



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 US Compliance to provide a customized Build Your Own Safety Day. Complete form and return to DuWayne Schmitz, dschmitz@uscompliance.com or call with questions (320) 250-2110. 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 - \$1799 | 6 hrs - \$2099 | 8 hrs - \$2799

Ask about spreading the training throughout the calendar year.

**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 01/01/2026 - 12/31/2026

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.

TOPICS

<input type="checkbox"/>	AWAIR/Risk Management	30 mins	<input type="checkbox"/>	Fire Prevention	20 mins
<input type="checkbox"/>	Back Injury Prevention	15 mins	<input type="checkbox"/>	Hand & Power Tool Safety	20 mins
<input type="checkbox"/>	Basic Electrical Safety	20 mins	<input type="checkbox"/>	Hearing Conservation	20 mins
<input type="checkbox"/>	Basic Level Rigging	30 mins	<input type="checkbox"/>	Heat Stress	20 mins
<input type="checkbox"/>	Basic Respiratory Protection	20 mins	<input type="checkbox"/>	PPE	20 mins
<input type="checkbox"/>	Bloodborne Pathogens	15 mins	<input type="checkbox"/>	Scaffolding Safety	30 mins
<input type="checkbox"/>	Confined Space	30 mins	<input type="checkbox"/>	Scaffolding w/Hands-On	60 mins
<input type="checkbox"/>	Earth Moving Equipment/ Motor Vehicles	20 mins	<input type="checkbox"/>	Silica Awareness	20 mins
<input type="checkbox"/>	Emergency Action Plans	20 mins	<input type="checkbox"/>	Subpart X - Ladders	20 mins
<input type="checkbox"/>	MN Employee Right-To-Know	40 mins	<input type="checkbox"/>	Subpart X -Stairs	15 mins
<input type="checkbox"/>	Hazard Communication	40 mins	<input type="checkbox"/>	Trenching & Excavating	45 mins
<input type="checkbox"/>	Fall Protection	40 mins	<input type="checkbox"/>	Other – enter request below:	
<input type="checkbox"/>	Fall Protection w/Hands-On	60 mins			

Supplemental Topics *available for a nominal fee.*

Equipment Certifications

Forklift Certification
 Scissor Lift Certification
 Rough Terrain Forklift Certification
 Boom Lift Certification
 Excavator Operator Certification
 Mini Excavator Operator Certification
 Backhoe Operator Certification

Fundamentals for the Trainer

Forklift
 Scissor Lift
 Rough Terrain Forklift
 Boom Lift

Competent Person

Confined Space Comp Person - Construction
 Confined Space Comp Person (NUCA)
 Fall Protection Comp Person - Construction
 Frame Scaffold Comp Person
 System Scaffold Comp Person
 Suspended Scaffold Comp Person
 Trenching & Excavation Comp Person
 Trenching & Excavation Comp Person (NUCA)

Community & Wellness

First Aid/CPR/AED
 Mental Health in the Workplace
 Reasonable Suspicion
 OSHA 10 & 30 - Construction