



OSHA 10-Hour AND OSHA 30-Hour General Industry Voluntary Compliance Courses

Special Offer: Send 3 and the 4th is FREE!

FRANKFORT

10-hour | June 3-4, 2025

30-hour | June 3-6, 2025

Kentucky Chamber Headquarters



**OSHA
Card**

Has it been more than three years since you last attended this course?

Be aware that although the OSHA 10 & 30 cards don't have an explicit expiration date, Federal OSH no longer allows lost cards to be reissued after three years from the date of class completion.

Is it time for you to take a refresher course? REGISTER TODAY!

Rave Reviews

"Absolutely the best! I wish that I had half her knowledge of safety and OSHA. Wow is all I can say."

Leslye Johnson, Lexington Center Corporation

"Excellent class."

Rick Stratton, Algood Food Company

"Knows material, commands attention from audience."

Monty Stout, Nugent Sand Company

"Bobbi is very knowledgeable in her field. Very interesting to listen to."

Charles DeRoche, Fort Knox Federal Credit Union

"I have attended several OSHA seminars that were extremely boring so I was dreading 4 days. I have been pleasantly surprised with Ms. Samples."

Roger Laslie, Advance Ready Mix Concrete, Inc.

"Great speaker. Kept class involved. Very knowledgeable on topics and did not rely on PowerPoints heavily."

Cory Justice, Alltech, Inc.

"Bobbi did a very good job teaching the class and keeping you very interested, and I liked the group activities."

Randy Arnett, Big Sandy Health Care, Inc.

"Extremely knowledgeable and entertaining. Kept a long class interesting. Rarely a dull moment."

Patrick Erin, Thorne Publishers Printing Company

"Bobbi was engaging, easy to talk to and answered all questions. She is extremely knowledgeable, and I feel like I learned a lot that I can take back to my workplace."

Barbara Bowman, Muncipal Water & Sewer Georgetown

"Very good speaker. Kept my attention the whole time. Best instructor I've ever had."

Richard Dubulis, Olympic Steel

"Speaker had excellent presentation skills, excellent class engagement and provided very good training materials."

Willis Slone, Novelis

OSHA 10-Hour and 30-Hour General Industry Voluntary Compliance Courses

federal osha authorizations

Participants who successfully complete either the OSHA 10-Hour or OSHA 30-Hour course will receive an official course completion card from Federal OSHA. The card currently does not expire and will be useful during an inspection, as it demonstrates your efforts and commitment to voluntary compliance with OSHA standards and regulations.

why attend?

There is nothing simple about the 1910 General Industry Standards. Containing more than 17,000 safety laws, the standards are both massive and complex. Both courses are designed to give detailed information on how OSHA must be implemented in the workplace. There is, however, one simple fact associated with these laws – the more people in your company who know the laws, the easier compliance becomes. Better compliance leads to fewer violations and fewer violations result in less expense, fewer fines and fewer injuries. Bottom line – understanding the standards will save your company money.

who should attend?

- Hospital maintenance personnel
- Industrial engineers
- Production engineers
- Safety directors
- Hospital supervisors
- Lead personnel
- Production managers
- Supervisors
- Human resource associates
- Maintenance personnel
- Safety associates
- Human resource professionals
- Plant managers
- Safety committee members



about the speaker

With over 30 years of dedicated experience in safety, **Bobbi K Samples, CSP**, is a seasoned professional renowned for her expertise in ensuring the well-being of individuals in both manufacturing and construction environments. Her extensive background includes on-site roles in manufacturing and construction, coupled with a wealth of experience as a safety and health consultant.

Bobbi has played a pivotal role in guiding numerous companies to achieve and maintain compliance with OSHA regulations. Her in-depth knowledge and innovative approach to safety training have empowered organizations to foster a culture of safety, leading to enhanced workplace well-being and accident prevention. [READ MORE HERE](#)

OSHA 10-Hour Course

about osha 10-hour

This OSHA Outreach Training Program gives a broad overview of the most significant OSHA topics and regulations. Taught by an experienced OSHA authorized instructor, the 10-Hour course will provide participants with one and a half days of intensive review of current OSHA requirements in the area of occupational safety and health. Attend this course and receive practical, proven safety information that you can implement at your facility, including:

