

# 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 \_\_\_\_\_

Location for Training \_\_\_\_\_

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
Bloodborne Pathogens – 20 mins
Confined Space – 45 mins
Basic Electrical Safety – 30 mins
<b>Employee right-to-know/ Hazard communication – 30 mins</b>
Fall protection – 45 mins
Basic Level Rigging – 45 mins
Hand & Power tool safety – 30 mins
Hearing conservation – 20 mins
<b>Heat Stress – 30 mins</b>

<b>PPE – 30 mins</b>
Basic Respiratory Protection – 30 mins
Scaffolding Safety – 45 mins
<b>Stairs and ladder safety – 20 mins</b>
Fire Prevention/Emergency Evac – 30 mins
Trenching & excavating – 45 mins
<b>AWAIR – Risk management – 30 mins</b>
Other – enter request below:

**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**