



Central California
Chapter

OSHA 30

The OSHA 30-hour Construction Industry Outreach Training Course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foreman, and field supervisors; the program provides complete information on OSHA compliance issues.

OSHA 30 Topics Covered

- Introduction to OSHA and the OSH Act
- Recordkeeping
- Basic Safety Orientation
- General Safety and Health Provisions
- Health Hazards: Hazard Communication
- Health Hazards: Hazardous Materials
- Process Safety Management: (PSM)
- Personal Protective Equipment
- Fire Protection
- Materials Handling and Storage
- Hand and Power Tools
- Welding & Cutting
- Focus Four-Electrical Safety
- Focus Four-Struck-By and Caught in between Hazards
- Focus Four-Fall Protection
- Cranes & Rigging
- Motor Vehicles
- Excavations
- Concrete & Masonry Construction
- Stairways & Ladders
- Confined Spaces
- Lead Safety in the Workplace
- Use of Explosives in the Workplace
- Scaffolds

Fees and Registration

Training scheduled as needed:
Three, 8 hour days
One, 6 hour day
Reservations are **required**.

\$200 for ABC Members
\$250 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) 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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