ABCST provides safety training to construction industry personnel. From NYC Department of Building approved courses to OSHA training, ABCST educates workers on Federal and State safety regulations. Our curriculum and trained instructors provide students with the certifications and licenses required to work on major projects in the greater NYC area.



#### **CRANES & DERRICK COURSES**

16-Hour Rigging Worker
8-Hour Rigging Worker Refresher
32-Hour Rigging Supervisor
16-Hour Rigging Supervisor Refresher
8-Hour Master Rigger Renewal
40-Hour Hoisting Machine Operator
8-Hour Hoisting Machine Operator Refresher

# SAFETY COURSES

40-Hour Site Safety Manager 8-Hour Site Safety Manager Refresher/Chapter 33 8-Hour Site Safety Coordinator

#### SCAFFOLD COURSES

4-Hour Supported Scaffold User & Refresher
32-Hour Supported Scaffold Installer & Remover
8-Hour Supported Scaffold Installer & Remover Refresher
16-Hour Suspended Scaffold User
32-Hour Suspended Scaffold Supervisor
8-Hour Suspended Scaffold Supervisor Refresher

## SITE SAFETY TRAINING (SST) PRESCRIBED COURSES

2-Hour Drug and Alcohol Awareness
2-Hour 'Tool Box' Talks
4-Hour Fall Prevention
4-Hour Supported Scaffold User and Refresher
8-Hour Fall Prevention
8-Hour Chapter 33 (Site Safety Manager Renewal)



2-Hour Site Safety Plan (SSP)

248 West 35th St, 8th Floor, New York, NY 10001

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# SITE SAFETY TRAINING (SST) GENERAL ELECTIVE COURSES

1-Hour Electrocution Prevention

1-Hour Fire Protection and Prevention

1-Hour First Aid and CPR

1-Hour Handling Heavy Materials and Proper Lifting Techniques

1-Hour Hoisting and Rigging

1-Hour Materials Handling, Storage, Use, and Disposal

1-Hour Protection from Sun Exposure

1-Hour Repetitive Motion Injuries

1-Hour Stairways and Ladders

1-Hour Tools - Hand and Power

# SITE SAFETY TRAINING (SST) SPECIALIZED ELECTIVE COURSES

1-Hour Asbestos/Lead Awareness

1-Hour Confined Space Entry

1-Hour Concrete and Masonry Construction

1-Hour Cranes, Derricks, Hoists, Elevators, and Conveyors

1-Hour Demolition Safety

1-Hour Ergonomics

1-Hour Excavations

1-Hour Flag Person

1-Hour Job Hazard Analysis

1-Hour Personnel Lifts/Aerial Lifts/Scissors Lifts and Mobile Scaffolds

1-Hour Motor Vehicles, Mechanized Equipment & Marine Operations; Rollover Protective Structures & Overhead Protection; and Signs, Signals & Barricades

1-Hour Risk Assessment and Accident Investigation

1-Hour Scaffolds - Suspended

1-Hour Steel Erection

1-Hour Welding and Cutting

1-Hour Health and Safety Programs in Construction

2.5-Hour Foundations for Safety Leadership

#### **HEALTH AND SAFETY COURSES**

CPR/AED for Community and Workplace (Adult, Child and Infant)

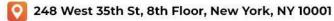
Basic First Aid

Basic Life Support For Healthcare Providers

Pediatric First Aid CPR AED course

Bloodborne Pathogens





**I-877-320-1644** 

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