



Protecting Your Workers

## Industrial Hygiene Resources

8312 W Northview St. #100 Boise, ID 83704

Phone: (208) 323-8287 Fax: (208)323-0783

[www.IndustrialHygieneResources.com](http://www.IndustrialHygieneResources.com)

**Schedule for – Professional Services**  
**Industrial Group: 00CORP Class: 899**  
**Contract Number: GS-10F-0176R**  
**Contract Period: 1-18-2005 through 1/17/2020**

**Contractor:** Industrial Hygiene Resources, Ltd.  
8312 W. Northview St., Suite 100  
Boise, ID 83704

**Business Size:** Small Business

**Telephone:** (208) 323-8287

**Toll Free:** (888) 322-8287

**FAX Number:** (208) 323-0783

**Web Site:** [www.industrialhygieneresources.com](http://www.industrialhygieneresources.com)

**E-mail:** [serrita@industrialhygieneresources.com](mailto:serrita@industrialhygieneresources.com)  
[harrybeaulieu@industrialhygieneresources.com](mailto:harrybeaulieu@industrialhygieneresources.com)

**NAICS Code:** 541620 - Environmental Consulting Services

**SINs Offered:**

899-1 Environmental Consulting Services  
899-1RC  
899-3 Environmental Training Services  
899-3RC  
899-8 Remediation and Reclamation Services  
899-8RC

**Contract Administration:**

Serrita Beaulieu, Administrative & Finance Manager  
8312 W. Northview St., Suite 100  
Boise, ID 83704  
Phone: (208) 323-8287  
Fax: (208) 323-0783  
Cell: (208) 830-0302  
Email: [serrita@industrialhygieneresources.com](mailto:serrita@industrialhygieneresources.com)

**Contract Administration:**

Harry J. Beaulieu, President  
8312 W. Northview St., Suite 100  
Boise, ID 83704  
Phone: (208) 323-8287  
Fax: (208) 323-0783  
Cell: (208) 484-3325  
Email: [harrybeaulieu@industrialhygieneresources.com](mailto:harrybeaulieu@industrialhygieneresources.com)

**Introduction to our firm:**

Industrial Hygiene Resources, Ltd. (IHR) is a full service environmental health and safety consulting firm providing comprehensive industrial hygiene services, industrial safety hazard evaluations, training programs, and environmental monitoring. We provide services throughout the United States to a variety of government and commercial clients. The diverse and experienced staff at IHR, with over 75 years of combined experience, allows the firm to tackle almost any environmental health and safety problem encountered in today's workplace. IHR provides expert advice, assistance and guidance in support of client's environmental and occupational health needs. IHR is committed to helping your agency, while protecting workers and the environment.

**Our services include:****Industrial Hygiene Evaluations, Certified Industrial Hygienist (CIH)**

Certified Industrial Hygienist (CIH) & Certified Safety Professional (CSP) Services

Worker exposure monitoring

Noise monitoring and control

Exposure assessment: lead, silica, arsenic, cadmium, mercury, manganese, carbon monoxide, hexavalent chromium (CrVI), hydrogen sulfide, formaldehyde, solvents, PCBs and others

Radiation monitoring-industrial (ionizing and non-ionizing radiation)

Radon Working Level (WL) evaluation

Indoor air quality (IAQ) investigations

IAQ evaluations in support of LEED Green Building Certification

Worker exposure control strategies

Semiconductor environmental health and safety

Evaluation of personal protective equipment (PPE)

Respirator training and quantitative fit testing

Industrial Hygiene program audits

Hazardous materials management

Regulatory issues (OSHA, MSHA, EPA)

Workers compensation issues

Litigation support

**Comprehensive Occupational Safety and Health**

Occupational health and safety management systems and compliance assistance

Construction Safety

OSHA Audits

Health and Safety plans

Process Safety Management

Training courses for workers in health and safety

### **Asbestos Management**

AHERA Certified Staff Members including:

Inspectors/Management Planners

Project Designers

Contractor Supervisors

Air Monitoring

NIOSH 582 PCM Analysis\*

\*\*IHR is listed by the AIHA Registry Programs, LLC in the Asbestos Analysts Registry Program-AAR

AHERA Training

O & M programs and training

### **Lead-based Paint Management**

EPA Certified Staff Members including:

Lead Inspectors/Risk Assessors

Lead Project Designers

Lead Abatement Supervisor

Renovation, Repair and Painting (RRP) training

### **Environmental Audits (EPA Level 1 Inspections)**

Compliant with standards and practices of the new EPA federal rule for environmental due diligence, termed "All Appropriate Inquiries (2006; AAI)". The nine elements of conducting AAI include:

Reviews of government records

Reviews of historical records

Interviews

Visual Inspections

Degree of obviousness of contamination

Commonly known information about the property

Searches for environmental cleanup liens

Specialized knowledge or experience

Purchase price versus value of property if not contaminated

### **Past and Present Government clients include:**

US Navy

Bureau of Indian Affairs

US Environmental Protection Agency

US Postal Service

US Department of Justice

Mountain Home Air Force Base (MHAFB)

Veterans Administration

US Department of Agriculture

US Department of the Interior

US Forest Service

Idaho Army National Guard

2. **Maximum Order:** \$1,000,000

3. **Minimum Order:** \$100

4. **Geographic Coverage (delivery Area):** FOB Domestic only

5. **Point(s) of production (city, county, and state or foreign country):** Same as company address

6. **Discount from list prices or statement of net price:** Yes
7. **Quantity discounts:** None Offered
8. **Prompt payment terms:** 1%-10, Net 30 days
- 9a. **Notification that Government purchase cards are accepted up to the micro-purchase threshold:** Yes
- 9b. **Notification whether Government purchase cards are accepted or not accepted above the micro-purchase threshold:** Contact Contractor
10. **Foreign items (list items by country of origin):** None
- 11a. **Time of Delivery (Contractor insert number of days):** Specified on the Task Order
- 11b. **Expedited Delivery. The Contractor will insert the sentence "Items available for expedited delivery are noted in this price list." under this heading. The Contractor may use a symbol of its choosing to highlight items in its price list that have expedited delivery:** Contact Contractor
- 11c. **Overnight and 2-day delivery. The Contractor will indicate whether overnight and 2-day deliveries are available. Also, the Contractor will indicate that the schedule customer may contact the Contractor for rates for overnight and 2-day delivery:**  
Contact Contractor
- 11d. **Urgent Requirements. The Contractor will note in its price list the "Urgent Requirements" clause of its contract and advise agencies that they can also contact the Contractor's representative to effect a faster delivery:** Contact Contractor
12. **F.O.B Points(s):** Destination and FOB Origin for SIN 899-8
13. **Ordering Address(es):** Same as Contractor
14. **Payment address(es):** Same as company address
15. **Warranty provision:** None
16. **Export Packing Charges (if applicable):** N/A
17. **Terms and conditions of Government purchase card acceptance (any thresholds above the micro-purchase level):** Contact Contractor
18. **Terms and conditions of rental, maintenance, and repair (if applicable):** N/A
19. **Terms and conditions of installation (if applicable):** N/A
20. **Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices (if applicable):** N/A
- 20a. **Terms and conditions for any other services (if applicable):** N/A
21. **List of service and distribution points (if applicable):** N/A

22. **List of participating dealers (if applicable):** N/A
23. **Preventive maintenance (if applicable):** N/A
24. **Environmental attributes, e.g., recycled content, energy efficiency, and/or reduced pollutants:** N/A
25. **Data Universal Numbering System (DUNS) number:** 14-4748001
26. **Notification regarding registration in Central Contractor Registration (CCR) database:**  
Registered

