



Metro Washington Chapter

# Safety

# Education Seminar



## OSHA 30-Hour

This course covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous. Upon successful course completion, the student will receive an OSHA construction safety and health 30-hour course completion card. NOTE: All participants will be provided with a current copy of the OSHA construction regulations, 29 CFR 1926.

**Date:**

February 12th, 19th & 26th, 2010

**Time:**

8:00am - 5:00pm

**Location:**

ABC CraftMasters Training Academy  
3403 East West Highway  
Hyattsville, MD 20782

**Instructor:**

Adam Mattocks,  
Safety Plus, LLC

- ⊗ Introduction to OSHA & OSHA Standards
- ⊗ OSHA's Multi-Employer Worksite Policy
- ⊗ Competent Person Requirements
- ⊗ General Safety & Health Provisions
- ⊗ Fall Prevention & Personal Fall Protection
- ⊗ Fire Protection & Fire Prevention
- ⊗ Concrete & Masonry Construction
- ⊗ Accident Investigation Process for Supervisors
- ⊗ OSHA Injury/Illness Record-keeping Requirements
- ⊗ Stairway & Ladder Safety
- ⊗ Welding & Cutting Safety
- ⊗ Hazard Communication/Employee Right-to-Know
- ⊗ Scaffolding Safety Requirements for Supervisors & Users
- ⊗ Health & Safety Programs (can include subjects like Accident Investigation, Job Safety Analysis, & Site Inspections)
- ⊗ Personal Protective Equipment (can include Respiratory Protection Training & Fit Testing)
- ⊗ OSHA Inspection Process
- ⊗ Demolition
- ⊗ Steel Erection
- ⊗ Electrical Safety
- ⊗ Aerial Lifts
- ⊗ Material Handling
- ⊗ Bloodborne Pathogens
- ⊗ Confined Space Entry
- ⊗ Lockout/Tagout
- ⊗ Trenching & Excavations
- ⊗ Cranes & Derrick Safety
- ⊗ Hearing Conservation

ABC of Metro Washington

4061 Powder Mill Road

Suite 120

Calverton, MD 20705

Phone 301-595-9711

Fax 301-595-9718

[www.abcmetrowashington.org](http://www.abcmetrowashington.org)

**Meet your Instructor:** *Adam Mattocks* is the owner of Safety Plus, LLC. He is an enthusiastic member of ABC of Metro Washington. Mr. Mattocks also serves as a leader of safety training and is an active member of ABC of Metro Washington's safety committee. He is a member of the National Safety Council and is certified to teach numerous courses including First Aid/CPR, 10 & 30-Hour OSHA, Respirator Fit Testing, Forklift Instructor, Mold Inspections. He is also a D.O.T. certified Traffic Flagging Instructor. Mr. Mattocks graduated from North Carolina A&T University with a degree in Occupational Safety and Health and has been active in the construction industry for over 10 years.



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## OSHA 30-Hour



Cost: ABC Member \$450.00

Non-Member \$675.00

(ABC Members may be billed)

(Non-Members' payment required in advance)

**REGISTRATION AVAILABLE ONLINE AT [WWW.ABCMETROWASHINGTON.ORG](http://WWW.ABCMETROWASHINGTON.ORG)**

Check Enclosed: \_\_\_\_\_ Please Bill My Credit Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

CVV2 or CVC2 Code: \_\_\_\_\_ (code on back of credit card)

Billing Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

REGISTRANT(S):

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\_\_\_\_\_  
\_\_\_\_\_  
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### Registration Options:

-  Online at [www.abcmetrowashington.org](http://www.abcmetrowashington.org)
-  Email [kcollins@abcmetrowashington.org](mailto:kcollins@abcmetrowashington.org)
-  Fax to 301-595-9718
-  Call 301-595-9711

Register **ONLINE** Today!

*Please note a reservation constitutes a financial commitment unless cancellation is received by noon, February 8, 2010. Substitutions are accepted anytime.*