

# TRAINING & COMPLIANCE

**cINTAS®**  
READY FOR THE WORKDAY®



Flexible training options  
to make your job easier

**cINTAS®**  
READY FOR THE WORKDAY®



# Introduction

Every workplace is different and has unique hazards. With those hazards come specific training requirements that help you keep your employees safe, ready in case of an emergency 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 onsite 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.

Depending on the nature and location of the worksite, federal, state, and local regulations may require that employers offer specific training to their employees. Employers or businesses have sole responsibility to examine their operations to determine the type of training that is required or appropriate. Cintas does not provide recommendations or guidance regarding which safety and training programs are required or appropriate. The services are provided for educational purposes only.



## Our Instructors

Professional. Experienced.  
Dedicated. Engaging.

### 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!”

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# Blended Training Approach

## Onsite Training:

- Take advantage of our nationwide network of nearly 200 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 onsite 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 cloud based Safety Management Suite
- Stream training videos online or order digital video trainings on a wide range of safety topics
- Employee handbooks, video training books, onsite hearing testing and more

**96%** of customers agree that Cintas training classes are a good value\*

\* Based on 2018 Cintas customer satisfaction survey





# Onsite Training

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

## With onsite training from Cintas, you get:

- Hands-on practice with a low student-to-instructor ratio
- Training at your facility or open enrollment classes at your local Cintas facility
- Flexible, convenient scheduling to cover multiple shifts — including nights and weekends, if needed
- National coverage of nearly 200 full time Cintas instructors 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.



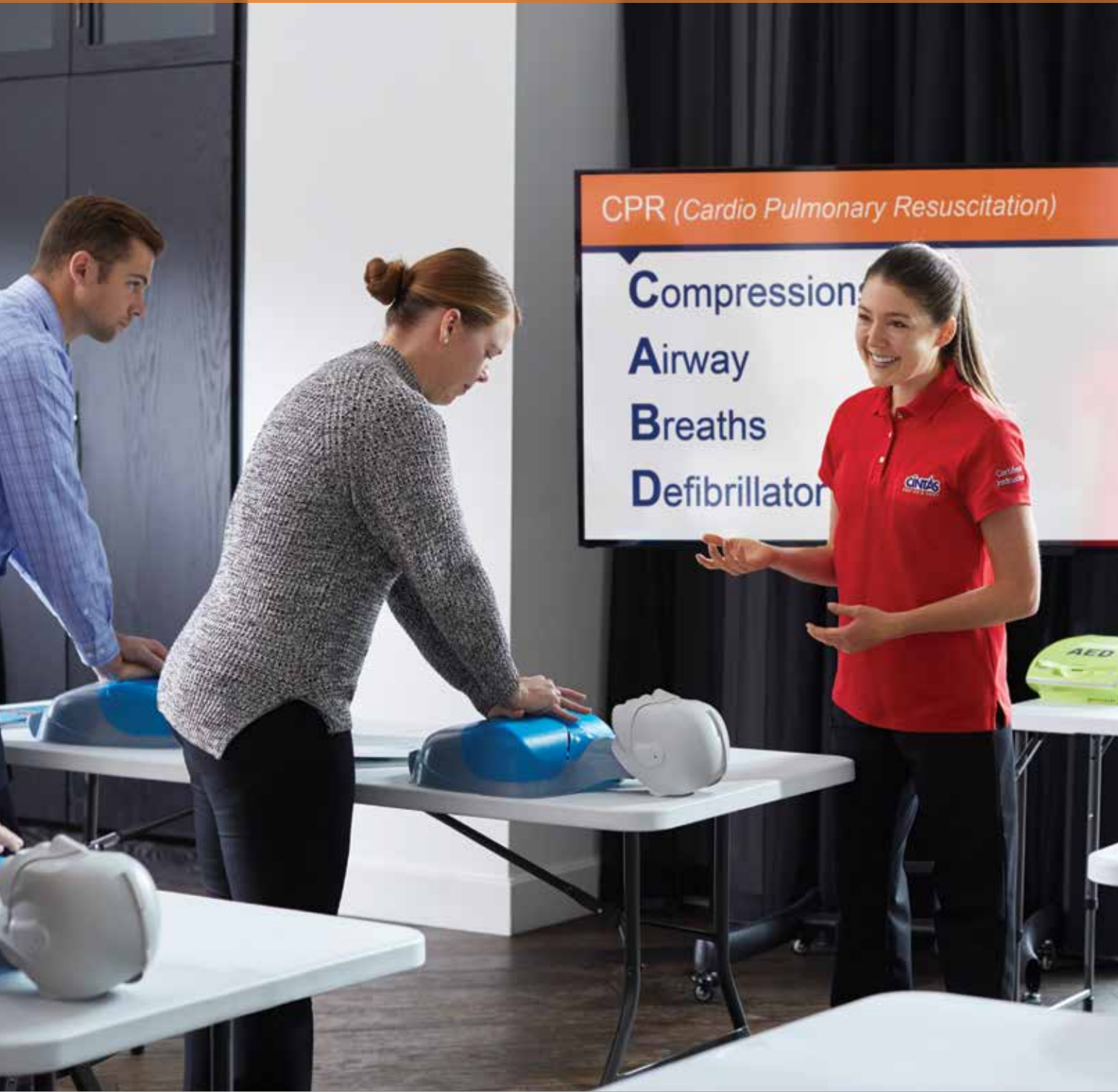
**3** Documentation provided at conclusion of training.

