



CNYCOSH

Central New York Council on Occupational Safety and Health is a not-for-profit membership organization dedicated to preventing occupational illness/injury.

We offer the following program's which helps our communities across New York State.

CNYCOSH Authorize OSHA Outreach Instructors can provide:

OSHA 10 Hour Construction Safety Course:

Requirements: Introduction to OSHA, OSHA Focus Four Hazards – Including: Fall Protection, Electrical, Struck By, Caught in/between, Personal Protective and Lifesaving Equipment, Health Hazards in Construction – including: Hazard Communication and Silica.

Elective Topics:

Material Handling, Storage, Use and Disposal, Tools- Hand and Power, Scaffolds, Cranes, Derricks, Hoists, Elevators, and Conveyors, Excavations, Stairways and Ladders

Those who successfully complete the entire 10-hour course will receive an OSHA Construction Safety and Health 10-Hour card from the US Department of Labor Washington DC.

CNYCOSH OSHA 10 Hour training classes are "at no cost" to our clients, compared to outside vendors who might charge up to \$ 315.00 per person.

CNYCOSH Authorize OSHA Outreach Instructors can provide:

OSHA 30 Hour Construction Safety Course: (Supervisor, Foreman, and Manager)

Requirements: Introduction to OSHA, OSHA Focus Four Hazards – Including: Fall Protection, Electrical, Struck By, Caught in/between, Personal Protective and Lifesaving Equipment, Health Hazards in Construction – including: Hazard Communication and Silica, Stairways and Ladders.

Elective Topics:

Fire Protection and Prevention, Materials Handling, storage, Use and Disposal, Tools- Hand and Power, Welding and Cutting, Scaffolds, Cranes, Derricks, Hoists, Elevators, and Conveyors, Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signs, Signals and Barricades, Excavations, Concrete and Masonry Construction, Steel Erection, Safety and Health Program, Confined Space Entry, Powered Industrial Vehicles, Ergonomics.

Those who successfully complete the entire 30-hour course will receive an OSHA Construction Safety and Health 30-Hour card from the US Department of Labor Washington DC.

CNYCOSH OSHA 30 Hour training classes are "at no cost" to our clients, compared to outside vendors who might charge up to \$ 795.00 per person.

CNYCOSH would like to offer you an annual training schedule for all your needs. This option will give you confirmed date status that will entitle your company to have the desire dates you pick. While other clients will have to work around your scheduled needs.

***"Looking forward to working with you! Please refer us to other's who would enjoy
No cost Safety & Health training classes."***

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