Training & Compliance

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, 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 the responsibility to examine their operations to determine the type of training that is required or appropriate. Cintas does not provide recommendations or guidance regarding specific safety and training programs as required or appropriate. The services are provided for educational purposes only.
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
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

Did you know?

- Sudden cardiac arrest is the number one killer in the workplace in the United States.¹
- 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.

¹ American Heart Sudden Cardiac statistics

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.”
### Instructor-Led Medical Courses

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<td>65022</td>
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</table>

### 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

*Must complete skills check for proper certification

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**Onsite Training: Medical Topics**

**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
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.

Did you know?
Different facilities have different hazards and require different safety trainings to comply with OSHA regulations.

Arc Flash/NFPA 70E® Safety
Course #574855C

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.”


Confined Space Awareness
Course #65025

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.”

Available formats:

- Onsite
- Online
- DIY Training Tools
Onsite Training: Safety Topics

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) “...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

Fire Prevention and Extinguisher Safety
Course #65222

Training Includes:
- Fire prevention methods and housekeeping
- Different types of fire extinguishers and the types 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.”

Available formats: • Onsite • Online*

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

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(1)(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)(i) “An evaluation of each powered industrial truck operator’s performance shall be conducted at least once every three years.”


Available formats: • Onsite • Online*

* 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

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

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.”

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.”

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 shall provide 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...”

Available formats: • Onsite  • Online  • DIY Training Tools  • Onsite Testing

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.

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.”

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

OSHA 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

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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

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Onsite Training: Safety Topics

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(a) “The employer must train each employee when the employer has reason to believe the employee does not have the understanding and skill required by [1910.30(a)(b)].”

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.

Available formats:
- Onsite
- Online
- DIY Training Tools

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
(10 people/class)
Back Injury Prevention
Bloodborne Pathogens
Confined Space Awareness
CPR/AED Only
(9 people/class)
Emergency Preparedness
Fall Protection Basics
Forklift
(10 people/class)
Fire Extinguisher
First Aid Only
(9 people/class)
HazCom/GHS
Hearing Conservation
Heat Stress
LockOut
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.

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<td>Emergency Preparedness</td>
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</tr>
<tr>
<td>Workplace Violence Prevention/Active Shooter Safety</td>
<td>—</td>
<td>90 Minutes</td>
</tr>
<tr>
<td>Various “Train The Trainer” Classes</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.
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

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

* Based on 2018 Cintas customer satisfaction survey

**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.
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>
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<tbody>
<tr>
<td>First Aid, CPR/AED</td>
<td>65031</td>
<td>2 Years</td>
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<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>
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<tr>
<td>Pediatric First Aid, CPR/AED</td>
<td>583941</td>
<td>2 Years</td>
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<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.
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*
- Active Shooter / Active Threat: Organizational Preparedness & Recovery*
- Aerial Lifts for General Industry
- Arc Flash / Arc Blast Awareness & Safety
- Asbestos Awareness Training
- Back Safety – Spanish
- Back Safety: Keep Your Back In Action
- Bloodborne Pathogens and MRSA
- Bloodborne Pathogens in First Response Environments*
- Bloodborne Pathogens in Healthcare Facilities
- Bloodborne Pathogens in the Workplace
- Cold Stress
- Compressed Gas Cylinders
- Computer Workstation Design & Use
- Confined Spaces: Entry Team Training – Maintenance Activities
- Crane Safety for General Industry
- Crystalline Silica for General Industry Employees*
- Crystalline Silica for General Industry Employers*
- Electrical Safety: Training for Unqualified Employees*
- Emergency Eyewash & Shower Use
- Emergency Preparedness & Response
- Ergonomics: Industrial*
- Ergonomics: Office
- Fall Protection for General Industry*
- Fire Extinguisher Use*
- Fire Prevention & Response
- First Aid – Spanish
- First Aid Basics
- Forklift Training*
- Forklift Training – Module 1: Equipment Basics*
- Forklift Training – Module 2: Equipment Inspections*
- Forklift Training – Module 3: Operating Procedures*
- Forklift Training – Module 4: Maintaining Your Forklift*
- Forklift Training: Non-Operator Safety*
- Forklift Training: Refreshers*
- Forklift Training: Specialized Units & Attachments*
- Forklifts: Ultimate Hazard Perception Challenge (Advanced)
- Forklifts: Ultimate Hazard Perception Challenge (Basic)
- Forklifts: Ultimate Hazard Perception Challenge (Intermediate)
- Hand & Foot Protection: PPE Employee Essentials*
- Hand and Power Tool Safety – Spanish
- Hazards Substances: Incidental Spill Response
- Hazardous Substances: Spill Discovery & Notification
- Head, Eye, & Face Protection: PPE Employee Essentials
- Heat Stress
- Hearing Protection: PPE Employee Essentials
- Hot Work: Safety Operations Training*
- Housekeeping & Maintenance
- Hydrogen Sulfide for General Industry
- Hydrogen Sulfide for Oil & Gas
- Incident Investigations for Accidents & Near Misses
- Indoor Air Quality
- Ladder Safety for General Industry*
- Lockout / Tagout: Put a Lock on Hazardous Energy
- Lockout / Tagout – Spanish
- Machine Guard Safety – Spanish
- Machine Guarding
- Material Handling Safety*
- Motorized Pallet Jacks: Safe Operation*
- Office Safety*
- OSHA Recordkeeping for Employees
- Personal Protective Equipment – Spanish
- Put a Lock on Hazardous Energy
- Refresher*
- Safety Operations Training*
- Specialized Units & Attachments*
- Spill Discovery & Notification
- Spill Discovery & Notification
- Task: Spill Response
- Training: Spill Response
- Ultimate Hazard Perception Challenge (Advanced)
- Ultimate Hazard Perception Challenge (Basic)
- Ultimate Hazard Perception Challenge (Intermediate)
- Work: Safety Operations Training*
- Work: Safety Operations Training*
- Workplace Safety