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

\* Based on 2018 Cintas customer satisfaction survey



# Onsite Training: Medical Topics



## Did you know?

- Sudden cardiac arrest is the number one killer in the workplace in the United States.<sup>1</sup>
- High-quality CPR can increase a victim’s chances of survival **by up to 3X.**
- 70% of Americans may feel helpless to act if they find themselves in an emergency.

<sup>1</sup> American Heart Sudden Cardiac statistics

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 4-4.5 hours
- Maximum of 9 students per instructor (larger classes available if requested)
- 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.”



Available formats: ● Onsite ● Online\*

\* Must complete skills check for proper certification

# Onsite Training: Medical Topics



Available formats: ● Onsite ● Online\*

\* Must complete skills check for proper certification

## 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

Instructor-Led Medical Courses	Course #	Expiration	Duration
First Aid, CPR/AED	650011	2 Years	4-4.5 Hours
First Aid/CPR/AED & Bloodborne Pathogens	650013	2 Years (1 year BBP)	4.5-5 Hours
CPR/AED Only	65021	2 Years	2-3 Hours
First Aid Only	65009	2 Years	2-3 Hours
Oxygen Awareness	65023	Annually	30 Minutes
Healthcare Provider: Basic Life Support (BLS)	65022	2 Years	3-4 Hours

# Be **READY**™ for Sudden Cardiac Arrest

Discover how Cintas AED Service can help you be prepared to respond to a sudden cardiac arrest.

It takes a lot more than an AED to save a life... proper planning, implementation, ongoing support, and routine onsite 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 onsite monthly service.

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





# Onsite Training: Safety Topics



## Did you know?

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

### Arc Flash/NFPA 70E® Safety

Course #574485SC

#### Training Includes:

- 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

#### Training Includes:

- 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."

**29 CFR 1910.1030 (g)(2)(ii)(b)** "At least annually thereafter."

### Confined Space Awareness

Course #65205

#### Training Includes:

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

**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."

**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.



Available formats: ● Onsite

Check out page 44 for information on our Arc Flash Risk Assessments. Contact your Cintas Protective Apparel Specialist for arc rating clothing and associated PPE.



Available formats: ● Onsite ● Online  
● DIY Training Tools



Available formats: ● Onsite ● Online  
● DIY Training Tools



# Onsite Training: Safety Topics



Available formats: ● Onsite ● Online  
● DIY Training Tools

## 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. ... an employer with 10 or fewer employees may communicate the plan orally..."

**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: ● Onsite ● Online\*  
● DIY Training Tools

\*May need to complete hands-on training with a fire extinguisher.

## Fire Prevention and Extinguisher Safety

Course #65222

### Training Includes:

- Fire prevention methods and housekeeping
- Different types of fire extinguishers and the type of fires they are effective against
- Hands on practice using 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."

Fire protection services available in some markets through Cintas Fire Protection.

## 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(l)]"

**29 CFR 1910.178(l)(2)(ii)** "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)(ii)** for additional retraining requirements.



Available formats: ● Onsite ● Online\*  
● DIY Training Tools

\* May need to complete an onsite 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: ● Onsite ● Online  
● DIY Training Tools



# Onsite 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(k)(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(k)(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."

Check out page 43 for information on our Onsite Hearing Testing.

Available formats: Onsite Online  
DIY Training Tools Onsite Testing



## 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."

Available formats: Onsite Online

## 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."



Available formats: Onsite Online  
DIY Training Tools

## 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(f)(1)** "The employer shall provide training to each employee who is required by [1910.132] to use PPE."



Available formats: Onsite Online  
DIY Training Tools

## 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 onsite respirator fit testing and online medical clearance questionnaires. Please note: Medical clearance is required prior to an employee's initial fit test.



Available formats: Onsite Online  
DIY Training Tools Onsite Testing



# Onsite Training: Safety Topics



Available formats: ● Onsite ● Online  
● DIY Training Tools

## 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)]"



Available formats: ● Onsite ● Online

## Workplace Violence Prevention / Active Shooter Preparedness

Course #65257

### Training Includes:

- Categories of workplace violence
- Myths surrounding violence in the workplace
- Identifying areas of concern
- Options for dealing with an armed threat

Cintas has teamed up with the Center for Personal Protection and Safety, a leading developer of workplace violence prevention training, to offer on-site workplace violence/ active shooter training.

**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."

# Simplify your safety training with a Training Bundle

Cintas offers annual Training Bundles to help you simplify your training program and make your job easier. These onsite classes and our industry leading Safety Management Suite can help you meet the OSHA requirements and ANSI standards specific to your business.

Get started today. Select your Training Bundle along with your courses from the list provided.



