

Course Required for:	Site Safety Training
Purpose:	This course is required for individuals applying for a new Site Safety Training Card .
Duration:	2 Hours of instructional time, excluding breaks and meals A single session may not exceed 9 1/2 hours, including breaks and meals. If two or more sessions are delivered the same day to the same student roster, a break must be scheduled between the sessions.
Class Size:	1 – 40 Trainees
NYC Requirement:	Per Local Law 196 of 2017: In order to continue to operate in the City of New York, the designated construction worker is required to complete a minimum number of hours of approved Site Safety Training and to carry Site Safety identification cards as proof of completion of the training. This course provides two hours towards the satisfaction of that requirement. Per Local Law 10 of 2026: The New York City Building Code requires 2 SST credits for construction site safety trainings related to mental health and wellness, suicide risk and prevention, and alcohol and substance-misuse.
Delivery Requirements:	This course contains: <ul style="list-style-type: none">• Classroom Lecture/Discussion w A/V (Audio-Visual): oral presentation by an instructor to present information or teach students about a particular subject.• Videos• Website Links• Handouts• In-class Written Assessment This course may be delivered: <ul style="list-style-type: none">• In-Person: gathers participants in the same physical location at the same time. Provides face-to-face interaction with the opportunity for participants to share and discuss what they are learning. Allows Hands-On practical exercises.• Virtual Live: a shared online space where learners and trainers work together simultaneously. Usually, these interactions take place through a videoconferencing platform (ex. Zoom, Microsoft Teams).• On-Demand: self-paced and can be taken anytime and anywhere from a device with internet access. No live instructor needed. On-Demand is only acceptable for SST courses. It does not renew a certification for a Site Safety Manager, Site Safety Coordinator, or Construction Superintendent. Virtual Live training must comply with the following: <ul style="list-style-type: none">• The course must be approved by the Department.• The provider must confirm the identification of the individual taking such training by adhering to the actively proctored online format requirements:<ul style="list-style-type: none">○ The provider must confirm the identification of the individual prior to providing secure access to the online training.○ The individual must attest that they are the individual who received the online access and will complete the training without assistance. The online program must have secure access and monitor participation during the course of training to ensure that the individual receiving the training is present for the entirety of the training.• The provider must ensure that participants have their web-cameras activated and are on-camera for the duration of class.

Facility Requirements: Per 1 RCNY §105-03 (d) (4) Course Facilities:

The course facilities must:

- Have sufficient room to accommodate all expected attendees and the equipment needed to perform Hands-On exercises, where required as part of the course.
- Make provisions for the presentation of training material in all media types (computer, projector, video/ DVD player, etc.) and
- Comply with all applicable laws, rules, and regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification, and evacuation procedures.

Training may be held at construction sites, provided the above requirements are met.

Instructor Requirements: Per 1 RCNY §105-03 (e) Course Instructors:

Course providers must require that course instructor(s):

- Demonstrate that they are credentialed or trained in instructional methods and learning processes.
- Successfully demonstrate their ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure, or professional standing, or by extensive knowledge, training, and experience in the subject matter being taught.
- To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by, or revoked by the Department.
- Comply with all applicable Federal, State, and local laws, rules, and regulations.
- Be in compliance with the Department's Industry Code of Conduct.

Per 1 RCNY §105-03 (h) Site Safety Training (SST) Course Instructors:

For the purposes of providing training in accordance with section 3321.1 of the Building Code and this section 105-03, a Site Safety Training (SST) provider, as defined in item 1 of the definition of "Site Safety Training (SST) Provider in section 202 of the Building Code, means a course instructor as used in this section 105-03. In addition to the foregoing requirements for course instructors, **an SST course instructor must meet one of the following requirements:**

- (1) **has successfully completed all applicable OSHA or Department requirements for conducting OSHA 10-hour classes and OSHA 30-hour classes and is authorized to conduct such classes**, except that such course instructor is not required to possess a degree, certificate, licensure, or demonstrate any professional standing as required by subdivision (e), beyond what is required in this paragraph;
- (2) **is providing training through a 100-hour training program; or**
- (3) **is approved by the Department to conduct a 40-hour Site Safety Manager training course** in accordance with Article 402 of Chapter 4 of the Administrative Code.

Course Requirements:

Each section of the Course Content Requirements must be covered using its designated Instructional Delivery Method. The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the licensee.

The Instructional Materials used in this course must contain all current applicable NYC Construction Code references, current rules, policies, and bulletins.