**Authorized FSS Price List (IFF included) - SINS 899-1 & 899-8**

<p><b>Certified Industrial Hygienist (CIH)</b>  <u>Functional Responsibility:</u> Designs and directs all projects. Performs complex industrial hygiene projects. Serves as the senior technical expert. Responsible for all day to day operations and for supervising technical personnel.  <u>Minimum Education &amp; Experience:</u> Masters Degree in Science and 5 years experience in the environmental, health and safety field.</p>	<p><b>\$125.94 per hour</b></p>
<p><b>Certified Safety Professional (CSP)</b>  <u>Functional Responsibility:</u> Designs and directs all projects. Performs complex industrial hygiene projects. Serves as the senior technical expert. Responsible for all day to day operations and for supervising technical personnel.  <u>Minimum Education &amp; Experience:</u> Masters Degree in Science and 5 years experience in the environmental, health and safety field.</p>	<p><b>\$125.94 per hour</b></p>
<p><b>Industrial Hygiene Technician</b>  <u>Functional Responsibility:</u> Performs fieldwork under the direction and guidance of the CIH. Conducts preliminary site assessments, collects and processes environmental (indoor and outdoor) samples, and tabulates the data with related environmental parameters, e.g., photography, site plans, collection and review of material safety data sheets (MSDS), etc.  <u>Minimum Education and Experience:</u> Associate Degree in Science and 5 years experience in the environmental, health and safety field or equivalent technical experience.</p>	<p><b>\$66.12 per hour</b></p>
<p><b>Asbestos Technician</b>  <u>Functional Responsibility:</u> Performs asbestos inspections, abatement project design, abatement project monitoring, and related training. Performs air sampling for asbestos and PCM analysis of air samples. Provides consultation for clients regarding proper handling of ACM.  <u>Minimum Education and Experience:</u> Associate Degree in Science and 5 years experience in the environmental, health and safety field or equivalent technical experience.</p>	<p><b>\$47.62 per hour</b></p>
<p><b>Expert Witness</b>  <u>Credentials required:</u> Certified Industrial Hygienist/Certified Safety Professional  <u>Minimum education and experience:</u> Masters degree with 10 years experience in the in the environmental, health, and safety field and experience in litigation support..</p>	<p><b>\$251.89 per hour</b></p>

\*\*IHR bids projects using Fixed Price or Time and Materials methods according to client's needs. Other direct costs such as travel, per diem (GSA rate), mileage (GSA rate), equipment rental, shipping and laboratory costs would be itemized in the price of any time and materials project.

**Authorized FSS Price List (IFF included) - SIN 899-3**

Course	Price	Duration	Minimum	Maximum
EPA Certified Renovator-Initial English (RRP)	\$226.70 per person	1 day (8 hours)	6	18
OSHA Lead in Construction-29CFR 1926.62	\$151.13 per person	½ day (4 hours)	5	20
AHERA Project Designer-Initial	\$476.08 per person	3 Days (24 hours)	5	10
AHERA Project Designer-Refresher	\$105.79 per person	1 day (8 hours)	5	10
AHERA Asbestos Building Inspector- Initial	\$423.17 per person	3 days (24 hours)	5	10
AHERA Asbestos Building Inspector - Refresher	\$126.21 per person	½ day (4 hours)	5	10
AHERA Inspector/Management Planner-Initial	\$529.03 per person	5 days (40 hours)	5	10
AHERA Inspector Management Planner-Refresher	\$272.04 per person	1 day (8 hours)	5	10
AHERA Contractor/Supervisor-Initial	\$529.12 per person	5 days (40 hours)	5	10
AHERA Contractor/Supervisor-Refresher	\$105.85 per person	1 day (8 hours)	5	10
AHERA Asbestos Operations and Maintenance (O & M) - Initial	\$151.13 per person	2 days (16 hours)	10	20
AHERA Asbestos Operations and Maintenance (O & M) -Refresher	\$20.15 per person	2 hours	10	20
AHERA Asbestos Abatement Worker-Initial	\$476.08per person	4 days (32 hours)	5	10
AHERA Asbestos Abatement Worker-Refresher	\$105.79 per person	1 day (8 hours)	5	10
Asbestos Awareness-Initial	\$100.76 per person	2 hours	10	20
Asbestos Awareness-Refresher	\$100.76 per person	2 hours	10	20
National Emission Standard for Hazardous Air Pollutants (NESHAP)	\$105.79 per person	1 day (8 hours)	5	10
Hazardous Waste Operations and Emergency Response ("HazWoper" OSHA 1010.120)-Initial	\$604.61 per person	5	5	10
Hazardous Waste Operations and Emergency Response ("HazWoper" OSHA 1010.120)-Refresher	\$151.25 per person	1 day (8 hours)	5	10

<b>SCA Matrix</b>		
SCA Eligible Labor Category	SCA Equivalent Code-Title	WD Number
Industrial Hygiene Technician	30090-Environmental Technician	05-2159
Asbestos Technician	30090-Environmental Technician	05-2159

The Service Contract Act (SCA) is applicable to this contract and it includes SCA applicable labor categories. The prices for the indicated SCA Labor Categories are based on the U.S. Department of Labor Wage Determination Number(s) identified in the matrix. The prices offered are based on the preponderance of where the work is performed and should the contractor perform in an area with lower SCA rates, resulting in lower wages being paid, the task order prices will be discounted accordingly.