### PLATINUM BUNDLE #77636

- 10 Training Classes (topics selected by customer)
- 1 Safety Management Suite Annual Subscription
- 20 Interactive Online Classes
- Fully Stocked Mobile First Aid Bag

### GOLD BUNDLE #77637

- 6 Training Classes (topics selected by customer)
- 1 Safety Management Suite Annual Subscription
- 12 Interactive Online Classes
- Fully Stocked Mobile First Aid 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
- LockOaOut
- Machine Safeguarding
- PPE/Eye Protection
- Respiratory Protection
- Walking and Working Surfaces
- Workplace Violence Prevention / Active Shooter Preparedness

\* includes up to 20 employees per class unless otherwise stated. Additional "weekend" or "after hours" fees may apply for classes outside the hours of 8am-5pm M-F.



# Most Common Onsite Safety Topics

Instructor-Led Safety Courses	Course #	Expiration	Duration
Aerial Lift Safety	65207	Varies*	3 Hours
Arc Flash/NFPA 70E	574485SC	3 years	8 Hours
Back Safety/Proper Lift	65214	—	1 Hour
Bloodborne Pathogens	65003	Annually	1 Hour
Confined Space Awareness	65205	Varies*	1 Hour
Confined Space Entrant/Rescue	65311	Annually	Varies
DOT 49 CFR Hazardous Materials	652261	3 years	4 Hours
Electrical Safety Awareness	65242	Varies*	1 Hour
Emergency Preparedness	65218	Varies*	1 Hour
Environmental Safety	65264	—	1 Hour
Ergonomics	65216	—	1 Hour
Fall Protection	65206	Varies*	1 Hour
Fall Protection Inspection	652061	—	Varies
Fire Extinguisher Safety	65222	Annually	1 Hour
Forklift/Powered Industrial Truck Safety	65208	3 years	4 Hours
Forklift/Powered Industrial Truck Skills Check	652091	3 years	15 Minutes
Front End Loader Safety	65213	3 years	4 Hours
Hand and Power Tool Safety	65237	Varies*	1 Hour
Hazard Communication/GHS	65226	Varies*	1 Hour
Hazardous Waste	65262	Varies*	Varies
HAZWOPER - 8 hr, 16 hr, 24 hr or 40 hr	Varies	Varies*	Varies
Hearing Conservation	65230	Annually	1 Hour
Heat Injury Prevention and Heat Stress	65231	—	1 Hour
Ladder Safety	65223	Varies*	1 Hour
Ladder Inspections	652231	—	Varies

Instructor-Led Safety Courses	Course #	Expiration	Duration
Lockout/Tagout Authorized	65234	Varies*	2 Hours
Lockout/Tagout Affected	65234	Varies*	1 Hour
Machine Guarding	65236	Varies*	1 Hour
Material Handling	65238	Varies*	2 Hours
Order Picker Safety	65217	3 years	3 Hours
OSHA 10-Hour Construction	65404	—	2 Days
OSHA 10-Hour General Industry	65400	—	2 Days
OSHA 30-Hour Construction	65406	—	4 Days
OSHA 30-Hour General Industry	65402	—	4 Days
Overhead Crane Safety	65211	—	2 Hours
Personal Protective Equipment (PPE)	65240	Varies*	1 Hour
Powered Pallet Jack Safety	65215	3 years	3 Hours
Reach Truck Safety	65219	3 years	3 Hours
Respiratory Protection	65252	Annually	1 Hour
Respirator Fit Testing	65500	Annually	Varies
Safety Day	71882	—	Varies
Slips, Trips and Falls	65221	Varies*	1 Hour
Substance Abuse/Drug Free Workplace	65256	—	1 Hour
Walking and Working Surfaces	65239	Varies*	1 Hour
Workplace Violence Prevention/Active Shooter Safety	65257	—	90 Minutes
Various "Train The Trainer" Classes	65301-65313	—	Varies

\* 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
- Most courses are mobile capable and can be accessed from a tablet or phone

## HOW THE SERVICE WORKS



**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.

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

\* Based on 2018 Cintas customer satisfaction survey



# 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

	Course #	Expiration	Duration*
First Aid, CPR/AED	65031	2 Years	4 Hours
CPR/AED Only	65032	2 Years	1 Hour
First Aid Only	65030	2 Years	1.5 Hours
Pediatric First Aid, CPR/AED	583941	2 Years	4 Hours
Healthcare Provider: Basic Life Support (BLS)	8307636	2 Years	2 Hours

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.

