



OSHA Construction Safety & Health Combined OSHA 10 and 30 Hour Course

Date: October 25-28, 2010

REGISTRATION: 7:30am START: 8:00am END 5:00pm

Location: AGCVA
11950 Nuckols Road, Glen Allen

Training Provided By:
Garland Hanson, Atlantic Safety

OSHA 10 is being offered for \$150
OSHA 30-Hour (\$350)

Class Schedule on Back

Return to: Marsha Hargette, AGC of Virginia, P.O. Box 5700
Glen Allen, VA 23058, (804) 364-5504, FAX: (804) 364-5511.

There will be _____ from our firm attending the OSHA training in October 2010.

Reservations required by the deadline of October 18, 2009 - Prepayment of registration fee is requested.

Enclosed is a check in the amount of \$_____ (made payable to AGCVA- Richmond District)
(\$150.00 OSHA 10-Hour class, \$350 OSHA 30-Hour class)

Name: _____

Name: _____

Name: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____



OSHA Construction Safety & Health Combined OSHA 10 and 30 Hour Course

Class Schedule

- **Day 1**- 10-Hour & 30- Hour Training
Introduction to OSHA, OSH Act/General Duty Clause 5(a)(1), Inspections, Citations, General Safety & Health Provisions, Competent Person, Scaffolding, Fall Protection, Electrical and Safety Related Work Practices, Excavation Safety
- **Day 2** – 10-Hour & 30- Hour Training (10-Hour registrants participate until Noon)
Personal Protection and Life Saving Equipment, Hazard Communications, Recordkeeping and Legal Issues

30-Hour registrants continue the day covering these subjects: Fall Protection, Stairways and Ladders, OSHA Standards reading & research
- **Day 3** – 30-Hour Training
Occupational Health Hazards in Construction & Controls, Fire Protection, Prevention and Emergency Planning, VOSH Confined Space Standard for Construction, Supervising for Safety
- **Day 4**- 30-Hour Training
Electrical & Safety Related Work Practice, Hand & Power Tools, Welding & Cutting, Materials Handling and Storage, Cranes and Hoists, Motor Vehicles and ROPS. Testing will take place followed by a wrap-up session.