

## TRAINING GOALS

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

- Identify OSHA regulatory requirements for general industry.
- Work knowledgeably within OSHA's 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 general 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 general industry 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 area.

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

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

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

**10-Hour and 30-Hour**

**Safety Courses - General Industry**

**OSHA**

**August 23 - 26, 2005**  
**8:30 a.m. - 4:00 p.m.**



**Chesapeake Region  
Safety Council, Inc.**

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

August 23 - 24, 2005  
(first two days of OSHA 30 - Hour)

### Topics Include:

- Introduction to OSHA Standards - General Duty Clause
- OSHA Inspections, Citations and Penalties
- Personal Protective Equipment
- Safety and Health Programs
- Subpart S - Electrical
- Health Hazards
- Walking and Working Surfaces
- Hazard Communication
- Means of Egress / Fire Protection
- Recordkeeping

### LOCATION:

**Chesapeake Region Safety Council**  
**17 Governor's Court**  
**Baltimore, Maryland 21244**  
Maps will be sent with confirmations

### FEE:

**\$280** for members  
**\$350** for nonmembers

Fee includes refreshments, lunch and student materials including a copy of OSHA Standards for General Industry, 29 CFR Part 1910

## OSHA 30 - Hour Course

August 23 - 26, 2005

*\*Prerequisite for the OSHA 501  
Train-the-Trainer Course\**

### Topics Include:

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

- Machine Guarding
- Hazardous Materials
- Lockout / Tagout
- Flammable and Combustible Liquids
- Welding, Cutting and Brazing
- Confined Spaces
- Material Handling
- Hand and Power Tools

### LOCATION:

**Chesapeake Region Safety Council**  
**17 Governor's Court**  
**Baltimore, Maryland 21244**  
Maps will be sent with confirmations

### FEE:

**\$495** for members  
**\$595** for nonmembers

Fee includes refreshments, lunch and student materials including a copy of OSHA Standards for General Industry, 29 CFR Part 1910

### Registration Form

**OSHA 10 and 30 - Hour  
Safety Courses - General Industry**  
8:30 a.m. - 4:00 p.m.

- 10 - Hour -- August 23 - 24, 2005  
**\$280 - members \$350 - nonmembers**  
 30 - Hour -- August 23 - 26, 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*

*Office Use Only # 4200 / 4201*