# Online Training: Safety Topics



## 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

Active Shooter / Active Threat: How to Survive*	Forklift Training – Module 3: Operating Procedures*
Active Shooter / Active Threat: Organizational Preparedness & Recovery*	Forklift Training – Module 4: Maintaining Your Forklift*
Aerial Lifts for General Industry	Forklift Training: Non-Operator Safety*
Arc Flash / Arc Blast Awareness & Safety	Forklift Training: Refresher*
Asbestos Awareness Training	Forklift Training: Specialized Units & Attachments*
Back Safety – Spanish	Forklifts: Ultimate Hazard Perception Challenge (Advanced)
Back Safety: Keep Your Back In Action	Forklifts: Ultimate Hazard Perception Challenge (Basic)
Bloodborne Pathogens and MRSA	Forklifts: Ultimate Hazard Perception Challenge (Intermediate)
Bloodborne Pathogens in First Response Environments*	Hand & Foot Protection: PPE Employee Essentials*
Bloodborne Pathogens in Healthcare Facilities	Hand and Power Tool Safety – Spanish
Bloodborne Pathogens: Safety in the Workplace	Hazardous Substances: Incidental Spill Response
Cold Stress	Hazardous Substances: Spill Discovery & Notification
Compressed Gas Cylinders	Head, Eye, & Face Protection: PPE Employee Essentials
Computer Workstation Design & Use	Hearing Protection: PPE Employee Essentials
Confined Spaces: Entry Team Training – Maintenance Activities	Heat Stress
Crane Safety for General Industry	Hot Work: Safety Operations Training*
Crystalline Silica for General Industry Employees*	Housekeeping & Maintenance
Crystalline Silica for General Industry Employers*	Hydrogen Sulfide for General Industry
Electrical Safety: Training for Unqualified Employees*	Hydrogen Sulfide for Oil & Gas
Emergency Eyewash & Shower Use	Incident Investigations for Accidents & Near Misses
Emergency Preparedness & Response	Indoor Air Quality
Ergonomics: Industrial*	Ladder Safety for General Industry*
Ergonomics: Office	Lockout / Tagout: Put a Lock on Hazardous Energy
Fall Protection for General Industry*	Lockout / Tagout – Spanish
Fire Extinguisher Use*	Machine Guard Safety – Spanish
Fire Prevention & Response	Machine Guarding
First Aid – Spanish	Material Handling Safety*
First Aid Basics	Motorized Pallet Jacks: Safe Operation*
Forklift Training*	Office Safety*
Forklift Training – Module 1: Equipment Basics*	OSHA Recordkeeping for Employees
Forklift Training – Module 2: Equipment Inspections*	Personal Protective Equipment – Spanish

\* Also available in Spanish



# Online Training: Safety Topics

## Workplace Safety (continued)

Personal Protective Equipment: Employee Essentials	Walkway Safety for Employees – Module 3: Hazard Prevention & Incident Response*
Power Tool & Extension Cord Safety	Walkway Safety for Supervisors – Module 1: Foundations of Walkway Safety
RCRA Hazardous Waste Generator Training	Walkway Safety for Supervisors – Module 2: Hazard Recognition
Respiratory Protection	Walkway Safety for Supervisors – Module 3: Hazard Prevention & Incident Response
Safety Audits for Employees	Walkway Safety Program for Walkway Specialists Curriculum
Scaffolding Safety for General Industry	Welding: Safety & Health Protections
Scissor Lifts for General Industry	Wellness and Fitness
Slips, Trips, & Falls: Hazard Perception Challenge	Winter Safety: Working & Driving in Snow, Ice, & Extreme Cold
Stairways for General Industry	Working with Lead Exposure in General Industry
Step Bolts & Manhole Steps for Telecommunications	Workplace Injury & Illness: OSHA Reporting & Recordkeeping for Managers
Tuberculosis in the Healthcare Environment	Workplace Safety Basics – Module 1: Work Practices*
Walking-Working Surfaces: What Employees Need to Know*	Workplace Safety Basics – Module 2: Work Environment*
Walking-Working Surfaces: What Supervisors Need to Know*	Workplace Safety Basics – Module 3: Safe Use of Equipment*
Walkway Safety for Employees – Module 1: Foundations of Walkway Safety*	Workplace Safety Basics – Module 4: In Case of an Emergency*
Walkway Safety for Employees – Module 2: Hazard Recognition*	

## Construction Safety

Aerial Lifts for Construction	Forklift Operator Safety Training for Construction
Caught-In or -Between for Construction	Hand & Power Tools for Construction
Confined Spaces: Entry Team Training – Construction Activities	Health Hazards for Construction
Construction Safety Basics – Module 1: Work Practices*	Materials Handling, Storage, Use, & Disposal for Construction
Construction Safety Basics – Module 2: Work Environment*	Personal Protective & Lifesaving Equipment for Construction
Construction Safety Basics – Module 3: Safe Use of Equipment*	Rigging Safety
Construction Safety Basics – Module 4: In Case of an Emergency*	Scaffolds for Construction
Cranes & Derricks for Construction	Scissor Lifts for Construction
Crystalline Silica for Construction Employees*	Slips & Trips for Construction
Crystalline Silica for Construction Employers*	Stairways & Ladders for Construction
Electrocution for Construction	Struck-By for Construction
Excavations for Construction	Trenching & Shoring <i>(coming soon)</i>
Fall Protection for Construction*	Working with Lead Exposure in Construction Environments

