Schedule for – Professional Services
Industrial Group: 00CORP    Class: 899
Contract Number: GS-10F-0176R

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
E-mail: serrita@industrialhygieneresources.com
        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
**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

**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**

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
<th>Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified Industrial Hygienist (CIH)</td>
<td>Functional Responsibility: 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. Minimum Education &amp; Experience: Masters Degree in Science and 5 years experience in the environmental, health and safety field.</td>
<td>$125.94 per hour</td>
</tr>
<tr>
<td>Certified Safety Professional (CSP)</td>
<td>Functional Responsibility: 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. Minimum Education &amp; Experience: Masters Degree in Science and 5 years experience in the environmental, health and safety field.</td>
<td>$125.94 per hour</td>
</tr>
<tr>
<td>Industrial Hygiene Technician</td>
<td>Functional Responsibility: 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. Minimum Education and Experience: Associate Degree in Science and 5 years experience in the environmental, health and safety field or equivalent technical experience.</td>
<td>$66.12 per hour</td>
</tr>
<tr>
<td>Asbestos Technician</td>
<td>Functional Responsibility: 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. Minimum Education and Experience: Associate Degree in Science and 5 years experience in the environmental, health and safety field or equivalent technical experience.</td>
<td>$47.62 per hour</td>
</tr>
<tr>
<td>Expert Witness</td>
<td>Credentials required: Certified Industrial Hygienist/Certified Safety Professional Minimum education and experience: Masters degree with 10 years experience in the in the environmental, health, and safety field and experience in litigation support.</td>
<td>$251.89 per hour</td>
</tr>
</tbody>
</table>

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

- 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.

- 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 (NO2) 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: