

# 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 Courses customized  
to fit your company needs.***



## In-House Safety 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  
Kerry Fort, Safety Specialist**

**1915 N. Yellowood Ave  
Broken Arrow, OK 74012**

**(918) 637-5848 Cell  
(918) 254-8707 Office  
kfort@abcokla.org**

**Free Services &  
Opportunities  
For ABC Members**

**Free Safety Answer Service**

**Safety Updates**

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

(Safety Training & Evaluation Process)



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**Safety Services**

**Company Safety Audit**

(1 full day)

\$600.00 (Member)  
\$850.00 (Non-Member)

**Review of Safety Program**

(up to 4 hrs)

\$350.00 (Member)  
\$550.00 (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!**

