



Essentials in Safety & Health Certificates

The Essentials in Safety & Health Certificates are a great fit for those starting out in occupational health and safety or if you need a refresher. These certificates offer a core understanding of various health and safety topics and are suitable for both public and private sector employees. You will gain knowledge and expertise in topics relevant for your industry in safety and health management, job hazard analysis, root cause analysis, and leadership.

The Essentials Certificates provide comprehensive training aimed at reducing workplace incidents and promoting a safe working environment. With three industry tracks—Construction, General, and Health—you can customize your learning experience by selecting courses most relevant to your workplace. Customize your learning experience by selecting courses most relevant to your industry.

Electives include leadership courses designed in partnership with the UW Center for Leadership & Strategic Thinking in the Foster School of Business for occupational health and safety professionals. Upon completion participants will have an understanding of health and safety terms, topics, and best practices crucial for maintaining a safe and productive work environment.

Important outcomes of this training certificate can result in preventing workplace injuries and illnesses, improving compliance, and increasing worker engagement.

72–85 contact hours; 7.2–8.5 CEUs; 4 required courses and 6 elective courses.

Construction Industry Safety and Health Essentials Certificate

This certificate program covers a range of occupational safety and health topics including hazard identification, lockout/tagout, and implementation of effective safety protocols and best practices for the construction industry.

General Industry Safety and Health Essentials Certificate

This certificate offers a core understanding of various health and safety courses for those starting out in the general industry. Choose from a variety of short courses and topics relevant for your workplace including safety and health management, record keeping, combustible dust hazards, and transitioning to safer chemicals as examples.

Health Industry Safety and Health Essentials Certificate

Customize your learning experience by selecting courses most relevant to healthcare and health-related industry and your workplace. Choose from a variety of short elective courses to gain knowledge and expertise in safety and health management, blood borne pathogen exposure control, emergency planning, and infectious disease preparedness as examples.



PACIFIC NORTHWEST OSHA EDUCATION CENTER
ENVIRONMENTAL & OCCUPATIONAL HEALTH SCIENCES
School of Public Health | University of Washington



**NORTHWEST CENTER FOR
OCCUPATIONAL HEALTH & SAFETY**
University of Washington



**Go to
OSHCE Courses**

Essentials Certificate Program Courses

This table outlines the required elective courses for three industries—Construction, Health, and General. Courses you have successfully completed in the past four years can be applied towards any certificate below, including those taken at another OSHA authorized training center.

Course #	Description	Hours	Construct Ess	General Ess	Health Ess
OSHA 7500	Introduction to Safety and Health Management	5.5	R	R	R
OSHA #7515	Job Hazard Analysis (JHA)	7.5	R	R	R
OSHA 7845	Recordkeeping Rule Seminar	4	R	R	R
SSHD	Supervisory Safety and Health Duties	20	R	R	R
Electives A	Take 1 Course				
OHSLEADERS1	Accelerating Leadership Development	10	x	x	x
OHSLEADERS2	Transformational Leadership Development	10	x	x	x
OHSLEADERS3	Fostering Psychological Capital & Emotional Effectiveness	10	x	x	x
Electives B	Take 5 Courses				
OSHA #7000	OSHA Training Guidelines for Safe Patient Handling	7.5			x
OSHA #7005	Warehousing and Storage	7		x	
OSHA #7100	Introduction to Machinery and Machine Safeguarding	4		x	
OSHA #7105	Evacuation and Emergency Planning	4	x	x	x
OSHA #7115	Lockout/Tagout	7.5	x	x	
OSHA #7120	Introduction to Combustible Dust Hazards	6.5		x	
OSHA #7200	Bloodborne Pathogen Exposure Control	7	x	x	x
OSHA #7205	Health Hazard Awareness	6	x	x	x
OSHA #7210	Pandemic Illness Preparedness	5.5		x	x
OSHA #7215	Silica in Construction, Maritime, and General Industries	7	x	x	x
OSHA #7225	Transitioning to Safer Chemicals	7.5		x	x
OSHA #7230	Infectious Disease Preparedness in the Workplace	7.5	x	x	x
OSHA #7235	Respiratory Protection Program	7.5	x	x	x
OSHA #7300	Understanding OSHA's Permit-Required Confined Space Standard	7	x	x	x
OSHA #7400	Occupational Noise Exposure Hazards	7.5	x	x	x
OSHA #7405	Fall Hazard Awareness for the Construction Industry	5	x		
OSHA #7410	Managing Excavation/Trenching Operations	6.5	x		
OSHA #7415	Construction Industry Major Hazards and Prevention	7.5	x		
OSHA #7505	Introduction to Accident Investigation	7.5	x	x	x
OSHA #7510	Introduction to OSHA for Small Business	3.5	x	x	x
ROOT	Basic Root Cause Analysis	7	x	x	x

To apply: Visit <https://oshce.uw.edu/certificate-programs>
 Pay the \$95 application fee
 Register for courses



Information

UW Occupational Safety & Health Continuing Education
 Pacific Northwest OSHA Education Center
 Website: <https://oshce.uw.edu/>
 Email: ce@uw.edu
 Phone: 206-685-3089 or 1-800-326-7568