



## OSHA 10 Hr. Construction Safety & Health

2- Day Training (onsite)

Registration for day 1 of this training registers you for both days



**Monday, December 12, 2022 - 7:00 a.m. - 3:00 p.m.**

&

**Tuesday, December 13, 2022- 7:00 a.m. - 10:30 a.m.**

**35 Pleasant St, Greenfield, MA.**

**(Community Center)**

**You must participate in both days of this 2 day series to receive an OSHA card**

Register [here](#)

### DAY ONE - MONDAY DECEMBER 12.

**7:00 a.m. - 3:00 p.m.**

- Welcome
- Introduction to OSHA
- Safety and Health Programs
- Health Hazards
- Personal Protective Equipment
- Fall Prevention and Protection
- Stairs and Ladders
- Electrical

### DAY TWO - TUESDAY DECEMBER 13

**7:00 a.m. - 10:30 a.m.**

- Struck-by and Caught In-between
- Material Handling, Storage, Use and Disposal
- Excavations
- Hand and Power Tools
- Activities and Course Closing

Participation in both days of training will qualify the MIIA member for 1% under the Workers Compensation Category of the MIIA Rewards Program



#### **Instructor: Kimlee Lindgren**

Kim has enjoyed the safety and health profession for over 41 years. She currently works for the Massachusetts Municipal Association (MMA) as the MIIA Senior Risk Management Trainer. Prior to this position, she served as the Site Safety Officer for the South Coast Rail Project for the MBTA. And prior to that, she served as the Deputy Director for Occupational Health and Safety for the MBTA. For 31 years, she has developed curriculum and conducting training nationwide for the OSHA Training Institute Education Centers. Her expertise is in construction and maritime with previous employment with general contractors, specialty contractors, general industry, insurance companies and trade associations. Kim is also a former compliance officer for Cal/OSHA. She is a Professional Member of the American Society of Safety Professionals (ASSP), past president of the San Diego Chapter and 2018 recipient of the ASSP Construction Safety Professional of the Year award.

