

*4-Day*

# OSHA 30-HOUR OUTREACH TRAINING

OSHA recommends workplace safety training for a safe and healthful work environment, specifically for hazard avoidance on the job site.

OSHA 30-Hour Construction training is a great method for educating construction workers and supervisors about OSHA safety standards. Students who complete this OSHA-authorized course will receive an official OSHA card from the U.S. Department of Labor (DOL). This OSHA Outreach training is a comprehensive overview of standards that OSHA has set in place for job site safety, specifically structured for hazard identification, avoidance, control and prevention.

This course content includes:

- Introduction to OSHA standards
- OSHA General duty & competent clause
- Excavation, trenching & shoring.
- Electrical
- Fall Protection
- Handling, storage, and disposal of materials
- Ladders and stairways
- Cranes, derricks, hoists, elevators, and conveyors
- Students will also learn about elective items of their choosing and practical application.

For additional information call us or email [safety@abccf.org](mailto:safety@abccf.org).

## Date & Time:

(Non-concurrent)

**May 5-6 & 19-20, 2026**

**8:00 AM - 4:30 PM**

## Location:

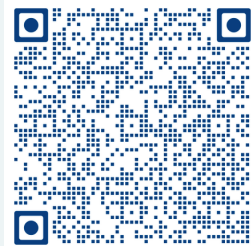
ABC CF Office  
651 Danville Drive  
Orlando, FL 32825

## Cost:

**ABC Member Discount - \$249**  
**Attendee - \$349**

*(Lunch will be provided)*

## SCAN TO REGISTER



*Request a cancellation by 5PM at least 5 business days prior to this class. Refund requests after this deadline will not be accepted.*