

Southeastern OSHA Training Institute Education Center

2026 Course Schedule

NC State University Industry Extension Services offers OSHA training throughout the states in the Atlanta Region.

- › OSHA-authorized provider of technical courses based on OSHA Standards
- › Two safety certificate programs
 - › OSHA's Safety and Health Fundamentals Certificate Program
 - › Manager of Environmental Safety and Health (MESH) Certificate Program
- › A member of a national network of non-profit organizations authorized by OSHA to deliver occupational safety and health training for all levels of workers



Certificate Programs

OSHA's Safety and Health Fundamentals Certificate Program supports OSHA's mission by training employees in occupational safety and health to reduce incident rates for workers. The certificate program is separated into tracks for Construction, General Industry and Maritime Industry. For the Construction and General Industry tracks, participants must successfully complete a minimum of seven courses, comprised of three (3) required courses (minimum 39 hours), and at least four (4) electives (29 hours). ncstateies.com/OSHACertificateProgram

The Manager of Environmental Safety and Health (MESH) Certificate Program is designed for environmental, safety and health professionals who want to improve their practical knowledge while earning a valuable credential after successfully completing 100 credit hours of continuing education. General MESH requirements: ies.ncsu.edu/mesh

There are seven certifications:

- › MESH (General)
ncstateies.com/MESHRequirements
- › Industrial Hygiene (IH-MESH)
ncstateies.com/IH-MESH
- › Emergency Preparedness (EP-MESH)
ncstateies.com/EP-MESH
- › Construction (C-MESH)
ncstateies.com/ConstructionMESH
- › Public Sector (PS-MESH)
ncstateies.com/PublicSectorMESH
- › Environmental (E-MESH)
ncstateies.com/E-MESH
- › Advanced MESH
ncstateies.com/AdvancedMESH

* This course can be applied to OSHA's Safety & Health Fundamentals Certificate: ies.ncsu.edu/osha-certificate
All courses can be applied to the Manager of Environmental Safety and Health (MESH) certificate: ies.ncsu.edu/mesh

Construction Industry

OSHA 510 Standards for Construction

\$895 | MESH hours: 30 *

January 20–23 | Virtual Webinar
February 24–27 | Raleigh, NC
March 17–20 | Virtual Webinar
April 14–17 | Irmo, SC
May 12–15 | Swansboro, NC
May 26–29 | Virtual Webinar
June 23–26 | Virtual Webinar
July 7–10 | Charlotte, NC
July 28–31 | Surfside Beach, SC
August 25–28 | Virtual Webinar
September 22–25 | Raleigh, NC
October 6–9 | Virtual Webinar
October 27–30 | Charlotte, NC
November 17–20 | Irmo, SC
December 15–18 | Virtual Webinar

OSHA 500 Trainer Course for Construction

\$895 | MESH hours: 30

February 10–13 | Virtual Webinar
March 10–13 | Raleigh, NC
April 7–10 | Virtual Webinar
May 5–8 | Irmo, SC
June 16–19 | Swansboro, NC
July 21–24 | Virtual Webinar
August 11–14 | Surfside Beach, SC
September 15–18 | Charlotte, NC
October 20–23 | Virtual Webinar
November 17–20 | Raleigh, NC
December 8–11 | Virtual Webinar

OSHA 502 Update for Construction Outreach Trainers

\$695 | MESH hours: 18

January 14–16 | Virtual Webinar
February 4–6 | Virtual Webinar
February 17–19 | Raleigh, NC
March 11–13 | Virtual Webinar
March 31–April 2 | Charlotte, NC
April 22–24 | Virtual Webinar
May 6–8 | Swansboro, NC
June 3–5 | Irmo, SC
June 17–19 | Virtual Webinar
July 15–17 | Surfside Beach, SC
August 5–7 | Virtual Webinar



September 2–4 | Raleigh, NC
September 30–October 2 | Charlotte, NC
October 21–23 | Virtual Webinar
November 11–13 | Irmo, SC
December 2–4 | Virtual Webinar
December 15–17 | Virtual Webinar

OSHA 521 Guide to Industrial Hygiene

\$895 | MESH hours: 30

June 2–5 | Raleigh, NC

OSHA 2225 Respiratory Protection

\$895 | MESH hours: 26 *

August 4–7 | Raleigh, NC

OSHA 2255 Principles of Ergonomics

\$1800 | MESH hours: 30 *

February 23–26 | Virtual Webinar

May 11–14 | Raleigh, NC

OSHA 2264 Permit-Required Confined Space Entry

\$895 | MESH hours: 26 *

March 24–27 | Raleigh, NC

September 29–October 2 | Raleigh, NC

OSHA 2455 Safety and Health Management Program

\$695 | MESH hours: 18

June 23–25 | Raleigh, NC

OSHA 3015 Excavation, Trenching and Soil Mechanics

\$695 | MESH hours: 20 *

December 2–4 | Raleigh, NC

OSHA 3095 Electrical Standards

\$895 | MESH hours: 30 *

February 10–13 | Raleigh, NC

October 6–9 | Raleigh, NC

OSHA 3115 Fall Protection

\$695 | MESH hours: 22 *

May 5–7 | Raleigh, NC

November 10–12 | Raleigh, NC

OSHA 7105 Introduction to Evacuation and Emergency Planning

\$295 | MESH hours: 7.5 *

February 3 | Virtual Webinar

December 8 | Virtual Webinar

For more information on courses, visit: ies.ncsu.edu/courses

OSHA 7115 Lockout/Tagout [Controlling Hazardous Energy to Prevent Workplace Injury]

