



# OSHA Construction Safety & Health Combined OSHA 10 and 30 Hour Course

***Date: October 18-21, 2010***

**REGISTRATION: 7:30am START: 8:00am END 5:00pm**

**Location: AGCVA**  
11950 Nuckols Road, Glen Allen

**Training Provided By:**  
**Garland Hanson, Atlantic Safety**

**OSHA 10 is being offered for \$150**  
**OSHA 30-Hour (\$350)**

**Class Schedule on Back**

---

Return to: Marsha Hargette, AGC of Virginia, P.O. Box 5700  
Glen Allen, VA 23058, (804) 364-5504, FAX: (804) 364-5511.

There will be \_\_\_\_\_ from our firm attending the OSHA training in October 2010.

**Reservations required by the deadline of October 11, 2009 - Prepayment of registration fee is requested.**

Enclosed is a check in the amount of \$\_\_\_\_\_ (made payable to AGCVA- Richmond District)  
**(\$150.00 OSHA 10-Hour class, \$350 OSHA 30-Hour class)**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_



# OSHA Construction Safety & Health Combined OSHA 10 and 30 Hour Course

## Class Schedule

- **Day 1**- 10-Hour & 30- Hour Training  
Introduction to OSHA, OSH Act/General Duty Clause 5(a)(1), Inspections, Citations, General Safety & Health Provisions, Competent Person, Scaffolding, Fall Protection, Electrical and Safety Related Work Practices, Excavation Safety
- **Day 2** – 10-Hour & 30- Hour Training (10-Hour registrants participate until Noon)  
Personal Protection and Life Saving Equipment, Hazard Communications, Recordkeeping and Legal Issues  
  
30-Hour registrants continue the day covering these subjects: Fall Protection, Stairways and Ladders, OSHA Standards reading & research
- **Day 3** – 30-Hour Training  
Occupational Health Hazards in Construction & Controls, Fire Protection, Prevention and Emergency Planning, VOSH Confined Space Standard for Construction, Supervising for Safety
- **Day 4**- 30-Hour Training  
Electrical & Safety Related Work Practice, Hand & Power Tools, Welding & Cutting, Materials Handling and Storage, Cranes and Hoists, Motor Vehicles and ROPS. Testing will take place followed by a wrap-up session.