



OSHA 10 Hr. Construction Safety & Health 2- Day Training January 25th & 26th, 2022

**Tuesday, January 25, 2022
and
Wednesday, January 26, 2022**

**Belmont DPW Garage
37C Street Belmont MA 02478**

8:00 a.m. - 2:00 p.m. (each day)

MIIA safety protocols will be provided to participants and followed

This OSHA 10 Training emphasizes hazard identification, avoidance control and prevention.

Agenda

DAY ONE

- Intro to OSHA
- Focus 4 Hazards:
 - Falls- protection and regulations- hazard protection
 - Walking and Working Services
 - Electrocution- Electrical Safety - LOTO and site work hazards
 - Struck by- (falling objects, trucks and cranes) - safety
 - Caught-in between (trench and excavation hazards, safety regulations, requirements)
 - Personal Protective and Life-saving equipment PPE
 - Health Hazards in Construction- Noise/hearing protection, respiratory protection

Day Two

- Stairways and ladders- Construction OSHA Standard
- Tools- Hand and Power
- Confined Space
- Cranes, Derricks, Slings and other safety regulations

Presentations will include interactive discussions- questions and answers, videos and powerpoint presentations.

Participation in both days of training will qualify the MIIA member for 1% under the Workers Compensation Category of the MIIA Rewards Program

Instructor:

Richard Afrikan, MIIA Member Services Risk Manager is an authorized OSHA 10/30 Instructor for Construction and General Industry. HE has worked as a Risk Control Consultant for over 30 years including the last 6 years for MIIA with our members to assist them with safety and best practices.

He has worked with both private and public entities nationally conducting onsite audits for OSHA compliance (Construction and General Industry) and Best practices-general safety in different industries including public entities such as cities, towns and airports. He has a passion for safety and in helping our members maintain good safety practices in all ways.

