

# OSHA 10 & 30 Hour General Industry Courses



Quincy Area Safety Council  
P.O. Box 1126  
Quincy, Illinois 62306  
(217) 224-0149  
[gasc@adams.net](mailto:gasc@adams.net)  
[www.qasc.org](http://www.qasc.org)

July 18 – 19, 2011  
8:00AM – 5:00PM

## OSHA 10-Hour General Industry Course

The 10-hour program is designed and intended to provide instruction on a variety of general industry safety and health standards to entry-level workers. The course emphasizes hazard identification, avoidance, control and prevention.

### Course Outline:

- Introduction to OSHA; OSH Act; General Duty Clause; Inspections, Citations, & Penalties
- Safety and Health Management
- Walking and Working Surfaces
- Personal Protective Equipment
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Machine Guarding
- Hazard Communication
- Hazardous Materials
- Electrical – Subpart S
- Industrial Hygiene
- Bloodborne Pathogens
- Other general industry standards and policies may be included.

## Registration Fees

Member*	\$175
Non-Member	\$195

\*\$25 member discount for each additional student from same employer

July 18 – 21, 2011  
8:00AM – 5:00PM

## OSHA 30-Hour General Industry Course

The 30-hour program is more comprehensive than the 10-hour general industry program. It is designed for anyone involved in general industry, especially personnel responsible for supervision, management, safety, and the company's employees. The course emphasizes hazard identification, avoidance, control and prevention.

### Course Outline:

- All of the 10-hour course topics
- Electrical – NFPA 70E
- Lockout / Tagout
- Hearing Conservation
- Respiratory Protection
- Powered Industrial Vehicles
- Material Handling
- Cranes
- Permit-Required Confined Spaces
- Welding, Cutting, and Brazing
- Ergonomics
- Fall Protection
- Recordkeeping
- Other general industry standards and policies may be included.

## Registration Fees

Member*	\$425
Non-Member	\$450

\*\$25 member discount for each additional student from same employer

## Instructor

Thomas Grey, CHCM, President, Grey & Associates, Champaign, Illinois

Tom Grey is a highly skilled trainer and coach in employer and employee development of safety performance. Tom has over 28 years of hands on experience as a former plant manager, safety manager, human resources manager, and quality control manager in manufacturing, distribution and trucking industries.

Tom is a graduate from the University of Illinois and a US Army Veteran. He is a trained Industrial Designer, Human Resources Generalist, Board Certified Hazard Control Manager (CHCM) and OSHA Outreach Trainer. Tom has been trained in the OSHA Outreach OSHA 501 General Industry 10-hour and 30-hour Trainer Program. He is also authorized to instruct for the National Safety Education Center and the OSHA Training Institute on the OSHA 511 General Industry Course and OSHA 501 General Industry Train-the-Trainer Course.

*Participants receive an OSHA 10 or 30-hour General Industry course completion card from the National Safety Education Center.*

*Take advantage of the Quincy Area Safety Council membership discount by joining today. Call 217.224.0149 for further information.*

# Register

## OSHA 10 & 30 General Industry Course

### DATE & TIME

#### *OSHA 10-hour General Industry*

July 18 – 19, 2011

8:00am – 5:00pm

#### *OSHA 30-hour General Industry*

July 18 – 21, 2011

8:00am – 5:00pm

### LOCATION

Vatterott College  
Room 140 A/B  
3609 North Marx Drive  
Quincy, Illinois

### HOW TO REGISTER

Phone/Fax 217.224.0149

Email [gasc@adams.net](mailto:gasc@adams.net)

### REGISTRATION DEADLINE

Friday, July 15, 2011

### REGISTRATION FEES

#### *OSHA 10-hour General Industry*

\$175 Member\*

\$195 Non-member

\*\$25 member discount for each  
additional student from same employer

#### *OSHA 30-hour General Industry*

\$425 Member\*

\$450 Non-member

\*\$25 member discount for each  
additional student from same employer

### CANCELLATION/SUBSTITUTION

Cancellations must be made no  
later than Wednesday, July 13,  
2011. After this date no cash  
refunds will be granted.  
Substitutions are welcome.

Take advantage of the Quincy Area Safety Council membership discount by joining today.  
Call 217.224.0149 for further information.

Select Course:  OSHA 10-hour General Industry  
 OSHA 30-hour General Industry

Please Complete (Print)

Company

Address

City

State

Zip Code

Telephone

Principal Line of Business

Number of Employees

Registrant(s)

Name

Job Title

E-mail Address

Name

Job Title

E-mail Address