

# PEC CORE REFRESHER SYLLABUS



HOURS	PREREQUISITE	HANDS-ON TRAINING	REFRESHER TRAINING
8	YES	NO	YES – REQUIRED ANNUALLY

## PEC CORE REFRESHER COVERS

- 29 CFR 1910 Subpart D
- 29 CFR 1910.1020
- 29 CFR 1910.1030(g)(2)
- 29 CFR 1910.120(q)(6)(i)
- 29 CFR 1910.1200(h)(1)
- 29 CFR 1910.132(f)
- 29 CFR 1910.134(k)
- 29 CFR 1910.146(g)
- 29 CFR 1910.147(c)(7)
- 29 CFR 1910.155(c)(41)
- 29 CFR 1910.157(g)(1)(2)(4)
- 29 CFR 1910.332(b)(1)
- 29 CFR 1910.38
- 29 CFR 1910.95(k)
- 29 CFR 1926.651
- 49 CFR 172.704
- ANSI Z390.1-2006
- API RP T-1
- SafeGulf
- SafeLandUSA

## SUMMARY

PEC Core Refresher ensures up-to-date instruction in the safety topics most commonly required by operators in pre-qualification surveys and training matrices. Students review PEC Core Compliance topics and refresh their understanding of the terms and practices necessary for a safe work environment. This course reinforces a workers knowledge of safety and the commitment to help prevent accidents, work safely, and achieve compliance with OSHA regulations. Students will be reminded of hazards they may encounter in the workplace, and some best practices to mitigate those hazards. Students will also review their rights under OSHA and how those rights apply to the workplace. This annual refresher course will keep worker knowledge up to date and provides all refresher instruction as required by OSHA for topics covered in PEC Core Compliance.

## PREREQUISITES

Previous completion of PEC Core Compliance is required for this course.

## CERTIFICATIONS

Upon successful completion of the course, students receive their PEC ID card. The back of the card reflects PEC courses successfully completed by the student. Employers may also verify course completion by visiting [www.peccard.com](http://www.peccard.com).

## COURSE EVALUATION

Students will receive written exams to verify their competency in PEC Core Refresher topics.

## COURSE COMPONENTS

PEC Core Refresher meets **minimum requirements for refresher training** in the following topics:

- Back Safety
- Behavior Based Safety
- Communication
- Confined Space (Entrant/Attendant/Supervisor)
- DOT Hazardous Materials
- Drugs and Alcohol
- Electrical Safety (Non-qualified)
- Emergency Response
- Excavation and Trenching
- Fall Protection
- Fire Safety
- First Aid
- Forklift
- Hand Safety
- Hazard Communication (Including the GHS)
- Hazard Identification
- Hazardous Waste Operations (Awareness/Operations Level)
- Hearing Conservation
- Housekeeping
- Hydrogen Sulfide (H<sub>2</sub>S)
- Incident Reporting
- Incident Reporting and Investigation
- Job Safety Analysis (JSA)
- Lockout/Tagout (Control of Hazardous Energy)
- Marine Debris/All Washed Up
- Medical Records
- Motor Vehicle Safety
- Occupational Health Hazards
- Office Safety
- Offshore
- OSHA Recordkeeping
- Personal Protective Equipment
- Process Safety Management
- Respiratory Protection
- Rigging
- SafeGulf and SafeLandUSA
- Syllabus Topics
- Safety and Env Mgmt Systems (SEMS II)
- Scaffolding
- Short Service Employees
- Stop Work Authority
- Terrorism Response Awareness Program
- Walking Working Surfaces and Elevated Work
- Welding, Cutting, and Brazing
- Work Permits
- Workplace Violence