

HILCO/REDGATE & SUFFOLK CONSTRUCTION PRESENT

OSHA 10 HOUR

MAY 23, 2023 - MAY 24, 2023, 12:50PM-6:20PM
At 776 Summer Street, Boston, MA

CALL (774) 567-8057 TO SCHEDULE A SPOT

Presented by Suffolk Safety Managers



Day 1 – 5 Hours

- 12:50 – 1:00 Intro and Sign In
- 1:00 – 2:00 Introduction to OSHA - 1 Hour
- 2:00 - 3:00 Focus Four – Electrical Hazards – 1 Hour
- 3:00 - 3:10 Break
- 3:10 - 5:10 Focus Four – Falls - 2 Hours
- 5:10 – 5:20 Break
- 5:20 – 6:20 Health Hazards / Silica – 1 Hour

Day 2 – 5 Hours

- 1:00 – 2:00 PPE 1 hour
- 2:00 – 2:30 Hand and Power Tools 30 Min
- 2:30 – 3:00 Trenching and Excavation 30 Min
- 3:00 – 3:10 Break
- 3:10 – 4:10 Focus Four – Caught Between 1 Hour
- 4:10 – 5:10 Focus Four – Struck By 1 Hour
- 5:10 -5:20 - Break
- 5:20 -6:20 Cranes/Rigging 1 Hour