## Driver/DOT Safety

Accident Procedures: Driver Training Series	Hours of Service Rules for Passenger-Carrying CMV Drivers
Air Brakes: Master Driver	Hours of Service Rules for Property-Carrying CMV Drivers*
Alcohol & Drug Testing: What Drivers Need to Know	Hours of Service: How to Fill Out Paper Logs*
Backing & Parking: Straight Truck Series*	Human Trafficking Awareness for Drivers*
Backing Techniques: Driver Training Series	Injury Prevention Around Flatbeds
Cargo Securement: Dry Vans	Injury Prevention Around Tankers
Cargo Securement: Flatbeds	Injury Prevention for CMV Drivers
City Driving - Master Driver*	Loading & Unloading: Straight Truck Series
Coupling & Uncoupling: Double Trailers	Motorcoach: Defensive Driving
Coupling & Uncoupling: Driver Training Series	Motorcoach: Vehicle Inspections
CSA: Know the BASICS	Night Driving: Driver Training Series*
Defensive Driving for CMV Drivers – Module 1: Prepare	Pattern Driving – Master Driver
Defensive Driving for CMV Drivers – Module 2: Communicate	Personal Safety & Security for CMV Drivers*
Defensive Driving for CMV Drivers – Module 3: Look	Prohibiting the Coercion of CMV Drivers
Defensive Driving for CMV Drivers – Module 4: Manage Speed & Space	Pulling Doubles
Defensive Driving for Light & Medium Duty Vehicles	Rear End Collisions: Master Driver
Distracted Driving	Reasonable Suspicion Testing: What Supervisors Need to Know
Driver Qualification Training for Managers	Right Turns / Left Turns / Intersections*
Driving Techniques: Driver Training Series	Roadside Inspections for CMV Drivers*
Driving Techniques: Straight Truck Series	Rural Driving: Master Driver
ELD Basics	Sanitary Food Transportation
Emergency Maneuvers: Driver Training Series*	Vehicle Inspections: Intermodal Chassis
Extreme Weather Driving: Driver Training Series	Vehicle Inspections: Refrigerated Trailers
Fixed Object Collisions: Driver Training Series	Vehicle Inspections: Straight Truck Series
Hours of Service (Canada)	Vehicle Inspections: Tractor Trailers
Hours of Service Rules for Oil & Gas CMV Drivers	Wheel Chocks & Dockboards

\* Also available in Spanish \*\* Also available in French w/GHS provisions

# Online Training: Safety Topics

## HazCom/GHS

GHS Safety Data Sheets for Construction	Hazard Communication in the Hospitality Industry*
GHS Safety Data Sheets in the Laboratory	HazCom: GHS Container Labels
Hazard Communication in Auto Service Facilities	HazCom: GHS Safety Data Sheets (SDS)
Hazard Communication in Cleaning and Maintenance Facilities	HazCom: Introduction to Hazard Communication & GHS
Hazard Communication in Construction Environments	HazCom: What You Need to Know* **
Hazard Communication in Healthcare Facilities*	

## Hazmat Safety

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

## HAZWOPER

HAZWOPER: Refresher for Emergency Responders – Personal Protective Equipment & Clothing	HAZWOPER: Chemical Fundamentals
HAZWOPER: Refresher for Emergency Responders – Chemical Fundamentals	HAZWOPER: Confined Spaces
HAZWOPER: Refresher for Emergency Responders – Decontamination	HAZWOPER: Decontamination
HAZWOPER: Refresher for Emergency Responders – Emergency & Post-Emergency Response Procedures	HAZWOPER: Electrical Safety & Lockout/Tagout
HAZWOPER: Refresher for Emergency Responders – Emergency Response Planning	HAZWOPER: Emergency & Post-Emergency Response Procedures
HAZWOPER: Refresher for Emergency Responders – Exposure Monitoring & Sampling	HAZWOPER: Emergency Response Planning
HAZWOPER: Refresher for Emergency Responders – Hazardous Substance Recognition & Identification	HAZWOPER: Exposure Monitoring & Sampling
HAZWOPER: Refresher for Emergency Responders – Medical Program	HAZWOPER: Fire Prevention & Protection

## HAZWOPER (continued)

HAZWOPER: Handling & Shipping Drums & Containers	HAZWOPER: Refresher for Waste Site Workers: Emergency Response & Decontamination
HAZWOPER: Hazardous Substance Recognition & Identification	HAZWOPER: Refresher for Waste Site Workers – Hazard Recognition
HAZWOPER: HazCom, Hazmat, & Hazardous Waste	HAZWOPER: Refresher for Waste Site Workers – Introduction to HAZWOPER
HAZWOPER: Health & Physical Hazards	HAZWOPER: Refresher for Waste Site Workers – PPE & Other Hazard Control Measures
HAZWOPER: Medical Program	HAZWOPER: Respiratory Protection
HAZWOPER: Overview for Waste Site Workers	HAZWOPER: Site Control Measures
HAZWOPER: Personal Protective Equipment & Clothing	HAZWOPER: Temperature Extremes
HAZWOPER: Radiation & Biological Exposures	HAZWOPER: Written HAZWOPER Plans & Programs
HAZWOPER: Refresher for Waste Site Workers – Air Monitoring & Medical Program	

