

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 [classes@abccf.org](mailto:classes@abccf.org).



## *DATES:*

**April 10-13, 2023**

**August 21-24, 2023**

**December 11-14, 2023**

## *TIME & LOCATION:*

**7:00 AM – 3:30 PM**  
(Lunch will be provided)

**ABC, 651 Danville Drive,  
Orlando, FL 32825**

## *COST*

**ABC Member - \$199**  
**Non member - \$219**

**Scan QR code to  
register today**



A cancellation number will be issued for requests that are received by 5 p.m. 3 business days prior to the first class. Any requests for a refund made after this date will not be processed.