



## Guide to Entering the Industrial Field at ARES

### Introduction

Pursuing a career in the industrial sector requires specialized knowledge and skills to ensure safety and efficiency in a variety of demanding environments. At ARES, we offer a range of courses designed to prepare students for various industrial roles. This guide will help you structure your educational path to enter the industrial field effectively.

### Step 1: CPR and First Aid Certification

Your foundational step towards an industrial career is to become certified in CPR (Cardiopulmonary Resuscitation) and First Aid.

#### Importance of CPR and First Aid

- **Life-Saving Skills:** These courses teach you how to respond in emergency situations, providing vital assistance in critical moments.
- **Workplace Safety:** Understanding first aid and CPR is essential in an industrial setting due to the higher risks associated with this work.
- **Certification:** Upon completion, you will receive certifications in CPR and First Aid.
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### Step 2: Specialized Industrial Training

After obtaining your CPR and First Aid certification, you can specialize by choosing from the following ARES industrial courses:

#### General Industry Courses

- **BBP Training for Employees:** Learn about Bloodborne Pathogens and how to protect yourself and others at work.
- **Lockout/Tagout:** Understand the procedures to control hazardous energies during maintenance activities.
- **Personal Protective Equipment (PPE):** Gain knowledge about selecting and using appropriate PPE.
- **Fire Extinguisher & Ladder Safety:** Become adept in using fire extinguishers and following ladder safety protocols.

- **High-Impact Crane Safety & Machine Guarding:** Learn about operating cranes and machinery safely.
- **Hazcom and The Global Harmonizing System:** Get familiar with hazard communication standards.
- **Confined Space Awareness & Entry:** Understand how to work safely in confined spaces.
- **Respiratory Protection & Electrical Arc Flash Safety:** Learn about respiratory safety and protecting yourself from electrical hazards.
- **Combustible Dust & Hole Watch:** Study the risks associated with combustible dust and the role of a hole watch.

### Medical Courses

- **First Responder & Emergency Medical Technician (EMT):** Develop skills to provide initial care in medical emergencies.
- **Blood Borne Pathogens:** Understand how to manage and prevent exposure to bloodborne pathogens in the workplace.

### Fire, Rescue, Hazmat Courses

- **Fire Safety/Extinguisher & Fire Watch:** Learn about fire safety protocols and the responsibilities of a fire watch.
- **Fire Hydraulics & Hazwoper Refresher (8, 24, 40 hour):** Study the mechanics of fire suppression and update your hazardous waste operations knowledge.
- **Atmospheric Monitoring/IDLH & Confined Space Rescue:** Gain skills in detecting dangerous gas levels and performing rescues in confined spaces.
- **Structural and Industrial Fire Fighting:** Learn advanced techniques in fighting fires in industrial and structural settings.

### Additional Considerations

- **Job Requirements:** Research the specific requirements for the industrial role you are interested in to select the most relevant courses.
- **Safety Compliance:** Understanding and complying with OSHA regulations is critical in the industrial sector.
- **Career Progression:** Consider how each course aligns with your career goals and the qualifications required for advancement.
- **Physical Fitness:** Many industrial roles require a good level of physical fitness due to the nature of the work.