TES Training and Learning

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OSHA Plans and CSTRA TES Certification Course

API TES Exam Prep Review

Understanding vs. Memorization

Our approach to assure the understanding of the responsibilities and roles of a qualified Tank Entry Supervisor is revolutionary in the training industry for CEU’s adult learning. We will find the strengths and weak areas of each candidate and will make both better. Practical application is the key to understanding and learning, typically most companies emphasize memorization as an instructional technique. This usually involves flash cards similar to those used in grade school for insuring the transfer and retention of basic facts and terminology to young students. This is only the first step in training. While it is true that portions of the certification exams rely heavily on memory, memory alone does not ensure recall of the information required answering the questions, nor does it provide the understanding required to apply the information independently in the field during problem solving applications.

When you are confronted with new information you need to be able to process it and relate it to information and skills you currently have. If you have simply memorized the information with no reference to context, you will not have the capability of applying it as required on the examination or on the job. CSTRA exam prep courses are structured to impart the information and the understanding and confidence to apply it on the exam and in the field.

     [http://www.nfpa.org/images/masthead/left_nfpa_cat.gif](http://www.nfpa.org/index.asp)

Broad Expertise vs. Limited Resources



Multidisciplinary curriculums covering everything from confined space assessments to internal collapsed floating roofs, the regulations, laws and other supporting document review can be difficult for a single individual to address. To ensure accurate coverage of all these diverse areas we use instructors with extensive backgrounds and the best credentials to write, edit, and present our courses. No one instructor may be an authority in all areas; but all instructors have access to those who are. This cooperative development ensures accuracy and added depth that other companies can not match with their limited resources and lack of hands-on-experience. Candidates attending our courses after attending others have commented on our added in-depth coverage. The real field experiences shared during discussions on the various recommended practices, helps the understanding process, and allows the student to apply that knowledge where it counts the most, in the field.



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**OSHA Plans, LLC Instructor Qualifications**

OSHA PLANS, LLC and CSTRA TES Master Instructor has compiled 33 years experience with AST operations from a operator, supervisor, project management, inspection and repairs capcity. The past 12 years has been primarily working with Above Ground Storage Tank disasters, and IDLH Tank operations. OSHA Plans and the CSTRA employs various instructors, safety professionals and experts working within many aspects of the occupational health, safety and training consulting field.

**Instructor Qualifications and certifications include:**

Occupational Health and Safety Certificate, Occupational Health and Safety Diploma

American Registered Safety Professional (through Board of American Registered Safety Professionals)

Certified Health and Safety Consultant (through American Society of Safety Engineers)

Certified Petroleum Health and Safety Auditors (through OSHA PLANS and the CSTRA)

Certified Construction Health and Safety Auditors (through American Construction Safety Association)

Certified Instructors (through various postsecondary institutions)

Certified National Construction Safety Officers (through Construction Safety Associations)

Certified Master Trainer (through the Confined Space Technical Rescue Association

Level IV Incident Commander (Department of Emergency Management, FEMA, Department of Defense)

Emergency Management Specialist (Department of Emergency Management, FEMA)

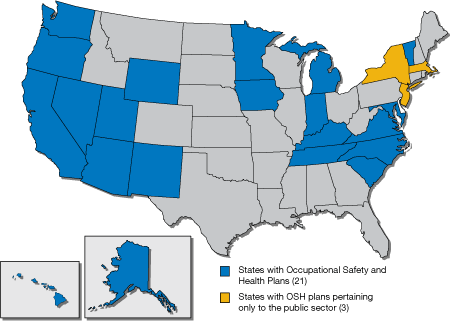
Certified IDLH Confined Space Technical Rescue (through the Confined Space Technical Rescue Association)

Certified OSHA Safety Specialist (through OSHA Plans and various postsecondary institutions)

Certified Safety and Rescue MSHA (through Mine Health and Safety Administration)

Recipient Cambridge Who’s Who Executive of the year Emergency Rescue Operations 2011/2012

Location, Timing, and Value (See our TES Class Schedule)



Value is a point we make well. Course content and presentation are our main priorities. However, location, accommodations, and timing are also important. I have personally attended courses in expensive, isolated hotels on the access road to an airport, and at inexpensive locations that suited the training organization’s budget but not my or our company needs. I realized that with a little more effort and thought, a better location could have been found. We bring the training to a location close to your base and choose hotels offering safety, convenience, comfort, and good value for your money. Most include extra room amenities such as coffee makers or microwaves in the rooms. We do our best to schedule courses in locations where exams are given or that are convenient to our clients, and present the courses months and weeks prior to the examination date. This avoids additional travel expense and travel time for our course participants.

