



New Hampshire/
Vermont Chapter

OSHA 10-Hour Outreach FOR CONSTRUCTION



2019 OSHA 10-Hour Outreach for Construction

***Fees:** \$175 ABC NH/VT Members
\$260 Non ABC NH/VT Members

CONCORD 7:30am-1:00pm
Tuesdays (NEW DATES) February 19 & 26
 Thursday & Tuesday March 14 & 19
 Wednesdays June 5 & 12
 Thursdays August 15 & 22
 Thursdays September 12 & 19
 Thursdays October 17 & 24
 Tuesdays November 12 & 19
 Tuesdays December 10 & 17

DOVER 7:30am-1:00pm
 Wednesdays July 17 & 22

UPPER VALLEY 7:30am-1:00pm
 Wednesdays April 18 & 25

DERRY @ Pinkerton Academy
 Wednesday May 15 3:00-6:45
 Monday May 20 3:00-6:45
 Wednesday May 22 3:00-6:15

OSHA 30-Hour Outreach for Construction is scheduled:
 • Fridays, April 12, 19, 26 & May 2, 2019 or
 • Fridays, November 1, 8, 15, 22
 Visit the ABC [calendar](#) to view all events.

**No refunds for cancellations within one week of class.
 \$50 rescheduling fee for changes within one week of class.

To Register:

Visit the ABC calendar on our website:

www.abcnhvt.org

For questions or to learn about custom programs:

Call or email Jennifer Landon:

603-226-4789 | jennifer@abcnhvt.org

This ten-hour course covers OSHA standards specific to the Construction Industry, 29 CFR 1926. Experienced construction industry representatives will provide a dynamic, fast-moving and engaging program.

To receive the 10-Hour OSHA Outreach card, students must complete both days within six months.

Mandatory Topics Include:

- Introduction to OSHA
- Focus Four Hazards
 - Falls
 - Electrocution
 - Struck-By
 - Caught-In or Between
- Personal Protective Equipment
- Health Hazards in Construction

Elective Topics Covered:

- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools - Hand and Power



*10% DISCOUNT for

Verified members of NH HomeBuilders Enter code NHHBA

Confirmations and directions are sent within one week of class start date.

See reverse for driving directions to ABC NH/VT Education Center.

58 Chenell Drive & Rte. 106 • Concord, NH 03301 • Phone: 603-226-4789 • Email: info@abcnhvt.org

Directions



**New Hampshire/
Vermont Chapter**



DIRECTIONS: ABC NH/VT EDUCATION CENTER (DO NOT RELY ON GPS NAVIGATION)

58 CHENELL DRIVE, CONCORD, NH 03301 | 603-226-4789

From I-93S in Concord:

Take Exit 15 E to I-393 East.

Take Exit 3 to Route 106 and head right onto 106-South.

Proceed 1 mile, past the Steeplegate Mall.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

From I-93N in Concord:

Take Exit 13.

Proceed right onto Route 3-North; Manchester Street.

Move into the left lane and take the first left onto Old Turnpike Road.

Cross over Airport Road and continue on Regional Drive to Route 106.

At the lights, turn right onto Route 106. We are at the next intersection.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

From the Seacoast:

Take Route 4-West to I-393 West.

Take the Route 106-South exit on your left.

Proceed 1 mile, past the Steeplegate Mall.

The ABC NH/VT Chapter Office & Education Center is on the right at the corner of Route 106 and Chenell Drive.

PARKING:

Parking and entrance for our **Education Center** is at the **back of the building.**

Drive through the gated area.

Park anywhere near the building, retaining wall or tree.