



Safety Training Opportunities

2022

Keystone

Customized training available - call us today!

HSI ADULT FIRST AID/CPR/AED

HSI Adult First Aid/CPR/AED

January 7	7:30 am - 12:30 pm
January 13	7:30 am - 12:30 pm
February 11	7:30 am - 12:30 pm
February 21	7:30 am - 12:30 pm
March 18	7:30 am - 12:30 pm
April 11	7:30 am - 12:30 pm
May 13	7:30 am - 12:30 pm
June 6	7:30 am - 12:30 pm
July 7	7:30 am - 12:30 pm
August 15	7:30 am - 12:30 pm
September 15	7:30 am - 12:30 pm
October 10	7:30 am - 12:30 pm
November 4	7:30 am - 12:30 pm
December 2	7:30 am - 12:30 pm

Certifications valid for two years!

CERTIFICATION TRAINING

Mobile Elevating Work Platform (Aerial Lift) February 22	7:30 am - 11:30 am
Rough Terrain Forklift Training March 25	7:30 am - 12:30 pm
Rough Terrain Forklift Training April 7	7:30 am - 12:30 pm
Mobile Elevating Work Platform (Aerial Lift) April 29	7:30 am - 11:30 am
Rough Terrain Forklift Training May 23	7:30 am - 12:30 pm
Rough Terrain Forklift Training June 23	7:30 am - 12:30 pm
Mobile Elevating Work Platform (Aerial Lift) August 5	7:30 am - 11:30 am
Rough Terrain Forklift Training August 26	7:30 am - 12:30 pm
Rough Terrain Forklift Training September 12	7:30 am - 12:30 pm
Mobile Elevating Work Platform (Aerial Lift) September 23	7:30 am - 11:30 am
Mobile Elevating Work Platform (Aerial Lift) October 3	7:30 am - 11:30 am
Rough Terrain Forklift Training October 6	7:30 am - 12:30 pm
Rough Terrain Forklift Training November 1	7:30 am - 12:30 pm
Mobile Elevating Work Platform (Aerial Lift) November 7	7:30 am - 11:30 am

SAFETY FORUMS

Forums help meet OSHA Partnership requirements

Four Forums in 2022 - Dates/Times TBD
Please check our website for updates

Spring	7:30 am - 9:00 am
Aug	Coordinated with Safety Breakfast
Fall	7:30 am - 9:00 am
Winter	7:30 am - 9:00 am

ABC Members attend all Safety Forums at no-cost!

SAFETY FOUNDATION

Competent Person - Supported Scaffold February 7	7:30 am - 3:30 pm
Competent Person - Job Site Safety Inspections February 18	7:30 am - 1:30 pm
Qualified Crane Signal Person & Rigging February 24	7:30 am - 4:30 pm
Competent Person - Fall Protection March 11	7:30 am - 2:30 pm
Electrical Safety - Protection Requirements from OSHA & NFPA 70E March 24	7:30 am - 3:00 pm
Competent Person - Supported Scaffold April 6	7:30 am - 3:30 pm
Competent Person - Excavation & Trenching May 20	7:30 am - 3:30 pm
Competent Person - Confined Space Entry June 17	7:30 am - 3:00 pm

OSHA 10-HOUR

OSHA 10-Hour Construction - Two Day Course March 7 & 8	7:30 am - 1:30 pm
May 27 & June 3	7:30 am - 1:30 pm
August 22 & 23	7:30 am - 1:30 pm
October 20 & 21	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 Jan. 24, 25, 31 & Feb. 1	7:30 am - 4:30 pm
April 25, 26, May 2 & 3	7:30 am - 4:30 pm
Nov. 10, 11, 17 & 18	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!

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 kevin@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

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 for a jobsite audit.



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

Plus...
STEP Members SAVE!

Visit: abcstep.org

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

All regularly-scheduled training will be held at ABC Keystone & taught by Kevin B. Keith, Director of Safety Services, ABC Keystone

135 Shellyland Road, Manheim, PA 17545 (off routes 283 and 772)

Call Kevin at (717) 653-8106 or visit abckeystone.org for course descriptions & to register online!