**What are the main advantages of the OSHA Plans and CSTRA 'unique open style' training?**



In the first instance, group dynamics. You are learning alongside fellow participants from other companies, disciplines, experience levels, professional levels and even other cultures, so you acquire valuable insights into wider aspects of the oil and gas industry with special focus on confined space and tank operations, and other ways of doing things. In each class you get to witness the excitement of the participant’s learning new and old industry practices.

Also, our open training courses are exactly that - offer a safe, open learning environment in which it’s always easy (and indeed encouraged) to ask the simple question – which is not always true back in the workplace. We discuss research and reach conclusions.

Participating in an open training course makes you feel more confident in your own knowledge, and prepared to challenge and promotes change and improvement back in your workplace. Participating in the open discussions prepares the student for communication and supervisor leadership skills.

On top of which, many participants choose to stay in contact with their fellow students after the course, which is a good way to compare notes on how knowledge gain is being implemented, or benchmark other post-course experiences. The key to knowledge is how well we can improve it, and how well we can pass it along.

# What sort of atmosphere can I expect to find on an OSHA PLANS training courses?



All our staff trainers are agreed on the value of creating a learning environment which is relaxed, enjoyable and fun. When you create a relaxed, informal classroom environment, participants simply learn more, contribute more and participate more proactively.

Our trainers start every course connecting with the participants and breaking down any barriers as quickly as possible.

As well as overcoming any inhibitions participants may initially feel in wanting to refer to their own personal experiences or situation, having a relaxed environment also often brings out new skills. Many participants with little prior presenting experience, for example, grow very naturally into this role during the course and often end up making confident and highly competent team presentations.

And the learning doesn’t stop in the classroom. Our staff trainers enjoy mingling informally with participants over lunch, comparing experiences and discussing individual perspectives on wider industry issues which have arisen out of the course.

# How much experience does OSHA PLANS/CSTRA have in delivering training?



Since the early 1985, we have designed and delivered thousands of tailored in-house training courses for operators, contractors, and service companies in the international oil and gas industry. Our in-house training activities are approximately as popular as our open training courses.

For this particular training market, all course material is customized to be company-specific and developed wherever possible in close consultation with client management and HR/training departments.

In-house training courses share many of the participant benefits of open courses – productive group dynamics, practical application of theory and personal access to some of the most experienced trainers in the industry, for example – but also have the added advantage of offering a more specific company focus.

All the OSHA PLANS International open training courses described elsewhere at this website are also available on a tailored, in-house basis, but many other courses covering a wide range of topics have also been specially developed for client companies, in many cases for long-term, repeat delivery.

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, developed Cribbing Recommended Practices, Technical Tank Rescue and and 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 API Tank Entry Supervisor Certification Programs. We put our resources to work to ensure the value of your certifications

# How 'international' is OSHA PLANS International?



This is a data driven question in a electronic world! We are completely international in our operations, running training courses and workshops in every major oil and gas territory in the world (to date, we have delivered courses in over 40 different countries). In practice, that means running nearly 250 courses every year, training several thousand oil and gas, MSHA, and Rescue personnel, many on repeat training programs for long-term client companies of every size and type. To date, we have delivered training courses to over 200 oil-related companies and service organizations from almost 100 different countries, ranging from the largest operators to the smallest independents, and also including contractors, service companies, interested individuals, insurance agencies and risk management, energy ministries, government agencies and regulatory authorities. We think that’s pretty 'international' even by today’s Global standards!

