

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.**

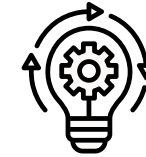
Where Safety & Wellness Unite



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



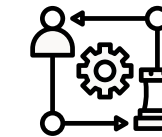
OSHA & SAFETY

- 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



SAFETY & HEALTH

- Stress Management & Burnout Prevention
- Mindfulness & Resilience Training
- Mental Health Awareness & Supportive Conversations
- Creating Healthy Boundaries Between Work – Home – Travel
- Mind-Body Reset: Breathing & Movement for Focus
- Time & Energy Management
- Stretch & Flex Programs: Warm-Ups & Resets

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

