



OSHA 10 HOUR

For the Construction Industry

PURPOSE OF THE COURSE

This 10-Hour Construction Course identifies safety and health principles to help each attendee meet OSHA requirements, with special emphasis placed on areas most commonly resulting in injuries or property damage. It emphasizes hazard identification, avoidance, control and prevention—*not simply OSHA standards*.

TOPICS COVERED

Introduction to OSHA, the OSH Act, and OSHA Standards	OSHA's "Focus Four" Hazards: <ul style="list-style-type: none"> ◆ Fall Hazards & Fall Prevention ◆ Electrocution & Electrical Safety ◆ Struck by— Falling Objects, Trucks, Cranes, Etc. ◆ Caught In or Between — Trench Cave-Ins, Equipment, Etc.
Personal Protective and Lifesaving Equipment (including Fall PPE)	
Health Hazards in Construction — Asbestos, Crystalline Silica, Lead, Welding Fumes, Etc.	

WHO SHOULD ATTEND?

This course is intended for entry-level construction workers - but others will also benefit, including those responsible for safety, business operations, Human Resources, and all *who truly care about safety!*

COST, SCHEDULE, & RESOURCES

\$150 PER STUDENT (\$195 with a copy of the 29-CFR-1926 Manual)

Classes Begin Promptly At 8:30 AM (refreshments & lunches are provided)

Class handouts and other reference materials will be provided on a USB Drive, as well as a *Certificate of Completion* and *OSHA 10-Hour Construction Safety & Health* card (the cards will be mailed after successful completion of the course).

Course Dates:	May 16th and 23rd, from 8:30 AM to 2:30 PM Both Days	Location: CM3 Building Solutions	
		185 Commerce Drive	
		Fort Washington, PA 19034	
Company:			
Primary Contact:		Title:	
Email:		Phone:	Fax:
Address:			
City, State, Zip:			
Attendee Names:			
Payment	Do you want the OSHA Manual or DVD?	<input type="checkbox"/> OSHA 1926 Manual (\$45.00)	<input type="checkbox"/> OSHA 1926 CD-ROM (\$55.00)
Credit Card:	(AMEX, MC, VISA) Call George Dula at 215-322-8400 to process Credit Card payments		
Check:	Make check payable to "CM3 Building Solutions, Inc."		
Please mail completed form with payment to the address listed below.			

CM3 Building Solutions, Inc. • 185 Commerce Drive, Fort Washington, PA 19034 • p. 215-322-8400 • f. 215-322-8838

For more information, please email the trainer, George Dula, at: georgedula@cm3inc.com

www.cm3inc.com