



New Hampshire/
Vermont Chapter

OSHA 10-Hour Outreach FOR CONSTRUCTION



OSHA 10-Hour Outreach for Construction Summer & Fall 2019

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

CONCORD	7:30am-1:00pm
Thursdays	August 15 & 22
Thursdays	September 12 & 19
Thursdays	October 17 & 24
Monday & Tuesday	November 18 & 19
Tuesdays	December 10 & 17

OSHA 30-Hour Outreach for Construction is
scheduled Fridays, November 1, 8, 15, 22

**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.