USMX-ILA Crane Training Classes at MITAGS (Experienced vs. Inexperienced)

Our job is to produce knowledgeable container crane operators and knowledgeable container crane operator trainees.

As regards instruction content, information imparted, there is no difference between the Two Week Inexperienced Trainee Course and the One Week Experienced Crane Operator Course.

The reason there are two courses of instruction:

Experienced Container Crane Operator

Hopefully, the experienced container crane operator who will attend our one week course has operated cranes over ships for a sufficient length of time so as to become pretty much aware of the container crane operator's task and is aware of the jobs and longshoring procedures ongoing beneath the crane as seen from the crane operator's vantage point, which can now be as high as 140 feet above the dock.

This individual has 'been there and done it.' Because of that, I decided 18 years ago, that one week would be sufficient to train experienced crane operators. We have never had an experienced crane operator fail to successfully complete the one week course.

This week we are training experienced container crane operators. One of them is from Wilmington Delaware. He has been operating cranes as a longshoreman for 28 years. He is totally enthused with the information that we are giving him.

The written final test for the experienced crane operator is the same as that for the inexperienced crane operator trainee. So, the experienced crane operator has to learn faster. The one week course is quite a bit tougher.

The Inexperienced Crane Operator Trainee Course

There will be a mixture of people in a two week course, people from different ports, some who have never operated a piece of machinery in the longshoring industry, others who have been on a container crane as a visitor, and others who have received OJT in the home port first.

USMX-ILA Crane Training Classes at MITAGS (Experienced vs. Inexperienced)

I think that the first step in training an inexperienced container crane operator trainee should be attendance at our two week inexperienced crane operator trainee course. When the individual returns home to begin OJT on a real crane, he will have a whole lot of container crane knowledge that he will not be able to get in any other way.

Also, the crane simulator practice will acclimate the trainee to the view of the work area that the crane operator sees. We have found that trainees who have spent several days working with the simulator before going on a real crane seem to have operated before when they first sit in the operator's seat.

In this way, your instructor will not begin training a person who is totally unknowlegeable about container cranes.

If you begin the training of someone on a real crane, it really takes a while for that trainee to become accustomed to working with the crane as viewed from the operator's station.

On-The-Job Training at the Home Port

Basically, On-The-Job Training at your port is likely to be as it is in everybody else's port. That is, the trainee stands behind the crane operator and watches what the operator does.

That is a *monkey see, monkey do* kind of training. What one operator may say to a trainee will not be what the next operator will say. And so the trainee learns to push and pull the handles, switches and buttons and make the crane move.

But he won't know anything about the crane components, he will not have discussed the various kinds of accidents that can happen with container cranes, will not know anything about the ship components that he will be looking at every day of his operating career, will not really know why he should not jerk the load, about weights that he will be lifting...on and on. He will not have even a basic understanding about this multi-million dollar machine that he is being entrusted to operate safely. It would be advantageous to you in your program to show all of your trainees the DVDs on safe container crane operation that are available at USMX. We do not use them here at the Longshore Crane Academy.

USMX-ILA Crane Training Classes at MITAGS (Experienced vs. Inexperienced)

We don't use films or DVDs. It is as close to one-on-one training as we can get it, talking about meaningful container crane topics.

I have extensive experience with operating and maintaining container cranes, 35 years of prior employment on the waterfront in Baltimore Terminals. I also have 20 years at Maritime Institute of Technology & Graduate Studies (MITAGS).

Sincerely,

Herbert Newman

USMX-ILA Training

Rubber Tire Gantry (RTG) Crane Class at MITAGS

Purpose:

The purpose of this four-day course is to enhance attendee skills in the safe operation of the RTG crane, by combining classroom training and discussion with practical application of knowledge on a state of the art RTG crane simulator. Maximum number of trainees for this course is six.

<u>Objectives:</u>

- Pretest to establish trainee's general knowledge of industry terminology and container moving equipment
- History & purpose of RTG
- Components of RTG
- Movements of RTG
- Personal safety
- Accident avoidance
- Communication
- Limit switches, capacity, shock load avoidance
- Container, row, lane identification
- Servicing rail heads
- Crane simulation exercises with stacked containers & chassis load/discharge
- Final test given on last day of course. A minimum overall grade average of 70% must be achieved to receive a certificate of completion.

