

# Safety Courses

New Employee Orientation

OSHA updates

OSHA 10 hour

OSHA 30 hour

Fall Protection

Scaffolding

Forklift

Trenching & Excavation

Managing a Safety Program

Developing a Safety Culture

Lock out / Tag out

How to Survive an OSHA Inspection

Material Handling

Signs, Signals & Barricades

Hazardous Materials & Understand MSDS

Confined Space Awareness

OSHA Recordkeeping

Ladders & Stairways

Personal Protective Equipment

***Safety and Training Course customized  
to fit your company needs.***



## In-House Safety Director Services

### Typical Services Include:

- Recordkeeping reviews
- Teaching Supervisors/Foremen safety roles and responsibilities, including safety behavior techniques for field employees.
- Toolbox Talks
- Company safety audit
- Safety policy review or creation of safety policy
- Safety programs and meetings of your choice
- Citation dispute assistance
- One-hour or Two-hour Safety Programs
- OSHA 10-hour program
- Job-site inspections

# Safety First!



## Safety Training

## Jobsite Inspections

**Contact: ABC of Oklahoma  
Kirk Duggins, Safety Director**

1915 N. Yellowood Ave  
Broken Arrow, OK 74012

(918) 637-5848 Cell

(918) 254-8707 Tulsa area

(405) 840-3444 OKC area

[kduggins@abcofoklahoma.com](mailto:kduggins@abcofoklahoma.com)

**Free Services &  
Opportunities  
For ABC Members**

**Free Safety Answer Service**

**Safety Updates**

**S.T.E.P.**

(Safety Training & Evaluation Process)



**Safety Services**

**Company Safety Audit**

*(1 full day)*

\$600.00 (Member)

\$825.00 (Non-Member)

**Review of Safety Program**

*(up to 4 hrs)*

\$350.00 (Member)

\$525.00 (Non-Member)



**Other Services**

*(per hour basis)*

\$85.00 hr. (Member)

\$120.00 hr. (Non-Member)

- Customized Written Safety Program
- Jobsite Inspections
- OSHA Compliance Assistance
- OSHA Citation Dispute Assistance
- On-site Toolbox talks (2 minimum)
- Accident Investigation



**Training Packages**

**Sample Package 1**

OSHA 10 hr (up to 15 employees) ..... \$2,675

(1) 4 hour site inspection ..... \$500

(2) 1 hour toolbox talks ..... \$200

(1) 4 hour program (up to 15) ..... \$1,275

**Total individual price** ..... \$4,600

**20% Discount for ABC Members** ..... **\$3680**

**Sample Package 2**

OSHA 30 hr (up to 15 employees) ..... \$4,600

(1) 4 hour site inspection ..... \$500

(2) 4 hour programs (up to 15) ..... \$2,550

(1) Company Safety Audit ..... \$600

(2) Review of Company Safety Policy ..... \$350

**Total individual price of** ..... \$8,600

**20% Discount for ABC Members** ..... **\$6,880**

*Call for your customized package price!*



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