* Also available in Spanish
Online Training: Safety Topics

**Workplace Safety (continued)**

- **Personal Protective Equipment: Employee Essentials**
  - Workplace Safety for Employees – Module 3: Hazard Prevention & Incident Response*

- **Power Tool & Extension Cord Safety**
  - Workplace Safety for Supervisors – Module 1: Foundations of Walkway Safety

- **RCRA Hazardous Waste Generator Training**
  - Workplace Safety for Supervisors – Module 2: Hazard Recognition

- **Respiratory Protection**
  - Workplace 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

- **Excavation for Construction**
  - Trenching & Shoring (coming soon)

- **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 Chock & Dockboards

* Also available in Spanish  ** Also available in French w/GHS provisions
Online Training: Safety Topics

**HazCom/GHS**
- GHS Safety Data Sheets for Construction
- GHS Safety Data Sheets in the Laboratory
- Hazard Communication in Auto Service Facilities
- Hazard Communication in Cleaning and Maintenance Facilities
- Hazard Communication in Construction Environments
- Hazard Communication in Healthcare Facilities
- Hazmat: General Awareness – Spanish
- Hazmat: Placarding
- Hazmat: Reporting an Incident
- Hazmat: Highway Transportation Driver Training*
- Hazmat: Safety Training
- Hazmat: Security Awareness Training*
- Hazmat: Loading / Unloading & Load Segregation
- Hazmat: Shipping Papers
- Hazmat: Marking
- Hazmat: The Hazardous Materials Table
- Hazmat: Packaging

**HAZWOPER (continued)**
- 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: Electrical Safety & Lockout/Tagout
- 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**
- 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 (coming soon)
- Preventing Discrimination & Harassment for Employees (Maine)

* Also available in Spanish
Online Training: Safety Topics

**HR and Legal Compliance (continued)**

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

**Laboratory Safety**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Module</th>
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<tbody>
<tr>
<td>Electrical Safety in the Laboratory</td>
<td>OSHA Formaldehyde Standard</td>
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<tr>
<td>Flammables and Explosives in the Laboratory</td>
<td>Planning for Laboratory Emergencies</td>
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<tr>
<td>Handling Compressed Gas Cylinders in the Laboratory</td>
<td>Preventing Contamination in the Laboratory</td>
</tr>
<tr>
<td>Laboratory Ergonomics</td>
<td>Safe Handling of Laboratory Glassware</td>
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<td>Laboratory Hoods</td>
<td>Safety Showers and Eye Washes in the Laboratory</td>
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<tr>
<td>Orientation to Laboratory Safety</td>
<td></td>
</tr>
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**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>
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</thead>
<tbody>
<tr>
<td>Savings</td>
<td>—</td>
<td>10%</td>
<td>15%</td>
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</tbody>
</table>

*Also available in Spanish
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

**DIY Training Tools**

**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.

**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

*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
- Importing your employee roster
- Processing your initial enrollments
- Creating student groups and curriculum groups

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

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.