Sincerely,

Herbert Newman Instructor



Maritime Institute of Technology & Graduate Studies (MITAGS)

DIESEL- ELECTRICAL GENERATOR COURSE

Course Framework

Scope:

A ten-day, entry-level course designed to provide instruction in the operation and performance characteristics of typical diesel-driven generator sets used to supply power to refrigeration container units. Students will learn to diagnose and troubleshoot diesel-generator sets and will be able to recognize common malfunctions in both the diesel end and in the generator end. The course will provide the student with the basic understanding of the concepts and fundamentals of diesel internal combustion engines and electrical generators.

Objectives:

- Through classroom instruction and practical (hands-on) training the student will be able to use tools and meters required to effectively repair the diesel generator set.
- Upon completion of the course, the student will understand fuel injection and how the combustion cycle is regulated.
- Upon completion of the course the student will have a basic understanding of wiring diagrams, schematics, electricity, electrical circuits, transformers, and alternating current leading up to generators.
- The student will be aware and take safety precautions involving electrical shock, electrical burns, fire and explosion, heat buildup, and mechanical hazards.

Entry Standards:

Open to personnel with a mechanical aptitude, ability, or background who wish to acquire knowledge and understanding of the operation, servicing, and repair of typical Diesel-Driven Generator Sets used to supply power to refrigeration container units.

Because of the technical nature of subject matter, a high school education as a minimum, although not a prerequisite, is highly recommended.

Personnel or Student/Trainees with mechanical diesel-generator experience will have the opportunity to enhance and consolidate their knowledge of job-related activities.

Certificate and/or Documentation:

Upon successful completion of this course, a certificate will be issued certifying that the Holder has successfully completed the course. An overall grade level average of 70% must be attained by the Student/Trainee to successfully complete this course.

Students unable to attain 70% will only receive a letter of attendance.

Maritime Institute of Jechnology & Graduate Studies

Class Limitations:

Maximum Class Size:	8
Student-Teacher Ratio:	8 to 1

Specific Staff Reguirements:

The instructor in charge should have a Bachelor of Science Degree in Marine and/o Mechanical Engineering or equivalent practical knowledge and experience. Industry or field experience in the operation and maintenance of typical of specific types of diesel-driven generator sets used to supply power to refrigeration container units is helpful.

Teaching Facilities and Equipment:

A classroom of adequate size to accommodate an instructor's desk and desks or tables with chairs to accommodate twelve (12) student/trainees is required. There should also be adequate space for several workbenches in order to utilize test equipment and for the display/demonstration of training aids and mockups.

For practical laboratory training industry equipment consisting of Marine Diesel Power Generator Sets is required. Likewise, various miscellaneous tools are required in order to service and maintain the above equipment.

Course Equipment

- Thermo-King Diesel Gen-Set
- Electrical test instruments
- Electrical devices; relays, fuses, contactors, circuit breakers, transformers

Teaching Aids

- T1 Carrier Gen-Set operations manual
- T2 Thermo-King Gen-Set operations manual
- T3 Basic electricity study guide
- A1 Chalk board
- A2 Overhead projector

(Special note – Throughout the course safe working practices are to be clearly identified and emphasized, especially during the practical training sessions, involving the use of tools, test instruments, and high-voltage equipment. The instructor is responsible for supervising all activities during these sessions, insuring that all work is accomplished in a safe manner to avoid injury to personnel and damage to equipment.)

CFS TRAINING (MITAGS) CONTAINER REFRIGERATION REGISTRATION FORM

THE FOLLOWING NAMES ARE SUBMITTED AS CANDIDATES FOR TRAINING AT THE CARRIER-ILA CONTAINER FREIGHTS STATION TRUST FUND CRANE TRAINING SCHOOL IN LINTHICUM HEIGHTS, MARYLAND. IT IS UNDERSTOOD THAT THE COMPANY HEREUNDER NAMED WILL BE RESPONSIBLE FOR THE WAGES AND FRINGES OF THESE CANDIDATES AND THAT THE COMPANY WILL BE THE EMPLOYER. WAGES (ONLY) TO A MAXIMUM OF 80 HOURS STRAIGHT TIME WILL BE REIMBURSED BY THE CFS FUND UPON SUCCESSFUL COMPLETION OF THE COURSE.

