

## 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

# Emergency Preparedness (EP-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 Emergency Preparedness Topics) to Earn Your  
Emergency Preparedness MESH Certificate...**

**30 Hour Core Course**

*Emergency Preparedness MESH Core Course Week\**

Principles of Occupational Safety and Health	OSHA 30 Hour General Industry	OSHA 30 Hour Construction
Safety Management Techniques	OSHA 501 Trainer - General Industry	OSHA 500 Trainer - Construction
Safety Training Methods	OSHA 511 Standards - General Industry	OSHA 510 Standards - Construction
Fundamentals of Industrial Hygiene		Construction MESH Core Course

**30 Credit Hours**

**21 Credit Hours**

*First Aid, CPR, AED Instructor Development Course\**

**18 Credit Hours**

OSHA 502 Update for Construction  
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 Refresher Course\****

**7 Credit Hours**

Incident Investigation	Environment 101	Safety Department of One
Safety Inspections	Health 101	Injury Prevention Strategies That Work
Ergonomics	Safety 101	<b><i>Workplace Violence*</i></b>
Job Safety Analysis		

**4 Credit Hours**

Confined Space	Lockout/Tagout	Arc Flash NFPA 70E
Electrical Safety	OSHA Recordkeeping	Hazard Communication
Respiratory Protection	Fall Protection	<b><i>Fire Protection*</i></b>
Defensive Driving Course 4-Hour	<b><i>Bloodborne Pathogens*</i></b>	



**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**

Desta Hudgens  
4135 S. Stream Boulevard, Suite L150, Charlotte, NC 28217  
(704) 644-4221 [destah@safetync.org](mailto:destah@safetync.org)

Susan McNany  
5171 Glenwood Avenue, Interlock Building, Suite 105, Raleigh, NC 27612  
(919) 719-9814 [susanm@safetync.org](mailto:susanm@safetync.org)

***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.***