



**Barr Construction Institute**  
**Associated Builders & Contractors, Inc.**  
 530 N. Locust St. Hagerstown, MD 21740  
 301-739-1190 Frederick 301-416-7247 Fax 301-739-1026  
 bobsimmers@abccvc.com



# **OSHA 10-Hour Course**

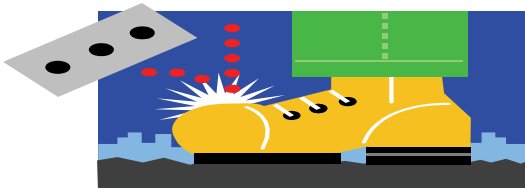
*Taught by OSHA certified instructors*

**Thursday, Feb. 11, 2010**  
**7:30 am—6:00 pm**

**Register ASAP!**

***Certification Cards Issued From The OSHA Training Institute***

This is a 10 hour certification course. The program is intended to provide instruction on a variety of construction and industry safety and health standards. This is a great course for all employees. Certification cards are issued at the conclusion of the class.



**Cost:**  
**ABC Members: \$115**  
**Non-Member: \$145**



**Easy to enroll:** **\* 10% discount if you send 2 or more employees**

- Call Bob at 301-739-1190 *or*
- Email to [bobsimmers@abccvc.com](mailto:bobsimmers@abccvc.com) *or*
- Fax to Bob at 301-739-1026

Company \_\_\_\_\_

Attendee (s) \_\_\_\_\_

Attendee (s) \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

*To withdraw, do so within 48 hours of start date in order to get a refund.*