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**Accessible information standard training**

The Occupational Safety and Health Administration, or OSHA, works to protect employees from workplace hazards that can lead to injury or death. Employees working in dangerous jobs or workplaces involving hazardous chemicals and processes need to be updated for the latest safety procedures and technologies. OSHA requires these employees to repeat certain types of safety training annually. Employees working in environments where noise levels average more than 85 decibels per eight hours must be trained each year in the use and care of hearing protection. OSHA refers to this as requirement 1910.95(i)(4) in its training manual. Progress in hearing protection should be part of the training. Workers exposed to hazardous waste must participate in initial safety training and then receive an eight-hour refresher course per year. OSHA refers to this as requirement 1910.120(e)(1). The training includes an overview of the incidents that occurred in the previous year and how they could have been handled better. In addition, employees who give technical advice on dangerous cleaning must demonstrate competence in their specialisation through annual training. Respiratory protection involves learning how to properly fit a respirator when a respirator is needed, equipment restrictions and how to use an emergency respirator. OSHA requires annual retraining only when previous training is ineffective. This can happen when the type of respirator changes or when it appears employees do not remember their training enough. This is indicated in OSHA's guidelines of 1910.134(k). OSHA requires firefighters to be retrained at least once a year. Firefighters battling fires in buildings need three months of training. This is indicated under OSHA's requirement from 1910.156(c)(1) to (4). In addition, 1910.157 requires all employers to train their employees on a portable fire extinguisher annually. All employees who work in dangerous or dangerous conditions also need annual cardiopulmonary resuscitation training, or CPR, along with first aid training every three years. OSHA's standards dictate that training is carried out in an easily understandable way and not too complicated. All training materials must be at the literacy level of employees. Anyone working with asbestos must have safety training at least once a year and possibly more, according to OSHA standards. Asbestos is a silicate material that was once used in insulation of buildings and in other types of construction. People who inhale asbestos fibers are at high risk of developing cancer, mesothelioma and other respiratory diseases. The training should cover the health hazards of asbestos and working practices that may limit exposure, in particular for which are obliged to remove asbestos from buildings. These specifications can be found in OSHA's requirement 1910.1001(j). OSHA has a long list of annual requirements that can be found in the training guide. These include training for people working with mechanical presses, people working in grain facilities and employees working with specific hazardous chemicals. All listings are found in OSHA's training guide. For the author with features published by media outlets such as Business Week and Fox News, Stephanie Dubé Wilson is a accomplished writer with a degree in law and a master's degree in science and technology journalism. She has written for law firms, public relations and marketing agencies, science and technology websites and business magazines. Although Smith and Anderson are trained in various martial arts, nothing can prepare them for what they have experienced in their quest. In each country, the master trainers thought Anderson and Smith were first actors and fighters in second place. They both worked hard. Anderson says: The first day they either try to tell us we're actors or they're chasing us because they want to watch us get together and give up. Neither method works. Either way, by the end of the first day, we'll have a real deal. It was often the case that they would go and say We're going to try to break them down as they train separately, they usually have drastically different experiences. In the Philippines, Smith trained in traditional, if rudimentary, fitness. Anderson found himself crawling face down through muddy pits in what can only be described as a jungle boot camp. While Smith worked with boxing bags, Anderson went through a series of ceremonies and rituals. At one point he was placed on a bed with his eyes closed, while Filipino callie masters beat his stomach and slapped his face. They finished the session by sacrificing chicken and sprinkling blood on his face and body. Anderson called it the most exhausting physical challenge of my life. An advert in Japan, Smith trains at a gym in Tokyo as Anderson heads to the mountains to the north. Doug toughened his knuckles, hitting trees and stepping on steps on his fists with someone holding his feet. Jimmy built the power-breaking boards, ceiling tiles and baseball bats with fists and feet. He also ate the traditional Japanese fiery curry, which he and his training partners drip sweat and swirling water. In Mexico, Jimmy lives and trains with her Olympic gold glove champions in Mexico City. Doug was taken to ancient Aztec ruins 3,000 meters above sea level. Altitude is one of the most difficult aspects of training. Doug squats huge rocks and slashes large fallen trees with an axe. While it looked like Jimmy was easier, his sessions with the Olympians were brutal and bordering on landlady. In the next section, we will look at the brutality of recent battles, from broken faces to infected legs. 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