**Representative Corporate Experience**  
**SIN 899-1: Environmental Consulting Services**

Services Offered:

Industrial Hygiene Evaluations  
Asbestos and Lead (Pb) Management  
Environmental Audits (EPA Level I Inspections)  
Comprehensive Occupational safety and health  
Semiconductor and integrated circuit production EH & S  
Expert Witness (litigation support)

***Representative company projects:***

Comprehensive noise exposure assessment for a Veterans Administration Medical Center.

Industrial hygiene services were performed to evaluate potential exposures to lead (Pb), cadmium (Cd), total chromium (Cr), and hexavalent chromium (CrVI) suspended in air during abrasive blasting for the US Navy.

Expanded Phase I Environmental Site Assessments (including asbestos and lead-based paint inspections as appropriate) of 6 properties for the Bureau of Indian Affairs and the Coeur d' Alene Tribe

US EPA - NESHAP (Asbestos) Inspection and Enforcement Support Services for the State of Idaho

Development of Health and Safety Plan, Site Specific Training and Industrial Hygiene Monitoring related to chemicals and radiation for a Power Company as it drilled and placed new towers and lines through a Superfund Site

Asbestos, Lead Based Paint and Chlorinated Pesticides in Soil Survey at an Air Force Base related to Base Housing Demolition.

Asbestos Hazard Emergency Response Act (AHERA) services for numerous school districts in Idaho

US Postal Service- Occupational Noise Exposure Assessment

Phase I Environmental Assessment, Property Adjacent to the Boise City Greenbelt

Indoor Air Quality testing (LEED-3.2) in Support of Green Building Certification-various City,

County and corporate buildings

Hazardous material testing of laboratory hoods related to renovation of a science (chemistry) lab including on-site testing of the residues within the individual laboratory hoods for pH, fluorides, oxidizers, hydrocarbons, perchlorates, mercury and radioactivity

Environmental assessment of transformer banks at a dam related to polychlorinated biphenyl (PCB) contamination and preparation of a worker protection plan for transformer replacement.

On-site safety & health management services during the construction of the PPG (paint production) plant near Reno, Nevada

### **SIN 899-3: Environmental Occupational Training Services**

Our training programs are designed and directed by Harry Beaulieu, PhD, CIH, CSP, a long term educator and still an adjunct professor at Colorado State University Fort Collins, Colorado. Dr. Beaulieu provides training in courses other than the asbestos sector and is well experienced and effective in classroom and hands-on training. Our asbestos training instructors work under the supervision of Dr. Beaulieu and have over 15 years experience providing classroom and hands-on training. IHR is also an accredited provider for the EPA Initial Certified Renovator course (RRP).

#### *TRAINING COURSE DESCRIPTIONS*

Title of Course: **AHERA Project Designer**

Length of Course (# of hrs/days): 24 hours/3 days (initial)

8-hours/1 day (refresher)

\*GSA Total Price of Course (0.75% IFF included): \$476.08 per person (initial)

\$105.79 per person (refresher)

\*Commercial Price: \$550 per person (initial)

\$200 per person (refresher)

Government Discount from the Commercial Price: Initial- 14%, Refresher- 47.5%

Minimum Number of Participants: 5

Maximum Number of Participants: 10

\*Price per each additional participant in excess of the minimum (if applicable): \$ 472.50 per person (initial)/ \$105 per person (refresher)

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

Description of Course: All persons who prepare an asbestos removal technical specification must be accredited. All persons seeking accreditation as a project designer shall complete a 3-day training course.

The Project Designer course includes background information on asbestos, potential health effects related to asbestos exposure, an overview of abatement construction projects, safety system design specifications, and with a field trip (visit to an abatement site). The course also covers the health effects associated with asbestos exposure and smoking, employee personal protective equipment (PPE), asbestos hazard assessments, additional safety hazards, fiber aerodynamics and control, designing abatement solutions, and final clearance processes. The course covers budgeting/cost estimating, writing abatement specifications, preparing abatement drawings, contract preparation and administration, legal/liabilities/defenses, and the replacement of the asbestos with other non-asbestos materials. The course covers the role of other consultants, special control considerations for abatement projects with occupied buildings, relevant federal, state and local regulatory requirements, procedures and standards.

All attendees taking the initial course must pass a written test with a score of 70 or above at the completion of the course to be accredited. An accredited person is then required to attend refresher training within 12 months of the latest training to maintain an active certification. Persons not attending a refresher within the first 12 months are classified as

“inactive” status. After not receiving a refresher course within 24 months from the latest course, the person is dropped from the “inactive” status, and must attend the initial course to become accredited again.

