

# California Industrial Hygiene and Safety Online Seminar

## Course Description

This course is designed for industry and government professionals as an overview of industrial hygiene and safety practices. Topics covered will include the basics of industrial hygiene, performing industrial hygiene evaluations, and preparing workplace safety plans.

This course will be held online in four 4-hour classes.

**Instructor Information:** Jaime Steedman-Lyde, CIH, CSP; E-mail: [JSteedmanLyde@YorkeEngr.com](mailto:JSteedmanLyde@YorkeEngr.com)

Jaime Steedman-Lyde has over 20 years of experience in the field of industrial hygiene. As a Certified Industrial Hygienist and Certified Safety Professional, Ms. Steedman-Lyde has performed and managed projects in a wide variety of industry facilities, government agencies, and office environments. Her prior laboratory experience contributes to her knowledge of chemical hazards; plus, because of her past pharmaceutical experience, she's familiar with the hazards associated with drug manufacturing. Her experience additionally includes performing industrial hygiene exposure assessments, sampling, results interpretation, and exposure control development. Ms. Steedman-Lyde is also experienced with safety management systems and the building blocks of a robust safety program.

## Topics Covered:

### Session 1: Industrial Hygiene, Part I

- Industrial Hygiene and Regulatory Basis
- Chemical Hazards and Toxicology
- Exposure Limits
- Sampling Overview

### Session 3: Safety, Part I

- Injury and Illness Prevention Programs
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Walking and Working Surfaces
- Hazard Communication
- HAZWOPER
- Training Requirements
- Recordkeeping and Reporting

## Class Meeting Information:

Dates: Tue., March 17; Wed., March 18; Tue., March 24;  
Wed., March 25, 2026

Time: 9 a.m. to 1 p.m.

Location: Go To Webinar – link sent upon registration

Price: \$599

Sign Up: <https://YorkeEngr.com/classes>

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### Session 2: Industrial Hygiene, Part II

- Physical Hazards:
  - Noise
  - Heat Stress
  - Radiation
  - Ergonomics
- Biological Hazards
- Hierarchy of Controls
- Emerging Regulations
- Indoor Air Quality

### Session 4: Safety, Part II

- Safety Management Systems
- Job Hazard Analysis
- Incident Investigations
- Confined Space
- Lockout/Tagout
- New and Developing Regulations:
  - Heat Illness Prevention Indoors
  - Worker Safety and Health in Wildfire Regions
  - Lead in Construction and General Industry (New PEL and Requirements)
  - Workplace Violence Prevention in General Industry