- Understanding what regulations apply to your company
- Understanding what training is required and recommended for your company
- How to identify and eliminate potential hazards and violations
- How to handle an OSHA inspection like a professional
- How to effectively train employees
- How to maintain exceptional written programs, records and documentation for your safety program

day one

8 a.m. Registration and Continental Breakfast (provided)

8:30 a.m. Introduction to OSHA

- Review of OSHA Act, purpose, history and scope
- Fatalities and catastrophes
- Employee rights and employer responsibilities
- OSHA assistance and website
- Filing a complaint

Inspections and Most Cited Violations

- Inspections – priorities, process and penalties
- Most cited citations
- Inspection response procedures and options

Recordkeeping

- Review of records employers are required to keep
- Calculating TCR and DART rates
- Determining recordable injuries and illnesses
- Use of 300 log, 301 form, and 300A summary
- Reporting to OSHA and access to records
- Review of current interpretations
- “Is it Recordable” exercise

Exit Routes and Emergency Preparedness

- Permissible egress components
- Arrangement and access to exits
- Exit discharge
- Employee notification systems
- Emergency action written plan elements
- Training requirements

Fire Protection

- Identification of workplace fire hazards
- Requirements for portable fire extinguishers
- Fixed extinguishing systems
- Fire prevention written plan elements
- Training requirements

Walking/Working Surfaces

- Housekeeping and maintenance of aisle ways
- Fixed and portable ladders, stairs and scaffolding safety requirements
- Floor loading and floor/wall openings and holes
- Open-sided floors and platforms
- Slips, trips and falls

Electrical I

- Overview of electrical standards
- Electrical definitions
- Common electrical violations and requirements
- Electrical power tool safety
- Electrical safe work practices – qualified vs. unqualified
- Training requirements

Personal Protective Equipment

- General requirements – employer responsibilities
- PPE hazard assessment
- Selection, use, maintenance, storage and limitations
- Training requirements

5 p.m. Adjournment

day two

8:30 a.m. Hazard Communication I

- Overview of Hazcom requirements
- Determination of physical and health hazards
- Routes of entry
- Labeling and MSDS
- GHS – globally harmonized system
- Hazardous communications written program
- Training requirements

Safety and Health Programs I

- Management Leadership
- Worker Participation
- Hazard Identification and Assessment
- Hazard Prevention and Control
- Education and Training
- Program Evaluation and Improvement

Machine Guarding

- Requirements for all machines
- Types of machine hazards
- Methods of guarding
- Training requirements

Lockout / Tagout

- Scope of standard
- Energy control programs and procedures
- Exceptions to LOTO
- Authorized, affected and other training requirements
- LOTO hardware and devices
- Group LOTO, shift change and contractor procedures
- Periodic inspection

Noon Adjournment

OSHA 30-Hour Course

about osha 30-hour

For a more comprehensive look at the OSHA 1910 general industry regulations you should attend this four-day course. It is designed to give you an in-depth look at many of the current occupational safety and health compliance topics. It will allow you to get a full understanding of what each of the OSHA required programs entail — we go beyond compliance topics and address safety business, culture, leadership and motivational techniques. OSHA 30-Hour is taught by an experienced OSHA authorized instructor, is three times longer than the 10-Hour course and is ideal for the safety professional who wants a complete understanding of the OSHA laws governing their business. It will provide an invaluable working knowledge of the regulations and give you an edge for developing an outstanding safety and health program.

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OSHA Standards and Hazard Search Workshop

- How to read the 29 CFR 1910
- What is considered a “recognized” hazard
- Small group exercise on hazard/violation search — finding the standards to address the hazard description in 29 CFR 1910

Respiratory Protection

- Overview of standard
- Selection, use and limitations
- Assigned protection factors and maximum use
- Medical evaluation, fitting and fit-testing
- Voluntary use requirements
- Respirator written program and administrator
- Training requirements

5 p.m. Adjournment

day three

8:30 a.m. Material Handling I — Powered Industrial Trucks

- Powered industrial truck overview and requirements
- Applicable trucks, designations and safety guards
- Safe operations and inspection
- General material handling safety and lifting properly
- Training requirements

Hazardous Materials

- Scope, purpose and application
- Definitions — classification of materials
- Flammable and combustible liquids
- Storage requirements
- Paint spray booth safety requirements

Bloodborne Pathogens

- Scope of standard and general requirements
- Epidemiology of potential BBPs
- Methods of exposure and compliance
- BBP exposure incident requirements
- BBP exposure control written plan
- Training and record requirements
- Group exercise with BBP kits

