

## TRAINING GOALS

Upon completion of either of these OSHA construction courses, you will be able to:

- Identify OSHA regulatory requirements for construction sites.
- Work knowledgeably within OSHA's construction standards.

### *You Will Learn:*

- ◆ Which standards and regulations are a must to know and which can hurt you the most.
- ◆ How to use the OSHA regulations to prevent devastating inspections.
- ◆ To recognize your company's safety needs.
- ◆ How to be involved in real-world workshops to create usable solutions for realistic safety problems.
- ◆ What "hazardous" really means and why OSHA sometimes considers seemingly innocent items such as sawdust and bottled oxygen to be dangerous.

**WHO SHOULD ATTEND?** Attend this course if you are interested in developing safety and health programs in the construction industry or are seeking OSHA training.

**WHY SHOULD YOU ATTEND?** Facilitators identify safety and health principles that help you meet OSHA requirements. Special emphasis is placed on areas in construction that most commonly result in worker injury or property damage. You are also briefed on basic instructional approaches, improving compliance communication, and training at the work site.



The Chesapeake Region Safety Council is a chapter of the National Safety Council . . . a nonprofit and nonpolitical public service organization. For over 80 years the Council has been the recognized leader in occupational and highway accident prevention training in the region.

**Chesapeake Region Safety Council**  
17 Governor's Court  
Baltimore, Maryland 21244

(410) 298-4770  
Toll free: (800) 875-4770  
Fax: (410) 281-1350  
Email: [safety@chesapeakesc.org](mailto:safety@chesapeakesc.org)

[www.chesapeakesc.org](http://www.chesapeakesc.org)

*10-Hour and 30-Hour*

**OSHA**  
Safety Courses - Construction Industry

**November 1 - 4, 2005**  
**8:00 A.M. - 4:00 P.M.**



presented by the  
**Chesapeake Region**  
**Safety Council**

**A maximum-impact course  
designed to provide you with  
the critical skills you need.**

**EARN YOUR OSHA**  
**10 or 30 - Hour CARD!**

## OSHA 10 - Hour Course

November 1 - 2, 2005

(first two days of OSHA 30 - Hour)

### Topics Include:

- Introduction to OSHA, OSH Act, and Introduction to OSHA Standards
- Subpart E - P.P.E.
- Subpart H - Material Handling
- Subpart K - Electrical
- Subpart M - Fall Protection
- Hazard Communication
- Subpart X - Ladders and Stairs
- Recordkeeping

**FEE:** \$280 for members  
\$350 for nonmembers  
Fee includes continental breakfast, lunch and student materials

Same location for the 10 & 30 - hour courses:

**Chesapeake Region Safety Council**  
17 Governor's Court, Suite 185  
Baltimore, MD 21244

Maps will be sent with confirmations

## OSHA 30 - Hour Course

November 1 - 4, 2005

\*Prerequisite for the OSHA 500  
Train-the-Trainer Course\*

### Topics Include:

Includes all of the topics presented in the OSHA 10 - Hour course plus:

- Multi-employer Worksites and Focused Inspections
- Subpart C - General Safety and Health Provisions
- Health Hazards
- Subpart F - Fire Protection
- Subpart GWD - Motor Vehicles
- Subpart I - Tools
- Subpart J - Welding
- Subpart N - Cranes
- Subpart Q - Concrete
- Subpart P - Trenching
- Subpart T - Demolition
- Confined Space Entry
- Subpart L - Scaffolds

**FEE:** \$495 for members  
\$595 for nonmembers  
Fee includes continental breakfast, lunch and student materials

### Registration Form

## OSHA 10 and 30 - Hour

Safety Courses for the Construction Industry

8:00 A.M. - 4:00 P.M.

10 - Hour -- November 1 - 2, 2005

\$280 - members \$350 - nonmembers

30 - Hour -- November 1 - 4, 2005

\$495 - members \$595 - nonmembers

Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Company Contact \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

#### Please indicate payment method

Check Enclosed (payable to Chesapeake Region Safety Council)

Please Invoice - Purchase Order # \_\_\_\_\_

Mastercard  Visa  American Express  Discover

Card # \_\_\_\_\_ CID # \_\_\_\_\_

Name on Card \_\_\_\_\_ Exp. Date \_\_\_\_\_

CRSC/NSC Member? Yes, member # \_\_\_\_\_ No \_\_\_\_\_

#### Send this form and payment to:

**Chesapeake Region Safety Council**  
17 Governor's Court - Baltimore, MD 21244

fax - 410-281-1350

phone - 410-298-4770 in Baltimore

toll free - 1-800-875-4770

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