ENVIRONMENTAL HEALTH & SAFETY
UNIVERSITY of WASHINGTON

HEALTH AND SAFETY TRAINING COURSE SELECTION GUIDE

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

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

General Health & Safety

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

☐ **Outdoor Heat Safety**	Personnel who are assigned outdoor work activities as well as supervisors of employees assigned outdoor work activities	Required annually	Online
☐ **Respirator Half-Face and Full-Face Training Online** *(email for details)*	Personnel who use half- and full-face air purifying respirators in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program	Required annually	Online
☐ **Respirator N95 Filtering Facepiece Training Online** *(email for details)*	Personnel who use N95 filtering facepieces in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program.	Required annually	Online
☐ **Respirator Powered Air Purifying Respirator (PAPR) Training Online** *(email for details)*	Personnel who use a powered air purifying respirator (PAPR) in their work; must also have medical clearance and complete a respirator fit test with the EH&S respirator program.	Required annually	Online
☐ **Scientific Diver First Aid, CPR, AED, Oxygen Administration**	Active status University of Washington Scientific Divers and Scientific Divers-in-Training in the University of Washington Diving Safety Program	Required every 2 years	Classroom
☐ **Scientific Diver Training**	Personnel who use a Self Contained Underwater Breathing Apparatus (SCUBA) for research diving activities	Required initally	Classroom
☐ **Wilderness First Aid**	Personnel who may need to provide first aid in rural areas without access to immediate assistance	Recommended every 2 years	Classroom
☐ **Wildfire Smoke Safety**	Personnel who work outdoors when the AQI is 69 or higher (PM2.5 concentration of 20.5 µg/m3 or more)	Required annually	Online
☐ **Workplace Ergonomics Training Online**	Personnel seeking to prevent or reduce the risk of musculoskeletal disorders (MSDs) in the workplace	Recommended initially	Online

Administrative Trainings

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

Biological Safety

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

Chemical Safety

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

Electrical Safety

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

Equipment Safety

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

Hazardous Materials Handling and Shipping

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

Radiation Safety

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