



Request for Quote: Electric Utility Training Services

Alaska Power Association (APA), the statewide electric utility trade association, seeks quotes from companies to provide essential training to our member utilities.

The attached training catalog will be used to provide suggested minimum training requirements for 2017. Other non-electric utilities including telephone cooperatives, municipal utilities, or joint action agencies may also participate in APA's training program. It will be up to the individual member utility to select what training they intend to participate in, if any. APA will coordinate their training requests with the selected companies. Supporting Members of APA will be given priority consideration for this opportunity.

Please submit a quote for training that your company is qualified to instruct that includes a synopsis of the training subject, length of the class, and basic cost of the class (either per class or per student). Also, please include the qualifications of your business and/or trainers to conduct the appropriate training. APA requires companies or individuals who provide training services to be licensed, bonded, and insured.

Travel to remote communities throughout Alaska may be necessary. Cost of travel, meals, and lodging will be negotiated on a case-by-case basis. The cost of extended stays in a community as a result of weather or transportation delays will also be considered. Please provide your basic day rate with the request for quote, if it applies.

Please submit quotes no later than March 1, 2017 to:

Alaska Power Association
703 West Tudor Road
Anchorage, AK 99503-6650
Attention: Mel Hutchison

Please contact Mel "Hutch" Hutchison, Director of Loss Control, at 907-529-8781 if you have questions or need something clarified.

Alaska Power Association Training Catalog

Class List

1. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269	2
2. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(a)(2)(i), Training (Pole Top, Aerial Lift, and Manhole Rescue Requirements)	2
3. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(a)(2)(i)(B), Training (Tower Climbing and Rescue)	3
4. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(b), Medical Services and First Aid	3
5. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(d), Hazardous Energy Control (lockout/tagout) Procedures.....	4
6. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(m), Deenergizing Lines and Equipment for Employee Protection, Initial	4
7. Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(m), Deenergizing Lines and Equipment for Employee Protection, Refresher	5
8. Permit-Required Confined Spaces, 29CFR1910.146.....	5
9. Hazard Communication, 29CFR1910.1200.....	5
10. The Control of Hazardous Energy (lockout/tagout), 29CFR1910.147	6
11. Personal Protective Equipment, 29CFR1910.132	6
12. Fall Protection, General Industry, 29CFR1910.269(g).....	6
13. Fall Protection, Construction, 29CFR1910.500	7
14. Powered Industrial Trucks, 29CFR1910.178.....	7
15. Bloodborne Pathogens, 29CFR1910.1030	7
16. Respiratory Protection, 29CFR1910.134	8
17. Respiratory Protection, 29CFR1910.134	8
18. Hazardous Waste and Emergency Response, First Responder Awareness Level, 29CFR1910.120(q)(6)(i)	9
19. Hazardous Waste and Emergency Response, First Responder Operations Level, 29CFR1910.120(q)(6)(ii)	10
20. Hazardous Waste and Emergency Response, Hazardous Materials Technician, 29CFR1910.120(q)(6)(iii)	11
21. Hazardous Waste and Emergency Response, Hazardous Materials Specialist, 29CFR1910.120(q)(6)(iv)	12
22. Hazardous Waste and Emergency Response, On Scene Incident Commander, 29CFR1910.120(q)(6)(v)	13

Title and OSHA Reference

[Electric Power Generation, Transmission, and Distribution, 29CFR1910.269](#)

Description:

Employees will receive training in and become familiar with the safety-related work practices, safety procedures, and other safety requirements that pertain to their respective job assignments. Employees shall also be trained in and familiar with any other safety practices, including applicable emergency procedures (such as pole top and manhole rescue), that are not specifically addressed by this section but that are related to their work and are necessary for their safety.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Electric Power Generation, Transmission, and Distribution, 29CFR1910.269\(a\)\(2\)\(i\), Training \(Pole Top, Aerial Lift, and Manhole Rescue Requirements\)](#)

Description:

Employees will receive training in and become familiar with the safety-related work practices, safety procedures, techniques and other safety requirements that pertain to pole top, aerial lift, and manhole rescue that are specific to the utility's environment.

