



OSHA 10-hour Construction Course (2- Day Training)

Tuesday, April 16, 2024
and

Wednesday, April 17, 2024

Registration for April 16th automatically registers you for April 17th
Longmeadow High School . 95 Grassy Gutter Road, Longmeadow MA 01106

8:00 a.m.- 2:00 p.m.

Registration 7:30 a.m.

[Register Here](#)

Light breakfast and lunch will be provided each day
Must complete both days to receive a certificate/ card

TOPICS OF DISCUSSION

**Tuesday, April 16, 2024.....8:00 A – 2:00 P Breaks
provided every 1 1/2 to 2 hours**

Welcome
Introduction to OSHA
Safety & Health Programs
Health Hazards
Personal Protective Equipment
Fall Prevention & Protection
Stairs and Ladders



**Wednesday, April 17 2024.....8:00 A – 2:00 P Breaks
provided every 1 1/2 to 2 hours**

Electrical
Struck-by and Caught In-between
Material Handling, Storage, Use and Disposal
Excavations
Hand and Power Tools
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.

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