# OSHA 29 CFR 1910 Courses for General Industry

**Greenfield Education and Training Center**  
57 S. Center Drive, Daleville, VA

*Sponsored by the Dabney S. Lancaster Community College Non-Credit Program*

Call the Non-Credit Coordinator at (540) 863-2863 or email jclark@dslcc.edu to register.  
*Ask about our Third Party Tuition Sponsorship Agreement!*

## 10-Hour OSHA 29 CFR 1910

**Thursdays, Jan. 17 and 24, 2013**  
8:00 a.m. to 1:30 p.m.  
Room 122  
Greenfield Education/ Training Center, Daleville  
$185/person; $160/person for groups of ten or more

Dabney Lancaster Community College’s OSHA **10-hour Training Program** for General Industry provides training for workers and employers on recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers’ rights, employer responsibilities, and the complaint process. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

### Who Should Take This Course?

Workmen, Foremen, Job supervisors, Inspectors involved in general industry activities

### Learning Objectives

- Introduction to OSHA
- Electrical safety
- Walking and working surfaces, Exit routes
- Emergency action plans, Fire protection
- Materials handling/back injury prevention
- Flammable and combustible liquids
- Personal protective equipment
- Machine guarding
- Hazard communication, Bloodborne pathogens

## 30-Hour OSHA 29 CFR 1910

**Thursdays, Feb. 7, 14, 21 & 28, 2013**  
8:00 a.m. to 1:30 p.m.  
Room 122  
Greenfield Education/ Training Center, Daleville  
$250/person; $225 for groups of 10 or more

Dabney Lancaster Community College’s OSHA **30-hour Training Program** for General Industry provides a greater depth and variety of training on an expanded list of topics associated with workplace hazards in each industry. This includes but not limited to: recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry; workers’ rights, employer responsibilities, and the complaint process. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

### Who Should Take This Course?

Foremen, Job supervisors, Managers, Safety Trainers, Inspectors involved in general industry activities, Individuals with Safety Responsibilities

### Learning Objectives

- Intro to OSHA
- Electrical safety, Fire protection
- Walking and working surfaces Exit routes
- Emergency action plans
- Materials handling/back injury prevention
- Flammable and combustible liquids
- Personal protective equipment
- Lockout/Tagout; Machine guarding
- Hazard communication
- Welding Cutting and brazing
- Bloodborne pathogens, Safety and Health Programs
- Fall Protection, Confined Space
- Powered Industrial Vehicles
- Introduction to industrial Hygiene, Ergonomics

Instructor: **Ellen Sanders** of ES Consulting Solutions, LLC  
Approved Outreach Trainer General Industry 10 and 30 Hour Training; Post Graduate: Organizational Management-Human Resources; Certification as a certified Environmental Trainer Specializing in Safety and Health;  
Train-the-Trainer-National Environmental Training Association; 20-plus years in general industrial safety compliance