



ASSOCIATED BUILDERS AND CONTRACTORS, INC. ST. LOUIS AREA TRAINING SCHEDULE 2010

10 HOUR OSHA SAFETY COURSE (certificate course)

10 total hours of course work

\$75 PER PERSON (MEMBER) - \$125 PER PERSON (NON-MEMBER)

This course provides the student with an overview of the safety applications on a construction site and increases awareness and understanding of governmental regulations and applications to the trade practices. All certificates received are issued directly from the OSHA Training Institute Outreach Program and meet every application to the OSHA requirements currently in place. Contact us for an outline to review.

JANUARY	25-26	MON-TUE	7 AM-12:30 PM
JANUARY	25-26	MON-TUE	4 PM-9:30 PM
FEBRUARY	22-23	MON-TUE	7 AM-12:30 PM
FEBRUARY	22-23	MON-TUE	4 PM-9:30 PM
MARCH	22-23	MON-TUE	7 AM-12:30 PM
MARCH	22-23	MON-TUE	4 PM-9:30 PM
APRIL	26-27	MON-TUE	7 AM-12:30 PM
APRIL	26-27	MON-TUE	4 PM-9:30 PM
MAY	24-25	MON-TUE	7 AM-12:30 PM
MAY	24-25	MON-TUE	4 PM-9:30 PM
JUNE	21-22	MON-TUE	4 PM-9:30 PM
JULY	12-14	MON/TUE/WED	2 PM-6 PM
AUGUST	23-24	MON-TUE	4 PM-9:30 PM
SEPTEMBER	20-21	MON-TUE	7 AM-12:30 PM
SEPTMEBER	20-21	MON-TUE	4 PM-9:30 PM
OCTOBER	25-29	MON/TUE/WED/THU/FRI	6 AM – 8 AM
OCTOBER	25-26	MON-TUE	4 PM-9:30 PM
NOVEMBER	15-16	MON-TUE	7 AM-12:30 PM
NOVEMBER	15-16	MON-TUE	4 PM-9:30 PM
DECEMBER	13-14	MON-TUE	7 AM-12:30 PM
DECEMBER	13-14	MON-TUE	4 PM-9:30 PM

30 HOUR OSHA SAFETY COURSE (certificate course)

30 total hours of course work

\$225 PER PERSON (MEMBER) - \$375 PER PERSON (NON-MEMBER)

This course provides the student with a detailed perspective of the expectations of OSHA regulations and applications within the construction industry. The review and guidance, in research and access to information pertaining to practices as they relate to regulatory compliance, are reviewed and interpreted. All certificates received are issued directly from the OSHA Training Institute Outreach Program and meet every application to the OSHA requirements currently in place. Contact us for an outline to review.

JUNE	21-25	MON/TUE/WED/THU/FRI	6 AM – 8 AM Phase 1 of 3
JULY	26-30	MON/TUE/WED/THU/FRI	6 AM – 8 AM Phase 2 of 3
AUGUST	23-27	MON/TUE/WED/THU/FRI	6 AM – 8 AM Phase 3 of 3



ASSOCIATED BUILDERS AND CONTRACTORS, INC. ST. LOUIS AREA TRAINING SCHEDULE 2010

FALL PROTECTION COMPETENT COURSE (certificate course)

4 hour course work

\$60 PER PERSON (MEMBER) - \$120 PER PERSON (NON-MEMBER)

Fall protection applications are reviewed and interpreted to maintain compliance and a safe working environment on the jobsite. This course is a foundation to the selection and designation of a competent person in this application. Contact us for an outline to review.

JANUARY	27	WED	6 AM – 10 AM
FEBRUARY	25	THU	6 AM – 10 AM
SEPTEMBER	22	WED	6 AM – 10 AM
NOVEMBER	17	WED	6 AM – 10 AM

EXCAVATION COMPETENT PERSON COURSE (certificate course)

4 hour course work

\$60 PER PERSON (MEMBER) - \$120 PER PERSON (NON-MEMBER)

Excavation applications are reviewed and interpreted to maintain compliance and a safe working environment on the jobsite. This course is a foundation to the selection and designation of a competent person in this application. Contact us for an outline to review.

