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### **SPC to offer Safety Courses March 23 and March 24**

LEVELLAND – South Plains College Institute for Safety and Risk Management Training will offer two courses this month at the SPC Byron Martin Advanced Technology Center, 3201 Ave. Q in Lubbock.

Trenching and excavation can be among the most dangerous work in the construction industry, but can be safe with some basic training. This course will cover issues such as sloping, benching, shoring and trench shields, how to inspect for potential cave-ins, hazardous atmospheres and underground installations. The course also will address potential injuries for employees as well as how to prevent mishaps. The cost is \$80, and the class will be conducted from 8 a.m. to 5 p.m. March 23 (Monday).

The Fall Protection/Ladder Safety course will give participants a basic understanding about the Occupational Safety and Health Administration's (OSHA) role in prevention and elimination of work-related illnesses and injuries. OSHA has identified areas or activities where fall protection is needed and evaluates fall hazards. The cost is \$80, and the class will be presented from 8 a.m. to noon March 24 (Tuesday).

The SPC Institute for Safety and Risk Management Training offers training programs that help create a safer workplace and assists in compliance with OSHA regulations and standards. In addition to the scheduled courses, the SPC Institute for Safety and Risk Management Training can provide customized training to meet specialized industry needs.

For more information, contact Gary Cloud, director of Contract Training at SPC, at (806) 716-4603.

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