## HR and Legal Compliance

Active Shooter / Active Threat: How to Survive	Drug-Free Workplace
Active Shooter / Active Threat: Organizational Preparedness & Recovery	Effective Communication for Employees
ADA for Supervisors	Effective Communication for Supervisors
Americans With Disabilities Act – Title II	Ethics and Compliance Essentials
Antitrust Essentials	Fair Labor Standards Act (FLSA)
Appropriate Email & Internet Use	Family Educational Rights and Privacy Act (FERPA)
Avoiding Insider Trading	FMLA for Supervisors
Avoiding Retaliation	Foreign Corrupt Practices Act (FCPA)
Code of Conduct	Global Anti-Corruption*
Conflicts of Interest	HIPAA Privacy and Security
Customer Proprietary Network Information (CPNI)	Information Security
Diversity & Discrimination for Employees	Managing within the Law – Basics
Diversity & Discrimination for Supervisors	Preventing Discrimination & Harassment for Employees (Canada)
Diversity & Inclusion <i>(coming soon)</i>	Preventing Discrimination & Harassment for Employees (Maine)

\* Also available in Spanish



# Online Training: Safety Topics

## HR and Legal Compliance (continued)

Preventing Discrimination & Harassment for Managers (California)	Sexual Harassment Prevention – Module 6: Additional Management Responsibilities*
Preventing Discrimination & Harassment for Managers (Canada)	Substance Abuse Training for Employees
Preventing Discrimination & Harassment for Managers (Connecticut)	Substance Abuse Training for Supervisors
Preventing Discrimination & Harassment for Managers (Maine)	Team Building for Employees
Protecting Trade Secrets	Team Building for Supervisors
Responsible Social Media Use	U.S. Export Controls
Sexual Harassment Prevention – Module 1: What is Sexual Harassment?*	Wellness & Fitness
Sexual Harassment Prevention – Module 2: Civility in the Workplace*	Workplace Bullying and Violence: Training for Employees
Sexual Harassment Prevention – Module 3: Taking Action*	Workplace Bullying and Violence: Training for Supervisors
Sexual Harassment Prevention – Module 4: Addressing Harassment*	Workplace Stress
Sexual Harassment Prevention – Module 5: What Happens Next?*	

## Laboratory Safety

Electrical Safety in the Laboratory	OSHA Formaldehyde Standard
Flammables and Explosives in the Laboratory	Planning for Laboratory Emergencies
Handling Compressed Gas Cylinders in the Laboratory	Preventing Contamination in the Laboratory
Laboratory Ergonomics	Safe Handling of Laboratory Glassware
Laboratory Hoods	Safety Showers and Eye Washes in the Laboratory
Orientation to Laboratory Safety	

\* Also available in Spanish

# 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

Number of Users:	1-9	10-24	25 or more
Savings:	—	10%	15%



# DIY Training Tools

Cintas offers a number of training tools for you to supplement your internal safety training.

## Video on Demand (Streaming Video)

- 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

## Digital Video Training Programs:

- Video-based programs created by subject-matter experts
- Lesson plans and training guides to assist with delivery of the 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.

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



# Video on Demand (Streaming Video)



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.

Some topics also available in Spanish

## 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 | • Checklists          |
| • Trainer guides            | • Posters             |
| • Quizzes                   | • Supplemental videos |
| • Images                    |                       |

*\*Note: Training materials vary by title*

## Onsite Train the Trainer Course Bundled with the Video on Demand Subscription

### Included with bundle:

- One onsite 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 | • Processing your initial enrollments           |
| • Importing your employee roster                              | • Creating student groups and curriculum groups |

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

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



Lightweight, yet durable, with high-contrast video

- Includes:
- Employee handbooks
  - Quizzes and answer key
  - Training log
  - AC adapter
  - Ear buds

- Features:
- 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
  - Rechargeable Li-ion battery with 5-hour life
  - Built-in speakers

# Video Training Programs

Video 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 Onsite courses.

## Training Programs include:

- Video-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:



**The EyeCue® Visual Learning System uses a 3-step process:**

1



2



3



**TRAIN**  
Deliver our training enhanced with attention-grabbing EyeCue® icons shown at key points throughout the program.

**IDENTIFY**  
Place the corresponding EyeCue® tags in your workplace where employee identification of the related training lesson is critical.

**REINFORCE**  
Encourage employees to connect the tagged area with the J.J. Keller® training for immediate lesson reinforcement.





Some topics also available in Spanish



JKeller.com/Training



# DIY Training Tools: VOD/Video/VTB Topics

Workplace	Video Programs	Video on Demand	Video Training Book
Back Safety: Keep Your Back In Action	•	•	•
Bloodborne Pathogens: Safety in the Workplace (w/EyeCue)*	•	•	•
Confined Spaces: Entry Team Training — Maintenance Activities (w/EyeCue)*	•	•	•
Electrical Safety: Training for Unqualified Employees (w/EyeCue)*	•	•	
Fall Protection for General Industry*	•	•	•
Fire Prevention and Response: What Employees Need to Know (w/EyeCue)*	•	•	•
Forklift Training (w/EyeCue)*	•	•	•
Hazard Perception Challenge: Slips, Trips and Falls (w/EyeCue)	•	•	•
HazCom: What You Need To Know*	•	•	•
HAZWOPER Emergency Response Training for Employees	•	•	
Hot Work: Safety Operations Training	•	•	
Ladder Safety for General Industry*	•	•	•
Lockout/Tagout: Put a Lock on Hazardous Energy (w/EyeCue)*	•	•	•
Lockout/Tagout: Put a Lock on Hazardous Energy (w/EyeCue) — Spanish only	•	•	
Motorized Pallet Jacks: Safe Operation	•	•	
Personal Protective Equipment: Employee Essentials (w/EyeCue)*	•	•	
Respiratory Protection (w/EyeCue)*	•	•	•
Ultimate HPC: FORKLIFTS	•	•	
Walking-Working Surfaces: What You Need to Know for Supervisors and Employees*	•	•	•
Workplace Safety Basics*	•	•	•

