



10 Hr Course

A Guide to Voluntary Compliance in Safety & Health

You Asked For It We listened.

Starting September 10, 2008, Crescent Electric, Onsite Consultation and OSHA are sponsoring a breakfast series that can end with you receiving the OSHA 10hr card!

The ten-hour course introduces you to the OSHAct and OSHA's general industry standards. You will learn to:

1. Apply specific OSHA safety and health standards, policies and procedures to your workplace.
2. Use the OSHA regulations to establish or supplement an effective safety and health program.
3. Identify common OSHA violations and propose appropriate corrective actions.
4. Use the OSHA standards as a ready reference.

Here's the deal:

To receive the 10hr card, you are required to attend 5 sessions (2 hours per session). You are required to sign in at each session to verify attendance. All training is interactive and you will be asked to participate.

You can pay \$25 for each session you attend, or pay a one-time fee of \$100 for all 5-6 sessions. Seminar materials include a trainee manual and a copy of the OSHA regulations (CFR). Note that the CFR is given at the last session unless you have registered for all classes.

Following satisfactory completion of 5 sessions (minimum of 10hrs instruction time), attendee will receive the OSHA card.

Sept. 10	Introduction to OSHA Walking-Working Surfaces	Dec. 10	Exit Routes, Emergency Action Plans Safety & Health Programs
Oct. 15	Personal Protective Equip Hazard Communication	Jan. 14	Electrical Basics & Electrical Safety Related Work Practices
Nov. 12	Machine Guarding Lockout	Feb. 11	Make up class-subject TBA

Time: Registration 7:30 a.m. to 8:00 a.m.
Class 8:00 a.m. to 10:00 a.m.

Location: EigerLab, 605 Fulton, Rockford, Illinois

Easy Ways to Register

**CALL: 815-229-0252; ask for Jim
FAX THIS FORM: Attn: Jim @815-229-5950**

EMAIL: jbbarn@cesco.com

**MAIL THIS FORM TO: Crescent Electric Supply, 5245-28th Avenue,
Rockford, Illinois 61109 Attn: J. Barnes**

**Cost: \$25.00/session
\$100.00/full cost**

**Includes: Copy of OSHA Regulations (CFR 1910),
Workbook and HotBreakfast**

Name: _____

Title: _____

Company: _____

Address: _____

City/State/Zip: _____

Telephone: _____ **Fax:** _____

E-mail: _____

METHOD OF PAYMENT: () My Check for \$_____

Payable to Crescent Electric is enclosed

() Charge \$_____ to my () Visa () MasterCard () AmEx

Card Number: _____ **Expiration Date:** ____ \ ____

I have a Crescent Electric Account. Please use my P.O. #_____



**Onsite Safety &
Health Consultation
Program, IL DCEO**

