OSHA recommends Outreach Training Programs as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1910.

**CTF 110**
**OSHA 10-Hour**
**General Industry** $155
**Thur 5-10pm**
**Oct 18 & 25**
This training can help better health and safety initiatives in the manufacturing, healthcare, warehouse, distribution, retail, and other general industries. Developed using regulatory standards as a guide. It is packed with modules that highlight how to recognize and reduce the risks associated with general industry operations.

**CTF 111**
**OSHA 10-Hour**
**Construction** $155
**Sun 10am-3pm**
**Nov 4 & 11**
This course is designed for construction, building development, repairs/alterations and other fields. That’s why we’ve built our comprehensive course for safety directors, safety specialists, construction foremen, engineers, project managers, field supervisors and more.

**CTF 112**
**OSHA 30-Hour**
**General Industry** $435
**TueWedThur 6:30-9:30pm**
**Nov 27-Dec 18**
This OSHA course has more specific orientation to occupational safety and health for workers and supervisors who are covered by OSHA 29 CFR 1910.

**CTF 113**
**OSHA 30-Hour**
**Construction** $435
**MonTueWed 6:30-9:30pm**
**Oct 22-Nov 12**
Construction industry workers and supervisory, oversight and safety responsibilities can’t afford to be caught off-guard especially when more lives are at stake.