



# INSTALLATION SAFETY OFFICE OCCUPATIONAL SAFETY AND HEALTH COURSE (OSH) DESCRIPTIONS

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# OCCUPATIONAL SAFETY AND HEALTH (OSH) COURSE DESCRIPTIONS

The following are course descriptions of scheduled training classes:  
以下は講習の概要です。



**Supervisor Safety:** MCO 5100.29C requires all supervisors to attend initial and annual refresher training within 90 days of appointment and annually thereafter. This training provides supervisors with skills needed to implement safety policies and programs, basic skills for fostering a workplace where hazards are identified and risks managed, and develops skills to recognize, control, report, and eliminate hazards. Supervisors will also receive general information about mishap investigation and reporting requirements. This class is for U.S. civilian personnel, active duty service members E-4 and above, and local national employees serving as supervisors.

**監督者安全講習：** MCO 5100.29C によりすべての監督者は任命から 90 日以内に職場の安全に関する初期教育講習と毎年の再教育講習を受講するよう規定されています。この講習では安全方針とプログラムの実施に必要なスキルや危険を認識、抑制、報告、除去するスキルの発展のさせ方を提供します。監督者は事故調査と報告手順の一般情報を学びます。この講習は監督職にある米国民間人、E-4 以上の現役軍人、そして MLC/IHA の監督者が対象です。



## HAZARD COMMUNICATIONS

**Hazard Communication:** Provides communication methods of hazardous chemicals in any workplace as required by DoD Instruction 6050.5 and the requirements of the Occupational Safety and Health Administration (OSHA) Hazard Communication Standard, "Right to Understand". It is based on a simple concept that employees have both a need and a right to know the hazards and identities of the chemicals they are exposed to while working. Training will address hazardous material (HM) properties, Safety Data Sheets (SDS), record keeping, HM labeling, and the classification of HM. This one-time training (unless work conditions change) is for all personnel that supervise or perform work with HM. ***This course is hosted on the MCIPAC Training Site on Marinenet at:***

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**危険有害性情報伝達講習 (HAZCOM)：** 米国労働安全衛生局 (OSHA) の危険有害性情報伝達基準である「知る権利」の要件を反映した DoDI 6050.5 で規定されている HAZCOM プログラムの基本的な訓練を提供します。訓練では危険物の性質、安全データシート、記録管理、ラベル貼

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付、危険物の分類について触れます。この訓練は監督者または危険物を取り扱うすべての従業員向けです。

この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>



**Hearing Conservation:** Addresses the fundamental provisions of hearing loss prevention. This training teaches employees how to evaluate and control noise hazards in the workplace and is applicable to both supervisors and their employees. HCP training is mandatory for all Marines, assigned Sailors and hazardous noise-exposed civilians. ***This course is hosted on the***

***MCIPAC Training Site on Marinenet at:***

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**聴覚保護講習：** 難聴防止の基本的規定を講義します。この訓練では職場における騒音の評価と抑制の方法を講義します。監督者とその従業員が対象です。また、この訓練は騒音に曝される従業員には必須となっています。

この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>



**Respiratory Protection:** Respiratory protection is an annual requirement providing basic training for employees that have been identified by the Industrial Hygiene Department, U.S. Naval Hospital Okinawa, as required respirator users. This training will assist employees in proper respirator selection, use, care, and storage. This course includes a fit test for all students.

All civilian attendees **must** bring their Medical Surveillance Qualification Card (USNH Oki 6260/3 (1-00)) to verify proof of a physician's approval to wear a respirator. All active-duty military attendees **must** bring a letter from their medical department after completion of a Fit for Duty questionnaire to verify qualification to wear a respirator. Personnel receiving an initial fit test do not need to bring a respirator. All other personnel requiring annual training and fit testing are required to bring their own respirator. The fit test **will not** be conducted if there is any hair growth between the skin and the face piece sealing surface.