\$295 | MESH hours: 7.5 *

February 2 | Virtual Webinar
December 9 | Virtual Webinar

OSHA 7205 Health Hazard Awareness

\$295 | MESH hours: 7.5 *

February 4 | Virtual Webinar

OSHA 7215 Silica in Construction, Maritime and General Industries

\$295 | MESH hours: 7.5 *

May 19 | Raleigh, NC
August 17 | Raleigh, NC

OSHA 7400 Occupational Noise Exposure Standards

\$295 | MESH hours: 7.5 *

August 18 | Raleigh, NC

OSHA 7405 Fall Hazard Awareness

\$295 | MESH hours: 7.5 *

May 20 | Raleigh, NC

OSHA 7410 Managing Excavation Hazard / Trenching Operations

\$295 | MESH hours: 7.5 *

May 21 | Raleigh, NC

OSHA 7500 Introduction to Safety and Health Management

\$295 | MESH hours: 7.5 *

February 6 | Virtual Webinar
August 19 | Raleigh, NC
December 11 | Virtual Webinar

OSHA 7505 Introduction to Incident [Accident] Investigation

\$295 | MESH hours: 7.5 *

February 5 | Virtual Webinar
August 21 | Raleigh, NC
December 10 | Virtual Webinar

OSHA 7515 Job Hazard Analysis

\$295 | MESH hours: 7.5

August 20 | Raleigh, NC

OSHA 7845 Recordkeeping Rule Seminar

\$295 | MESH hours: 7.5 *

January 13 | Virtual Webinar
December 7 | Virtual Webinar

General Industry

OSHA 511 Standards for General Industry

\$895 | MESH hours: 30 *

January 27–30 | Virtual Webinar
February 24–27 | Irmo, SC
March 17–20 | Raleigh, NC
April 14–17 | Virtual Webinar
May 19–22 | Charlotte, NC
June 16–19 | Virtual Webinar
July 7–10 | Raleigh, NC
July 28–31 | Virtual Webinar
August 25–28 | Virtual Webinar
September 29–October 2 | Irmo, SC
November 3–6 | Charlotte, NC

OSHA 501 Trainer Course for General Industry

\$895 | MESH hours: 30

February 17–20 | Virtual Webinar
March 24–27 | Irmo, SC
April 28–May 1 | Raleigh, NC
June 29–July 2 | Virtual Webinar
August 11–14 | Virtual Webinar
September 15–18 | Raleigh, NC
October 13–16 | Virtual Webinar
December 1–4 | Charlotte, NC

OSHA 503 Update for General Industry Outreach Trainers

\$695 | MESH hours: 18

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September 2–4 | Virtual Webinar
October 28–30 | Irmo, SC
December 8–10 | Virtual Webinar

