

Build Your Own Safety Day



**Don't have the time to prepare or plan for annual training?
Let us help! Save your date with no money down!***

ABC is partnering with OECS to provide a customized Build Your Own Safety Day

Complete form and return to Melissa Olheiser, melissa@oecscomply.com or call with questions (701) 371-4868

Company _____ Contact Name _____

Phone _____ Email _____

Date for Training (First come, first serve): Primary Choice _____ Second Choice _____

Select the topics you would like in your Safety Day. Topics selected will determine the length of training.

Required annual topics in BOLD.

Back Injury Prevention – 20 mins	PPE – 30 mins
Bloodborne Pathogens – 20 mins	Basic Respiratory Protection – 30 mins
Confined Space – 45 mins	Scaffolding Safety – 45 mins
Basic Electrical Safety – 30 mins	Stairs and ladder safety – 20 mins
Employee right-to-know/ Hazard communication – 30 mins	Fire Prevention/Emergency Evac – 30 mins
Fall protection – 45 mins	Trenching & excavating – 45 mins
Basic Level Rigging – 45 mins	AWAIR – Risk management – 30 mins
Hand & Power tool safety – 30 mins	Other – enter request below:
Hearing conservation – 20 mins	
Heat Stress – 30 mins	

4 hrs - \$949

6 hrs - \$1399

8 hrs - \$1849

*Price includes prep, trainer(s), and training material. Mileage may be extra depending on location***

Need MEWPs training? Sessions are 3 hours classroom plus hands-on. \$110/person

Yes – include in my safety day

Yes – set up on a separate day

Need Forklift/Rough Terrain Certification? Sessions are 1 hour classroom plus hands-on. \$75/person.

Yes – include in my safety day

Yes – set up on a separate day

Need First Aid/CRP? Service provided by CPR Professionals. Sessions are 4 hours. \$90/person.

Initial/New

Renewal

*14-day cancellation required to avoid charges

**ABC safety contract hours may be used for BYO safety day at a rate of two contract hours per one hour of safety day

Safety Day can be delivered during COVID with proper precautions