

# Safety Training Opportunities 2024

Customized training available - call us today at 717-653-8106!

ADULT FIRST AID/CPR/AED	OSHA 10-HOUR	SAFETY FOUNDATION
<p><b>Adult First Aid/CPR/AED</b></p> <p>February 12 ..... 7:30 am - 12:30 pm</p> <p>February 19 ..... 7:30 am - 12:30 pm</p> <p>March 4 ..... 7:30 am - 12:30 pm</p> <p>April 2 ..... 7:30 am - 12:30 pm</p> <p>April 15 ..... 7:30 am - 12:30 pm</p> <p>April 23 (NV) ..... 7:30 am - 12:30 pm</p>	<p><b>OSHA 10-Hour Construction -</b></p> <p>Two Day Course</p> <p>May 10 &amp; 17 ..... 7:30 am - 1:30 pm</p> <p><i>This course is the benchmark for introductory jobsite safety and OSHA compliance education.</i></p>	<p><b>Competent Person -</b></p> <p>Jobsite Safety Inspections</p> <p>February 9 ..... 7:30 am - 1:30 pm</p> <p><b>Competent Person -</b></p> <p>Confined Space Entry</p> <p>February 23 ..... 7:30 am - 3:00 pm</p> <p><b>Competent Person -</b></p> <p>Jobsite Safety Inspections</p> <p>March 26 (NV) ..... 7:30 am - 1:30 pm</p> <p><b>Electrical Safety -</b></p> <p>Protection Requirements from OSHA &amp; NFPA 70E</p> <p>April 5 ..... 7:30 am - 2:00 pm</p> <ul style="list-style-type: none"><li>• Gain knowledge critical in protecting employees</li><li>• Increase your understanding of the role of the Competent Person</li></ul>
CERTIFICATION TRAINING	FOR MORE INFORMATION:	
<p><b>Rough Terrain Forklift Training</b></p> <p>April 12 ..... 7:30 am - 12:30 pm</p> <p><b>Mobile Elevating Work Platform (Aerial Lift)</b></p> <p>April 26 ..... 7:30 am - 11:30 am</p> <ul style="list-style-type: none"><li>• Gain training and documentation</li><li>• Obtain certification</li><li>• Improve overall safe operation and protect coworkers, materials/structures, and the equipment.</li></ul>	<p>Kevin Keith</p> <p>Director of Safety Services</p> <p>kevin@abckeystone.org</p>	
	OSHA 30-HOUR	
	<p><b>OSHA 30-Hour Construction -</b></p> <p>Four Day Course</p> <p>March 7, 8, 14, &amp; 15 .. 7:30 am - 4:30 pm</p> <p><i>The OSHA-30 represents the “standard” in training for those assigned safety supervision responsibilities.</i></p>	

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

CHECK ABCKEYSTONE.ORG FOR MORE SAFETY TRAINING OPPORTUNITIES

## LOOKING FOR A SOLUTION TO YOUR SAFETY NEEDS? 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.



YOUR COMPANY COULD BE 655% SAFER THAN THE INDUSTRY AVERAGE!

**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! Scan the QR code for more information about STEP!



# Safety Training Opportunities 2024

Customized training available - call us today!

## ADULT FIRST AID/CPR/AED

### Adult First Aid/CPR/AED

February 12 ..... 7:30 am - 12:30 pm  
February 19 ..... 7:30 am - 12:30 pm  
March 4 ..... 7:30 am - 12:30 pm  
April 2 ..... 7:30 am - 12:30 pm  
April 15 ..... 7:30 am - 12:30 pm  
April 23 (NV) ..... 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

### Rough Terrain Forklift Training

April 12 ..... 7:30 am - 12:30 pm

### Mobile Elevating Work Platform (Aerial Lift)

April 26 ..... 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 - Jobsite Safety Inspections

February 9 ..... 7:30 am - 1:30 pm

### Competent Person - Confined Space Entry

February 23 ..... 7:30 am - 3:00 pm

### Competent Person - Jobsite Safety Inspections

March 26 (NV) ..... 7:30 am - 1:30 pm

### Electrical Safety Protection Requirements from OSHA & NFPA 70E

April 5 ..... 7:30 am - 2:00 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

May 10 & 17 ..... 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

March 7, 8, 14, & 15 7:30 am - 4:30 pm

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

## 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!

### 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!

**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>

## 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

### Looking for a Solution to Your Safety Needs? ABC is Here to Help!

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**Director of Safety Services**  
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