



OSHA 10-HOUR

Protect your employees from an unsafe jobsite.

REGISTRATION & PAYMENT DUE: MONDAY, SEPTEMBER 22, 2025

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.

WHEN:

Thursday, September 25, 2025 - 8 AM - 4 PM
Friday, September 26, 2025 - 8 AM - 11:30 AM

MUST ATTEND BOTH DAYS

WHERE:

ABC of Iowa - Grimes
3100 SE Enterprise Dr., Grimes, IA 50111

PRICE:

Members: \$75
Non-Members: \$110

INSTRUCTOR:

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 (\$75)** ☐ **Non-Member (\$110)** 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 or register online at bit.ly/continuingedABC by Monday, September 22, 2025.

Cancellations prior to September 22nd will be refunded 50% of the registration fee.
No refunds after September 22nd. NO SHOW = NO REFUND. Max of 25 attendees.