Title of Course: **AHERA Asbestos Building Inspector**

Length of Course (# of hrs/days): 24 hours/3 days (initial)  
4-hours/½-day (refresher)

\*GSA Total Price of Course (0.75% IFF included): \$423.17 per person (initial)  
\$126.21 refresher (refresher)

\*Commercial Price: \$500 per person (initial)  
\$150 refresher (refresher)

Government Discount from the Commercial Price: Initial- 16%, Refresher- 16.49%

Minimum Number of Participants: 5

Maximum Number of Participants: 10

\*Price per each additional participant in excess of the minimum (if applicable):

\$ 420 per person (initial)/\$135 per person (refresher)

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

Description of Course: All persons who inspect for ACBM in schools or public and commercial businesses must be accredited. All persons seeking accreditation as an inspector shall complete at least a 3 day training course which includes lecture, demonstrations, 4 hours of hands on training, individual respirator fit testing, course review and a written examination.

The following information is addressed in this course (all required by the Model Accreditation Program (MAP): background information on asbestos, potential health effects related to asbestos exposure, functions/qualifications and role of inspectors, legal liabilities and defenses, understanding building systems, and the public, employee, and building occupant relations. Additional materials covered include; pre-inspection planning and review of previous inspection records, inspection for friable and non friable ACM and assessing the condition of friable ACM, bulk sampling/documentation of asbestos, inspector respiratory protection and personal protective equipment (PPE), record keeping and writing the inspection report, regulatory review, and a field trip (field exercise including a walk-through inspection). The field trip will have an on-site discussion about the information gathering and the determination of sampling locations, on-site practice in physical assessment, classroom discussion of field exercise, and finally, a course review.

All attendees taking the initial course must pass a written test with a score of 70 or above at the completion of the course to be accredited. An accredited person is required to attend refresher training within 12 months of the latest training to maintain an active certification. Persons not attending a refresher within the first 12 months are classified as "inactive" status. After not receiving a refresher course within 24 months from the latest course the person is dropped from the "inactive" status and must attend the initial course to become accredited.

Title of Course: **AHERA Inspector/Management Planner**

Length of Course (# of hrs/days): \* *Prerequisite 3 day AHERA Inspector Course*

40 hours/5 days (initial)

8-hours/1 day (refresher) *½ day AHERA Inspector plus ½ day Management Planner*

\*GSA Total Price of Course (0.75% IFF included): \$ 529.03 per person (initial)

\$ 272.04 per person (refresher)

\*Commercial Price: \$900 per person- initial

\$300 per person- refresher

Government Discount from the Commercial Price: Initial- 41.66%, Refresher- 10%

Minimum Number of Participants: 5 (initial) and 5 (refresher)

Maximum Number of Participants: 10 (initial and refresher)

\*Price per each additional participant in excess of the minimum (if applicable): \$ 525 per person (initial)/\$270 per person (refresher)

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

Description of Course: All persons who prepare management plans for schools must be accredited. All persons seeking accreditation as Management Planners shall complete a 3-day AHERA Asbestos Building Inspector training course as described, and a 2-day Management Planner training course. Possession of current and valid Inspector accreditation shall be a prerequisite for admission to the Management Planner training course.

The Management Planner course includes lectures, demonstrations, course review and a written examination. The following topics will be addressed: course overview, evaluation and interpretation of survey results, and a hazard assessment. The course also covers the legal implications, evaluation and selection of control options, the role of other professionals, developing and operation and maintenance (O&M) plan, regulatory review, recordkeeping for the management planner, assembling and submitting the management plan, and financing abatement actions.

All attendees taking the initial course must pass a written test with a score of 70 or above at the completion of the course to be accredited. An accredited person is required to attend refresher training within 12 months of the latest training to maintain an active certification. Persons not attending a refresher within the first 12 months are classified as "inactive" status. After not receiving a refresher course within 24 months from the latest course the person is dropped from the "inactive" status and must attend the initial course to become accredited.

Title of Course: **AHERA Contractor/Supervisor**

Length of Course (# of hrs/days): 40 hours/5 days (initial)

8-hours/1 day (refresher)

\*GSA Total Price of Course (0.75% IFF included): \$529.12 per person (initial)

\$105.85 per person (refresher)

\*Commercial Price: \$650 per person (initial)

\$170 per person (refresher)

Government Discount from the Commercial Price: Initial- 22.2%, Refresher- 38.2%

Minimum Number of Participants: 5 for (initial) and 5 for (refresher)

Maximum Number of Participants: 10

\*Price per each additional participant in excess of the minimum (if applicable): \$525 per person (initial)/\$105 per person (refresher)

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

Description of Course: A person must be accredited as a contractor/supervisor to supervise an asbestos abatement project. Asbestos abatement supervisors include those persons who supervise and/or direct abatement workers while performing EPA response actions.