JANUARY	27	WED	12 PM – 4 PM
FEBRUARY	25	THU	1 PM – 5 PM
MAY	26	WED	1 PM – 5 PM
NOVEMBER	17	WED	1 PM – 5 PM

CONFINED SPACE COMPETENT PERSON COURSE (certificate course)

4 hour course work

\$60 PER PERSON (MEMBER) - \$120 PER PERSON (NON-MEMBER)

Confined Space applications are reviewed and interpreted to maintain compliance and a safe working environment on the jobsite. This course is a foundation to the selection and designation of a competent person in this application. Contact us for an outline to review.

FEBRUARY	24	WED	6 AM – 10 AM
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ASSOCIATED BUILDERS AND CONTRACTORS, INC. ST. LOUIS AREA TRAINING SCHEDULE 2010

SCAFFOLD COMPETENT PERSON COURSE (certificate course)

4 hour course work

\$60 PER PERSON (MEMBER) - \$120 PER PERSON (NON-MEMBER)

Scaffold applications are reviewed and interpreted to maintain compliance and a safe working environment on the jobsite. This course is a foundation to the selection and designation of a competent person in this application. Contact us for an outline to review.

FEBRUARY	24	WED	1 PM – 5 PM
MAY	26	WED	7 AM – 11 AM
SEPTEMBER	22	WED	1 PM – 5 PM

LEADERSHIP IN CONSTRUCTION COURSE

8 hour course work

\$120 PER PERSON (MEMBER) - \$240 PER PERSON (NON-MEMBER)

Every jobsite has a leader who is responsible for the daily activities in both personnel management and operational demands. Knowing the practices and applications to this position requires insight, experience and knowledge. By attending this course, current and new leaders on the jobsite will get an in depth view of the responsibilities, entrusted to the leader by the ownership, to perform the duties in an efficient and practical manner. Administrative demands to personnel direction are emphasized and brought to light to be used in and out of the field. Contact us for an outline to review.

FEBRUARY	24-25	WED-THU	6 PM – 9 PM
APRIL	28	WED	7 AM – 1 PM
JUNE	23-24	WED-THU	4 PM – 7 PM
OCTOBER	27-28	WED-THU	4 PM – 7 PM

DEFENSIVE DRIVING COURSE (certificate course)

2 HOUR COURSEWORK

\$30 PER PERSON (MEMBER) - \$60 PER PERSON (NON-MEMBER)

Learn or refresh the basics of safe driving practices and techniques. This program is approved through the National Safety Council and can be applied towards both the attendees and business auto policy. Check with your carrier to see if it will apply. Also a great way to ensure training of your fleet personnel is on record for future applications. Contact us for an outline to review.

FEBRUARY	22	MON	1 PM – 3 PM
SEPTEMBER	21	TUE	1 PM – 3 PM
OCTOBER	26	TUE	9 AM – 11 AM
NOVEMBER	16	TUE	1 PM – 3 PM



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FORKLIFT OPERATORS CLASSROOM COURSE (certificate course)

2 HOUR COURSE WORK

\$30 PER PERSON (MEMBER) - \$60 PER PERSON (NON-MEMBER)

Attendees will acquire the needed training in safe practice and hazard awareness applications during forklift operations both in the warehouse and on the construction site. This is the classroom portion of the certification process. All practical training can be performed in house and by a competent person. This training is required every three (3) years to remain compliant with OSHA regulations. Contact us for an outline to review.

FEBRUARY	23	TUE	1 PM – 3 PM
SEPTEMBER	20	MON	1 PM – 3 PM
OCTOBER	25	MON	9 AM – 11 AM
NOVEMBER	15	MON	1 PM – 3 PM
DECEMBER	14	TUE	1 PM – 3 PM

OSHA RECORDKEEPING COURSE

2 hour course work

\$30 PER PERSON (MEMBER) - \$60 PER PERSON (NON-MEMBER)

The annual requirement to post previous years activities in injury and illness exposures requires a constant and consistent monitoring process to ensure compliance with OSHA's regulations. This is a lost skill, if not regularly updated and can cost companies money if discovered out of compliance. OSHA has clearly stated that they will be focusing heavily on this administrative application over the next four years. Be prepared and send the responsible individual for training to stay current. Contact us for an outline to review.

JANUARY	25	MON	1 PM – 3 PM
JANUARY	27	WED	5 PM – 7 PM
NOVEMBER	17	WED	6 PM – 8 PM
DECEMBER	13	MON	1 PM – 3 PM