

Heidi Drygas
Commissioner

www.labor.alaska.gov



P.O. Box 111149
Juneau, AK 99811-1149
907.465.2700
commissioner.labor@alaska.gov

Press Release

COMMISSIONER'S OFFICE

FOR IMMEDIATE RELEASE
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For more information: Krystyna Markiewicz, Consultation and Training
907-269-4955, Krystyna.Markiewicz@Alaska.Gov

Alaska Occupational Safety and Health 10-Hour Construction Course

ANCHORAGE, Alaska—Alaska Occupational Safety and Health, Consultation and Training section will sponsor an OSHA 10-hour Construction course on February 18th and 19th, from 8:30 a.m. to 4:30 p.m. This training is for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in the workplace. The course also provides information regarding workers' rights and employer responsibilities. This course is most suitable for entry-level workers, and upon successful completion, students will be mailed their OSHA 10-hour card. Instructors for this course are certified outreach trainers and/or Occupational Safety and Health consultants.

Course topics will include:

- Mandatory 2-hour OSHA Introduction
- Mandatory 4-hour Focus Four (Fall Protection, Electrocutation, Struck-by, Caught In-between)
- Hazard Communication, Global Harmonization, and Health Hazards
- Personal Protective Equipment (PPE)
- Stairways and Ladders
- Trenching and Excavation
- Emergency Action Plans and Exit Routes

Location: University Mall Room 120C, 3901 Old Seward Hwy, Anchorage, AK 99503

Dates: February 18th and 19th

Times: 8:30 a.m. to 4:30 p.m. (must attend both days to receive OSHA 10-hour card.)

Cost: \$5.00, cash or checks only

Conditions: Registration required, space is limited, call 269-4955 to register. Email additional questions to elaine.banda@alaska.gov

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