



## OSHA 10 - TWO DAY TRAINING

The New England Consortium (TNEC)

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September 18th & 19th  
Tuesday and Wednesday  
8:00 a.m. to 3:00 p.m.  
Adams Public Library  
92 Park Street  
Adams, MA 01220

(Registration/coffee and pastries 7:45 a.m)  
light lunch included  
10 TCH

The New England Consortium has partnered with MIIA to lead this comprehensive 10-hour training, which emphasizes hazard identification, avoidance, control and prevention in the construction industry. Training is based on various topics in OSHA's Construction Industry Regulations.

The OSHA 10 Construction class is an "awareness" class not a detailed, exhaustive review of OSHA regulations. Participants will engage in small group activities and discussion as well as a review of photos and videos. This 10-hour training will provide a general overview of OSHA and include the following topics:

## RESOURCES

[THE NEW ENGLAND CONSORTIUM](#)

### PRESENTERS

#### **Bridget McGuiness**

previously worked for EPA as an environmental engineer and has a BS in civil engineering and numerous Massachusetts licenses and certifications

**Tom Estabrook** worked for 20 years with labor, environmental and health organizations as an advocate for worker health and safety in MA and Louisiana. He also worked in the labor and residential construction industry and is a local union leader in MA teachers



- Value of Safety and Health
- OSHA Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights and Recordkeeping Basics.
- Inspections, Citations and Penalties
- General Safety and Health provisions

The remaining training will address the OSHA Focus Four Hazards including:

- Fall Protection
- Electrical
- Struck by (e.g., falling objects, trucks, cranes)
- Caught in/between (e.g., trench hazards, equipment).

Also included will be:

personal protective and lifesaving equipment, health hazards in construction, hand and power tools, stairways and ladders, scaffolds, aerial lifts, material handling, storage use and disposal, confined space, work zone safety, respiratory protection, trenching and lock-out-tagout.

Attendance at this seminar qualifies the MIIA member for 2% credit under the FY19 MIIA Rewards Workers' Compensation category.

association. Mr. Estabook has a PHD in Health and safety education with the New England Consortium as well as degrees in environmental science and geography.

