

# Join rk MILES and the VBRA for a **FREE** 1—hour in-person seminar

# OSHA 101

## What OSHA Expects You To Know

**THURSDAY, OCTOBER 14<sup>TH</sup>**  
**9AM-10AM**

707 Stone Cutters Way  
Montpelier, VT  
*\*Above Hardware Store*

LIMITED SPACE AVAILABLE!

**REGISTER NOW!**

### **Presentation will cover:**

- OSHA's Regulatory Compliance Requirements for Residential & Commercial Construction Employers
- Top 10 Most Frequently Cited OSHA Violations for Construction
- The "Low Hanging Fruit" for VOSHA Inspectors & how to protect your company from easy-to-fix citations.
- Employer Requirements regarding Employee Safety Training
- Return on Investment for Proactive Safety Planning
- OSHA's Penalty Amounts for FY21

Presented by:

"Safety Lady Katie" Frederick, ASP, OHST  
President & CEO of ASC, LLC.  
OSHA Compliance & Safety Training

