



Associated General Contractors  
of New York State, LLC



Northeastern Subcontractors  
Association



Eastern Contractors  
Association

## OSHA 10 Hour Construction Safety Outreach Course



### Program at a Glance:

- "OSHA 10 Hour Course"
- Tuesday & Wednesday
- March 30 & 31, 2010
- 116 Railroad Ave, Albany

### Contact:

Carla Plankenhorn  
518-456-1134 (ext. 306)  
[carlap@agcnys.org](mailto:carlap@agcnys.org)

### Training Center and/or Conference Room Available!

If you are planning company training of any sort, or a company meeting the AGC has a few options for you. The AGC NYS Albany Safety Training Center is available or the Conference room at the Chapter Office can be the ideal location. We encourage all AGC NYS Members to take advantage of the Safety Training Center or the Conference room for your meeting and/or training needs. The center is equipped with audio-visual equipment, classroom/conference style seating and tables, and kitchen provisions. The Conference room offers hollow square seating for 50 and is also equipped with audio-visual equipment and kitchen provisions.

For reservations at the Training Center contact Dennis Kiefer at 518-456-1134, ext. 304. For Reservations for the Conference Room at 10 Airline Drive please call Cathy at 518-456-1134, ext. 314 to check availability and

DATE: **Tuesday & Wednesday, March 30-31, 2010**  
 TIME: **9 a.m. to 2 p.m. each day**  
 PLACE: **AGC NYS Safety Training Center  
116 Railroad Avenue, Albany**  
 FEE: **\$150 per person for AGC NYS, ECA or NESCA  
Members; \$200 for non-members. Price  
includes 10-Hour Manual and lunch each day.**

**Class is limited to 18 attendees. Register Now!**

- \* *Minimize Workers' Comp Insurance Costs*
- \* *Reduce the Risk of OSHA Fines*

*All personnel working on public projects are now required to have completed a 10-hour OSHA course.  
Get your people trained **NOW**.*

**Main topics covered include:** OSH Act/General Duty Clause 5(a)(1) • Competent Person • Electrical • Fall Protection • Scaffolds • Stairways/Ladders • Hazard Communication • Excavations.

**Course and Certification:** This course will provide the participants with a basic understanding of construction safety standards and practices on a variety of topics.

Participants who complete both sessions will receive an OSHA 10-Hour Card and Certificate of Completion.

# Registration Form

## OSHA 10 Hour Construction Safety Outreach Course

**Tuesday & Wednesday, 9 a.m. -2 p.m. each day, March 30 & 31**

116 Railroad Avenue, Albany, NY

**Fee: \$150 per person for AGC NYS, ECA & NESCA Members; \$200 for non-members.**

Name(s) \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

**Member of:**  AGC NYS  ECA  NESCA  Non-Member

**Type of Business:**  GC  Subcontractor  Supplier  Other (specify)

Check is enclosed (payable to AGC NYS)

Please charge my credit card: Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name of Cardholder \_\_\_\_\_

Billing address & zip code \_\_\_\_\_

Signature \_\_\_\_\_ Total Charge Amount \$ \_\_\_\_\_

**Cancellation Policy:** Refunds will be given only if your reservation is cancelled 48 hours in advance.

**Fax or mail form to:** AGC NYS, 10 Airline Drive, Suite 203, Albany, NY 12205. Fax 518-456-1198.

### **Directions to AGC NYS Albany Safety Training Center**

#### **From North:**

Take Rt. 87 (Northway) South to Exit 2E. Follow ramp around to Central Avenue (Rt. 5) East.

\* Get in the far right lane and turn right into Northway Mall.

Continue right, past Staples, and continue around to the back of the mall, near the Thomasville Furniture Store. Turn left behind mall.

Turn right onto Railroad Avenue. Go one-half mile to #116. Park on either side of the building.

#### **From South:**

Take Thruway to Exit 24. After the toll, take Exit 1N for Rt. 87 North (the Northway).

Take Exit 2E, Wolf Road. Follow directions from \* above.

**If you need additional directions please contact us at 518-456-1134**