



2026 ONLINE COURSES

Oryx has had a steadfast dedication toward the construction industry since 1996. We invest in education and training of our underwriters, loss control and claims representatives. It is our goal to provide courses at the Oryx Education Center that educate and inform employers how to provide a safer work environment for their employees. A safer work environment will lead to a reduction in losses, lower insurance premiums and in the end will make your business/jobsite more profitable.

OSHA Recordkeeping (2 hrs)

This program will review the OSHA recordkeeping requirements, which will include defining a workplace injury, determining 'recordability' of an injury using OSHA's definition as well as how to record injuries on an OSHA 300 log. For some employers, the use of the annual 300A log may require an electronic submission to the OSHA website. This program has a hands-on portion where we will review injury cases, make entries onto the 300 log and then review for accuracy.

REGISTER 9:00-11:00am, Tuesday, January 13, 2026

Scaffolds & Aerial Lifts (1 hr)

There are many different types of scaffolds in construction. We will review the common types, safe working requirements as well as some industry best practices to help prevent New York Labor Law liability from scaffold related injuries. This section will also cover scissor lifts and boom lifts. A common thread in this section is the requirement of a 'competent person'. We will review the duties of a competent person and what knowledge and understanding makes them competent. Also, the requirement for training for scaffold users is often overlooked. We will review what training is required for scaffold users.

REGISTER 9:00-10:00am, Tuesday, January 27, 2026

Economics of Safety (1 hr)

This program looks at the 'business' of safety and how to use accident prevention as an investment to improve your bottom line. Many companies still believe that safety is an expense and miss the boat on realizing that investing in a real program offers financial strengths to a business as well as prevents injury to employees. The program will review accountability programs as well as indicators that can be used to head off injuries of all types. Frequent minor injuries are an indicator of

Each General Safety Session class is a refresher style to be aware of the hazards and the OSHA regulations. Industry best practices will also apply, as the goal for these information sessions is injury and WC claim prevention. For each class successfully completed, policyholders will receive a certificate of achievement to display in their office with a copy sent to the underwriting file.

If you have questions or need assistance registering, send an email to edcenter@oryxclaims.com or call the Education Center at 315.930.3426.

behaviors that lead to more serious injuries. This program helps frame what employers should be looking at to make improvements in the workplace to improve the bottom line.

REGISTER 9:00-10:00am, Tuesday, February 10, 2026

Silica & Respiratory Protection (1 hr)

This course helps explain the OSHA Silica Standard. Silica is a component of concrete as well as block, brick, stone and a host of construction products. Compliance can be complicated. There are compliance requirements that include a written Silica Exposure Control Plan as well as a possible need for a Medical Surveillance Program for workers expected to wear a respirator for 30 days or more in a work year. These measures are in addition to the typical medical questionnaire and annual fit test employers are used to doing. This training program is intended to provide the information necessary to interpret the regulation and assist with finding practical solutions for worker protection.

REGISTER 9:00-10:00am, Tuesday, February 24, 2026

Accident Reporting & Root Cause Analysis (1 hr)

This course provides a review of completing a C2 form as well as an introduction to basic accident investigation procedures and describes accident analysis techniques. The goal of the course is to help participants gain the basic skills necessary to conduct an effective accident investigation at their workplace and understand 'root cause' analysis to identify why an injury has occurred. Topics include the primary reasons for conducting an accident investigation, employer responsibilities related to workplace accident investigations and a multi-step accident investigation procedure.

REGISTER 9:00-10:00am, Tuesday, March 10, 2026



2026 ONLINE COURSES *continued*

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Driving Awareness/Distracted Driving (1 hr)

The roadways are dangerous, distractions are everywhere, and business auto premiums are rising significantly! This distracted driving program is intended to make people aware of driving habits that are known contributors to motor vehicle accidents. We will examine types of distractions, the impact on following distances and braking to avoid rear-end collisions, appropriate look ahead capacity, and basic vehicle maintenance. The course will address both commercial and passenger vehicles.

REGISTER 9:00–10:00am, Tuesday, March 31, 2026

PPE & Hazard Assessment (1 hr)

Personal protective equipment has improved significantly in recent years. There is now widespread use of Industry Best Practice PPE requirements, such as the Type II hard hats, cut resistant gloves and 100% eye protection requirements. Comfort, fit and dexterity are all improvements made for workers to use the equipment and help reduce and eliminate injuries.

REGISTER 9:00–10:00am, Tuesday, April 14, 2026

Electrical Hazards & LOTO (1 hr)

This Lockout Tag-out (LOTO) course provides an understanding of the OSHA requirements and outlines safe working procedures to prevent any accidental or unwanted energization of the systems being worked on. There are specific safety requirements to be followed when isolating energy of all types, including electrical, mechanical, stored energy and others. We will compare the use of physical locks and tags as well as safe work procedures and training requirements for LOTO use.

REGISTER 9:00–10:00am, Tuesday, April 28, 2026

Fall Protection Overview (1 hr)

This course takes a look at some of the more widely used methods for managing fall exposures. We will look at fall exposures, conventional and non-conventional fall protection methods and the selection process. This course also covers relevant regulations and fall hazard identification, and will develop a working knowledge of all the essential elements of a fall protection program.

REGISTER 9:00–10:00am, Tuesday, May 5, 2026

Confined Spaces (1 hr)

Working in confined spaces can pose serious threats to workers if basic precautions are not taken. This program will outline what defines a confined space, testing requirements of the space and when a permit is required. Rescue from confined spaces requires specialized training and equipment that many Fire Departments cannot handle on an emergency basis. Understanding the rescue requirements and being prepared is the best way to manage all confined space entries. This program is a basic overview and not intended to be official training for all confined space entries.

