



OSHA 10 hour Construction Course 2- Day Training

Tuesday, April 2, 2024
and

Wednesday, April 3, 2024

Police Station Conference Room, 911 Municipal Drive, Hudson, MA 01749

8:00 a.m.- 2:00 p.m.

Registration 7:30 a.m.

[Register Here](#)

Light breakfast and lunch will be provided each day

TOPICS OF DISCUSSION

Tuesday, April 2, 2024.....8:00 A – 2:00 P Breaks provided every 1 1/2 to 2 hours

Welcome
Introduction to OSHA
Safety & Health Programs
Health Hazards
Personal Protective Equipment
Fall Prevention & Protection



Wednesday, April 3, 2024.....8:00 A – 2:00 P Breaks provided every 1 1/2 to 2 hours

Ladders
Electrical
Struck-by and Caught in-between
Excavations
Hand and Power Tools
Activities and Course Catalog



ABOUT THE PRESENTER: KIMLEE LINDGREN



Kimlee has enjoyed the safety and health profession for over 41 years. She currently works for the Massachusetts Municipal Association (MMA) as the MIIA Senior Risk Management Trainer. Prior to this position, she served as the Site Safety Officer for the South Coast Rail Project for the MBTA. And prior to that, she served as the Deputy Director for Occupational Health and Safety for the MBTA.

For 31 years, she has developed curriculum and conducting training nationwide for the OSHA Training Institute Education Centers. Her expertise is in construction and maritime with previous employment with general contractors, specialty contractors, general industry, insurance companies and trade associations. Kim is also a former compliance officer for Cal/OSHA. She is a Professional Member of the American Society of Safety Professionals (ASSP), past president of the San Diego Chapter and 2018 recipient of the ASSP Construction Safety Professional of the Year award.

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