



Tamica Dizon

Hummingbird Management Group
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Premium Safety Training & Consulting Rates

Expert-led safety education that goes beyond compliance—rooted in human-centered design, regulatory clarity, and trauma-informed delivery.

OSHA 30 HR Package Construction Industry (minimum 3 participants) • 4-day Course	• Up to 10 participants	• OSHA 30 Card	\$4500 flat rate +\$350/add'l
CPR/AED & First Aid Training Package Workplace Emergency Care Training • 8-hours	• Up to 15 participants	• Certification Cards	\$2000 flat rate
Half-Day Training Package Construction & General Industries Safety, Health & Workplace Topics • Sample Topics: - Hazard Recognition & Reporting - Workplace Stress & Fatigue Management - Job Site Incident Response & First Responder Coordination	• Up to 15 participants	• 4-hours	\$1500 flat rate
2-3 Hours Training Package Construction & General Industries Safety, Health & Workplace Topics • Sample Topics: - Slips, Trips & Falls - Hazard ID & Prevention - PPE Use - Fit, Function & Compliance - Stop Work Authority - Real Time Safety Empowerment	• Up to 15 participants	• Max 3-hours	\$1000 flat rate
CPR Instructor Development Course Includes Program Materials by HSI • 2-3 days	• Business Setup		\$4500 per candidate
Custom Workshops Fully Customizable to Live Event, Construction & General Industries Safety, Health & Workplace Topics • Sample Topics: - Event Crew Safety Culture & Communication Best Practices - Managing Chronic Pain & Injury in Physically Demanding Jobs - Emergency Response & Crisis Management for Dynamic Worksites - Navigating OSHA Compliance in High-Pressure Environments			Starts at \$2000
Executive & Department Safety Coaching • Leadership Alignment	• Teambuilding	• Safety Culture & Onboarding Support	\$350 per hour Minimum 2-hours

Partnership Packages

Quarterly Safety Partnership
Four (4) scheduled training days per year
+ Team support

\$9500
flat rate

Annual Safety Retainer
Up to 12 days per year + custom curriculum
+ Priority Booking + Team Support

\$25,000
flat rate

Additional Notes:

Travel & Lodging: Billed at cost for engagements outside Central Florida

Sliding Scale: Available for nonprofits and frontline service teams (by request)

Included with All Trainings:

- Curriculum design & prep
- Post-session recap
- Digital resources

Bookings & Customization:

Booking & Payment: A 50% deposit is required to secure dates. Balance due upon completion of training unless otherwise arranged.

Customization: All trainings can be tailored to your team's specific needs, worksite conditions, and industry requirements.

**For date reservations or to discuss a tailored program,
please contact us to schedule your consultation.**

Where Safety & Wellness Unite



Transforming Ideas into Impact

OSHA & SAFETY

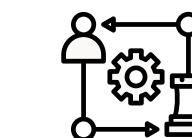
- Introduction to OSHA
- Managing Safety & Health
- OSHA Focus Four Hazards
 - Falls
 - Electrocution
 - Struck-By
 - Caught-In or Between
- Personal Protective Equipment
- Health Hazards in Construction
- Stairways and Ladders
- Concrete & Masonry
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators, & Conveyors
- Ergonomics
- Excavations

OSHA & SAFETY

- Fire Protection & Prevention
- Materials Handling
- Motor Vehicles, Mechanized Equipment
- Signs, Signals and Barricades
- Powered Industrial Vehicles
- Safety & Health Programs
- Scaffolds
- Steel Erection
- Tools - Hand and Power
- Welding and Cutting
- Foundations for Safety Leadership

SAFETY & HEALTH

- Emergency Action Planning
- Job Hazard Analysis (JHA)/Hazard Recognition
- Hazard Communication & Substances
- Electrical Safety & LOTO
- CPR, AED, First Aid
- Bloodborne Pathogens & Infection Control
- Safety Documentation & Recordkeeping
- Ergonomics: Office & Field Movement Strategies
- Fatigue & Shift Work Management
- Heat Stress Awareness & Prevention
- Nutrition & Hydration for Energy on the Job



WORKPLACE WELLNESS

- Yoga for Stress Relief & Focus (Chair or Mat)
- Mat Pilates: Core Strength & Posture for Injury Prevention
- Breathing Practices for Energy & Calm
- Guided Meditations & Mindfulness at Work
- Resilience Training for High-Stress Roles
- Psychological Safety & Respect on the Jobsite
- New Hire Onboarding: Building Safety into Day One
- Stop Work Authority: Empowering Safety in Real Time
- Effective Safety Leadership for Supervisors & Managers

