

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 \$125 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

Construction (C-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.



NC STATE UNIVERSITY
Industry Extension Services



NC STATE UNIVERSITY
Industry Extension Services

**Complete 100 Hours of Training
(*60 Hours in Construction Topics) to Earn Your
Construction MESH Certificate...**

30 Hour Core Courses (Must complete at least one)

*Construction MESH Core Course**
*OSHA 30 Hour Construction**
*OSHA 500 Trainer for Construction**
*OSHA 510 Standards for Construction**

30 Credit Hours

Principles of Occupational Safety and Health
Safety Management Techniques
Safety Training Methods
Fundamentals of Industrial Hygiene

21 Credit Hours

First Aid, CPR, AED Instructor Development Course

18 Credit Hours

*OSHA 502 Update for Construction**

10 Credit Hours

Mental Health First Aid
*OSHA 10 Hour for Construction**
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
*Rigging Level I**

Maintenance Supervisor
Safety 101
World Class Safety Culture
Laser Safety
Injury Prevention Strategies That Work
*Qualified Crane Signaling**

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

*Electrical Safety**
*Slips/Trips/Falls**
Emergency Action Plans
*Personal Protective Equipment**
Walking, Working Surfaces

*Lockout/Tagout**
Bloodborne Pathogens
Fire Protection
Hazard Communication
Fall Protection



**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 Coordinators

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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.