



# 2023 COURSE SCHEDULE

## NOVEMBER

	11/14	KL-I-00112-EN	11 am - 12pm CDT In Person & MS Teams	<a href="#">Basics of Meditation and Gratitude Practices with Melissa Swank</a>	Meditation and relaxation have tremendous benefits and have been used for centuries. Learn the basics of how to meditate and experience a guided meditation.
	11/15	KG-I-00006-EN	11:30am - 12:30pm CDT In Person & MS Teams	<a href="#">Greening up our Jobsites with Derek Maschek</a>	Keeley'ns, come GROW with KeeleyGreen and learn new, better ways to live & operate more sustainably.
	11/16	KS-I-00192-EN	12pm - 4pm CDT In Person	<a href="#">OSHA 10</a>	(11/16 - 12p-4p, 11/17 - 7am-4pm CST) This OSHA 10-hour training program is intended to improve an entry level construction worker's general awareness to recognize and prevent hazards on a construction site.  <b>REGISTRATION CLOSED</b>
	11/28	KS-I-00193-EN	4pm - 4:30pm CDT In Person & MS Teams	<a href="#">Monthly Safety Meeting with Rob Miller - November</a>	Join us for our monthly safety meeting where we learn different ways to work #KeeleySafe.
	11/29	KS-I-00191-EN	11:30am - 4:30pm CDT MS Teams	<a href="#">Safety Lunch n Learn - Rigging Safety with Rob Miller</a>	Join us as Rob goes over the fundamental requirements OSHA has for rigging safety.



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## DECEMBER

	12/5	KS-I-00029-EN	12:30pm - 4:30pm CDT In Person	<a href="#">CPR Certification Training with Chad Agne</a>	<p>KeeleySafe and KeeleyLife unite to bring you the CPR training highly requested from our February KeeleyLife session. The purpose of the First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies until more advanced medical personnel arrive and take over. Attendance is limited to 12 people per instructor's capacity. KeeleyU will review this each Monday prior to the session and send calendars out accordingly. If you sign up and then find yourself unable to attend, please reach out to KeeleyU ASAP so we can extend this opportunity to others interested.</p>
	12/7	KS-I-00194-EN	7am - 4pm CDT In Person	<a href="#">OSHA 30</a>	<p>(12/7, 12/8, 12/14, 12/15) The OSHA 30-hour Construction Industry Outreach Training course is a comprehensive safety program designed specifically for project managers, foremen, and field supervisors. The program provides in-depth information on safety issues.</p> <p><b>REGISTRATION CLOSED</b></p>
	12/12	KL-I-00113-EN	11am - 12pm CDT In Person & MS Teams	<a href="#">Everyday Estate Planning (Presented by Commerce Bank)</a>	<p>For many, estate planning creates anxiety, fear, confusion, and discomfort. Learn the basics about where to start, what to know, and why it matters.</p>
	12/13	KS-I-00195-EN	11:30am - 4:30pm CDT In Person & MS Teams	<a href="#">Safety Lunch n Learn - Scaffold Safety with Rob Miller</a>	<p>Join us as Rob goes over the fundamental requirements OSHA has for scaffold safety.</p>
	12/19	KS-I-00196-EN	11:30am - 4:30pm CDT In Person & MS Teams	<a href="#">Monthly Safety Meeting with Rob Miller - December</a>	<p>Join us for our monthly safety meeting where we learn different ways to work #KeeleySafe.</p>