The course includes: asbestos history, identification of asbestos containing materials, asbestos hazards, health effects associated with smoking, medical monitoring, personal protection equipment (PPE), regulatory requirements (EPA, OSHA and State regulations), and safe work practices. The course also covers personal hygiene and decontamination procedures, additional safety hazards, waste disposal, air monitoring, supervisory techniques, and hands-on training.

All attendees taking the initial course must pass a written test with a score of 70 or above at the completion of the course to be accredited. An accredited person is required to attend refresher training within 12 months of the latest training to maintain an active certification. Persons not attending a refresher within the first 12 months are classified as "inactive" status. After not receiving a refresher course within 24 months from the latest course the person is dropped from the "inactive" status and must attend the initial course to become accredited.

**Title of Course: AHERA Asbestos Operations & Maintenance (O & M)**

**Length of Course (# of hrs/days):** 16 hours/2 days (initial)  
2-hours/¼ day (refresher)

**\*GSA Total Price of Course (0.75% IFF included):** \$151.13 per person (initial)  
\$20.15 per person (refresher)

**\*Commercial Price:** \$ 200 per person (initial), \$ 100 per person (refresher)

**Government Discount from the Commercial Price:** Initial- 25%, Refresher- 80%

**Minimum Number of Participants:** 10 (initial) and 10 (refresher)

**Maximum Number of Participants:** 20 (initial and refresher)

**\*Price per each additional participant in excess of the minimum (if applicable):** \$ 150.00  
per person-Initial/ \$20 per person- Refresher

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

**Description of Course:** The 16-hour Operations and Maintenance Initial training is for maintenance and custodial workers performing general maintenance and repair tasks on asbestos containing materials.

The course agenda includes: asbestos history, identification of asbestos containing materials, asbestos hazards, health effects associated with asbestos exposure and smoking, medical monitoring, personal protection equipment, medical monitoring, regulatory requirements (EPA, OSHA and State regulations), and safe work practices. The course also covers personal hygiene and decontamination procedures, and hands-on training.

All accredited personnel are required to attend an annual refresher course consisting of 2-hours.

Title of Course: **National Emission Standard for Hazardous Air Pollutants (NESHAP) – Demolition & Renovation**

Length of Course (# of hrs/days): 1 day (8 hrs)

\*GSA Total Price of Course (0.75% IFF included): \$ 105.79 per person

Commercial Price: \$ 200 per person

Government Discount from the Commercial Price: 47.5 %

Minimum Number of Participants: 5

Maximum Number of Participants: 10

Price per each additional participant in excess of the minimum (if applicable): \$ 105 per person

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

Description of Course: Initial and refresher training courses will cover the following topics: asbestos history, identification of asbestos containing materials, asbestos hazards, health effects associated with smoking, personal protection equipment (PPE), and medical monitoring. The course will also cover regulatory requirements, applicability of NESHAP, notification requirements, asbestos emission control procedures for renovation and demolition, waste disposal, reporting and record keeping.

**Title of Course: AHERA Asbestos Abatement Worker**

**Length of Course (# of hrs/days): 32 hours/4 days (initial)**

8-hours/1 day (refresher)

**\*GSA Total Price of Course (0.75% IFF included): \$476.08 per person (initial)**

\$105.79 per person (refresher)

**Commercial Price: \$550 per person (initial), \$150 per person (refresher)**

**Government Discount from the Commercial Price: Initial- 14.09%, Refresher- 30%**

**Minimum Number of Participants: 5 (initial) and 5 (refresher)**

**Maximum Number of Participants: 10 (initial and refresher)**

**\*Price per each additional participant in excess of the minimum (if applicable): \$472.50 per person (initial)/\$105 per person (refresher)**

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

**Description of Course:** The Worker course prepares persons to safely perform labor related tasks associated with asbestos abatement. This course is required by AHERA for accreditation as a worker.

