



Keystone

# Safety Training Opportunities

# 2023

Customized training available - call us today!

## ADULT FIRST AID/CPR/AED

### Adult First Aid/CPR/AED

January 20 ..... 7:30 am - 12:30 pm  
February 6 ..... 7:30 am - 12:30 pm  
February 10 ..... 7:30 am - 12:30 pm  
March 10 ..... 7:30 am - 12:30 pm  
March 24 ..... 7:30 am - 12:30 pm  
April 14 ..... 7:30 am - 12:30 pm  
May 19 ..... 7:30 am - 12:30 pm  
May 23 (NV) ..... 9:00 am - 2:30 pm  
June 12 ..... 7:30 am - 12:30 pm

*Learn the lifesaving skills needed to protect your family, friends and co-workers! This class will incorporate hands-on training.*

*Certifications valid for two years - schedule renewals today!*

## CERTIFICATION TRAINING

**Mobile Elevating Work Platform (Aerial Lift)**  
March 7 ..... 7:30 am - 11:30 am  
**Rough Terrain Forklift Training**  
March 23 ..... 7:30 am - 12:30 pm  
**Rough Terrain Forklift Training**  
April 6 ..... 7:30 am - 12:30 pm  
**Mobile Elevating Work Platform (Aerial Lift)**  
April 21 ..... 7:30 am - 11:30 am  
**Rough Terrain Forklift Training**  
May 8 ..... 7:30 am - 12:30 pm  
**Rough Terrain Forklift Training**  
May 25 ..... 7:30 am - 12:30 pm  
**Mobile Elevating Work Platform (Aerial Lift)**  
June 7 ..... 7:30 am - 11:30 am

- *Gain training and documentation*
- *Obtain certification*
- *Improve overall safe operation and protect coworkers, materials/structures, and the equipment.*

## SAFETY FOUNDATION

**Competent Person - Job Site Safety Inspections**  
January 23 ..... 7:30 am - 1:30 pm

**Competent Person - Confined Space Entry**  
February 13 ..... 7:30 am - 3:00 pm

**Competent Person - Fall Protection**  
March 17 ..... 7:30 am - 2:30 pm

**Competent Person - Excavation & Trenching**  
May 17 ..... 7:30 am - 3:30 pm

- *Gain knowledge critical in protecting employees*
- *Increase your understanding of the role of the Competent Person*

## OSHA 10-HOUR

**OSHA 10-Hour Construction - Two Day Course**  
January 16 & 17 ..... 7:30 am - 1:30 pm  
Feb. 1 & 2 (NV) ..... 7:30 am - 1:30 pm  
May 11 & 12 ..... 7:30 am - 1:30 pm

*This course is the benchmark for introductory jobsite safety and OSHA compliance education.*

## OSHA 30-HOUR

**OSHA 30-Hour Construction - Four Day Course**  
Feb. 22, 23, Mar. 1 & 2 ..... 7:30 am - 4:30 pm  
Mar. 27, 28, 29, & 30 (NV) .. 7:30 am - 4:30 pm  
June 22, 23, 29 & 30 ..... 7:30 am - 4:30 pm

*The OSHA-30 represents the "standard" in training for those assigned safety supervision responsibilities.*

## STEP Improves Safety!

### WHY Participate?

Every ABC member wants to send its workers home safely every night. Take the first step towards achieving world-class safety by participating in STEP, whether you are beginning your safety journey or continuing to strengthen your performance.

**Getting started with STEP is free**, and it can help you lower your workers compensation insurance rates!

**All regularly-scheduled training will be held at ABC Keystone Headquarters (unless otherwise marked) & taught by Kevin B. Keith, Director of Safety Services, ABC Keystone**

*ABC Keystone Headquarters  
135 Shellyland Road, Manheim, PA 17545  
(off routes 283 and 772)*

*ABC Keystone Nittany Valley Office (NV)  
898 N Eagle Valley Road  
Howard, PA 16841*

## CUSTOMIZED TRAINING

**Class dates don't work for you, or you don't see what you need?**

**Any training listed on this poster can be set up as a customized training event at ABC or at your location.\***

**Contact [barbara@abckeystone.org](mailto:barbara@abckeystone.org) to schedule your customized training today!**

*\*minimums and restrictions apply.*

## SAFETY CONSULTING SERVICES

### Take the Hassle Out of Safety Management & Avoid Costly OSHA Fines!

#### ABC is Here to Help!

ABC Keystone's safety consulting services are flexible and customizable to your company's needs, providing you the opportunity to efficiently and economically keep your employees safe. ABC Keystone is **your** resource for safety consulting and training.

#### ABC is the Answer:

- Safety training and certification
- Crafting or updating of safety plans (Including jobsite-specific safety policies)
- Navigating OSHA requirements
- OSHA citation counseling
- Prepare and present safety meetings for your company
- Safety recognition program development meeting your needs
- Serving as your employer representative to OSHA
- One hour free safety consultation

***Safety services provided on a contract basis or on an as-needed basis at member rates.***

**Kevin Keith**  
**Director of Safety Services**  
**(717) 653-8106**  
**[kevin@abckeystone.org](mailto:kevin@abckeystone.org)**

## ABC IS YOUR SAFETY PARTNER!

Let ABC help you with safety training, consulting and navigating OSHA requirements!

**Safety Services and consulting packages available to you at exclusive ABC member rates.**

**Potentially avoid thousands in OSHA fines!**  
**Contact [kevin@abckeystone.org](mailto:kevin@abckeystone.org) for a jobsite audit.**



Your company could be  
**655% SAFER**  
than the industry average!

Plus...  
**STEP Members SAVE!**

Visit: [abcstep.org](http://abcstep.org)

Find out which of your fellow Keystone Chapter Members are already participating in STEP!  
<https://bit.ly/ABCKeystoneSTEPMembers>

**Call Kevin at (717) 653-8106 or visit [abckeystone.org](http://abckeystone.org) for course descriptions & to register online!**