

Confined Space • Fall Protection • Excavation Training Classes



March 23, 2010

ABC TEC

2267 W. Yale Ave. Englewood, CO 80110 (parking in rear)

Registration Deadline is
March 18, 2010

Class Fees



\$100 per class (or pay for two and get the third class free!)
+ \$25 registration fee per student

Confined Space

"Authorized Entrant" certification

8:00am - 10:00am

OSHA mandates training for workers who enter "Confined Spaces." Our training is in accordance with 29 CFR Subpart J 1910.146 and 29 CFR Subpart D 1926.65.

This class provides participants with OSHA required information regarding entry into Permit Required Confined Spaces (PRCS) and is designed to provide an awareness of the hazards associated with confined space entry.

Topics:

- Identify PRCS's and their hazards
- Proper utilization of gas monitoring equipment
- Methods to safely ventilate your confined space
- Duties of supervisors, entrants, and attendants
- Requirements for rescue services & personnel
- Reclassifying a PRCS to a Non-PRCS
- How to utilize OSHA's PRCS entry procedures
- Ensuring your written Confined Space Entry program and procedures meet OSHA regulations.

Fall Protection

"Competent Inspector" certification

12:00pm - 2:00pm

OSHA mandates periodic inspections of all Fall Protection Systems (fall harnesses, life-lines, etc.) by a "Competent Fall Protection Inspector." This training provides the knowledge required to conduct periodic testing of all fall protection equipment in accordance with 29 CFR 1926 Subpart M, 1926.500 - 1926.503, and ANSI A10.32-2004 and Z359-2007.

Topics:

- Legislation and standards applicable to fall protection equipment inspection
- Inspection theory for harnesses, lanyards, shock absorbers, carabiners, anchorage connectors and self retracting lifelines
- Equipment logs and recording the inspection
- Practical equipment inspections of faulty gear
- Review of technical bulletins

Excavation

"Competent Person" certification

10:00 am - 12:00pm

OSHA mandates training for workers who construct, and back-fill excavations and trenches. Our training is in accordance with 29 CFR 1926 Subpart P, 1926.650 - 1926.652.

In addition, employees who obtain certification increase workplace safety awareness and compliance, and reduce a company's risk of fines and penalties resulting from OSHA violations.

The benefits of this training are immediate as participants learn how to properly construct excavation and trenches, and to prevent accidents and injuries.

Topics:

- Types of Access or Egress
- Excavation Standards and Regulations
- Soil Analysis • Platforms and Platform Materials
- Sloping and Benching Procedures
- Excavation and Trench Inspections
- Personal Protection Equip. • Underground Utilities
- Types of Protective Equipment
- Working in Hazardous Atmospheres

Students who successfully complete class will receive A full-size "Competent Person" certificate and wallet card.

Registration form: Please fax to 303-832-5813 or mail to ABCRMC, ABC Rocky Mountain; 2267 West Yale Avenue, Englewood, CO 80110

Company Name: _____ Contact Person: _____ Contact Ph#: _____

Email: _____ Address/city/state/zip: _____

Attendee: _____ Attendee: _____ Attendee: _____

Scaffold Excavation Fall Protection Scaffold Excavation Fall Protection Scaffold Excavation Fall Protection

Total cost: _____ Method of Payment Check Visa MasterCard Discover Account holder: _____

Account #: _____ Ex Date: _____ CVV#: _____ Signature: _____

Credit Card billing address/city/state/zip: _____

Class schedule Policy: ABCRMC reserves to right to cancel a class. ABCRMC may add or reschedule classes as necessary. Cancellation Policy: Registration cancellations can be made by phone at 303-832-5812 or email to cgerlitz@abcrmc.org no less than 48 hours prior to the class to be entitled for a refund. "Proof of Cancellation" will be sent by return email or fax from the ABCRMC office. All non-cancellations will be responsible for full payment.