



OSHA 10 Hr. General Industry

2- Day Training (onsite)

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

Thursday, March 30, 2023

&

Friday, March 31, 2023

8:am- 2:00 pm (both days)

Hadley Public Library, 50 Middle St, Hadley, MA 01035

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

Register [here](#)

Light breakfast and lunch provided

Thursday, March 30, 2023.....8:00 a.m. – 2:00 p.m

Breaks provided every 1 ½ to 2 hours

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

Friday, March 31, 2023.....8:00 a.m. – 2:00 p.m

Break provided every 1 ½ to 2 hours

- **Walking and Working Surfaces**
- **Ladders**
- **Electrical**
- **Hazardous Materials**
- **Hazard Communication**
- **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.