Originality, Experience, and Commitment



CSTRA and our instructors originated API TES preparation courses in 1998. We have attended the API Task Group on Tank Entry Supervisors, contributed Cribbing Recommended Practices, Technical Tank Rescue Guidelines, and specific inspection document committee meetings, writing recommended practices and guidelines, and have contributed to the development and improvement of the programs and recommended practices as well. We are also politically active in supporting acceptance of API programs in the legal jurisdictions that regulate, or are considering regulation, of the equipment covered by industry standards. We are committed to acceptance of the API codes, recommended practices and standards. We have and will continue to invest our money, time, and corporate resources in supporting CSTRA and API Tank Entry Supervisor Certification Programs. We put our resources to work to ensure the value of your certifications

**Request a CSTRA Registration Package which includes the CSTRA TES Field Manual.**

**(Includes all materials needed for API TES Exam and CSTRA Certification)**  **CSTRA Certification Courses and Prep Courses for API Exams**

CSTRA Packages are typically ready 4 to 5 months prior to the API Registration deadline date. Call CSTRA at 832.864.2542 or use the inquiry form to ask questions in advance about CSTRA TES Certification and Exam Prep Courses for API TES Certification Exams.

Please note: This form requests a CSTRA Exam Prep Course Registration package and DOES NOT register you for any of the CSTRA Exam Prep Courses, or any of the API ICP Certification Examinations.

Upon receipt of your CSTRA Registration Package, please complete and return the CSTRA Course Registration Form to register for a CSTRA Certification Course. Again, registration for a CSTRA Exam Prep Course DOES NOT register you to take an API Tank Entry Supervisor Certification Examination.

We can not answer technical questions by email.

CSTRA offers API Exam Prep Courses for Tank Entry Supervisor. CSTRA also provides other training courses on and in-depth on-site training in other areas - all tailored to fit your needs. Call 832.864.2542 to discuss all your codes and standards training needs, use this form to Request a CSTRA Registration Package, or Ask a Quick Question about Other CSTRA certifications, CEU’s and standards training and exam preparation courses.

# Pre-course Preparation

Students come from many backgrounds. We have Tank Entry Supervisors who have picked up their knowledge and experience over the years in the same class with recently graduated engineers who are just entering the tank operations field. All have strengths and weaknesses. Tank cleaning operations is normally a strength for Tank Entry Supervisors and a weakness for engineers. Formulas and calculation requirements are a strength for engineers and a weakness for supervisors ad project managers. Rules and regulations can be a weakness for both. In order to smooth over some of the rough spots we are recommending the following activities as **“homework”** before you come to class.



“BODY OF KNOWLEDGE:”  
It is your responsibility to get a copy of the “Body of Knowledge”

The “Body of Knowledge” for each certification specifically identifies the areas in the codes and standards referenced that you should be familiar with. In some cases specific paragraphs are identified in at the end of “knowledge statements” in the documents. The “Body of Knowledge” is free and you may obtain one by calling Osha Plans t 832.864.2542 or e-mail [info@oshaplans.com](mailto:info@oshaplans.com) or from this web site. You may also obtain from API at 202-682-8064 or downloading one at [www.api.org/icp](http://www.api.org/icp).

Read all the areas of the codes noted in the Body of Knowledge at least once.

The Body of Knowledge also has a section on what NOT to study. Read this too so you do not waste time studying information that you will not be tested on.

The questions for the exam are written by experts in Above Ground Tank Operations, and like all exams of this importance, cover a broad section of the books, and most important information needed. Read the documents as though you are looking for some nice facts to make multiple choice questions out of and highlight them. Memorize that information. Use the information in different contexts so you develop a complete understanding.

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We Do Not Compete With You

It is not uncommon for training to be offered by other inspection or service companies or their related affiliates. CSTRA is not an inspection or engineering company doing training on the side. We do not want to hire your personnel, or sell you inspection or services or Tank Entry Supervisors, or engineering services. CSTRA is a non profit organization that the primary concern is providing the best industry training and certifications available. We will not bid against you while you write the tuition check.

If you are not ready to choose CSTRA TES Certification now, give me a call at 832.864.2542.

Sincerely,

David Bush  
Chairman, CSTRA

[**www.oshaplans.com**](http://www.oshaplans.com)

[**www.cstra.org**](http://www.cstra.org)