Manhole rescue will be taught only if the utility has an underground electrical system that has one or more manholes that are required to be entered for maintenance or construction purposes. Other types of spaces or equipment that requires an employee to break the plane at the entrance of the space or equipment will be covered under, "29CFR1910.146, Permit Required Confined Spaces.

Goals:

Be able to safely perform pole top and bucket truck rescue using climbing and equipment operating skills necessary to lower a training mannequin from a utility pole or bucket truck, or other aerial lifting device.

Title and OSHA Reference

Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(a)(2)(i)(B), Training (Tower Climbing and Rescue)

Description:

Employees will receive training in and become familiar with the safety-related work practices, safety procedures, techniques and other safety requirements that pertain to tower climbing and tower rescue that are specific to the utility's environment during two days of instruction.

Goals:

Be able to safely climb to a work position and work at height performing vertical raises, and lowering. Trainees will also learn to conduct a tailgate safety meeting, perform a job hazard analysis, complete equipment inspections, and write emergency action plans

Title and OSHA Reference

Electric Power Generation, Transmission, and Distribution, 29CFR1910.269(b), Medical Services and First Aid

Description:

Employees will receive medical services and first aid training as required in Section 29CFR1910.269(b)(1) and 29CFR1910.151.

Goals:

Perform basic first aid and CPR in order to render aid to injured or distressed employees and possibly the general public. Trainees will become familiar with and be able to use Automated External Defibrillators(AEDs)

Title and OSHA Reference

[Electric Power Generation, Transmission, and Distribution, 29CFR1910.269\(d\), Hazardous Energy Control \(lockout/tagout\) Procedures](#)

Description:

Employees working in power generation facilities will receive training to ensure that the purpose and function of the energy control program are understood and that the knowledge and skills required for the safe application, usage, and removal of energy controls are acquired.

(A) Each authorized employee shall receive training in the recognition of applicable hazardous energy sources, the type and magnitude of energy available in the workplace, and in the methods and means necessary for energy isolation and control.

(B) Each affected employee shall be instructed in the purpose and use of the energy control procedure.

(C) All other employees whose work operations are or may be in an area where energy control procedures may be used shall be instructed about the procedures and about the prohibition relating to attempts to restart or reenergize machines or equipment that are locked out or tagged out.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Electric Power Generation, Transmission, and Distribution, 29CFR1910.269\(m\), Deenergizing Lines and Equipment for Employee Protection, Initial](#)

Description:

Employees working on power transmission and distribution lines and equipment will receive training on the control of hazardous energy sources and issuing appropriate clearances.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Electric Power Generation, Transmission, and Distribution, 29CFR1910.269\(m\),
Deenergizing Lines and Equipment for Employee Protection, Refresher](#)

Description:

Employees working on power transmission and distribution lines and equipment will receive refresher training on the control of hazardous energy sources and issuing appropriate clearances.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Permit-Required Confined Spaces, 29CFR1910.146](#)

Description:

Permit Required Confined Space training is designed for the employee to acquire the understanding, knowledge, and skills necessary for the safe performance of the duties assigned

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Hazard Communication, 29CFR1910.1200](#)

Description:

Employers will 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. Information and training will be designed to cover categories of hazards (e.g., flammability, carcinogenicity) or specific chemicals. Chemical-specific information must always be available through labels and safety data sheets.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[The Control of Hazardous Energy \(lockout/tagout\), 29CFR1910.147](#)

Description:

Employers will provide employees with effective information and training when other standards in this regulation require the use of lockout or tagout.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Personal Protective Equipment, 29CFR1910.132](#)

Description:

The employer shall provide training to each employee who is required by the employer to use PPE. Each employee shall be trained to know at least the following:

- (i)When PPE is necessary;
- (ii)What PPE is necessary;
- (iii)How to properly don, doff, adjust and wear PPE;
- (iv)The limitations of the PPE; and,
- (v)The proper care, maintenance, useful life, and disposal of the PPE.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Fall Protection, General Industry, 29CFR1910.269\(g\)](#)

