



2013 EAST REGIONAL – OSHA 10 Hour Outreach for Construction Training

This course will provide an introduction to OSHA and how OSHA works as well as provide safety training for:

- Fall Protection
- Hand and Electrical Tools
- Electrical
- Stairways and Ladders
- Struck By
- Fire Protection
- Caught Between
- Heavy Equipment
- Personal Protective Equipment
- Health Hazards in the Construction Industry

Additional topics may include:

- Material Handling
- Scaffolds
- Cranes
- Excavations
- Aerial Lifts

These topics may vary at the discretion of the instructor.

Course Dates:

- | | |
|---------------------|---------------------------|
| Washington DC | July 24 and 25, 2013 |
| Atlanta, GA | September 18 and 19, 2013 |
| Tampa, FL | May 15 and 16, 2013 |
| New York/New Jersey | June 13 and 14, 2013 |

Course Times:

Day One: 11:00 AM to 5:00 PM
Day Two: 7:00 AM to 2:30 PM

Total time includes breaks and lunches which must be provided to comply with OSHA course requirements. Lunch is provided on Day Two only.

Course note books will be issued to each student and are theirs to take with them.

IMPORTANT INFORMATION

- › Upon Completion of this course you will receive a course completion wallet card issued to you by OSHA. This may take up to four weeks and will be mailed to your company by ORCPG. Students must receive their cards within 90 days of the course date.
- › You may register at anytime up to one week prior to the date of the class by contacting your account Risk Specialist.
- › The training location address will be sent to you via email after receipt of your reservation. You may send up to five employees. Class attendance will be granted on a first-come/first-serve basis and is limited to 40 attendees.
- › All courses are taught in English. Students must clearly understand and speak English to attend. Students that are identified as not understanding English will be removed from the course.