TYPE OF TRAINING CONTAINER REFRIGERATION (REEFER)	CLASS DATES	PORT	EMPLOYER		
LEGAL FIRST NAME (NO NICKNAMES)	FULL N	MIDDLE NAME	LAST NAME	SUFFIX (JR., SR., III)	PLANE TICKETS?
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PHONE

COMPANY/ASSOCIATION

DATE



Maritime Institute of Technology & Graduate Studies (MITAGS)

CONTAINER REFRIGERATION COURSE

Course Framework

Scope:

This is a two-week course, which includes a mix of classroom lectures related to the theory of mechanical refrigeration systems and practical training related to operation, servicing, and trouble-shooting typical Marine Container Refrigeration Units. The first week is devoted to theory and the second week is devoted to practical training on Reefer Container Units including procedures involving operation, servicing, diagnostics, and troubles Specifically the course covers the following topics:

Safety Procedures, Heat Transfer Fundamentals, Mechanical Refrigeration Cycle, System Operations & Diagnosis, Electrical/electronic Systems, Power Generator Sets, Practical diagnostics & trouble-shooting.

Objectives:

Through classroom instruction and practical (hands-on) training provide the attendee with the training, knowledge, basic skills, and ability to effectively operate, service, and maintain typical Marine Container Refrigeration Units.

The students will also be given the opportunity to receive a universal refrigerant recovery Certificate from the EPA.

Entry Standards:

Open to personnel with a mechanical aptitude, ability, or background who wish to acquire knowledge and understanding of the operation, servicing, and repair of typical Marine Container Refrigeration Units.

Because of the technical nature of subject matter, a high school education as a minimum, although not a prerequisite, is highly recommended.

Certificate and/or Documentation:

Upon satisfactory completion of the course a certificate will be awarded certifying that the holder has successfully completed the course meeting the knowledge and skills standards. A minimum overall grade average of 70% must be achieved to receive a certificate. The student must also pass a hands-on examination of the equipment Students unable to attain 70% will only receive a letter of attendance.

Class Limitations:

Maximum Class Size:	8
Student-Teacher Ratio:	8 to 1

Specific Staff Reguirements:

The instructor in charge should have a Bachelor of Science Degree in Marine and/or Mechanical Engineering or equivalent practical knowledge and experience. Industry or field experience in the operation and maintenance of typical of specific types of Container Refrigeration Units used in the commercial maritime industry.

Teaching Facilities and Equipment:

A classroom of adequate size to accommodate an instructor's desk and desks or tables with chairs to accommodate twelve (12) student/trainees is required. There should also be adequate space for several workbenches in order to utilize test equipment and for the display/demonstration of training aids and mockups.

Course Equipment:

- Carrier container refrigeration unit
- Thermo-King refrigeration unit
- Thermo-King Diesel Gen-Set
- · Total claim refrigerant recovery unit
- Electrical test instruments
- Refrigeration test equipment

Teaching Aids

- T1 Carrier transport refrigeration study guide
- T2 Thermo-King study guide
- T3 Carrier & Thermo-King operating manuals
- A1 Chalk board
- A2 Overhead projector

(Special note – Throughout the course safe working practices are to be clearly identified and emphasized, especially during the practical training sessions, involving the use of tools, test instruments, and high-voltage equipment. The instructor is responsible for supervising all activities during these sessions, insuring that all work is accomplished in a safe manner to avoid injury to personnel and damage to equipment.)



United States Maritime Alliance, Ltd.