Construction	Video Programs	Video on Demand	Video Training Book
Bucket Truck Safety Training for Operators	•	•	
Confined Spaces: Entry Team Training — Construction Activities*	•	•	•
Construction Safety Basics*	•	•	•
Crystalline Silica for Construction Employees		•	
Crystalline Silica for Construction Supervisors		•	
Fall Protection for Construction*	•	•	
Forklift Workshop for Construction*	•	•	•

Hazmat	Video Programs	Video on Demand	Video Training Book
Hazmat Training for All Employees	•	•	•
Hazmat Transportation: Driver Training	•	•	•

HR and Legal	Video Programs	Video on Demand	Video Training Book
ADA for Supervisors	•	•	
FMLA for Supervisors	•	•	
Sexual Harassment Prevention	•	•	•
Substance Abuse for Supervisors and Employees	•	•	
Workplace Bullying and Violence Training for Supervisors and Employees	•	•	

Transportation	Video Programs	Video on Demand	Video Training Book
Accident Procedures: Driver Training Series	•	•	
Air Brakes: Master Driver	•	•	
Alcohol and Drug Testing: What Drivers Need to Know	•	•	•
Backing and Parking: Straight Truck Series	•	•	
Backing Techniques: Driver Training Series	•	•	
Cargo Securement for Flatbeds	•	•	
Coupling and Uncoupling: Driver Training Series	•	•	
CSA: Know the BASICS	•	•	
Defensive Driving for CMV Drivers	•	•	
Defensive Driving for Light and Medium Duty Vehicles	•	•	
Distracted 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	•	•	
Fixed Object Collision: Driver Training Series	•	•	
Hours of Service Canada: A Driver's Guide	•	•	
Hours of Service Rules for Property-Carrying CMV Drivers	•	•	
Human Trafficking Awareness for 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 (See Defensive Driving for CMV Drivers)	•	•	
Tanker Solutions Compilation	•	•	
Vehicle Inspections: Tractor Trailers	•	•	•

\* Also available in Spanish



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

# Compliance Resources

Supplement your internal safety training with a number of training tools from Cintas

## Safety Management Suite — Cloud Solution:

- Expert Insight
- Personalized written plans
- Customizable training resources
- Multi-language SDS database
- Incident reporting
- Training recordkeeping
- And more!

## Onsite Hearing Testing:

- Customizable scheduling options to fit your needs
- 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:

- Onsite, 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.



# Safety Management Suite



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 is collaborating with J.J. Keller to bring you the **Safety Management Suite**.

Contact us for a free trial  
844.45.TRAIN | [cintas.com/SMS](https://cintas.com/SMS)

The Safety Management Suite provides you instant access to:

Coming in early 2020



**EXPERT HELP**

Ask our experts an unlimited number of compliance questions in a secure, private environment.



**REGULATIONS**

Reference an up-to-date repository of key federal and state regulatory requirements.



**WRITTEN SAFETY PLANS**

Create custom safety plans tailored to the unique needs of your organization.



**TRAINING**

Access hundreds of award-winning training programs and thousands of customizable training resources.



**CHEMICAL CENTER**

Maintain a comprehensive hazard communication program with unlimited access to a wide range of multi-language SDSs.



**INCIDENT CENTER**

Comply with OSHA's incident & illness recordkeeping requirements and easily identify and track trends.



**AUDITS & INSPECTIONS**

Generate and print checklists, assign inspection responsibilities and gather results for analysis and reporting.

\* "Expert help" is not meant to replace a regulatory or legal consultant

# Onsite Hearing Testing



## Simplify your hearing conservation program

**Onsite Hearing Testing:**

- Customizable scheduling options 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 timeweighted average of 85 decibels."



# 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."
- **NFPA 70E Article 130.5 (G)** states: "The incident energy analysis (arc flash risk assessment) shall be updated when changes occur in the electrical distribution system that could affect the results of the analysis. The incident energy analysis shall also be reviewed for accuracy at intervals not to exceed 5 years."

