



South Texas Chapter

# ASSOCIATED BUILDERS & CONTRACTORS, INC. SOUTH TEXAS CHAPTER

## OSHA 10 - Hour

Provide a  
Safety Net of Understanding  
for your employees.

The 10-Hour program provides instruction on health topics and construction industry safety. Students receive a 10 Hour OSHA completion card. The course focuses on the requirements found in the OSHA regulations. This course includes power point presentations, lecture, examples of actual violations, and in depth discussion of the requirements for OSHA regulations covering topics such as:

- Introduction to OSHA
- OSHA Focus Four Hazards including:
- Fall Protection
- Electrical
- Struck By
- Caught In/Between
- Personal Protective & Live Saving Equipment
- Health Hazards in Construction including:
- Hazard Communication
- Silica
- Stairways and Ladders

**Additional Topics May Include:**

- Subpart H - Materials Handling, Storage, Use & Disposal
- Subpart I - Tools - Hand & Power
- Subpart L - Scaffolds
- Subpart N - Cranes, Derricks, Hoists, Elevators & Conveyors
- Subpart P - Excavations

**Sign-Up Online**  
[http://www.abcsouthtexas.org/event\\_registration.aspx?eventid=57366](http://www.abcsouthtexas.org/event_registration.aspx?eventid=57366)

### Price

Member: \$200  
Non-Member: \$250

\* includes book fee

### Location

ABC—South Texas  
Chapter Office  
10408 Gulfdale  
San Antonio, Texas 78216

### Class Dates & Time

February 16, 2010  
February 17, 2010

1:00 pm to 6:30 pm

### Cancellation Policy

Cancellations must be in writing and received five (5) days prior to the course start date. Cancellations received after the deadline will not receive refund. However, the ABC - South Texas Chapter will allow for a substitute of the original attendee.

### Completion Policy

OSHA 10 Hour Completion Cards will be issued - Attendee must complete entire 10 hour course to receive completion card.

### Registration Form

### Attendee's Name

Contact Person	_____	_____
Company	_____	_____
Address	_____	_____
Office Number	Fax Number	_____
E-mail Address		_____
Method of Payment	<input type="checkbox"/> Check	<input type="checkbox"/> Bill Me
		<input type="checkbox"/> Visa
		<input type="checkbox"/> MasterCard
Credit Card #	Exp. date	_____
Signature		Total: _____

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Safety Training Saves  
Money, Time and Lives!