

# OSHA 10 & 30 HR TRAINING COURSES

**YOU WANT TO ENSURE  
A SAFE WORK ENVIRONMENT.  
YOU NEED TO COMPLY  
WITH INDUSTRY REGULATIONS  
WE CAN HELP.**

There is nothing simple about the 1910 General Industry Standards. With more than 17,000 safety laws, compliance can be overwhelming. ISTS offers solid expertise in health & safety training so you can go back to the business of running your business. We make workplaces safer, employees ready, and compliance uncomplicated.



***Our OSHA 10/30 courses are taught by an OSHA-authorized instructor. They give a broad overview of the most significant health & safety topics that effect industrial environments:***

- ◆ Introduction to OSHA
- ◆ Electrical safety
- ◆ Walking and working surfaces
- ◆ Exit routes
- ◆ Emergency action plans
- ◆ Fire prevention plans
- ◆ Fire protection
- ◆ Materials handling/back injury prevention
- ◆ Flammable and combustible liquids
- ◆ Personal protective equipment
- ◆ Machine guarding
- ◆ Hazard communication
- ◆ Blood-borne pathogens

## **Federal OSHA Authorization**

*Participants who successfully complete OSHA 10-30 hour courses will receive an official course completion card from Federal OSHA. The card will be useful during an inspection, as it demonstrates your efforts and commitment to voluntary compliance with OSHA standards and regulations.*

## **OSHA training is becoming mandatory in more states and industries every day.**

*The OSHA Outreach Training Program provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. This is a voluntary program and does not meet training requirements for any OSHA standards.*

*Through this program, workers can attend 10-hour or 30-hour classes delivered by one of our OSHA-authorized trainers. The 10-hour class is intended for entry level workers, while the 30-hour class is more appropriate for supervisors or workers with some safety responsibility. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights, and contribute to our nation's productivity.*

**FOLLOW US ON**



**COMPLIANCE  
JUST GOT EASIER.™**



**Industrial Safety  
& Training Services**

TO SCHEDULE OR FOR MORE INFORMATION  
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