The course includes: asbestos history, identification of asbestos containing materials, asbestos hazards, health effects associated to asbestos exposure and smoking, medical monitoring, personal protection equipment (PPE), regulatory requirements (EPA, OSHA and State regulations), and safe work practices. The course also covers personal hygiene and decontamination procedures, additional safety hazards, waste disposal, air monitoring and hands-on training.

All attendees taking the initial course must pass a written test with a score of 70 or above at the completion of the course to be accredited. An accredited person is required to attend refresher training within 12 months of the latest training to maintain an active certification. Persons not attending a refresher within the first 12 months are classified as "inactive" status. After not receiving a refresher course within 24 months from the latest course the person is dropped from the "inactive" status and must attend the initial course to become accredited.

**Title of Course: Asbestos Awareness**

**Length of Course (# of hrs/days): 2 hours (initial and refresher)**

**\*GSA Total Price of Course (0.75% IFF included): \$100.76 (initial and refresher)**

**\*Commercial Price: \$100 (initial and refresher)**

**Government Discount from the Commercial Price: 0.75 % (IFF Fee will not be added to commercial price for GSA contract, but will be absorbed by our company)**

**Minimum Number of Participants: 10 (initial and refresher)**

**Maximum Number of Participants: 20 (initial and refresher)**

**\*Price per each additional participant in excess of the minimum (if applicable): \$100 per person (initial and refresher)**

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

**Description of Course:** This course is designed to provide awareness of asbestos within the facility and proper procedures for addressing the discovery of damaged materials containing asbestos. This course is not for persons disturbing asbestos or persons cleaning up or repairing damaged asbestos materials.

This course will cover the following topics: origin of asbestos and its properties, identification of potential asbestos containing materials, and the health effects associated with asbestos exposure and smoking. The course will also cover the roles of primary agencies that regulate asbestos, limits of asbestos survey information, and recognition of asbestos hazards.

All persons attending the 2-hour asbestos awareness training course are required to attend a 2-hour annual refresher.

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**Title of Course: Hazardous Waste Operations and Emergency Response (“HAZWOPER”; OSHA; 1010.120):**

Length of Course (# of hrs/days): 5 days (40 hr) initial  
1 day (8 hr) refresher

\*GSA Total Price of Course (0.75% IFF included): \$604.61 per person-initial  
\$151.25 per person-refresher

Commercial Price: \$ 675 per person-initial  
\$ 180 per person-refresher

Government Discount from the Commercial Price: Initial- 11.1%, Refresher 16.6%

Minimum Number of Participants: 5

Maximum Number of Participants: 10

Price per each additional participant in excess of the minimum (if applicable): \$ 600 per person-initial, \$150 per person-refresher

\*All prices are for courses held at the instructor’s facility. Prices may increase for courses held at a neutral site or the client’s facilities.

- Description of Course: (OSHA HAZWOPER 1910.120)
- This course is designed to fully comply with all regulatory standards and is tailored to the specific needs of the client (e.g. focused emergency response). Training is typically at the incident command level (Level V), and typically will cover subjects such as; hazard assessment, scene management, spill control and containment, basic chemistry and toxicology, personal protective equipment (PPE) selection and use, respiratory protection, decontamination and air monitoring. “Hands-on” incident response (staged) events are also performed. A study guide has been developed to supplement the course.

**Title of Course: EPA Certified Renovator-Initial-English**

**Length of Course (# of hrs/days): 8 hours/1 day (initial)**

**\*GSA Total Price of Course (0.75% IFF included): \$ 226.70 per person**

**\*Commercial Price: \$ 250 per person**

**Government Discount from the Commercial Price: Initial- 10%**

**Minimum Number of Participants: 6**

**Maximum Number of Participants: 18**

**\*Price per each additional participant in excess of the minimum (if applicable): \$ 225 per person**

\*All prices are for courses held at the instructor's facility. IHR has EPA approval to present this course nationwide. Travel expenses will apply in addition to the per student price if presented at alternative locations.

- **Description of Course:** Beginning in April 2010, contractors performing renovation, repair and painting projects that disturb more than 6 square feet of surface area in homes, child care facilities, and schools built before 1978, or 20 square feet on the exterior of a building must be certified and must follow specific work practices to prevent lead contamination. The EPA has also proposed extending this rule to all public and commercial buildings in the future. All renovation, repair and painting activities subject to the RRP rule must have a Certified Renovator assigned to the project that is trained by an EPA accredited training provider. IHR is an EPA accredited RRP trainer for the Certified Renovator-Initial Course.

