



BUILD YOUR OWN **SAFETY DAY**

ABC Associated
Builders and
Contractors
Minnesota / North Dakota

OECS
OSHA + Environmental Compliance Systems

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. See back to select topics.

Company _____

Contact Name _____

Phone _____

Email _____

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

Location for Training _____

4 hrs - \$1499 | 6 hrs - \$1899 | 8 hrs - \$2599

**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*

Effective dates 9/1/22-8/31/24

Topics

Select the topics you would like in your Safety Day. Topics selected will determine the length of training. **Required annual topics are in highlighted and in bold.** Other required annual topics are based on your company's scope of work. Times listed are approximate.

Selection	Topic	Length
	AWAIR/Risk Management	30 mins
	Back Injury Prevention	15 mins
	Basic Electrical Safety	20 mins
	Basic Level Rigging	30 mins
	Basic Respiratory Protection	20 mins
	Bloodborne Pathogens	15 mins
	Confined Space	30 mins
	Earth Moving Equipment/ Motor Vehicles	20 mins
	Emergency Action Plans	20 mins
	Employee Right-To-Know/ Hazard Communication	40 mins
	Fall Protection	40 mins
	Fall Protection w/Hands-On	60 mins

Selection	Topic	Length
	Fire Prevention	20 mins
	Hand & Power Tool Safety	20 mins
	Hearing Conservation	20 mins
	Heat Stress	20 mins
	PPE	20 mins
	Scaffolding Safety	30 mins
	Scaffolding w/Hands-On	60 mins
	Silica Awareness	20 mins
	Subpart X - Ladders	20 mins
	Subpart X -Stairs	15 mins
	Trenching & Excavating	45 mins
	Other – enter request below:	

Additional Topics

Yes, include in safety day*	Yes, on separate day	Topic	Length
		Mental Health/Suicide Awareness - FREE <i>Would need to be set up at either the beginning or end of a safety day or can be shared on a separate day. For more information, contact Tom Kennedy at tom.kennedy@mnabc.com.</i>	45 min video
		MEWPs Training? <i>\$150/person. Member responsible for providing equipment.</i>	2 hr classroom + hands-on
		Forklift/Rough Terrain Certification? <i>\$100/person. Member is responsible for providing equipment.</i>	1 hr classroom & exam + hands-on
		First Aid/CPR? <i>\$105 per person. Service provided by CPR Professionals. For more information, contact Tom Kennedy at tom.kennedy@mnabc.com.</i>	

*if time permits and dependent on how many operators

Effective dates 9/1/22-8/31/24