



OSHA 10 General Industry Course 2- Day Training

Tuesday, November 14, 2023
and
Wednesday, November 15, 2023
Homer Building
19 Moore Street, 3rd Floor Gallery, Belmont MA 02478
8:00 a.m.- 2:30 p.m.
Registration 7:30 a.m.

Light breakfast and lunch will be provided each day

TOPICS OF DISCUSSION

Tuesday, November 14, 2023.....8:00 A – 2:30 P Breaks provided every 1 ½ to 2 hours

- Introduction to OSHA
- Basics of Safety & Health
- Personal Protective Equipment
- Fire Prevention & Protection
- Exit Routes & Emergency Action Plans
- Walking & Working Surfaces
- Ladders

Wednesday, November 15, 2023.....8:00 A – 2:30 P Break provided every 1 ½ to 2 hours

- Electrical
- Machine Guarding
- Hazardous Materials
- Hazard Communication
- Ergonomics
- Activities and Course Closing

Participation at this seminar qualifies the member for 1% MIIA Rewards credit under the Workers Compensation category.

ABOUT THE PRESENTER: KIMLEE LINDGREN



KimLee 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.