

CONSTRUCTION SAFETY AND HEALTH

# OSHA 10/30 OUTREACH TRAINING

## OSHA 10/30 Hour Training

Quality safety and health training helps prevent work-related injuries and illnesses. Effective training also encourages workers by educating and empowering them to advocate for safer working conditions.

Central Florida Chapter ABC offers face-to-face OSHA training to increase mastery of safety training material. In-person training exhibits high value with meaningful, necessary physical components, an opportunity for workers to ask questions, and vital interactions with the instructor and peers. All these benefits are required of OSHA compliant training and highly valuable to employees in field application.

These OSHA courses are taught by an authorized OSHA trainer and designed for construction workers, foremen, job supervisors, and anyone involved in the construction industry.

### OSHA 10

April 22, 2021 8:00 am - 5:00 pm

April 23, 2021 8:00 am - 11:00 am

\$125 - CFC ABC Members; \$250 - Non-Members



### OSHA 30

April 22, 2021 8:00 am - 5:00 pm

April 23, 2021 8:00 am - 5:00 pm

April 29, 2021 8:00 am - 5:00 pm

April 30, 2021 8:00 am - 5:00 pm

\$375 - CFC ABC Members; \$450 - Non-Members



### Subjects Covered

- Introduction to OSHA Standards
- Scaffolds - Sub L
- Personal Protective & Lifesaving Equipment - Sub E
- Excavations - Sub P
- Fire Protection and Prevention - Sub F
- Steel Erection - Sub R
- Materials Handling, Storage, Use, & Disposal - Sub S & H
- Stairways and Ladders - Sub X
- Confined Space - 1910 Standard Requirements
- Tools (Hand and Power) - Sub I
- Motor Vehicles, Mechanized Equipment, Rollover Protective Structures and Overhead Protection, Signs, Signals, and Barricades - Sub's G, O, and W
- Electrical Safety - Sub K
- Fall Protection - Sub M
- Health Hazards in Construction - Sub D
- Additional topics also covered

Book available at registration  
(optional, not required for class)

OSHA 1926 2021

Print or USB Version (Searchable Text) \$55

Scan the appropriate QR code or register online at [abccentralflorida.com/calendar](http://abccentralflorida.com/calendar)

**Cancellation Policy:** Cancellations received by 5 p.m. April 12, 2021 will be accepted and a cancellation number will be given for confirmation. After this date, no refunds will be issued.

**Questions?** Contact Megan Saucier, Training & Development Director at 407-398-1280 or email [education@abccentralflorida.org](mailto:education@abccentralflorida.org).



Connect... Educate... Advocate

651 Danville Drive, Suite 200 Orlando, FL 32825  
407-628-2070 [abccentralflorida.com](http://abccentralflorida.com)