

*2-Day*

# OSHA 10-HOUR OUTREACH TRAINING

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

Workers who successfully complete our OSHA-authorized course will earn their official OSHA 10 card from the U.S. Department of Labor (DOL). Our course is intended as an orientation to OSHA safety training standards. It covers safety and health hazards workers may face on construction work sites, placing special emphasis on 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).

## 2025 DATES:

**March 11 & 12**

**August 12 & 13**

## TIME & LOCATION:

**8:00 AM – 1:30 PM**

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

## COST:

**ABC Member - \$159**

**Non member - \$259**

**SCAN  
QR CODE  
TO SELECT  
DAYS AND  
REGISTER  
TODAY**



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