



## ON-SITE 2 Day TRAINING OSHA 10 Construction

Please note registration for day one automatically registers you for day 2 of training.

This two-day training meets the requirements of OSHA's Outreach program. Upon successful completion of this course an OSHA 10-hour Construction certificate and card will be provided. The course provides basic hazard identification and controls for the construction industry. Topics include OSHA and DLS; safety and health programs; health hazards; personal protective equipment; fall prevention and protection; ladders; electrical; struck-by and caught in-between; and excavations.



### Agenda

- Welcome
- Introduction to OSHA
- Safety and Health Programs
- Health Hazards
- Personal Protective Equipment
- Fall Prevention and Protection
- Stairs and Ladders
- Electrical
- Struck-by and Caught In-between
- Material Handling
- Excavations
- Tools

**Reward Credits:** Participation in this 2- day training qualifies the MIIA member for 1% Rewards credit under the Workers Compensation

### DATE

Tuesday & Wednesday  
October 14 & 15  
8:00 AM- 2:00 PM  
Registration/Breakfast 7:30 am  
Lunch included each day

### LOCATION

Groton Fire Department  
45 Farmers Row, Groton, MA 01450)

[REGISTER HERE →](#)



### PRESENTER

**Kimlee Lindgren, MS, CHST**

Kimlee is currently the Senior Risk Management Trainer for the Massachusetts Interlocal Insurance Association (MIIA). She has enjoyed various positions in the safety and health profession for over 43 years. Her expertise is in construction, maritime, education, insurance, and regulatory compliance. She has also been developing curriculum, and serving as an industry director and instructor for the OSHA Education Center for 33 years.

Category.

**Accommodations:** Please contact Lauren Stratton at 423-302-7787 at least 48 hours in advance.

**Disclaimer:** The material contained herein is intended for general informational purposes only. It is not intended as legal advice and should not be construed as such. Any inquiries concerning Massachusetts law should be directed to a city solicitor, town counsel or other licensed attorney.



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