

OSHA 10-Hour

The 10-hour Construction Industry Outreach Training Program is intended to provide entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 10 hours. Upon successful completion, students receive an official OSHA 10 Hour card.

WHEN:
May 3, 2010

WHERE:
SBE Training Center
2985 Innsbruck Drive

TIME:
8:00 AM—6:00PM

COST:
\$150.00 SBE Members
\$175.00 Assoc. & Prof. Members
\$200.00 Non-Members

COURSE INCLUDES:

- **Intro to OSHA Standards**
- **Health Hazards in Construction (e.g. noise, HazCom, crystalline silica)**
- **OSHA Focus Four Hazards:**
 - Fall Protection, Subpart M
 - Electrical, Subpart K
 - Struck by (i.e. falling objects, trucks, cranes)
 - Caught in/between (e.g., trench hazards, equipment)
- **PPE / Lifesaving Equipment, Subpart E**
- **Materials Handling, Storage, Use and Disposal, Subpart H**
- **Tools - Hand and Power, Subpart I**
- **Stairways and Ladders, Subpart X**
- **Scaffolds, Subpart L**
- **Excavations, Subpart P**
- **Cranes, Derricks, Hoists, Elevators, & Conveyors, Subpart N**
- **Construction Safety Wrap-Up**



To register simply fill in this form and **FAX BACK TO 222-1918** or Complete this form and mail with your check to:
SBE Training Center
2985 Innsbruck Drive
Redding, CA 96003
If you have any questions please call Cindy at (530) 222-1917

Name _____

Company _____

Address _____

Phone _____

Method of Payment

Bill my SBE Account MasterCard

Check Enclosed Visa

Credit Card # _____ Exp. date _____

Signature _____

Attendees:

REGISTRATION / CANCELLATION POLICIES

Non-Members **MUST** pay in advance to reserve their space(s).
All registration is on a 1st come 1st serve basis until the seminar is full.
Late cancellation fees will be billed at 50% of the seminar price. No shows will be billed full seminar price.
To avoid being billed you must cancel no later than 5 business days prior to training by 5:00PM.
LATE CANCELLATIONS = NO REFUNDS ~ NO CREDITS ~ NO ROLLING FORWARD ~ NO EXCEPTIONS.
The SBE Training Center reserves the right to cancel class due to low enrollment.

To be removed from our contact list, please call 222-1917 or e-mail removeme@shastabe.com