Description:

Employees will receive training on the proper use and selection of fall protection equipment to include compliance with 29CFR1926.502(d) and 29CFR1926.503

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Fall Protection, Construction, 29CFR1910.500](#)

Description:

Employees will receive training on properly recognizing the hazards of falling and the procedures to prevent such falls.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Powered Industrial Trucks, 29CFR1910.178](#)

Description:

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 training and evaluation.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Bloodborne Pathogens, 29CFR1910.1030](#)

Description:

The employer shall train each employee with occupational exposure in accordance with the requirements of this section. Such training must be provided at no cost to the employee and during working hours. The employer shall institute a training program and ensure employee participation in the program

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Respiratory Protection, 29CFR1910.134](#)

Description:

The employer shall provide effective training to employees who are required to use respirators. The training must be comprehensive, understandable, and recur annually, and more often if necessary. The employer is also to provide the basic information on respirators in Appendix D of this section to employees who wear respirators when not required by this section or by the employer to do so. Employers shall provide training prior to requiring the employee to use a respirator in the workplace.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

[Respiratory Protection, 29CFR1910.134](#)

Description:

(1) The employer shall institute a training program for all employees who are exposed to noise at or above an 8-hour time weighted average of 85 decibels, and shall ensure employee participation in such program.

(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.

(3) The employer shall ensure that each employee is informed of the following:

- (i) The effects of noise on hearing
- (ii) The purpose of hearing protectors, the advantages, disadvantages, and attenuation of various types, and instructions on selection, fitting, use, and care; and
- (iii) The purpose of audiometric testing, and an explanation of the test Procedures.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.

Title and OSHA Reference

Hazardous Waste and Emergency Response, First Responder Awareness Level,
29CFR1910.120(q)(6)(i)

Description:

Training shall be based on the duties and function to be performed by each responder of an emergency response organization. The skill and knowledge levels required for all new responders, those hired after the effective date of this standard, shall be conveyed to them through training before they are permitted to take part in actual emergency operations on an incident. Employees who participate, or are expected to participate in emergency response, shall be given training in accordance with the competencies listed in the, "Goals" section.

Goals:

First responders at the awareness level shall have sufficient training or have had sufficient experience to objectively demonstrate competency in the following areas:

- (A) An understanding of what hazardous substances are, and the risks associated with them in an incident.
- (B) An understanding of the potential outcomes associated with an emergency created when hazardous substances are present.
- (C) The ability to recognize the presence of hazardous substances in an emergency.
- (D) The ability to identify the hazardous substances, if possible.
- (E) An understanding of the role of the first responder awareness individual in the employer's emergency response plan including site security and control and the U.S. Department of Transportation's Emergency Response Guidebook.
- (F) The ability to realize the need for additional resources, and to make appropriate notifications to the communications center.

Title and OSHA Reference

Hazardous Waste and Emergency Response, First Responder Operations Level,
29CFR1910.120(q)(6)(ii)

Description:

Training shall be based on the duties and function to be performed by each responder of an emergency response organization. The skill and knowledge levels required for all new responders, those hired after the effective date of this standard, shall be conveyed to them through training before they are permitted to take part in actual emergency operations on an incident. Employees who participate, or are expected to participate in emergency response, shall be given training in accordance with the competencies listed in the, "Goals" section.

Goals:

First responders at the operation level shall have received at least eight hours of training or have had sufficient experience to objectively demonstrate competency in the following areas in addition to those listed for the awareness level and the employer shall so certify:

- (A) Knowledge of the basic hazard and risk assessment techniques.
- (B) Know how to select and use proper personal protective equipment provided to the first responder operational level
- (C) An understanding of basic hazardous materials terms.
- (D) Know how to perform basic control, contrainment and/or confinement operations within the capabilities of the resources and personal protective equipment available to the unit.
- (E) Know how to implement basic decontamination procedures.
- (F) An understanding of the relevant standard operating procedures and termination procedures.