Electrical II

- Common electrical violations and requirements
- Electrical standards exercise
- Arc Flash - NFPA 70E Overview

Hearing Conservation

- General requirements
- The effects of noise on hearing
- Noise survey — area and individual
- Hearing protection selection and calculation
- Hearing conservation written program
- Training requirements

Process Safety Management

- Overview of standard and scope
- Process hazard analysis
- Process safety management program
- Training requirements

Welding, Cutting and Brazing

- Types of welding and definitions
- Fire hazards and protection
- Designated welding area and hotworks permit
- Atmosphere and health hazards

Introduction to Industrial Hygiene

- Industrial hygiene surveys
- Introduction to exposure criteria
- OSHA PELs
- Expanded health standards

5 p.m. Adjournment

day four

7:30 a.m. Material Handling II — Cranes, Derricks, and Slings

- Overview of rigging techniques
- Types, safe operations and inspection of slings
- Types, safe operations and inspection of cranes and derricks
- Training requirements

Hazardous Communication II

- Chemical characteristics and properties
- Effective hazardous communication

Permit Required Confined Spaces

- Determination and definition of confined spaces and permit required confined spaces
- Procedures for re-classifying spaces
- Hazard identification and control for entry
- SOP for entry and permits
- Roles of supervisor, attendant, entrant and rescue
- Ventilation calculations exercise
- Confined space written program
- Training requirements

Fall Protection/Prevention

- Applicable standards
- Elevated work determination and assessment
- Methods of protection, positioning and prevention
- Fall equipment use, selection and inspection
- Calculating fall distances and forces
- Training requirements

Hazard Recognition and Prevention

- Hazard picture identification activity
- Best practices discussion

Ergonomics

- Ergonomic assessment techniques
- Types of ergonomic injuries
- Contributing factors
- Prevention and training

Safety and Health Programs II

- Safety cultures and safety culture small group exercise
- Motivating employees to work safely
- Safety leadership techniques
- Individual and small group safety leadership activity

Conclusion and Feedback

4:30 p.m. Adjournment

our guarantee

If you are not 100 percent satisfied with your seminar experience, we will refund your money.

Register

OSHA 10-Hour AND 30-Hour General Industry Voluntary Compliance Courses

registration fees

10-Hour

\$495/Kentucky Chamber Member
\$595/Non-member

30-Hour

\$895/Kentucky Chamber Member
\$1,095/Non-member

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cancellations/substitutions

Cancellations must be made no later than five business days prior to the program for a full refund. After this date, no cash refunds will be granted.

Substitutions are welcome. Special accommodations made upon request.

how to register

web

www.kychamber.com

phone

Call Lori Jo Goff
502-848-8727

email

lgoff@kychamber.com

mail

Kentucky Chamber
464 Chenault Road
Frankfort, KY 40601

location and lodging

☐ 10-Hour June 3-4, 2025 (81613)

☐ 30-Hour June 3-6, 2025 (81614)

Training Location

Kentucky Chamber
464 Chenault Road
Frankfort, KY 40601
Ph: 502-695-4700

Lodging

SpringHill Suites Frankfort
55 Mill Rd
Frankfort, KY 40601
Ph: 502-352-1650
Room Rate: \$139
Hotel Room Cutoff Date: May 19, 2025

**The advertised Kentucky Chamber room rate cannot be guaranteed after the cutoff date.*

When contacting hotel for lodging, please specify that you are with the Kentucky Chamber of Commerce's OSHA 10- or 30-Hour General Industry Voluntary Compliance Course to receive the discounted rate.

to register, please complete To process your order, the entire registration form must be complete.

Company _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____

Principal Line of Business _____ Number of Employees _____

complete for additional registrants

Registrants' Names _____ Titles _____ E-mail Addresses _____

FREE

*I understand that by providing the phone, fax number and e-mail information above on behalf of the person/company/organization specified above, I am authorized to and hereby consent for the person/company/organization to receive communication by or on behalf of the Kentucky Chamber of Commerce.

payment

___ Course fee enclosed with check payable to the Kentucky Chamber. Check Amount \$ _____ Check # _____

___ Charge to: VISA ___ MC ___ American Express ___

Account # _____ Exp. Date _____ Security Code _____ Signature _____

___ Bill company PO# _____