



New Hampshire/  
Vermont Chapter

# OSHA 30-HOUR OUTREACH COURSE FOR CONSTRUCTION



## Date Options:

Fridays: April 12, 19, 26 & May 3, 2019

Fridays: November 1, 8, 15, 22, 2019

Time: 8:00 a.m. — 4:30 p.m.

ABC Education Center, Concord, NH

\* Fees: \$450 ABC NH/VT Members  
\$650 Non ABC NH/VT Members

Fee includes materials, lunch & light snacks/refreshments

*\*No refunds for cancellations within one week of class.  
\*\$50 rescheduling fee for changes within one week of class.*

## To Register:

Visit the ABC calendar on our website:

[www.abcnhvt.org](http://www.abcnhvt.org)

For questions or to learn about custom programs:

Call or email Jennifer Landon:

603-226-4789 | [jennifer@abcnhvt.org](mailto:jennifer@abcnhvt.org)

This four-day OSHA 30-Hour Outreach Program provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint.

This program is appropriate for supervisors or workers with some safety responsibility. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

Participants receive a copy of the OSHA Standards for the Construction Industry (29 CFR Part 1926).

Upon successful completion, students will receive the OSHA 30-Hour Outreach Card.

## CLASS TOPICS:

- Intro to OSHA, History, Inspection Process, Multi-Employer Responsibilities
- Focus Four Hazards
- Subpart C - Safety Programs, Safety Inspections, Competent Persons, Recordkeeping
- Motor Vehicles and Equipment, Safe Driving (Subpart O)
- Fall Protection and Prevention (Subpart M)
- Scaffolding Safety (Subpart L)
- Stairs and Ladders (Subpart X)
- Crane Safety (Subpart CC)
- Rigging Safety (Subpart H)
- Steel Erection (Subpart R)
- Occupational Health Standards, Hazard Communication, Respirators (Subparts D & E)
- Ergonomic Considerations (Subpart D/ Section 5(a) (1), Manual Materials Handling (Subpart H)
- Tool Safety (Subpart I)
- Trenching & Excavation Safety (Subpart P)
- Confined Space Entry (Subpart AA)
- Electrical Safety (Subpart K)
- Fire Safety (Subpart F)
- Actual Site Visit For Inspection (Subpart C)
- Personal Protective Equipment (Subpart E)
- Course Post-Test and Action Plans



\*10% DISCOUNT for  
Verified members of NH HomeBuilders  
Enter code NHHBA

*Confirmations and directions are sent within one week of class start date.*

*See reverse for driving directions.*

*58 Chenell Drive & Rte. 106 • Concord, NH 03301 • Phone: 603-226-4789 • Email: [info@abcnhvt.org](mailto:info@abcnhvt.org)*

# Directions



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## **DIRECTIONS: ABC NH/VT EDUCATION CENTER (DO NOT RELY ON GPS NAVIGATION)**

**58 CHENELL DRIVE, CONCORD, NH 03301 | 603-226-4789**

### **From I-93S in Concord:**

Take Exit 15 E to I-393 East.

Take Exit 3 to Route 106 and head right onto 106-South.

Proceed 1 mile, past the Steeplegate Mall.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

### **From I-93N in Concord:**

Take Exit 13.

Proceed right onto Route 3-North; Manchester Street.

Move into the left lane and take the first left onto Old Turnpike Road.

Cross over Airport Road and continue on Regional Drive to Route 106.

At the lights, turn right onto Route 106. We are at the next intersection.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

### **From the Seacoast:**

Take Route 4-West to I-393 West.

Take the Route 106-South exit on your left.

Proceed 1 mile, past the Steeplegate Mall.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

### **PARKING:**

Parking and entrance for our **Education Center** is at the **back of the building.**

Drive through the gated area.

Park anywhere near the building, retaining wall or tree.