



# OSHA 10-HOUR

Protect your employees from an unsafe jobsite.

**REGISTRATION & PAYMENT DUE: TUESDAY, MAY 12, 2026**

The OSHA 10-Hour course for Construction will provide training for your employees on the potential hazards that are typically found on your work sites. Attendees will have a greater understanding of OSHA and the construction standards, with special emphasis placed on hazard identification, avoidance, control, and prevention. In addition, participants in the class will learn more about their rights and their employer's responsibility for maintaining a safe work environment. ***Join us and commit to improving the safety culture within your company.***

Tom VanderLinden is a former Executive Officer for Iowa OSHA Enforcement and offers unique and valuable insights throughout the course.

**UPON COMPLETION, PARTICIPANTS WILL BE MAILED AN OSHA 10 CERTIFICATION CARD.**

<b>WHEN:</b>	Thursday, May 14, 2026 - 8 AM - 4:30 PM Friday, May 15, 2026 - 8 AM - Noon <b><u>MUST ATTEND BOTH DAYS</u></b>
<b>WHERE:</b>	ABC of Iowa - Grimes 3100 SE Enterprise Dr., Grimes, IA 50111
<b>PRICE:</b>	Members: \$80 Non-Members: \$125
<b>INSTRUCTOR:</b>	Tom VanderLinden, Safety Director, ABC of Iowa 515-985-1166   tom.vanderlinden@abciowa.org



Scan to register online.

***"Tom does an excellent job of putting OSHA guidelines and safety practice in real-world scenarios that keep our employees engaged in the training. Tom and ABC of Iowa have been a great partner for our safety training needs."*** - Gary Lewis, Vice President of Kruck Plumbing and Heating

Attendee Name \_\_\_\_\_

Attendee Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Attendee Phone \_\_\_\_\_ Attendee Email \_\_\_\_\_

Company Name \_\_\_\_\_ Company Education Contact \_\_\_\_\_

**Member (\$80)**     **Non-Member (\$125)**    Total: \$ \_\_\_\_\_

Check Enclosed \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ AmEx \_\_\_\_\_ Discover \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. (MM/YY): \_\_\_\_/\_\_\_\_ Security Code (3-4 digits): \_\_\_\_\_

Name on Card: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Email receipt to: \_\_\_\_\_

**Please return this form to Tom VanderLinden at [tom.vanderlinden@abciowa.org](mailto:tom.vanderlinden@abciowa.org) or register online at [bit.ly/ABCOSHAEvents](https://bit.ly/ABCOSHAEvents) by Tuesday, May 12, 2026.**

Cancellations prior to May 12th will be refunded 50% of the registration fee. No refunds after May 12th. NO SHOW = NO REFUND. Max of 25 attendees.