



Central California  
Chapter

# OSHA 10

The OSHA 10 Hour Construction Industry Outreach Training Program is intended to provide an entry level construction worker's general awareness on recognizing and preventing hazards on a construction site.

## OSHA 10 Topics Covered

- Introduction to OSHA and the OSH Act
- General Safety & Health Provisions
- Health Hazards: Hazard Communication
- Health Hazards: Hazardous Materials
- Cranes & Rigging
- Focus Four: Electrical Safety
- Struck-By & Caught in Between
- Fall Protection
- Personal Protective Equipment
- Hand & Power Tools
- Scaffolds
- Stairways & Ladders

## Fees and Registration

Training scheduled as needed:  
Two, 5 hour days

Reservations are **required**.

\$100 for ABC Members  
\$150 for Non-Members

\*All cancellation requests must be received 48 business hours before scheduled class. Cancellation request must be submitted in writing via e-mail ([membership@abccentralcal.org](mailto:membership@abccentralcal.org)) or fax (661-392-9076). Individuals who fail to notify ABC within 48 prior to class will be subject and charged the full class fee; there will be no refunds or rescheduling.  
NO EXCEPTIONS.



*"Provides interactive classroom setting that promotes open dialogue directly with the instructor."*

DOL Wallet Card issued upon course completion

Training is held at:  
**ABC Central California Training Facility**

19466 Flightpath Way  
Bakersfield, CA 93308  
(661) 392-8729



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