

# GAPPA Workshop Series Presents

## OSHA 10 Hour Safety Course – “General Industry”

### 3/13/13 (Day 1) and 3/26/13 (Day 2)

**Location:** Middle Georgia State College (Formerly Macon State College) – Building and Room TBA

**Cost:** \$35 total fee per attendee. Box lunch and snacks included for both days. Upon completion of the course, attendees will receive a completion certificate and wallet size OSHA 10 Hour course completion cards.

**Overview:** The OSHA outreach training program teaches workers about their rights, employer responsibilities, and how to identify, abate, avoid, and prevent job related hazards. OSHA has promoted workplace safety and health through the Outreach Training Program since 1971. Topics covered in this course will include:

- Introduction to OSHA
- Fall Protection
- Electrocution
- Struck By Hazards
- Caught in Between
- Stairs and Ladders
- Tools
- Scaffolds
- Material Handling
- Fire Protection

**Instructor Biography:** Marc Reeves, Safety Director for Ajax Building Corporation, is an authorized OSHA outreach instructor. Ajax Building Corporation is a large construction management firm operating throughout the Southeast United States with projects ranging in size from \$500,000.00 to more than \$75,000,000.00. Mr. Reeves has more than 20 years experience in the construction safety industry and has managed Ajax’s safety program for the past 14 years.

#### **Schedule:**

##### **Day 1, March 13th.**

- Class Starts – 8:30am
- “Introduction to OSHA” – 2 hours
- “Fall Protection” – 1 hour 15 minutes
- “Electrocution” – 45 minutes
- “Struck By” – 45 minutes
- “Caught between” – 45 minutes
- Total 5.5 hours of instruction
- 40 min for breaks (10 min between sessions)
- 1 Hour for lunch
- Day 1 - 7 hours 10 minutes
- Depart – 3:40 pm

##### **Day 2, March 26th**

- Class Starts – 8:30am
- “Personal Protective Equipment” – 45 min
- “Health Hazards in Const.” – 45 min
- “Stairs and Ladders” – 1 hour
- “Tools” – 30 min
- “Scaffolds” - 30 min
- “Material Handling” - 30 min
- “Fire Protection” – 30 min
- Total 4.5 hours of instruction
- 40 minutes for breaks (10 min per hour of instruction) & 1 Hour for lunch
- Day 2 – 6 hours 10 minutes
- Depart 2:40 pm

Please email [todd.bermann@ung.edu](mailto:todd.bermann@ung.edu) to register by 2/22/13. Payment by check will be required by 2/28/13.

Institution Name: \_\_\_\_\_ Attendee Name: \_\_\_\_\_

Address: \_\_\_\_\_ Contact Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Special Food Requirements?: \_\_\_\_\_

\*\*\$35 checks to be made out to GAPPA – OSHA Workshop