Some topics also available in Spanish
Video Training Books

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

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 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:

No Classroom?
No Internet?
No Problem!

DIY TRAINING TOOLS
Call 844.45.TRAIN
DIY TRAINING TOOLS
VIDEO TRAINING PROGRAMS
VIDEO TRAINING PROGRAMS
VIDEO TRAINING BOOKS
## DIY Training Tools: VOD/Video/VTB Topics

### Workplace

<table>
<thead>
<tr>
<th>Topic</th>
<th>Video Programs</th>
<th>Video on Demand</th>
<th>Video Training Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Safety: Keep Your Back In Action</td>
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<td>*</td>
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<tr>
<td>Bloodborne Pathogens: Safety in the Workplace (w/EyeCue)*</td>
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<tr>
<td>Confined Spaces: Entry Team Training — Maintenance Activities (w/EyeCue)*</td>
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<td>Electrical Safety: Training for Unqualified Employees (w/EyeCue)*</td>
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<tr>
<td>Fall Protection for General Industry*</td>
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<tr>
<td>Fire Prevention and Response: What Employees Need to Know (w/EyeCue)*</td>
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<td>Forklift Training (w/EyeCue)*</td>
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<tr>
<td>Hazard Perception Challenge: Slips, Trips and Falls (w/EyeCue)</td>
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<tr>
<td>HazCom: What You Need To Know*</td>
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<tr>
<td>HAZWOPER Emergency Response Training for Employees</td>
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<tr>
<td>Hot Work: Safety Operations Training</td>
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<tr>
<td>Ladder Safety for General Industry*</td>
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<tr>
<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>Personal Protective Equipment: Employee Essentials (w/EyeCue)*</td>
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<td>Respiratory Protection (w/EyeCue)*</td>
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<td>Ultimate HPC: FORKLIFTS</td>
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<tr>
<td>Walking-Working Surfaces: What You Need to Know for Supervisors and Employees*</td>
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<td>Workplace Safety Basics*</td>
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### Construction

<table>
<thead>
<tr>
<th>Topic</th>
<th>Video Programs</th>
<th>Video on Demand</th>
<th>Video Training Book</th>
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<tbody>
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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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### Hazmat

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<tr>
<th>Topic</th>
<th>Video Programs</th>
<th>Video on Demand</th>
<th>Video Training Book</th>
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<tr>
<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 Prevention</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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### Transportation

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<td>Accident Procedures: Driver Training Series</td>
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<td>Air Brakes: Master Driver</td>
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<td>Alcohol and Drug Testing: What Drivers Need to Know</td>
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<td>Backing and Parking: Straight Truck Series</td>
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<td>Backing Techniques: Driver Training Series</td>
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<td>Cargo Securement for Flatbeds</td>
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<td>Coupling and Uncoupling: Driver Training Series</td>
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<td>Dry Van Cargo Securement, Second Edition</td>
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<td>Emergency Maneuvers: Driver Training Series</td>
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<td>Extreme Weather Driving: Driver Training Series</td>
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<td>Fixed Object Collision: Driver Training Series</td>
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<td>Hours of Service Canada: A Driver’s Guide</td>
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<td>Hours of Service Rules for Property-Carrying CMV Drivers</td>
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<td>Human Trafficking Awareness for Drivers*</td>
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<td>Injury Prevention for CMV Drivers</td>
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<td>Loading and Unloading: Straight Truck Series</td>
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<td>Loading Dock and Warehouse Safety — The Ins and Outs</td>
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<td>Material Handling Equipment Safety — The Ups and Downs</td>
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<td>Motorcoach Vehicle Inspections</td>
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<td>Night Driving: Driver Training Series</td>
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<td>Personal Safety and Security for CMV Drivers</td>
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<td>Reasonable Suspicion Testing: What Supervisors Need To Know</td>
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<td>Roadside Inspections for CMV Drivers</td>
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<td>Speed and Space Management (See Defensive Driving for CMV Drivers)</td>
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<td>Tanker Solutions Compilation</td>
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<td>Vehicle Inspections: Tractor Trailers</td>
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*Also available in Spanish*
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.

Every business has its own set of unique hazards, so training and compliance needs vary.
The Safety Management Suite provides you instant access to:

**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.

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 time-weighted 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
• 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.

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 workers 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)

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
- 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