

# OSHA 10 Hour Construction Training - FREE

Presented and paid for by the  
Granite State Chapter of



The training requires 10 hours of classroom training not including breaks and lunch. 0800 to 1500 each day and cover the requirements for the OSHA 10 hours of construction training.

The women are required to attend both days in order to be eligible for the card and they will have to take a test. NO ONE who does not attend both days will be able to get a card.

Powerskills for Life, LLC  
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Current NAWIC Granite State



## OSHA

Occupational Safety & Health Administration

- Handouts of the presentation will be provided to each participant. Topics that may be included within the 10-hour course:

- Introduction to OSHA,
- Materials Handling,
- Hand & Power Tools,
- Excavations,
- Hazardous Communications,
- Personal Protective Equipment,
- Fall Hazards,
- Struck-By Hazards,
- Caught-In or Between,
- Electrocuting Hazards,
- Health Hazards in Construction.

At the successful completion of the course, attendee's names will be submitted to the appropriate OSHA Training Institute. When the wallet cards are issued by OSHA, they will be completed and sent to the participant to show successful course completion.

## Why you should do this!!!

Any EMPLOYERS whose work involves construction on any **New Hampshire, MA, CT, NY** State, city, or town project totaling over \$100K, are required to take this course.

Having this on your resume gets you closer to a good paying career!