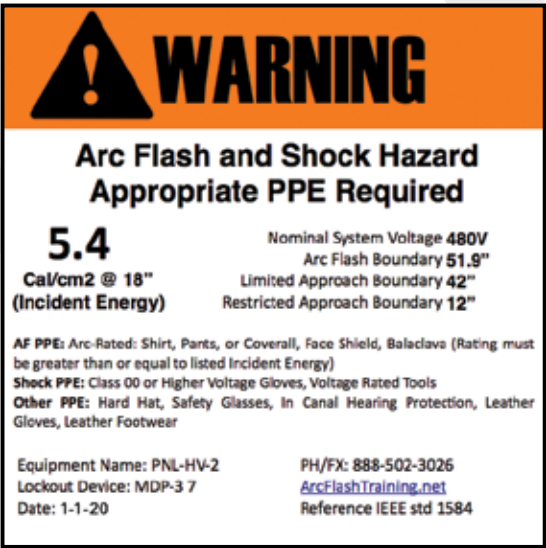
## What the Process Entails:

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:

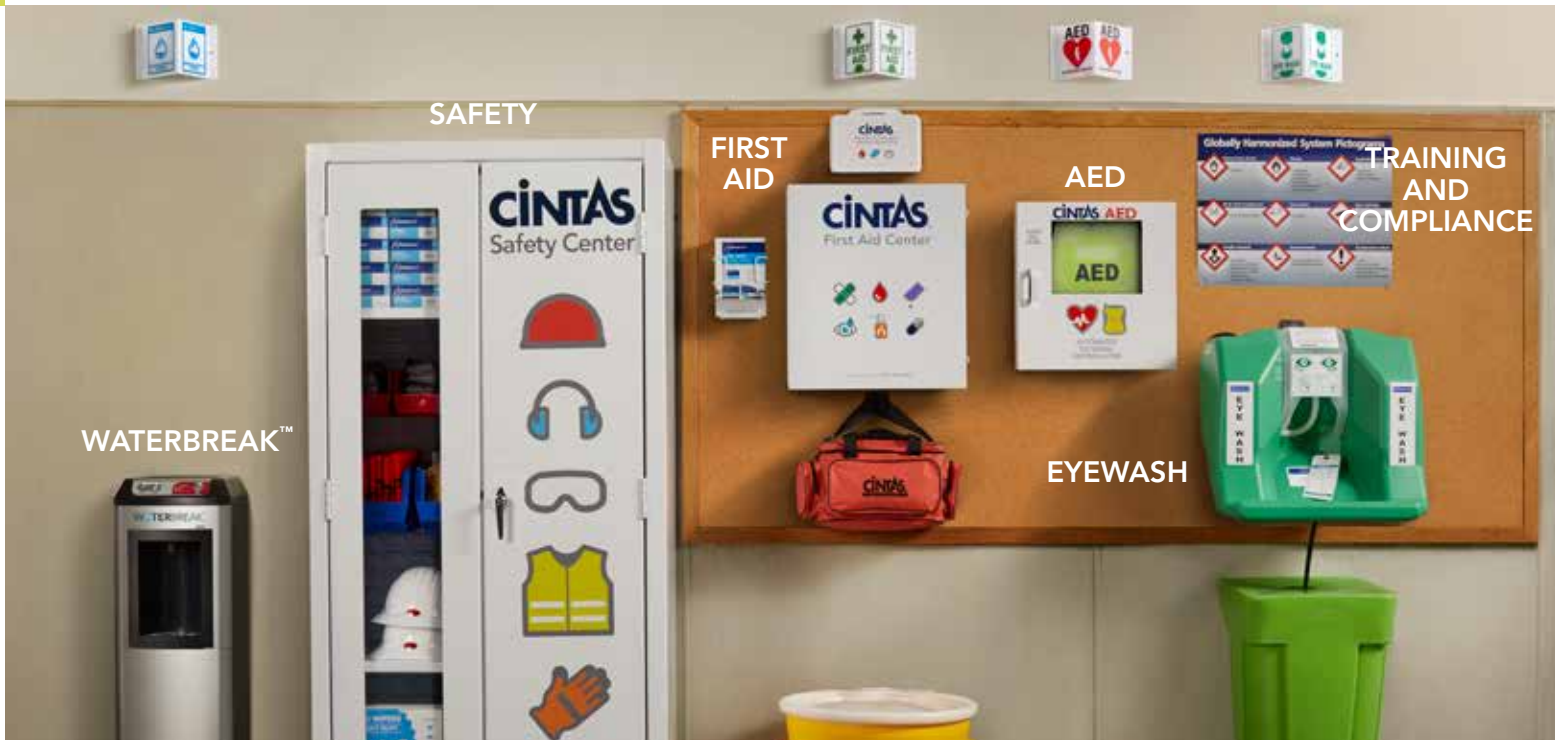
- Data Collection
- Analysis
- One-Line Diagram Development
- Equipment Labels

## 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 labeling and marking makes it easy for maintenance staff or contractors to perform their work tasks safely.



# Simplify Your First Aid and Safety Services



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



Be **READY™** to respond to a workplace injury or illness

Safety Products



Choose from a variety of safety options and services

AED



Get prepared to respond to a workplace emergency

Compliance Training



Multiple classes and formats available onsite or on demand

Eyewash



Keeping your eyewash stations clean and ready to use

Hydration



Stay hydrated with Cintas **WaterBreak™**

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 OSHA 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.



# Some of our most popular training courses

## Medical Training\*

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

- On-Site
- Online
- Video Training Program
- Video On Demand (VOD)

## Safety Compliance Training\*

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

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