OSHA 30 Hour

Construction Safety & Health Course

Thursday, December 3rd & Friday, December 4th, 2026
Thursday, December 10th & Friday, December 11th, 2026

8:00 a.m. to 5:00 p.m. (All Four Days)

ABC Arkansas
6 Collins Industrial Place
North Little Rock, AR 72113
(Front Building Conference Center)

All class materials will be provided.
Lunch will be provided all four days.

Instructor:
Kevin Carroll
Authorized OSHA 10 & 30 Instructor

$395 Per Person
ABC Members Only

This course will go over the following topics among others:

- History of the Occupational Safety Act & OSHA
- Employee and Employers rights and responsibilities under the act
- How OSHA Operates
- The OSHA Focus Four
- Fall Prevention
- Electrocution
- Struck-by
- Caught-between
- Excavations
- Ladders and Scaffolding
- Personal Protective Equipment
- Material Handling
- How to maintain an effective Safety Program
- Concrete

RESERVATIONS ARE REQUIRED. Email reservations to megan@abcark.org or call 501.812.0828 by Friday, November 20th.

Companies will be invoiced after the class.

Reservations not cancelled 72 hours prior to event constitute a financial commitment.