

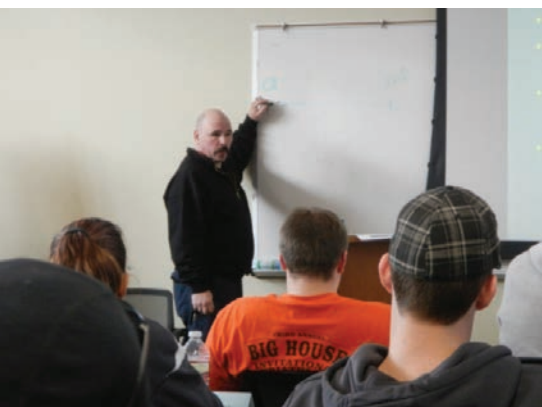
Industrial Safety Program

Lynden Training Center (formerly Alaska West Training Center) has been providing training in hazardous materials transportation, emergency response for hazardous materials, specialized rescue, Incident Command System, hazardous waste and work place safety training to Alaska since 1995. Lynden Training Center, a division of Alaska West Express, Inc., is 'the hands-on training facility'.

Our goal is to provide focused, intensive, professional development courses using hands-on training methodology to meet these needs. Classroom instruction followed by exercises and drills utilizing personal protective equipment in simulated response situations will significantly improve your skills and safety performance.

The Lynden Training Center uses course materials which meet or exceed emergency management, emergency response, environmental, safety and health laws, statutes, regulations and standards.

We offer a better all-around product to our customers through industry-proven best practices supported by real world experiences, realistic training props and the Lynden family of companies.



Customized Training

We customize our training to your company and personnel needs. Our courses are designed to meet relevant regulatory requirements and can add industry best practices. We can utilize your Emergency Response Plan and company specific procedures to develop course material that will be relevant to your specific needs.



Real World Experience

Our team of instructors have a wide range of industrial (oil and gas, transportation, refining, and military) and emergency services experience. Including:

- Process and terminal operations
- Transportation operations
- Health, safety, security and environmental
- Municipal and industrial fire departments
- Specialized rescue teams
- Hazardous materials response teams

Industrial Safety Courses Offered

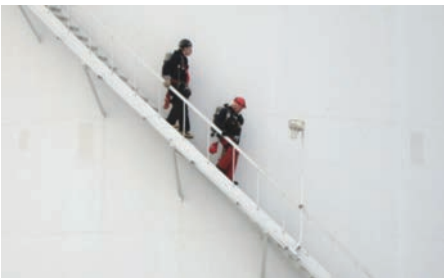
- ▶ Forklift Operation
- ▶ Respiratory Protection
- ▶ HazMat Response (HAZWOPER)
- ▶ Fire Extinguisher
- ▶ North Slope Training (NSTC)
- ▶ Petroleum Industry Safety & Health (PISH)
- ▶ Fish Processor Safety & Health (FPSH)
- ▶ Fall Protection
- ▶ Energy Control
- ▶ Confined Space Entry
- ▶ Hazard Communication
- ▶ Chemical Specific Courses
- ▶ First Aid/CPR/AED
- ▶ Custom courses designed for you
- ▶ Refresher training available

Forklift Operation

This 4-hour class is directed at the safe and efficient operation of flexible path material handling equipment. Objectives of this class include: basic understanding of the current regulations that govern lift truck Operations, lift truck components, safe operation of lift truck, pre-shift inspection, how to safely operate lift trucks, and driver/written performance test.

Confined Space Entry

This 4-hour permit-required confined space class is designed meet the minimum training requirements of 29 CFR 1910.146 Confined Space Regulation for entrants, attendants, and confined space supervisors. We cover confined space recognition, hazard recognition and detection, permit requirements, isolation procedures, non-entry rescue procedures, personal protective equipment and emergency evacuation of confined spaces.



Hazardous Materials Response

This 8-hour OSHA HAZWOPER class is based on the training standards for hazardous materials operations level. The course covers hazard recognition, basic defensive mitigation techniques, chemical identification, incident management, personal protective equipment, decontamination and personnel safety.

Fish Processor Safety and Health

This series includes classes that focus on the needs of cannery workers. Classes include hazard communication, energy control, fire safety and extinguishers, forklift operations, HAZWOPER, ammonia safety, prevention of accidents, Process Safety Management (PSM), work permitting, first aid and CPR, respiratory protection, hearing conservation and fall protection.



Petroleum Industry Safety and Health

This 8-hour course was designed to prepare the students with an overview of OSHA regulations that must be followed in the workplace. Course materials will cover prevention of accidents that may expose employees to serious hazards such as fire, explosions or spills. Training includes principles of safety, Process Safety Management (PSM), personal protective equipment, respiratory protection, hearing conservation, decontamination, medical surveillance, hazard communication, hydrogen sulfide, benzene in fuels, heat and cold stress, bloodborne pathogens, lock out/tag out, welding, hot work, permit-required confined spaces, fall protection, fire prevention, electrical safety, grounding and bonding, and excavation and trenching.

Additional course information is available at www.lynden.com/training

Safety Support and Program Development Available

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www.lynden.com
1.888.596.3361

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The Lynden Family of Companies