**呼吸器保護講習：** 海軍病院の産業衛生専門官によりマスク使用者として判定された従業員に毎年の受講が要件である基本的訓練を提供します。訓練では正しいマスクの選択、使用、管

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理、保管について従業員に教授します。訓練にはフィットテストが含まれます。すべての民間人従業員（MLC/IHAを除く）はマスク着用を医師が承諾したことを証明する医療調査資格カードを持参する必要があります。すべての現役軍人はマスク着用資格確認のための業務適合質問書を記入後に医療部署が発行する書類を持参しなくてはなりません。フィットテストを初めて受ける従業員はマスクを持参する必要はありません。1年ごとの訓練とフィットテストを受ける必要があるその他の従業員は自分のマスクを持参してください。皮膚とマスクの間にひげや毛がある場合はフィットテストは実施されません。



**Asbestos Awareness:** This class is mandatory for all maintenance employees and custodial workers who repair and conduct maintenance operations that will not result in the disturbance of Asbestos Containing Materials (ACM) or Presumed Asbestos Containing Materials (PACM). This class and annual refresher training is required. ***This course is hosted on the MCIPAC Training Site on Marinenet at:***

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**アスベスト（石綿）講習：** アスベスト（石綿）講習： アスベスト含有物質（ACM）または含有すると推定される物質（PACM）の飛散を伴わない修理および保守作業を行う従業員の必修講習です。講習時間は2時間で毎年の受講が義務付けられています。この講習の催行人数は10人以上で少なくとも2週間前のリクエストが必要です。

注）この講習は日本語では提供していません。

この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>



**Confined Space Qualified Assistant:** This course is an annual requirement for all personnel who are assigned Confined Space Qualified Assistant duties including ensuring confined space program elements and entry requirements for their command are adhered to. This course will include confined space program requirements, confined space hazard recognition, atmospheric testing/results interpretation, and confined space entry permit requirements. Students will

also perform hands on gas detector calibration and testing. Upon completion of the course, individuals will be assigned in writing by the Confined Space Program Manager as a Qualified Assistant. Appointment as QA will expire one year from the completion date of QA training.

**密閉区画有資格者アシスタント講習 (QA)：** この講習はQAとしての責任を割り当てられているすべての従業員に毎年受講が義務付けられています。講義では密閉区画プログラム要件、危険

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性の認識、大気検査と結果、立ち入り許可書の要件等を含みます。受講者はガス検知器の使用と校正を実演します。受講後は密閉区画プログラムマネージャーにより書面でQAとして任命されます。任命は受講日から1年間有効です。

**Confined Space Attendant, Entrant, Supervisor:** This course provides the basic knowledge necessary for confined space permit required entry. Students will learn the duties, responsibilities and requirements of attendants, entrants, supervisors, and rescue personnel during confined space entry operations. This course also covers potential hazards inside confined spaces, the use of gas detection equipment, personal protective equipment, and the differences between a confined space and a permit-required confined space. This course is required for all personnel who conduct confined space operations. Recertification is required annually, when a worker can no longer perform confined space work safely, or lacks basic knowledge of the program.

**密閉区画への立ち入り講習:** 密閉区画の作業と立ち入りプログラムに関する基礎的な知識について講義します。受講者は立入作業員、見張り人、現場監督者、そして救助者の責任と要件を学びます。この訓練では密閉区画内の潜在的危険性とガス検知器の使用、個人用保護具、そして密閉区画と要許可密閉区画の違いについても触れます。この講習は密閉区画で作業するすべての従業員が対象です。密閉区画作業に携わる従業員は毎年の受講が必要になります。



**Energy Control (Lockout/Tagout):** Addresses the requirements and provisions necessary for the establishment of an energy control (Lockout/Tagout (LOTO)) program in accordance with 29 CFR 1910.147 and 333. Training will cover general regulatory provisions to include USMC and MCB program requirements, establishing SOPs, duties of the LOTO Coordinator, identifying authorized personnel, training and record keeping procedures, program evaluation, identifying affected operations, developing written procedures, the use of LOTO log books, the use of approved LOTO devices, and the enforcement of LOTO requirements. **This training is available in Japanese on MarineNet at:**  
<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**Note:** Personnel should be a designated activity energy control (lockout/tagout) coordinator.

