

# OSHA General Industry 10 Hour Outreach Training

*Presented by:*

The Massachusetts Division of Occupational Safety  
On-Site Consultation Program

**Two-Day 10-hour Training Course in GENERAL INDUSTRY Safety and Health**  
(Complete Attendance Mandatory for OSHA Card)



**Wednesday September 16, 2009, 9:00 a.m. – 5:30 p.m.**  
**Thursday September 17, 2009, 8:00 a.m. – 11:00 a.m.**  
(no refreshments served - feel free to bring your own)



**Clarion Hotel & Conference Center**  
**1080 Riverdale Street**  
**West Springfield, MA 01089**

**From the Massachusetts Turnpike (I-90):**

Take exit 4 for I-91/US-5 toward Springfield/Holyoke. Keep right at the fork to continue toward Riverdale St/US-5 S. Keep right at the fork, follow signs for W Springfield/Riverdale St/US-5 and merge onto Riverdale St/US-5 S. Destination will be on the right

The Massachusetts Division of Occupational Safety – Consultation Program is offering a free training seminar for those wishing to acquire the OSHA 10 Hour Card. The Outreach Training Program is intended as an orientation to General Industry Occupational Safety and Health. Workers must receive additional training on specific hazards of their job.

Registration: Please complete a **legible** registration form below for each registrant and mail, email or fax to Susan Humphreys.

Space is limited to 50. **Unless informed otherwise your registration will be honored.** You cannot register at the training site. First come first served. Registration ends September 9, 2009.

Topics will include:

Confined Space	Introduction to OSHA
Electrical Safety	Flammable and Combustible Liquids
Machine Guarding	Personnel Protective Equipment (PPE)
Bloodborne Pathogens	Hazard Communication
Walking Working Surfaces	Emergency Action/Fire Prevention Plans, Fire Protection
	Ergonomics

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## September 2009 West Springfield OSHA 10-Hour General Industry Course

Name \_\_\_\_\_ Company Name \_\_\_\_\_

Street address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

**Return this registration form to:**

Susan Humphreys  
MA Division of Occupational Safety  
1001 Watertown Street, 2<sup>nd</sup> Floor  
West Newton, MA 02465  
Email: [susan.humphreys@state.ma.us](mailto:susan.humphreys@state.ma.us)  
Fax: 617-244-2705 Phone: 617-969-7177 x328