



OSHA 10 TRAINING

Tuesday and Wednesday
 June 5th & 6th
 East Longmeadow Fire Department
 150 Somers Road, East Longmeadow MA 01028
 8:00 a.m. to 3:00 p.m.
 (Registration/Continental Breakfast 7:45 a.m.)
 light lunch included

10 TCH

Trainer

**Richard Afrikan- Risk
 Manager with MIIA Member
 Service, OSHA Outreach
 Trainer**

OSHA 10 HOUR CONSTRUCTION

June 5 & 6, 2018- 6 hours mandatory lectures, 4 hours electives (all time for OSHA 10 Construction Card cannot include lunch or break time)

Tuesday, June 5, 2018-8am Start

- Intro to OSHA-1 hour 8:00-9am (mandatory) 1 hour
 - Break-10 minutes

Focus 4 Hazards:

- Falls-protection and regulations- hazard protection, 9:10am-10:45am (Mandatory) 1.5hours
 - break <10 minutes
- Walking and Working Services 10:50am-1150am (mandatory- 30 minutes)
 - Lunch-11:50am-1230pm
- Electrocutation-Electrical safety-LOTO and site work hazards 12:30pm-1:30pm (Mandatory 1 hour minutes)
 - Break-10 minutes



- Struck by-(falling objects, trucks and cranes-safety-1:10-1:40pm (Mandatory) 30 minutes
- Caught-in between- (trench and excavation hazards, safety regs/requirements) 1:40pm 2:10pm 30 minutes
 - Break- 10 minutes (4-hour requirement met)
- Personal Protective and Life-saving equipment-PPE- 2:20-2:50pm) 30 Minutes
- Health Hazards in Construction- Noise/hearing protection, respiratory protection 2:50-3:20pm 30 minutes
- End of Day 1 -total of 6 hours

Wednesday-Day 2-June 6, 2018- 8am

- Stairways and Ladders- Construction OSHA standard- 800-900am 1 hour
- Break- 10 minutes
- Tools- Hand and Power- 9-10am-10:10am 1 Hour
- Confined Space- 10:10 AM-11:10AM 1 Hour
 - Break 10 minutes
 - Cranes, Derricks, Slings and other safety-Regs- 11:20am-12:20 pm-1 hour

Complete 10 hours of OSHA Regulations and requirements for the OSHA 10 Construction Card

Other elective presentations can be presented pending time and requests. The time shall include exercises, Q & A's and videos on Construction safety and awareness
Presentations will include interactive discussions-questions and answers, videos and PPT presentations

Attendance at this seminar qualifies the MIIA member for 2% credit under the FY18 MIIA Rewards Workers' Compensation category.