CFS TRUST FUND

GUIDELINES Revised January 1, 2009

REIMBURSABLE TRAINING ITEMS

PAYROLL TAXES & INSURANCE *STRAIGHT TIME WAGES FOR TRAINEES *STRAIGHT TIME WAGES FOR TRAINERS *STRAIGHT TIME WAGES FOR CLASSROOM INSTRUCTORS *(Limited to 8 hrs. per 24 hour period)* REASONABLE FEES FOR CONSULTANTS TRAVEL EXPENSES TO & FROM MITAGS BOARDING & MEALS @ MITAGS TRAVEL EXPENSES FOR SPECIAL TRAINING (Authorization Required)

NON-REIMBURSABLE ITEMS

ANY FRINGE BENEFIT CONTRIBUTIONS OVERTIME/MEAL HOURS FOR TRAINEES OVERTIME/MEAL HOURS FOR TRAINERS OVERTIME/MEAL HOURS FOR CLASSROOM INSTRUCTORS LABOR GUARANTEES RENTAL OF EQUIPMENT MAINTENANCE OF RENTAL EQUIPMENT (IF ANY) RENT (Land or Office) UTILITY BILLS OFFICE SUPPLIES TRAVEL EXPENSES & MEALS FOR TRAINERS OR CONSULTANTS MEDICAL EXPENSES FOR NEW ENTRY OR PIT PHYSICALS TRAINING MATERIALS (PURCHASED OR DEVELOPMENT) TRAINING OF NON-ILA PERSONNEL



FOCUS ON SAFETY: Be a STAR! Introduction to Safe Longshore Maintenance and Repair Operations

As the introductory module of the Maintenance and Repair training series, this program emphasizes the importance of safety while performing M&R work and explains how to "focus on safety."

Available on DVD, the video can be viewed in its entirely or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Personal Safety

This program highlights personal safety while performing Maintenance and Repair work. Topics include personal protective equipment; causes of back injuries and how to prevent them; proper lifting techniques; how to protect yourself in various types of weather; basic HAZCOM requirements; and basic overall wellness.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Workplace Safety

With an emphasis on safe work practices, this program covers good housekeeping practices; safe use of ladders, scaffolding and lifts; safe jacking procedures; how to prevent slips, trips and falls; correct lock-out/tag-out procedures; and safe driving techniques.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Burning and Welding

Focusing on how to be safe when performing burning and welding tasks, this program covers major hot work processes; proper pre-planning concepts; personal safety and engineering controls; work area and equipment safety; and proper handling of hexavalent chromium.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Powered Hand Tools

This program features the safe operation of common powered hand tools. Specifically, it covers powered hand tools used on the job; personal protective equipment (PPE) and safe work practices to use when working with powered hand tools; and basic electrical safety when using powered hand tools.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Multi-Piece Rim Work

Teaching how to perform multi-piece rim work safely, this program covers the parts of a multi-piece rim assembly; potential hazards of multi-piece rim work; necessary PPE, equipment, and tools for multi-piece rim work; how to use matching charts; and how to safely assemble, disassemble, and reassemble a multi-piece rim.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.

FOCUS ON SAFETY: Communication

This program focuses on communication as a means of working safely. Specifically, it covers ways of communicating to ensure safety and how to communicate in an emergency situation. It also discusses first aid awareness.

Available on DVD, the video can be viewed in its entirety or by chapters. Also available: Student Workbooks in easy to carry, 5X7 size, Trainer's Guide, and PowerPoint presentation.

FOCUS ON SAFETY: Maintaining and Repairing Straddle Carriers and Rubber-Tired Gantry Cranes

With an emphasis on safety while maintaining and repairing straddle carriers and rubbertired gantry cranes, this program covers PPE requirements; tool safety; safe work practices for accessing the equipment and for removing and replacing tires; and how to respond to a breakdown, spill, or incident involving a straddle carrier or RTG.

Available on DVD, the video can be viewed in its entirety or by chapters. Also available: Student Workbooks in easy to carry, 5X7 size, Trainer's Guide, and PowerPoint presentation.

To order this New Series, see order form -- USMX-ILA Training Products

FOCUS ON SAFETY: Maintaining and Repairing Cranes

This program teaches how to be safe while maintaining and repairing cranes. Topics include general PPE requirements; how to safely access, start, and shut down a crane; safe work practices such as proper lifting, good housekeeping, and safe welding procedures; and the safe use of pneumatic and hydraulic equipment.

Available on DVD, the video can be viewed in its entirety or by chapters. Also available: Student Workbooks in easy to carry, 5X7 size, Trainer's Guide, and PowerPoint presentation.