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- This course consists of lecture regarding the EPA Renovation, Repair and Painting rule and its requirements, lead paint hazards, lead safe work practices, and hands-on exercises in lead safe work practices. IHR utilizes the Joint EPA/HUD Curriculum.

### **Who Must Follow the 2008 Lead Rule's Requirements?**

Common renovation activities like sanding, cutting, and demolition can create hazardous lead dust and chips by disturbing lead-based paint, which can be harmful to adults and children. To protect against this risk, EPA issued a rule requiring lead-safe practices and other actions to prevent lead poisoning. In general, anyone who is paid to perform work that disturbs paint in housing and child-occupied facilities built before 1978, which may include, but is not limited to:

Home improvement/renovation contractors

Residential rental property owners/managers

General contractors

Remodelers/carpenters

Maintenance personnel

Specialty trade contractors, including painters, plumbers, electricians, carpenters, heating and air conditioning, drywall and finishing

**What Activities Are Subject to the Lead Renovation, Repair and Painting Program?**

In general, any activity that disturbs paint in pre-1978 housing and child-occupied facilities, including:

Remodeling and repair/maintenance

Electrical work

Plumbing

Painting

Carpentry

Siding/window replacement

**Title of Course: OSHA Lead in Construction-29CFR 1926.62**

**Length of Course (# of hrs/days): 4 hours (1/2 day)**

**\*GSA Total Price of Course (0.75% IFF included): \$ 151.25 per person**

**\*Commercial Price: \$ 150.00 per person**

**Government Discount from the Commercial Price: 0.75 % (IFF Fee will not be added to commercial price for GSA contract, but will be absorbed by our company)**

**Minimum Number of Participants: 5**

**Maximum Number of Participants: 20**

**\*Price per each additional participant in excess of the minimum (if applicable): \$ 150.00 per person**

\*All prices are for courses held at the instructor's facility. Prices may increase for courses held at a neutral site or the client's facilities.

**Description of Course:**

This course will cover all of the requirements of the OSHA Lead in Construction standard of 1993. The purpose of this standard is not only to protect construction workers, but to also protect the children of these workers. Lead dust is hazardous to the workers on site, but also to their children if they transport the dust to their cars and homes on clothing. Training must be conducted prior to the start of the job and conducted annually for those employees who disturb materials with any amount of lead.

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***Representative Company Projects:***

Grand Teton National Park-Certified Renovator Training

Boise National Forest-Initial Certified Renovator Training

Salmon Challis National Forest-Initial Certified Renovator Training

MHAFB - AHERA asbestos training including Contractor Supervisor, Project Designer, Inspector and EPA NESHAP training

US Bureau of Reclamation – Palisades Dam – 16 Hour Operations & Maintenance training

US Army Corp of Engineers – AHERA Inspector training

**SIN 899-8: Remediation and Reclamation Services (Air Monitoring Support Services)**

IHR has conducted general or specific industrial hygiene or environmental health and safety evaluations in support of remediation for our government and commercial clients. These investigations have helped to identify conditions which may require remediation and documented the efficacy of remediation efforts that had been performed.

Services Offered:

Industrial Hygiene Evaluations  
Indoor Air Quality investigations: Chemicals and Mold  
Asbestos and Lead (Pb) Management  
Comprehensive Occupational Health and Safety  
Semiconductor and integrated circuit production EH & S  
Expert Witness (litigation support)

***Representative Company Projects:***

Industrial Hygiene Assessment of Cadmium (Cd) Dust on Surfaces and in Air in M1A1 Abrams Tanks

Evaluation of Gasoline Vapors in Residences Related to Persistent Contamination in soil after a major release from a refinery

Industrial Hygiene Evaluation for Chemical and Biological Contaminants related to the Waste Water Treatment Plant (WWTP) at a Semiconductor Manufacturing Plant.

Comprehensive Evaluation of Worker Health and Safety at 5 Asphalt Cement Plants with Identification of all Potential Health Hazards

Industrial Hygiene Evaluation related to a Xylene Spill in Histology at a Hospital.

Indoor Air Quality (mold in air) study for a US Department of Agriculture office

Air contaminant monitoring during typical operations at three city fire stations- Sampling was performed for diesel particulate matter (DPM), formaldehyde and nitrogen dioxide (NO<sub>2</sub>) and carbon monoxide gas. Recommendations were provided for ventilation and environmental controls to prevent worker exposures.

Water intrusion, mold and lead-based paint evaluation- Mountain Home Air Force Base, Mountain Home, ID: