



## OSHA 10 - Hour General Industry Course

2- Day Training (onsite)

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

**Wednesday March 8, 2022 - 8:00 a.m. - 2:30 p.m.**  
**&**  
**Thursday, March 9, 2023 8:00 a.m.- 2:30 p.m.**

74 Town Brook Road, West Yarmouth, MA 02673  
 Muster Room, Town of Yarmouth Public Works

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

Register [here](#)

Light breakfast and lunch will be provided

Breaks provided every 1 1/2 to 2 hours

## AGENDA

**Wednesday, March 8, 2023**  
**8:00 a.m.- 2:30 p.m.**

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

**Thursday, March 9, 2023**  
**8:00 a.m.- 2:30 p.m.**

- Electrical
- Machine Guarding
- Hazardous Materials
- Haard Communication
- Ergonomics
- 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**

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.

