

# OSHA 30 Hour Construction Safety & Health Course



**Thursday, February 21<sup>st</sup> & Friday, February 22<sup>nd</sup>, 2019**

**Thursday, February 28<sup>th</sup> & Friday, March 1<sup>st</sup>, 2019**

8:00 a.m. to 5:00 p.m.

John Brown University Rogers Center | Room #115  
2807 W Ajax Ave #200 | Rogers, AR 72758

All class materials will be provided.  
Lunch will be provided all four days.

Instructor:  
John E. Staires CBO, CECO  
*Authorized OSHA 10 & 30 Instructor*

**\$295 Member**

**\$395 Non-Member**

**This course will go over the following topics among others:**

- History of the Occupational Safety Act & OSHA
- Employee and Employers rights and responsibilities under the act
- How OSHA Operates
- The OSHA Focus Four
- Fall Prevention
- Electrocutation
- Struck-by
- Caught-between
- Excavations
- Ladders and Scaffolding
- Personal Protective Equipment
- Material Handling
- How to maintain an effective Safety Program
- Concrete

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

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Attendee Names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RESERVATIONS ARE REQUIRED. Email reservations to [megan@abcark.org](mailto:megan@abcark.org) or call 501.812.0828 by Friday, February 7, 2019.**

**Or mail reservations to:**

**ABC Arkansas: 6 Collins Industrial Place, North Little Rock, AR 72113.**

*Companies will be invoiced after the class is completed.  
Reservations not cancelled 72 hours prior to event constitute a financial commitment.*