



***SIGN-UP TODAY!!!***

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# **OSHA 10 Hour Construction Safety Outreach Training**

**Presented by Clarey's Safety Equipment**

**507-289-6749**

**Michael Brantmeier MS, CSP**

**Class #1 - February 27-28, 2014**

**Class #2 - March 27-28, 2014**

**Class #3 - May 8-9, 2014**

**Time:** 8:30 am – 4:00 pm (Day 1), 8:30 am – 12:00 pm (Day 2)  
**Where:** Canadian Honker Events at the Ramada  
1517 16<sup>th</sup> Street SW  
Rochester, MN. 55902  
**Instructor:** Michael Brantmeier MS, CSP – Clarey's Safety Equipment  
**RAB Members:** \$300.00  
**Nonmembers:** \$325.00

*This one and a half day course will start at 8:30 am on Thursday and end at noon Friday.*

**Location:**

This course will be held at the Canadian Honker Events at the Ramada located directly across from the Apache Mall on the West side of Hwy 52. Free parking is available.

**Cancellation Policy:**

Pre-registration and payment are required. Cancellations must be received by 5:00 pm on the Monday prior to your scheduled training date for a full refund. No refunds will be made after this time.



# OSHA 10-Hour Construction

## Course Overview

OSHA 10-Hour Construction is a part of an OSHA outreach program that results in a valid DOL/OSHA 10-Hour Card. This training course teaches recognition, avoidance, abatement and prevention of safety and health hazards in workplaces. This program also provides information regarding workers' rights, employer responsibilities and how to file a complaint. It was designed to help individuals stay up-to-date with their OSHA safety requirements.

## Intended Audience

- Construction Workers
- Foremen and Job Supervisors
- Construction Site Inspectors
- All Personnel Responsible for Construction-related Projects

## Learning Objectives

This training will teach you about recognition, avoidance, abatement and prevention of safety and health hazards in the workplace. This course focuses on federal OSHA construction industry standards

## Course Topics

- Introduction to OSHA
  - Explain worker rights under OSHA
  - Discuss employer responsibilities under OSHA
  - Understand how OSHA inspections are conducted
- Focus Four Hazards
  - Identify, describe and protect yourself from each of the following Focus Four Hazards:
    - Fall Hazards
    - Electrocuting Hazards
    - Caught-In or -Between
    - Struck-By
- Personal Protective Equipment (PPE)
  - Describe types of hazards that require PPE Lifesaving Equipment
  - Identify and select appropriate PPE Lifesaving Equipment
  - Protect yourself from Safety & Health hazards
- Health Hazards in Construction
  - Identify major health hazards common to the construction industry
  - Describe acute and chronic health hazards
  - Protect yourself from safety and health hazards



- Excavations
  - Identify Trenching and Excavation hazards on the jobsite
  - Describe common types of Excavation hazards
  - Protect yourself from Excavation hazards
- Scaffolds
  - Identify Scaffold hazards on the jobsite
  - Describe common types of Scaffolds and associated hazards
  - Scaffold User Inspections
  - Protect yourself from Scaffold hazards
- Hand Tools and Power Tools
  - Identify and describe types of hand and power tool hazards
  - Protect yourself from hand and power tool hazards

## **OSHA 10 Card**

Upon successful course completion, students will receive a 10 Hour card issued by OSHA and the Department of Labor. DOL/OSHA Completion Cards are sent to the instructor for signature and then mailed directly to the student. Cards typically arrive 6 to 8 weeks after the successful course completion date.

## **Features and Benefits**

Clarey's OSHA 10-Hour Construction safety course is a certificate-level review of occupational safety and health for construction workers. When you have successfully completed this course, you will be able to:

- Recognize, avoid, abate and prevent safety and health hazards in the workplace
- Follow OSHA construction industry standards
- Be aware of company policies that may be different than the ones discussed, sometimes more stringent