



# OSHA 30 HOUR

## For the Construction Industry

### PURPOSE OF THE COURSE

This 30-Hour Construction Course provides a variety of training to workers with some safety responsibility by emphasizing hazard identification, avoidance, control and prevention—*not just OSHA standards*—with special emphasis on areas most commonly resulting in injuries or property damage.

### TOPICS COVERED INCLUDE:

Introduction to OSHA, Regulations & OSHA Standards	
Managing Safety and Health	<b>OSHA’s “Focus Four” Hazards:</b> <ul style="list-style-type: none"> <li>• Fall Hazards &amp; Prevention</li> <li>• Electrocutation &amp; Electrical Safety</li> <li>• <b>Struck-By:</b> <i>Falling Objects, Trucks, Cranes, etc.</i></li> <li>• <b>Caught In/Between:</b> <i>Trench Cave-Ins, Equipment, etc.</i></li> </ul>
Health Hazards in Construction	
Stairways and Ladders	
Personal Protective & Lifesaving Equipment ( <i>including Fall PPE</i> )	

### WHO SHOULD ATTEND?

This course is for those with some safety responsibility and aids in developing safety programs – but others may also benefit, including those responsible for safety and those who really care about Safety!

### COST, SCHEDULE & RESOURCES

**\$400 per Student (\$445 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 30-Hour Construction Safety & Health* card (the cards will be mailed after successful completion of the course).

<b>Course Dates:</b>	<b>June 6th, 8th, 13th, 15th and 20th, from 8:30 AM to 3:30 PM Each Day</b>	<b>Location:</b>	<b>CM3 Building Solutions 185 Commerce Drive Fort Washington, PA 19034</b>	
Company:				
Primary Contact:		Title:		
Email:		Phone:	Fax:	
Address:				
City, State, Zip:				
Attendee Names:				
<b>Payment Method:</b>	<b>Do you want the OSHA Manual or DVD?</b>	<input type="checkbox"/> <b>OSHA 1926 Manual (\$45.00)</b>	<input type="checkbox"/> <b>OSHA 1926 CD-ROM (\$55.00)</b>	
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 • phone: 215-322-8400 • fax: 215-322-8838  
For more information, please email the trainer, George Dula, at: [georgedula@cm3inc.com](mailto:georgedula@cm3inc.com)

[www.cm3inc.com](http://www.cm3inc.com)