FOCUS ON SAFETY: Performing Facility Maintenance

With a focus on facility maintenance, this program emphasizes safety by covering general PPE, safe work practices, good housekeeping tips, and electrical safety practices.

Available on DVD, the video can be viewed in its entirety or by chapters. Also available: Student Workbooks in easy to carry, 5X7 size, Trainer's Guide, and PowerPoint presentation.

FOCUS ON SAFETY: Preventing Incidents in the Workplace

A motivational piece in the Maintenance and Repair training series, this program emphasizes the hazard of complacency; the danger of distractions; how to create a personal safety routine; and the importance of being mindful of safety while working.

Available on DVD, the video can be viewed in its entirety or by chapters. You will find a Trainer's Guide, and PowerPoint presentation on the DVD Rom side of the DVD. Also available: Student Workbooks in easy to carry, 5X7 size.



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	USMX Member (circle one): YES NO
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Product Code init Price **Extended Price** Description Qty USMX01-VHS-ENG-0000 PIT Awareness Video \$15.00 \$25.00 USMX01-DVD-ENG-0000 PIT Awareness DVD **PIT Awareness Powerpoint** 20.00 USMX01-PWP-ENG-0000 USMX01-STW-ENG-0000 PIT Awareness Student Workbook 1 2.50 PIT Awareness Trainer's Guide USMX01-IGD-ENG-0000 \$15.00 _____ USMX02-VHS-ENG-0000 Yard Tractors Video \$15.00 Yard Tractors DVD USMX02-DVD-ENG-0000 \$25.00 USMX02-PWP-ENG-0000 Yard Tractors Powerpoint 20.00 Yard Tractors CD-ROM USMX02-NDO-ENG-0000 \$25.00 USMX02-STW-ENG-0000 Yard Tractors Student Workbook **1** 2.50 Yard Tractors Trainer's Guide \$15.00 USMX02-IGD-ENG-0000 USMX03-VHS-ENG-0000 Container Handlers Video \$15.00 USMX03-DVD-ENG-0000 Container Handlers DVD **\$25.00** USMX03-PWP-ENG-0000 **Container Handlers Powerpoint** 20.00 Container Handlers CD-ROM USMX03-NDO-ENG-0000 £25.00 Container Handlers Student Workbook 2.50 USMX03-STW-ENG-0000 USMX03-IGD-ENG-0000 Container Handlers Trainer's Guide _____ ₿15.0● USMX04-VHS-ENG-0000 Straddle Carriers Video \$15.00 USMX04-DVD-ENG-0000 Straddle Carriers DVD £25.00 USMX04-PWP-ENG-0000 Straddle Carriers Powerpoint 20.00 Straddle Carriers CD-ROM \$25.00 USMX04-NDO-ENG-0000 Straddle Carriers Student Workbook USMX04-STW-ENG-0000 2.50 _____ USMX04-IGD-ENG-0000 Straddle Carriers Trainer's Guide 15.00 USMX05-VHS-ENG-0000 Forklifts Part 1 Video ₿15.0● USMX05-DVD-ENG-0000 Forklifts Part I DVD ₿25.0● USMX05-PWP-ENG-0000 Forklifts Part 1 Powerpoint 12€.0€ USMX05-NDO-ENG-0000 Forklifts Part I CD-ROM 125.0● USMX05-STW-ENG-0000 Forklifts Part 1 Student Workbook 1 2.5● Forklifts Part 1 Trainer's Guide ₿15.0● USMX05-IGD-ENG-0000 USMX06-VHS-ENG-0000 Forklifts Part 2 Video \$15.00 USMX06-DVD-ENG-0000 Forklifts Part 2 DVD \$25.00 USMX06-PWP-ENG-0000 Forklifts Part 2 Powerpoint 12€.0€ Forklifts Part 2 CD-ROM USMX06-NDO-ENG-0000 125.0● USMX06-STW-ENG-0000 Forklifts Part 2 Student Workbook ₿ 2.5€ USMX06-IGD-ENG-0000 Forklifts Part 2 Trainer's Guide ₿15.0●

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Cert/Re-Cert Training Program Series

