

# 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](https://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](https://ies.ncsu.edu/mesh)

### There are seven certifications:

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

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

## Construction Industry

---

### OSHA 510 Standards for Construction

\$895 | MESH hours: 30 \*

January 13–16 | Orlando, FL  
January 20–23 | Virtual Webinar  
February 24–27 | Raleigh, NC  
March 17–20 | Virtual Webinar  
April 14–17 | Irmo, SC  
April 21–24 | Orlando, FL  
May 12–15 | Swansboro, NC  
May 26–29 | Virtual Webinar  
June 23–26 | Virtual Webinar  
July 7–10 | Charlotte, NC  
July 14–17 | Orlando, FL  
July 28–31 | Surfside Beach, SC  
August 25–28 | Virtual Webinar  
September 22–25 | Raleigh, NC  
October 6–9 | Virtual Webinar  
October 13–16 | Orlando, FL  
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 | Orlando, FL  
February 10–13 | Virtual Webinar  
March 10–13 | Raleigh, NC  
April 7–10 | Virtual Webinar  
May 5–8 | Irmo, SC  
May 12–15 | Orlando, FL  
June 16–19 | Swansboro, NC  
July 21–24 | Virtual Webinar  
August 11–14 | Surfside Beach, SC  
August 25–28 | Orlando, FL  
September 15–18 | Charlotte, NC  
October 20–23 | Virtual Webinar  
November 17–20 | Raleigh, NC  
November 17–20 | Orlando, FL  
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 11–13 | Orlando, FL  
March 31–April 2 | Charlotte, NC  
April 22–24 | Virtual Webinar  
May 6–8 | Swansboro, NC  
June 3–5 | Irmo, SC  
June 10–12 | Orlando, FL  
June 17–19 | Virtual Webinar  
July 15–17 | Surfside Beach, SC  
August 5–7 | Virtual Webinar  
September 2–4 | Raleigh, NC  
September 16–18 | Orlando, FL  
September 30–October 2 | Charlotte, NC  
October 21–23 | Virtual Webinar  
November 11–13 | Irmo, SC  
December 2–4 | Virtual Webinar  
December 9–11 | Orlando, FL  
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

**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

January 14–16 | Virtual Webinar

February 11–13 | Virtual Webinar



March 4–6 | Charlotte, NC  
April 8–10 | Virtual Webinar  
May 13–15 | Raleigh, NC  
June 10–12 | Swansboro, NC  
July 15–17 | Virtual Webinar  
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](http://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](http://go.ncsu.edu/vilt)

### **Sign-up for the SafetyGuardian e-newsletter**

[ncstateies.com/safetyguardian](http://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](http://ncstateies.com/timeout)

### **Free Downloadable Training Materials**

#### **Fall Prevention for Youth Workers**

[ies.ncsu.edu/fall-prevention](http://ies.ncsu.edu/fall-prevention)

#### **Tractor Talks for Agriculture Workers**

[tractortalk.ies.ncsu.edu](http://tractortalk.ies.ncsu.edu)

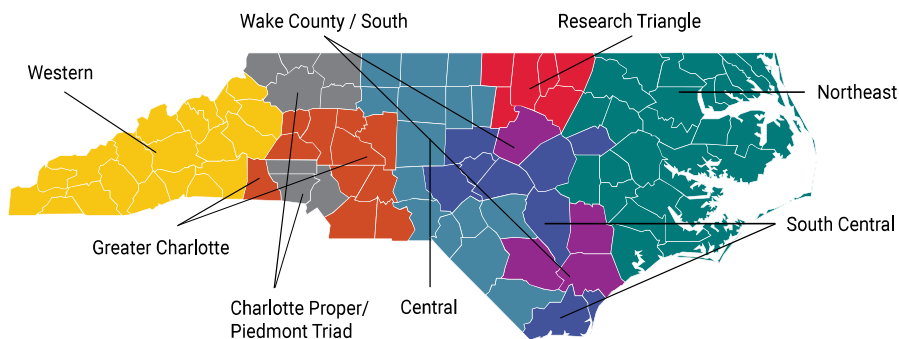
#### **Workplace Safety Training for Temporary Workers**

[ncstateies.com/temporary](http://ncstateies.com/temporary)



For the latest information on all courses scan the QR code or visit [ies.ncsu.edu/courses](http://ies.ncsu.edu/courses)

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



**Western**  
**Chris McGraw**  
 828.329.3119  
 chris\_mcgraw@ncsu.edu

**Research Triangle**  
**Mitch Poteat**  
 919.607.0684  
 mitch\_poteat@ncsu.edu

**Charlotte Proper**  
**Jennifer Fielder**  
 704.380.0063  
 jennifer\_fielder@ncsu.edu

**Wake County**  
**Robert Crew**  
 919.830.2941  
 robert\_crew@ncsu.edu

**Greater Charlotte**  
**Tamara Mack**  
 980.281.0939  
 tamara\_mack@ncsu.edu

**Northeast**  
**Lori Benn**  
 919.988.7475  
 lori\_benn@ncsu.edu

**Central**  
**Mary Tillery**  
 910.622.5849  
 mary\_tillery@ncsu.edu

**South Central**  
**Anna Mangum**  
 919.210.6050  
 anna\_mangum@ncsu.edu



Contact the IES Regional  
 Manager in your area.  
[ncstateies.com/RM](http://ncstateies.com/RM)

**NC STATE UNIVERSITY** Industry Extension Services

**We Can Help.** 919.515.2358 | [iesservices@ncsu.edu](mailto:iesservices@ncsu.edu)



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

[ies.ncsu.edu](http://ies.ncsu.edu) **in f** **@NCStateIES**

# Solutions

**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**