REGISTER 9:00–10:00am, Tuesday, May 19, 2026

Excavations (1 hr)

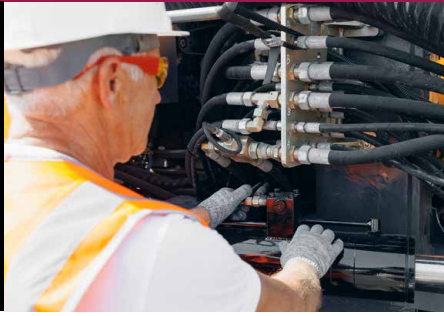
Excavation and trench collapses are a leading cause of worker fatalities in construction. This class will examine the OSHA Minimum Requirements as well as industry best practices. We will review the requirements for a 'Competent Person'; the competent persons limitations, as well as inspections and documentation for open excavations. The options available to a competent person are limited and often misunderstood. Don't wait until 'after the fact' to know what you should have done to protect your employees. It's all about prevention!

REGISTER 9:00–10:00am, Tuesday, June 9, 2026

Fleet Safety Program (1 hr)

Operating company owned and non-company owned vehicles for business on public roadways exposes companies to liability. This class will examine those liabilities that companies face and how to minimize their potential impact. We will provide an overview of the policies needed to manage fleets of all sizes. You will learn about the best practices for evaluating and qualifying your drivers, what concerns arise when employees use their own vehicle for company business, and the pros and cons for telematic (GPS) devices.

REGISTER 9:00–10:00am, Tuesday, June 16, 2026



2026 ONLINE COURSES *continued*

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Back Safety & Soft Tissue Injury Prevention (1 hr)

Soft tissue injuries account for nearly half of all construction injuries. These types of injuries are costly to companies and can be disabling preventing an individual from leading a normal lifestyle and in some cases living with constant pain. Manual material handling is a leading cause of these injuries. This program will review some back safety, proper lifting techniques, and how manual handling of material impacts other body parts through strains and sprains. We will review ergonomic work positioning, the use of mechanical advantage as well as the benefits of pre-work stretch and flex programs.

REGISTER 9:00–10:00am, Tuesday, August 18, 2026

Regulated Fleets/Overview of DOT Requirements (1 hr)

Does your company operate regulated vehicles? Are you unsure if you do? In this session we provide an overview of the DOT/FMCSA (Federal Motor Carrier Safety Administration) requirements for regulated vehicles. We will discuss when a vehicle becomes regulated, Commercial Driver License, Hours of Service, Daily Vehicle Inspection Reports, Drug and Alcohol Clearinghouse, Driver Qualification Files and more. Come join us if you are new to fleet management, wearing another hat or just want a refresher.

REGISTER 9:00–10:00am, Tuesday, September 15, 2026

OSHA Required Self-inspections & Safety Record Retention (1 hr)

OSHA requires employers to conduct 'frequent and regular inspections of the workplace'. These self-inspections (or 3rd party safety inspections) are important for any employer, particularly if needed for an OSHA citation defense or for other legal proceedings to show the employers 'due diligence' compliance with the standards. Along with these records, employers should have documentation for onboarding new employees with an explanation of the safety rules, maintain records of regular safety meetings, training and other items that can verify an employers commitment to safety. The lack of documentation of an 'effective in practice' program provides the employer with little to no defense in a legal proceeding.

REGISTER 9:00–10:00am, Tuesday, October 13, 2026

Welding & Cutting/Fire Protection (1 hr)

Welding and cutting operations are used in many types of construction and manufacturing operations. This class will review physical hazards and safe procedures for welding and cutting work. We will also discuss use of personal protective equipment. Additionally, we will cover safe handling and storage of compressed gas cylinders, fire prevention and hot work permit requirements.

REGISTER 9:00–10:00am, Tuesday, October 27, 2026

Hazard Communication (1 hr)

The Hazard Communication standard, which incorporates the Globally Harmonized System (GHS) will review the basic requirements of the system as well as a brief explanation of how to decipher the important sections from a Safety Data Sheet. We will also discuss options for maintaining the SDS databank availability to your employees.

REGISTER 9:00–10:00am, Tuesday, November 3, 2026

Post Accident/Transitional Duty (1 hr)

Early employee return to work through the use of transitional duty tasks will help reduce the cost of Workers Compensation by lowering your Experience Modifier Rate (EMR). This program will discuss how to prepare and have identified tasks, which will include weights, lifting and bending and other movements identified to better coordinate with the treating physician to allow an early return to work and transition back to full duty for your employee.

REGISTER 9:00–10:00am, Tuesday, November 17, 2026

Crane Safety Awareness & Rigging (1 hr)

SubPart CC in the Construction standards establishes crane safety as well as the requirement for certified riggers and signallers for crane hoisting operations. This program will review basic crane safety awareness as well as what is required under the rigging and signaling section. We will also review annual crane inspections, use of outriggers and pads, swing radius protections, crane operator licensing and preparing an access lane for the crane's movement on site.

REGISTER 9:00–10:00am, Tuesday, December 8, 2026

For questions on Oryx's Education Center or to request classes tailored specifically for your operations, contact your assigned Loss Control Representative directly, or call the Education Center at 315.930.3426, or email edcenter@oryxclaims.com