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USMX08-VHS-ENG-1000 and USMX08-VHS-ENG-2000 USMX08-DVD-ENG-0000 USMX08-PWP-ENG-0000 USMX08-NDO-ENG-0000 USMX08-STW-ENG-0000 USMX08-IGD-ENG-0000 *Parts 1 and 2 cannot be sold separate	RTG Cranes Videos (Parts 1 & 2)* RTG Cranes DVD RTG Cranes Powerpoint RTG Cranes CD-ROM RTG Cranes Student Workbook RTG Cranes Trainer's Guide		\$30.00 \$50.00 \$40.00 \$50.00 \$10.00 \$30.00		TRAINING	rded these materials. You agr individuals or entities.
Shoreside Container Gantry	y Crane Training				MA	
USMX09-VHS-ENG-1000, USMX09-VHS-ENG-2000, and USMX09-VHS-ENG-3000 USMX09-DVD-ENG-0000 USMX09-PWP-ENG-0000 USMX09-NDO-ENG-0000 USMX09-STW-ENG-0000 USMX09-IGD-ENG-0000	SSG Cranes Videos (Parts 1, 2, & 3)** SSG Cranes DVD SSG Cranes Powerpoint SSG Cranes CD-ROM SSG Cranes Student Workbook SSG Cranes Trainer's Guide		\$45.00 \$75.00 \$60.00 \$75.00 \$15.00 \$45.00		TERIALS	ee not to reproduce them or

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Product Code	Description	<u>Otv</u>	Unit Price	Extended Price	
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USMX12-HBK-ENG-0000 USMX12-DVD-ENG-0000	Personal Safety Student Guide Personal Safety DVD	;;	\$ 1.25 \$25.00	;	MS
USMX13-HBK-ENG-0000 USMX13-DVD-ENG-0000	Workplace Safety Student Guide Workplace Safety DVD		\$\$ 1.25 \$\$25.00		X/II
USMX14-HBK-ENG-0000 USMX14-DVD-ENG-0000	Burning and Welding Student Guide Burning and Welding DVD	2 <u></u> c 2 <u></u> c	\$ 1.25 \$25.00		LA
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Now available from Coastal Maritime Safety Training Programs Special pricing for USMX members!

Working Safely Around Railcars On The Waterfront: Every Choice Counts

Teaches safe work practices for rail operations and reviews precautions and procedures necessary when working around trains. MRT006 *Includes 10 employee handbooks*. Purchase \$495 / USMX price \$250

Personal Protective Equipment On The Waterfront: Every Choice Counts

Emphasizes the importance of using PPE correctly, identifies commonly used PPE and describes when and how to wear it. When and how to wear special-use equipment is also covered. MRT000 *Includes 10 employee handbooks*.

Purchase \$495 / USMX price \$250

Working Around Hazardous Materials On The Waterfront: Every Choice Counts

Demonstrates how to correctly identify hazardous materials on the waterfront through placards, labels, MSDS and other documentation, employer and employee responsibilities and appropriate employee reaction in the event of a HAZMAT release. MRT001 *Includes 10 employee handbooks*. Purchase \$495 / USMX price \$250

Preventing Drug & Alcohol Abuse On The Waterfront: Every Choice Counts

Discusses the importance of working unimpaired on the waterfront, the consequences of drug and alcohol impairment, resources available for workers in need of help, and how to respond if you think someone is working impaired. USMX10 *Includes 10 employee handbooks*. **Purchase \$495 / USMX price \$250**

Working Around Vehicles Safely On The Waterfront: Every Choice Counts

In this program high-risk areas in the terminal are identified and the precautions pedestrians should take are described. MRT003 *Includes 10 employee handbooks*. **Purchase \$495 / USMX price \$250**

Safe Driving On The Waterfront: Every Choice Counts

This program covers defensive driving tips, precautions to follow when using a vehicle around heavy equipment, and the importance of following the terminal traffic pattern rules. MRT004 *Includes 10 employee handbooks*.

Purchase \$495 / USMX price \$250

Ready To Work On The Waterfront: Every Choice Counts

Overall fitness is an important ingredient in working injury free. Uncover ways to stay fit, identifies examples of common workplace-related injuries and describes how to prevent back injuries through using proper posture and lifting techniques. MRT005 *Includes 10 employee handbooks*. **Purchase \$495 / USMX price \$250**

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