



Workplace Safety



OSHA 10 for General Industry

Tuesday, July 29, 2025

8:00 A – 2:00 P

Breaks provided every 1 ½ to 2 hours

- Introduction to OSHA
- Safety and Health Programs
- Personal Protective Equipment
- Fire Prevention and Protection
- Exit Routes and Emergency Action Plans

Wednesday, July 30, 2025

8:00 A – 2:00 P

Break provided every 1 ½ to 2 hours

- Walking and Working Surfaces
- Ladders
- Electrical
- Hazardous Materials
- Hazard Communication
- Activities and Course Closing

Reward Credits This 2-day training qualifies the MIIA member for 1% under the MIIA Rewards Workers' Compensation category.

Accommodations Please contact Mary Ann Marino at 781-223-1870 at least 48 hours in advance.

DATE & TIME

Tuesday, July 29, 2025

8:00 A – 2:00 P

registration/breakfast

7:30 A

light lunch provided

**Wednesday, July 30, 2025 8:00A
—2:00P**

registration/breakfast

7:30 A

light lunch provided

LOCATION

Belmont High School
221 Concord Avenue
Belmont, MA 02478



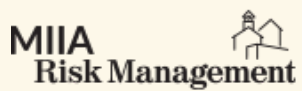
PRESENTER

Kimlee Lindgren

Kimlee Lindgren, MS,
CHST

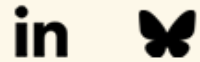
Kimlee is currently the Senior Risk Management Trainer for the Massachusetts Interlocal Insurance Association (MIIA). She has enjoyed various positions in the safety and health profession for over 43 years. Her expertise is in construction, maritime, education, insurance, and regulatory compliance. She has also been developing curriculum, and serving as an industry director and instructor for the OSHA Education Center for 33 years.

Disclaimer: The material contained herein is intended for general informational purposes only. It is not intended as legal advice and should not be construed as such. Any inquiries concerning Massachusetts law should be directed to a city solicitor, town counsel or other licensed attorney.



Massachusetts Interlocal Insurance Association
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