

## 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

# General Industry



*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



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Industry Extension Services

# Complete 100 Hours of Training Hours to Earn Your General Industry MESH Certificate...

## 30 Hour Core Courses (Must complete at least one)

Principles of Occupational Safety and Health

OSHA 30 Hour General Industry

OSHA 501 Trainer for General Industry

OSHA 511 Standards for General Industry

### 30 Credit Hours

Safety Management Techniques

Safety Training Methods

Fundamentals of Industrial Hygiene

### 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

Fall Protection

Emergency Action Plans

Personal Protective Equipment

Slips/Trips/Falls

Lockout/Tagout

Bloodborne Pathogens

Fire Protection

Hazard Communication

Walking, Working Surfaces



## Manager of Environmental Safety and Health Programs

**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.