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**ロックアウト/タグアウト講習：** ロックアウト/タグアウト (LOTO) プログラムの設置に必要な要件と規定について講義します。講習では海兵隊基地でのプログラム要件、作業手順の設置、LOTO コーディネーターの義務、認定従業員の役割、訓練と記録の管理、プログラム評価、影響を受ける作業の見分け方、文章になった手順の展開、LOTO 記録簿の使用、LOTO 装置の使用、そして LOTO 要件の実施等が含まれます。

この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>



**Personal Protective Equipment (PPE):** The issue, maintenance, and use of PPE are necessary to protect Marine Corps personnel when engineering and administrative controls are not available or effective. This class will provide personnel with information on PPE surveys, training, and use as required by NAVMC DIR 5100.8, Chapter 13 and 29 CFR 1910, Subpart I.

***This course is hosted on the MCIPAC Training Site on Marinenet at:***

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

*NOTE: Respiratory Protection and Hearing Conservation classes are held separately from this course of instruction.*

**個人用保護具講習 (PPE)：** 工学的抑制と運営管理抑制が利用できない、または効果がないときに海兵隊従業員を保護するため個人用保護具の提供、メンテナンス、使用が必要になります。この講習では NAVMC DIR 5100.8 の第 13 章と 29 CFR 1910 のサブパート I に規定されている個人用保護具の調査、訓練、使用についての情報を提供します。

(注) 呼吸器保護講習と聴覚保護講習は、この講習とは別々に行われます。

この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

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**Fall Protection:** Falls are one of the most common types of mishaps in the workplace. This course is an introduction to the prevention of fall hazards and addresses criteria for establishing a fall protection program. Students will learn how to reduce exposures to fall hazards when performing work related functions. Instruction

includes fall protection systems, ladder safety, rescue procedures, and training requirements.

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**Prerequisite for English Fall Protection Class:** Complete two fall protection awareness trainings listed on ESAMS web training page ([https://esams.cnmc.navy.mil/ESAMS\\_GEN\\_2/GlobalTraining/WebTraining.asp](https://esams.cnmc.navy.mil/ESAMS_GEN_2/GlobalTraining/WebTraining.asp)): Naval Fall Protection (Slip, Trips and Same Level Falls) Awareness (1259) & Naval Fall Protection Awareness Training for End Users Working at Heights and Supervisors of End Users (2018). Bring the completion certificates on the day of training.

**転落防止講習：** 転倒・転落はどの職場でもよく起こる事故の1つです。この講習は転落の危険防止への基礎であり、転落防止プログラム設置の基準について講義します。受講者は作業中の転落の危険性をどのようにして減少させるかを学習します。学習内容には転落防止システム、はしごの安全、救助の手順、そして訓練要件が含まれます。当日は各自使用しているハーネスを準備してください。講習後に行なわれる筆記試験と実践訓練に合格すると修了書が授与されます。



**Ergonomics Training:** The purpose of this class is to provide supervisors information on ergonomics and how to prevent musculoskeletal disorders by identifying, analyzing, and mitigating ergonomic risk factors in the work place. The class content includes the definition of ergonomics, risk factors, work related musculoskeletal disorders, ergonomic surveys, how to evaluate job tasks, and how to recognize early warning signs of ergonomic related illnesses as well as where to get help. ***This course is hosted on the MCIPAC Training Site on Marinenet at:*** <https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**エルゴノミクス講習（人間工学）：** この講習の目的は監督者にエルゴノミクスと職場でのリスクファクターを判定、解析、軽減することにより筋骨格障害を予防する方法について情報を提供することです。講義内容にはエルゴノミクスの定義、リスクファクター、業務上の筋骨格障害、エルゴノミクス調査、ジョブタスクの評価方法、そしてエルゴノミクス関連疾病の初期症状とその対処方法が含まれます。この講習は最小で10人の受講者と2週間前の申請が必要です。この講習は下記サイトで日本語のオンライントレーニングが利用可能です。

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

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## Bloodborne Pathogens Training



**Bloodborne Pathogens Training:** The purpose of this class is to provide a basic understanding of bloodborne pathogens, common modes of transmission, prevention methods, and other pertinent information. In March 1992, OSHA's Bloodborne Pathogen Standard, 29 CFR 1910.1030 took effect. This standard was designed to prevent more than 200 deaths and 9,000 bloodborne infections every year. If you can reasonably anticipate facing contact with human blood and/or other potentially infectious materials as part of your job duties, this training is essential for you and your workforce. ***This course is hosted on the MCIPAC Training Site on Marinenet at:*** <https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

**血液媒介病原菌講習：** この講習の目的は血液媒介病原菌についての基本的理解、共通する伝染態様、予防の方法、その他関連する情報を提供することです。1992年3月にOSHAの血液媒介病原菌基準、29 CFR 1910.1030が施行されました。この基準は毎年200人以上の死者と9000人以上の血流性感染を防ぐために立案されました。もし職務で人間の血液や感染物質に接触する危険性があれば、この講習は必須になります。**この講習は最小で10人の受講者と2週間前の申請が必要です。この講習は下記サイトで日本語のオンライントレーニングが利用可能です。**

<https://elearning.marinenet.usmc.mil/moodle/course/index.php?categoryid=1129>

### \*\*\* The listed courses target attendees as follows:

**JP** - Courses are designed and limited to Japanese speaking employees including MLC's & IHA's.

**EN** - Courses are designed and limited to English speaking employees

**Note (1):** Quarterly training schedules will have **EN** or **JP** listed to indicate the language of which the class will be taught.

**Note (2):** The Quarterly training schedule is posted month at the below locations:

Internet:

<https://www.mcbbutler.marines.mil/Base-Information/Base-Safety/>

SharePoint:

[https://usmc.sharepoint-mil.us/sites/mcipac\\_iso\\_Training](https://usmc.sharepoint-mil.us/sites/mcipac_iso_Training)



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## TYPHOON/INCLEMENT WEATHER POLICY

1. Tropical Cyclone Condition of Readiness (TCCOR) can change at a moment's notice during the typhoon season (June - Oct). Schedule changes and/or cancellations apply when the following typhoon conditions have been declared:

a. Tropical Cyclone Condition of Readiness 1 (**TCCOR-1**)

(1) Prior to 1130 (Mon-Fri): classes will be postponed or cancelled.

(2) After 1300 (Mon-Fri): classes will continue until 1600.

b. Tropical Cyclone Condition of Readiness 1 Caution (**TCCOR-1C**)- The Installation Safety Office will be closed and students attending classes will be dismissed so they may return to their residence. Prior to release, they will be informed of scheduling/class changes accordingly.

c. Tropical Cyclone Condition of Readiness Storm Watch (**TCCOR-SW**)- Students should contact the Installation Safety Office at 645-3806 for the status of updated class schedules that may be affected by typhoon conditions.

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## ESAMS COURSE ENROLLMENT

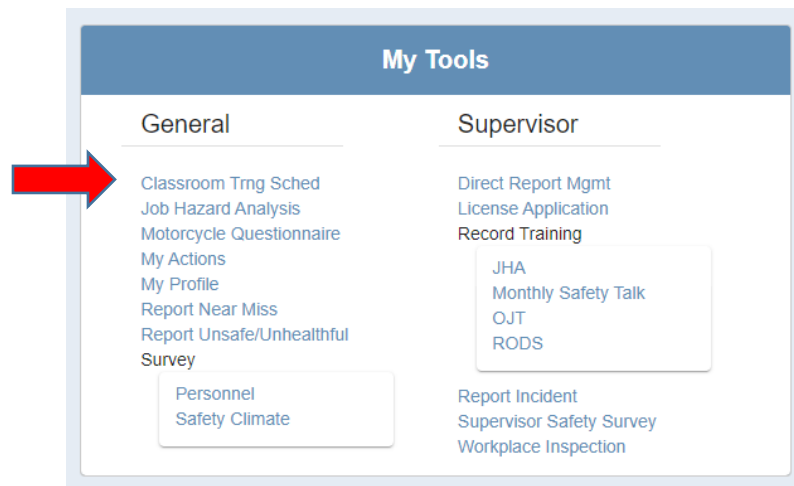
ESAMS (Enterprise Safety Application Management System) is a safety data management software program used to document safety compliance inspections, deficiencies, mishap reporting, training, medical surveillance, etc. Safety Officers/Managers, Workplace Supervisors, and selected designated representatives must have ESAMS account and be trained on how to use the program.

1. The following instructions will assist individuals in registering for classes provided by the Installation Safety Office. If you have any questions, comments, or concerns please contact this office at 645-4468.

2. If you **DO NOT** have an ESAMS account and you are **NOT** on Active Duty please proceed to step 5. If you are active duty and do not have an ESAMS account please contact your Company Safety Representative, or log into ESAMS and self-register.


3. Log into ESAMS with your Common Access Card (CAC). On the right-hand side of the ESAMS main page, under the "My Tools" group click the text "Classroom Training Schedule".

[https://esams.cnic.navy.mil/esams\\_gen\\_2/loginesams.aspx](https://esams.cnic.navy.mil/esams_gen_2/loginesams.aspx)



4. Select the month in which the upcoming class will begin, locate the class you wish to enroll in and then click "Enroll Me". You will now be registered for that class and should receive an email confirming that enrollment.

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CLASSROOM TRAINING						
Month:	April	Filter:	Class Details.. (50 character limit)			
 Indicates equipment is available for the class						
Enrollment	Course Title	Start Date	End Date	Time	Installation - Cmd/Org Providing	
Class Full	Two Day Commercial Drivers Course (GOV)	4/3/2023	4/4/2023	730 - 1630	Camp Foster, Okinawa - Japan - MCB Butler	
Class Full	One Day POV Course	4/6/2023	4/6/2023	800 - 1500	Camp Foster, Okinawa - Japan - MCB Butler	
Enroll Me / Others	Supervisor Safety Training (SST) - (Initial and Refresher)	4/7/2023	4/7/2023	800 - 1200	Camp Foster, Okinawa - Japan - MCIPAC	
Enroll Me / Others	Motorcycle Safety Foundation (MSF) Advanced Rider Course (ARC)	4/7/2023	4/7/2023	730 - 1600	MCB Quantico, VA - MCINCR	
Enroll Me / Others	AAA Remedial Driver Training Course (MCB Butler)	4/7/2023	4/7/2023	730 - 1600	Camp Foster, Okinawa - Japan - MCB Butler	
Enroll Me / Others	Motorcycle Safety Foundation (MSF) Basic Rider Course (BRC)	4/8/2023	4/9/2023	730 - 1600	MCB Quantico, VA - MCINCR	

## USERS WHO DO NOT HAVE AN ESAMS ACCOUNT

- If you do not have an ESAMS account go to the web address below:  
[https://esams.cnmc.navy.mil/esams\\_gen\\_2/loginesams.aspx](https://esams.cnmc.navy.mil/esams_gen_2/loginesams.aspx)
- Near the bottom of the page click on the box marked "Global Training Registration".



- Under type of training select "SOH Classroom". Under "Region" select "Marine Corps Installation Pacific", then select the month in which the desired class begins. After all fields are filled in, select "Search".

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8. Select a class.

Current Month		Search Again								
May										
	Course Title	Start Date	End Date	Time	Installation	Class Info	Seats Available	Wait List Available	Language	
Enroll Me	USMC Supervisor Safety Training (SST) - (Initial and Refresh)	5/3/2023	5/3/2023	800 - 1200	Camp Foster, Okinawa - Japan	<a href="#">View</a>	19	0	English	
Enroll Others										

9. Once the desired course is located select "Enroll". Find the class then click "Enroll" or "Wait List".

**Note (1):** If you are getting ready to deploy and the class is full for the motorcycle course you need, contact the class administrator to request enrollment. To find the class admin, click "View" under "Class Info".

**Note (2):** Personnel who do not have a CAC will not be able to access ESAMS, but their training can be managed by their supervisor within the system. Contact our command safety representative, or Unit Safety Representative (USR) for more information. Also, you can contact the below ESAMS Administrator email if you have questions.

10. If you have any problems enrolling in ESAMS courses please send an email with specifics to: MCIPAC-MCBB ESAMS Administrator, Email: MCIPAC-MCBB\_ESAMS\_Administrator@usmc.mil.