



**METAL BUILDING CONTRACTORS AND  
ERECTORS ASSOCIATION  
ROCKY MOUNTAIN CHAPTER**

**RMMBCEA  
Heath Steel  
P.O. Box 473  
Fort Collins, CO 80522**

**Presents:**

## **OSHA 10 Hour Training**

Miller Safety Consulting will be conducting the OSHA 10 Hour Training course. It is a comprehensive safety program designed for safety directors, supervisors, foremen, and all field personnel involved in the construction industry. This class will be more in depth than a typical OSHA 10. Your students will receive 12 hours of training. Upon successful completion of the course, participants will receive an OSHA Construction 10 Hour course completion card from the U.S. Department of Labor. This class is limited to 30 students.

**February 19<sup>th</sup> and 20<sup>th</sup>, 2015  
8 A.M. – 4:00 P.M.**

**Cost: \$200 per person for the first 4 students and \$100 for each additional student, per company or organization. Meals and refreshments will be provided each day. Non Members will be charged \$250 per student.**

OSHA 10 hour safety training is specifically designed to train workers and employers to identify and control workplace hazards. Once a hazard has been identified, we offer the tools and skills to eliminate those hazards from the workplace.

This class will cover:

- Intro to OSHA
- Fall Protection (including Aerial lift basics)
- Electrical
- Struck by
- Caught between
- Personal Protective equipment (including Noise, hazcom, and silica)
- Health Hazards
- Stairways and Ladders
- Tools- Hand and Power
- Steel Erection
- Crane Safety (Subpart CC)

**Phone, Fax or email us to sign up:**

Miller Safety Consulting, Inc.

Phone: 303/477-1044

Fax: 303/477-1078

**Email replies to:**

[office@millersafety.com](mailto:office@millersafety.com)

or

[troyc@millersafety.com](mailto:troyc@millersafety.com)

**Payment is required before class start time on February 19, 2015**

**Payment is to be made to:**

**Metal Building Contractors and Erectors Association/Rocky Mountain Chapter**