



OSHA 10-HOUR



OSHA Construction Site Safety Compliance Course

Now with updated pictures and videos!

COURSE CONTENTS:

- OSHA/General Duty Clause & competent person
 - Excavation, trenching and shoring
 - Introduction to OSHA Standards
 - Electrical
 - Fall protection
 - Ladders and stairways
 - Handling, storage and disposal of materials
- Cranes, derricks, hoists, elevators and conveyors and
- students will learn about elective items of their choosing and practical application



WHEN: 4 to 9 p.m. Tuesday and Thursday - **EVENING**
March 23 and 25, 2010 OR
 7 a.m. to 6 p.m. Thursday - **DAY**
April 15, 2010

CEUs: Course Provider # 0000898
 CILB# 0000427, 10 CEUs
 ECLB# 0001633, 4 technical CEUs

INFO: Contact ABC: (407) 628-2070

WHERE: ABC: 651 Danville Dr., Orlando, FL 32825
Directions to ABC From Tampa, Daytona, or Downtown on I-4: From I-4 take Exit 82A and keep right to SR 408 East. Take SR-408 East 6 miles to exit 18A. Turn left onto ramp towards SR-417-Toll/ Sanford. Immediately exit at the Valencia College Lane exit. Turn right onto Valencia College Lane East. The ABC building will be on your right (two-story building with blue metal roof).

REGISTER: - www.abccentralflorida.com/seminars.shtm
 or
 - **Fax** completed registration to: (407) 629-0144



COST: \$163.02 ABC CFL/CFBE Members including the latest version of CFR Title 29, Part 1926 (\$32 value) and a light dinner each evening.
 \$193.02 Nonmembers (prepayment required) including the latest version of CFR Title 29, Part 1926 (\$32 value) and a light dinner each evening.

INSTRUCTOR: **Joe Validivia**, Safety Manager, Encore Construction Company, is an OSHA authorized instructor and his experience includes site inspections, weekly safety meetings and trainings, job site contact for OSHA inspectors, and employee safety orientations. Joe speaks English and Spanish!

Company: _____ ABC Member CFBE Member Nonmember (prepay required)

Contact: _____ Phone: _____ Fax: _____

Email: _____ (must have for credit card receipt)

Student(s): (1) _____ (2) _____
 (3) _____ (4) _____

PAYMENT OPTIONS – Please select one:

Applying for Certified Crew Leader

Check enclosed Sending check Bill me (\$7 charge – ABC CFL members only) Credit Card: Visa MC AMEX
 P.O. # _____

CREDIT CARD INFO – If paying by credit card, all below information is required:

Please choose:
 March *evening*
 April *day*

Person's Name on Card: _____
 Card # _____ Exp. Date: _____

Card Code: _____ (AMEX: 4 digits on front of card or VISA/MC: 3 digits on back of card on signature line)

Statement address _____ Statement Zip Code _____

Coupon enclosed \$ _____ (coupon must be presented at time of registration or prior to date of seminar)

Cancellation/Refund Policy: Cancellations received three (3) business days (72 hours) before the first class will be accepted and a full refund will be issued. No refunds will be given for cancellations received later than three business days (72 hours) prior to the seminar; please send a substitute to attend all sessions. No shows will be billed. When a company registers 3 + students to one class, the cancellation policy becomes five (5) business days (120 hours) before the first class.

Please **MAKE CHECKS PAYABLE AND SEND TO:** Associated Builders and Contractors, Inc., 651 Danville Drive, Orlando, FL 32825 Phone: (407) 628-2070 Fax: (407) 629-0144 OR Register online at www.abccentralflorida.com