OSHA 521 OSHA Guide to Industrial Hygiene

\$895 | MESH hours: 30 *

June 2–5 | Raleigh, NC

OSHA 2045 Machinery & Machine Guarding Standards

\$895 | MESH hours: 26 *

April 7–10 | Raleigh, NC



OSHA 2225 Respiratory Protection

\$895 | MESH hours: 26 *

August 4–7 | Raleigh, NC

OSHA 2255 Principles of Ergonomics

\$1800 | MESH hours: 30 *

February 23–26 | Virtual Webinar

May 11–14 | Raleigh, NC

OSHA 2264 Permit-Required Confined Space Entry

\$895 | MESH hours: 26 *

March 24–27 | Raleigh, NC

September 29–October 2 | Raleigh, NC

OSHA 2455 Safety and Health Management Program

\$695 | MESH hours: 18

June 23–25 | Raleigh, NC

OSHA 3095 Electrical Standards

\$895 | MESH hours: 30 *

February 10–13 | Raleigh, NC

October 6–9 | Raleigh, NC

**OSHA 7105 Introduction to Evacuation and
Emergency Planning**

\$295 | MESH hours: 7.5 *

February 3 | Virtual Webinar

December 8 | Virtual Webinar

**OSHA 7115 Lockout/Tagout [Controlling Hazardous Energy to
Prevent Workplace Injury]**

\$295 | MESH hours: 7.5 *

February 2 | Virtual Webinar

December 9 | Virtual Webinar

OSHA 7205 Health Hazard Awareness

\$295 | MESH hours: 7.5 *

February 4 | Virtual Webinar

**OSHA 7215 Silica in Construction, Maritime and
General Industries**

\$295 | MESH hours: 7.5 *

May 19 | Raleigh, NC

August 17 | Raleigh, NC

OSHA 7400 Occupational Noise Exposure Standards

\$295 | MESH hours: 7.5 *

August 18 | Raleigh, NC

OSHA 7500 Introduction to Safety and Health Management

\$295 | MESH hours: 7.5 *

February 6 | Virtual Webinar

August 19 | Raleigh, NC

December 11 | Virtual Webinar

OSHA 7505 Introduction to Incident [Accident] Investigation

\$295 | MESH hours: 7.5 *

February 5 | Virtual Webinar

August 21 | Raleigh, NC

December 10 | Virtual Webinar

OSHA 7515 Job Hazard Analysis

\$295 | MESH hours: 7.5

August 20 | Raleigh, NC

OSHA 7845 Recordkeeping Rule Seminar

\$295 | MESH hours: 7.5 *

January 13 | Virtual Webinar

December 7 | Virtual Webinar

Hazardous Materials and EHS

40-Hour HAZWOPER for Hazardous Waste Site Workers

\$895 | MESH hours: 40

March 2–6 | Raleigh, NC

24-Hour HAZWOPER for Hazardous Waste Site Workers

\$695 | MESH hours: 24

March 2–4 | Raleigh, NC

8-Hour Hands-On HAZWOPER Refresher

\$295 | MESH hours: 8

March 5 | Raleigh, NC

Combined ISO 14001:2015 and ISO 45001:2018 Internal Auditor Training

\$1095 | MESH hours: 14

April 14-15 | Raleigh, NC

Oct 13-14 | Raleigh, NC





Need to bring training on-site?

Many course offerings can be customized and brought to the work site. To learn more about on-site solutions, contact a Regional Manager in your area:

ncstateies.com/rm

Virtual Instructor-Led Training (VILT)

IES offers virtual instructor-led training (VILT) courses that bring high-quality training to you. Our expert instructors deliver content-rich virtual learning experience while maintaining the interactive and stimulating atmosphere of a traditional classroom. So whether you're at home, or in the office, IES VILT courses will provide the training you'll need to succeed.

For information on minimum requirements for our virtual classes, please visit go.ncsu.edu/vilt

Sign-up for the SafetyGuardian e-newsletter

ncstateies.com/safetyguardian

Timeout for Safety

Join the Southeastern OSHA Training Institute Education Center's safety and health team for virtual

monthly "Timeout for Safety" networking. Connect with your peers for an interactive conversation with timely information concerning current and future safety and health concerns. Each virtual session only lasts 30 minutes.

Join the monthly Zoom meeting: ncstateies.com/timeout

Free Downloadable Training Materials

Fall Prevention for Youth Workers

ies.ncsu.edu/fall-prevention

Tractor Talks for Agriculture Workers

tractortalk.ies.ncsu.edu

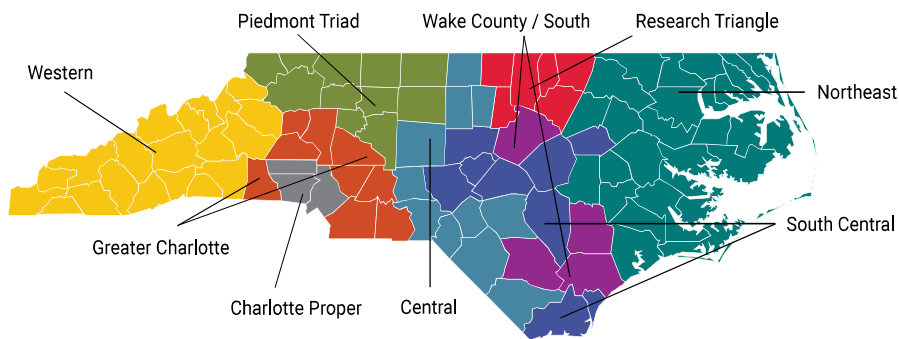
Workplace Safety Training for Temporary Workers

ncstateies.com/temporary



For the latest information on all courses scan the QR code or visit ies.ncsu.edu/courses

NC State University Industry Extension Services Regional Managers Serve All 100 Counties in North Carolina.



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Contact the IES Regional
 Manager in your area.
ncstateies.com/RM

We Can Help.

Advanced Manufacturing & Technology Deployment

Business Growth, Innovation & Marketing

Business & Operational Assessments

Cybersecurity Strategies

Defense Industry Initiatives

Environment, Energy & Sustainability Services

Evaluation Services & Resource Development

Industrial & Systems Engineering

Instructional Design

Leadership & Organizational Development

Management Systems & Quality

Process Optimization & LEAN

Project Management

Southeastern OSHA Training Institute Education Center

Supply Chain & Supplier Matching

Workplace Health & Safety

NC STATE UNIVERSITY Industry Extension Services

We Can Help. 919.515.2358 | iesservices@ncsu.edu



NC State University Industry Extension Services, established in 1955 as the outreach team for the NC State University College of Engineering, provides resources, tools and customized training programs to help businesses survive, thrive and grow.

ies.ncsu.edu **in f** **@NCStateIES**