All statistics referenced should reflect the latest publicly available statistics. The selection of Case Studies should prioritize incidents in NYC since the prior renewal period and contain relevant and illustrative photos where available.

Refresher or Renewal Courses should focus on the updates since the prior renewal period.

Course Content Requirements

Instruction Delivery Method

<p>1. Overview - introduce course by stressing impact of substance use disorder in construction.</p> <ul style="list-style-type: none"> • Video: Opioids in the Construction Industry- Part 1: The Evolution of a Crisis • DOB Press Release: NYC takes substance use very seriously • Share statistics on substance use disorder and suicide in construction. Sources: NABTU/CPWR: REASON Issue 7, February 2026 National Vital Statistics Report: August 22, 2023 National Vital Statistics System, United States, 2021 	<p>Classroom</p> <p>Video and Classroom Discussion</p> <p>Share Link and Discuss Classroom Lecture/Discussion w A/V</p>
<p>2. Substance Use Disorder Awareness - cover the following topics:</p> <ul style="list-style-type: none"> • Physical and psychological effects of the following substances: <ul style="list-style-type: none"> ○ Alcohol Source: NIAAA Index ○ Cannabis Source: NYC Health Cannabis ○ Stimulants (amphetamines, cocaine, etc.) Sources: Cleveland Clinic Health Library Amphetamines NIDA Cocaine Safety Resources for People Who Use Stimulants ○ Benzodiazepines (Xanax, Ativan, Klonopin) Source: NIDA Benzodiazepines and Opioids ○ Prescription (opioids) Source: NYC Health Prescription Pain Relievers and over the counter (OTC) medications Source: Cleveland Clinic Over-the-counter medicine <ul style="list-style-type: none"> ▪ Stress importance of following warnings when using heavy machinery. • Important Terms and Definitions <ul style="list-style-type: none"> ○ Substance use disorder Source: Cleveland Clinic Substance Use Disorder (SUD), ○ Alcohol use disorder Source: NIAAA Understanding Alcohol Use Disorder, ○ Addiction Source: Cleveland Clinic Addiction: ○ Dependence Source: Cleveland Clinic Addiction vs. Dependence • Video: Drug and Alcohol Abuse in The Workplace Understanding Substance Abuse in the workplace <ul style="list-style-type: none"> ▪ Debrief the video by brainstorming some real-life examples of the impact of working on a construction site under the influence. • Actions to Reduce Impact of Substance Use <ul style="list-style-type: none"> ○ Not using while on the job ○ Taking public transit when using alcohol or drugs instead of driving ○ Talking to your doctor if you are concerned about your health ○ Other • Treatment Options. <ul style="list-style-type: none"> ○ OASAS Treatment Finder ○ SAMHSA Find Treatment ○ Naloxone (for overdose reversal) Source: NYC Health: Naloxone <ul style="list-style-type: none"> ▪ What does it do? ▪ How to recognize an opioid overdose ▪ Overdose Response Steps ▪ Aftercare ▪ Report & Refill • Video: How to Respond to an Overdose 	<p>Classroom Lecture/Discussion w A/V</p> <p>Video and Classroom Discussion</p> <p>Classroom Lecture/Discussion w A/V</p> <p>Share Links and Discuss</p> <p>Classroom Lecture/Discussion w A/V</p> <p>Video and Classroom Discussion Classroom Lecture/Discussion w A/V</p>
<p>3. Tobacco and Nicotine- cover the following topics:</p> <ul style="list-style-type: none"> ○ Associated health concerns of smoking, e-cigarettes (vaping), Source: CDC Smoking and Tobacco Use <ul style="list-style-type: none"> ▪ Compounds health risks from occupational exposures, such as asbestos, particulate matter, dust, etc. Source: NIH Asbestos Exposure and Cancer Risk ○ Associated safety concerns on worksites (Fire, etc.) Source: NYC Construction Site Fire Safety ○ Symptoms of nicotine withdrawal can worsen focus Source: Cleveland Clinic Nicotine Withdrawal ○ Handout: How to Use Tobacco Treatment Medications to minimize withdrawal symptoms on the jobsite <ul style="list-style-type: none"> ▪ Effective even with different desired outcomes (quit, cut back, or avoid smoking or vaping on the job) ▪ Medications that help people stay comfortable during withdrawal <ul style="list-style-type: none"> • Nicotine Replacement Therapy • Non-Nicotine Medications ○ Other Resources: Smoking: NYC Quits 	<p>Provide Copy and Discuss</p> <p>Share Link and Discuss</p>

