

## Frequently Asked Questions

### How do I participate in the MESH Program?

It's easy! Simply complete the enrollment form to indicate your interest in pursuing your MESH certificate. Our MESH coordinators will be happy to help you determine the appropriate MESH program, core course, and provide suggestions for completing course requirements on your schedule.

### What courses apply to the MESH Certificate Program?

All continuing education, non-curriculum safety, health, and environmental courses offered by the Safety and Health Council of North Carolina, NC State University Industry Expansion Solutions, and the North Carolina Department of Labor.

### How many credit hours are needed to earn a MESH certificate?

100 credit hours are required to earn a MESH Certificate. As a rule of thumb, 7-8 credit hours are earned for each day of training. Documentation indicating the length of the course may be required.

### Are there opportunities to earn MESH credit hours for safety, health, or environmental events that are not classes?

Yes, the MESH Sponsors recognize the value of peer to peer conferences and allow up to 10 credit hours for attendance at recognized events. These events include, for example, the North Carolina Safety Congress, National Safety Congress, the NC Statewide Safety Conference, the NCALGESO Conference, and Safety Schools throughout North Carolina.

### Is the MESH Program restricted to North Carolina residents?

Absolutely not. Although the program was created in 1996 by the three North Carolina MESH Sponsoring Agencies, we are proud to have MESH graduates in neighboring states and throughout the country.

### Is there a time limit for training to still count?

Training that has been completed within the past five years may be applied.

### What is the cost and how do I get my MESH Certificate?

Aside from course tuition, an administrative fee of \$99 is the only cost for the MESH Certificate. This fee is submitted upon completion of the 100 required credit hours. Speak with your MESH Coordinator to verify completion of the requirements. Ideally, we'll present the MESH Plaque and Challenge Coin to you, in front of your peers, when you complete the last class required for the MESH Certificate.

# MESH

Manager of Environmental  
Safety and Health Programs

## Industrial Hygiene (IH-MESH)



*Earn the MESH Certificate when you complete 100 hours of continuing education through the Safety and Health Council of North Carolina, The Department of Labor, and/or NC State University Industrial Extension Service.*



Safety and  
Health  
Council  
of North Carolina

**NC STATE**

Industry Expansion Solutions



**NCDOL**  
N.C. Department of Labor



Safety and  
Health  
Council  
of North Carolina

**NC STATE**

Industry Expansion Solutions



**NCDOL**  
N.C. Department of Labor

# Complete 100 Hours of Training (\*60 Hours in Industrial Hygiene Topics) to Earn Your Industrial Hygiene MESH Certificate...

## 30 Hour Core Course *Fundamentals of Industrial Hygiene\**

**30 Credit Hours**  
Principles of Occupational Safety and Health  
Safety Management Techniques  
Safety Training Methods  
OSHA 30 Hour General Industry  
OSHA 501 Trainer for General Industry  
OSHA 511 Standards for General Industry

## 24 Credit Hours *HAZWOPER 24 Hour\**

**21 Credit Hours**  
First Aid, CPR, AED Instructor Development Course

**18 Credit Hours**  
OSHA 503 Update for General Industry

**10 Credit Hours**  
Mental Health First Aid  
OSHA 10 Hour for General Industry  
9 Safety Essentials for Supervisors  
Summit on Safety Leadership

**8 Credit Hours**  
Flagger Instructor Development Course  
Attitudinal Dynamics of Driving (DDC-ADD)  
Lift Truck Operator Instructor Development Course  
**HAZWOPER 8 Hour Refresher Course\***  
First Aid, CPR, AED 8 Hour Course

## 7 Credit Hours

Incident Investigation  
Safety Inspections  
**Ergonomics\***  
Job Safety Analysis  
Environment 101

Maintenance Supervisor  
Safety 101  
World Class Safety Culture  
**Laser Safety\***  
**Injury Prevention Strategies That Work\***

Safety Department of One  
Scaffolding  
Trenching  
Health 101  
Workplace Violence

## 4 Credit Hours

Arc Flash NFPA 70E  
**Confined Spaces\***  
Machine Guarding  
**Respiratory Protection\***  
OSHA Recordkeeping  
Warehouse/Material Handling Safety

Electrical Safety  
Slips/Trips/Falls  
Emergency Action Plans  
**Personal Protective Equipment\***  
Fall Protection

Lockout/Tagout  
Bloodborne Pathogens  
Fire Protection  
**Hazard Communication\***  
Walking, Working Surfaces



## Workplace safety, health, and environmental management issues are a tremendous responsibility.

Many managers and supervisors are not fully aware of, nor prepared to meet, day-to-day safety and environmental responsibilities, yet every business and industry must comply with the multitude of government regulations or face expensive fines and litigation. The Manager of Environmental Safety and Health (MESH) Certificate Program is designed to recognize individuals who improve their practical knowledge while earning a valuable credential.

### MESH Coordinator

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### MESH Coordinator

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**The MESH Certificate is designed for working professionals and requires no prior experience or degree. Students gain valuable knowledge from experts in environmental, safety, and health fields from each of the three sponsors. Coursework is chosen by the students to best suit their individual needs.**