Tool Safety
- HAZWOPER (8, 24, and 40 Hour)
- Hearing Testing and Training
- Heat Stress Prevention
- Hot Work Permits
- Job Safety Analysis
- Ladder Safety and Inspections
- Lockout/Tagout (Authorized & Affected)
- Machine Safeguarding
- Material Handling
- Order Picker
- OSHA 10 and 30-Hour Construction
- OSHA 10 and 30-Hour General Industry
- Overhead Crane Safety
- Personal Protective Equipment
- Powered Pallet Jack
- Reach Truck
- Respiratory Protection and Fit Testing
- Rigging Awareness
- Sexual Harassment
- Slips, Trips and Falls
- Spill Clean-Up
- Walking and Working Surfaces
- Welding Safety
- Workplace Violence/Active Shooter Awareness

* Please ask your service or sales professional which topics are available in your area