Title and OSHA Reference

Hazardous Waste and Emergency Response, Hazardous Materials Technician,
29CFR1910.120(q)(6)(iii)

Description:

Training shall be based on the duties and function to be performed by each responder of an emergency response organization. The skill and knowledge levels required for all new responders, those hired after the effective date of this standard, shall be conveyed to them through training before they are permitted to take part in actual emergency operations on an incident. Employees who participate, or are expected to participate in emergency response, shall be given training in accordance with the competencies listed in the, "Goals" section.

Goals:

Hazardous materials technicians shall have received at least 24 hours of training equal to the first responder operations level and in addition have competency in the following areas and the employer shall so certify:

- (A) Know how to implement the employer's emergency response plan.
- (B) Know the classification, identification, and verification of known and unknown materials by using field survey instruments and equipment.
- (C) Be able to function within an assigned role in the Incident Command System.
- (D) Know how to select and use proper specialized chemical personal protective equipment provided to the hazardous materials technician.
- (E) Understand hazard and risk assessment techniques.
- (F) Be able to perform advance control, containment, and/or confinement operations within the capabilities of the resources and personal protective equipment available at the unit.
- (G) Understand and implement decontamination.
- (H) Understand termination procedures.
- (I) Understand basic chemical and toxicological terminology and behavior.

Title and OSHA Reference

Hazardous Waste and Emergency Response, Hazardous Materials Specialist,
29CFR1910.120(q)(6)(iv)

Description:

Training shall be based on the duties and function to be performed by each responder of an emergency response organization. The skill and knowledge levels required for all new responders, those hired after the effective date of this standard, shall be conveyed to them through training before they are permitted to take part in actual emergency operations on an incident. Employees who participate, or are expected to participate in emergency response, shall be given training in accordance with the competencies listed in the, "Goals" section.

Goals:

The hazardous material specialist would also act as the liaison with federal, state, local, and other government authorities for the site activities. Hazardous waste specialists shall have received at least 24 hours of training equal to the technician level and in addition have competency in the following areas and the employer shall so certify:

- (A) Know how to implement the local emergency response plan.
- (B) Understand classification, identification, and verification of known and unknown materials by using advanced survey instruments and equipment.
- (C) Know the state and emergency response plan.
- (D) Be able to select and use proper specialized chemical personal protective equipment provided to the hazardous materials specialist.
- (E) Understand in-depth hazard and risk assessment techniques.
- (F) Be able to perform specialized control, containment, and/or confinement operations within the capabilities of the resources and personal protective equipment available.
- (G) Be able to determine and implement decontamination procedures.
- (H) Have the ability to develop site safety and control plan.
- (I) Understand chemical, radiological and toxicological terminology and behavior.

Title and OSHA Reference

Hazardous Waste and Emergency Response, On Scene Incident Commander,
29CFR1910.120(q)(6)(v)

Description:

Training shall be based on the duties and function to be performed by each responder of an emergency response organization. The skill and knowledge levels required for all new responders, those hired after the effective date of this standard, shall be conveyed to them through training before they are permitted to take part in actual emergency operations on an incident. Employees who participate, or are expected to participate in emergency response, shall be given training in accordance with the competencies listed in the, "Goals" section.

Goals:

Incident commanders who will assume control of the incident scene beyond the first responder awareness level, shall receive at least 24 hours of training equal to the first responder operations level and in addition have competency in the following areas and the employer shall so certify:

- (A) Know and be able to implement the employer's incident command system.
- (B) Know how to implement the employer's emergency response plan.
- (C) Know and understand the hazards and risks associated with employees working in the chemical protective clothing.
- (D) Know how to implement the local emergency response plan
- (E) Know of the state emergency response plan and of the Federal Regional Response Team.
- (F) Know and understand the importance of decontamination procedures

Title and OSHA Reference

Portable Fire Extinguishers, 29CFR1910.157(g)(1 - 4)

Description:

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 firefighting. The employer shall provide education and training upon initial employment and at least annually thereafter.

Goals:

Be able to apply the safety practices and procedures relating to respective job assignments outlined in the regulations.