Class dates and times are subject to change. Contact us at (802) 878-3883 or support@greenmountainsafety.com for more information.



JANUARY

- Tuesday Toolbox Talk: Personal Protective Equipment (PPE)
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 6 Defensive Driving
 - 8:00-9:30AM: Refreshes the driver on safe habits, classifies types of driving and safe maneuvering
- 7 Home Office Ergonomics
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 12 Supervisory Series Pt 1
 - 8:00-11:00AM: First session of our 3-part series for supervisors and managers
- 13 NFPA 70E Electrical Safety
 - 8:00AM-4:30PM: Virtual compliance training on the hazards of electricity & the NFPA 70E Standards
- 20 First Aid for the Workplace
 - 1:00-3:00PM: Teaches parts of the Red Cross First Aid program with a focus on aspects related to the workplace
- 21 How to: Conduct an Effective Safety Orientation
 - 1:00PM-2:00PM: Helps inform and provide resources for HR and safety managers to instruct new employees
- 26 The Maturing Workforce
 - 9:00-10:00AM: Learn how you should adapt to changes in safety practices & productivity for older employees
- 26 Safety Committee Revitalization
 - 1:00-2:00PM: To help you form your safety committee with best practices and why it is recommended by OSHA

FEBRUARY

- Tuesday Toolbox Talk: Hazard Communication
- 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 3 Defensive Driving
- 3 8:00-9:00AM: Refreshes the driver on safe habits, classifies types of driving and safe maneuvering
- **Home Office Ergonomics**
- 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- Supervisory Series Pt 2
- 9 8:00-11:00AM: Second session of our 3-part series for supervisors and managers
- NFPA 70E Electrical Safety
- 8:00AM 4:30PM: Virtual compliance training on the hazards of electricity & the NFPA 70E Standards
 - First Aid for the Workplace
- 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
 - Fleet Risk Management
- 9:00-11:00AM: Teaches the importance of developing an overall Fleet Management program and its benefits

MARCH

- 2 Tuesday Toolbox Talk: Bloodborne Pathogens
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 4 Home Office Ergonomics
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 9 Supervisory Series Pt 3
 - 8:00-11:00AM: Third session of our 3-part series for supervisors and managers
- 10 NFPA 70E Electrical Safety
 - 8:00AM 4:30PM: Virtual compliance training on the hazards of electricity & the NFPA 70E Standards
- 17 First Aid for the Workplace
- 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace



- How to: Conduct an Effective Safety Orientation
 9:00-10:00AM: Helps inform and provide resources for HR and safety managers to instruct new employees
- How to: Conduct an Effective Jobsite Safety Audit
 9:00-10:00AM: Reviews the walk-through process, templates, and responsible parties for an audit
- What to Expect from a VOSHA Visit
 9:00-10:30AM: Takes the guesswork out of VOSHA compliance with smart & quick fixes for a VOSHA inspection

APRIL

- **Home Office Ergonomics**
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- Tuesday Toolbox Talk: Ladder Safety
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 7 Fleet Risk Management
 - 1:00-3:00PM: Teaches the importance of developing an overall Fleet Management program and its benefits
- 13 Supervisory Series Pt 1
 - 8:00-11:00AM: First session of our 3-part series for supervisors and managers
- 14 NFPA 70E Electrical Safety
 - 8:00AM 4:30PM: Virtual compliance training on the hazards of electricity & the NFPA 70E Standards
- 15 Safety Program Pt 1: Administration
 - Learn how to develop an effective safety program in this three-part series
- 21 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace

MAY

- 4 Tuesday Toolbox Talk: Fall Protection
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 6 Home Office Ergonomics
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 11 Supervisory Series Pt 2
 - 8:00-11:00AM: Second session of our 3-part series for supervisors and managers
- 18 How to: Conduct an Effective Jobsite Safety Audit
 - 9:00-10:00AM: Reviews the walk-through process, templates, and responsible parties for an audit
- 19 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
- 20 Safety Program Pt 2: Safety Trainings
 - 9:00-11:00AM: Learn how to develop an effective safety program in this three-part series.

JUNE

- Home Office Ergonomics
- 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- Tuesday Toolbox Talk: Scaffolding
- 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 15 Supervisory Series Pt 3
 - 8:00-11:00AM: Third session of our 3-part series for supervisors and managers
- 16 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
- 17 Safety Program Pt 2: Safety Trainings
 - 9:00-11:00AM: Learn how to develop an effective safety program in this three-part series



JUL Y

- **Home Office Ergonomics**
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- Tuesday Toolbox Talk: Electrical Safety
- 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 12 Supervisory Series Pt 1
 - 8:00-11:00AM: First session of our 3-part series for supervisors and managers
- 21 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
- 27 The Maturing Workforce
- 9:00-10:00AM: Learn how you should adapt to changes in safety practices & productivity for older employees
- Safety Committee Revitalization
- 1:00-2:00PM: To help you form your safety committee with best practices and why it is recommended by OSHA

AUGUST

- Tuesday Toolbox Talk: Excavation
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- **Home Office Ergonomics**
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 10 Supervisory Series Pt 2
 - 8:00-11:00AM: Second session of our 3-part series for supervisors and managers
- 17 Fleet Risk Management
 - 9:00-11:00AM: Teaches the importance of developing an overall Fleet Management program and its benefits
- 18 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace

SEPTEM BER

- **2** Home Office Ergonomics
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 7 Tuesday Toolbox Talk: Hand/Power Tools
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- 14 Supervisory Series Pt 3
 - 8:00-11:00AM: Third session of our 3-part series for supervisors and managers
- 15 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace

OCTOBER

- Tuesday Toolbox Talk: Fire Protection and Extinguishers
 - 7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month
- **6** Home Office Ergonomics
 - 9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity
- 19 Supervisory Series Pt 2
 - 8:00-11:00AM: Second session of our 3-part series for supervisors and managers
- 20 First Aid for the Workplace
 - 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
- 21 Safety Program Pt 1: Administration
- 9:00-11:00AM: Learn how to develop an effective safety program in this three-part series.
- 26 The Maturing Workforce
- 9:00-10:00AM: Learn how you should adapt to changes in safety practices & productivity for older employees



NO VEMBER

Tuesday Toolbox Talk: Defensive Driving Tips

7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month

3 Defensive Driving

8:00-9:30AM: Refreshes the driver on safe habits, classifies types of driving and safe maneuvering

A Home Office Ergonomics

9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity

Supervisory Series Pt 2

8:00-11:00AM: Third session of our 3-part series for supervisors and managers

11 Fleet Risk Management

1:00-3:00PM Teaches the importance of developing an overall Fleet Management program and its benefits

17 First Aid for the Workplace

1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace

10 Safety Program Pt 2: Safety Trainings

9:00-11:00AM: Learn how to develop an effective safety program in this three-part series

OSHA Updates 2021 - General Industry & Construction

9:00-11:00AM: Overview of how OSHA/VOSHA requirements have changed in the last year and more

DECEMBER

Defensive Driving

8:00-9:30AM: Refreshes the driver on safe habits, classifies types of driving and safe maneuvering

2 Home Office Ergonomics

9:00-10:00AM: Teaches how to have a proper workstation at home to avoid strains and increase productivity

Tuesday Toolbox Talk: Ergonomics

7:00-7:30AM & 12:30-1:00PM: 30-minute discussion in the morning or afternoon with a specific focus each month

14 Supervisory Series Pt 3

8:00-11:00AM: Third session of our 3-part series for supervisors and managers

- First Aid for the Workplace
- 1:00-3:00PM: Teaches the Red Cross First Aid program with a focus on aspects related to the workplace
- Safety Program Pt 3: Next Level
- 9:00-11:00AM: Learn how to develop an effective safety program in this three-part series