



OSHA 10 Hour Construction

OSHA 10 Hour Construction Industry Outreach Training Program This course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1926. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide.

Training Objectives

- State the purpose of the OSHA Act and list the functions of OSHA
- List the OSHA inspection priorities and describe the inspection process
- Describe the rights and responsibilities of employers and employees under the OSH Act
- Outline the general requirements for general safety standards
- Establish the guidelines and requirements for special purpose equipment

Training Topics

- **Introduction to OSHA, OSH Act, Inspections, Citations, and Penalties**
- **Fire Protection & Prevention Subpart F**
- **Electrical Subpart K**
- **Personal Protective Equipment Subpart E**
- **OSHA Focus Four**
- **Health Hazards in Construction**
- **Confine Space in Construction**
- **Fall Protection Subpart M**
- **Welding and Cutting Subpart J**
- **Material Handling, Storage, Use, and Disposal Subpart H**
- **Scaffolds Subpart L**
- **Hand & Power Tools Subpart I**
- **General Safety & Health Provisions Subpart C**
- **Excavations Subpart P**
- **Occupational Health & Safety Environmental Controls Subpart D**
- **Signs, Signals and Barricades Subpart G**
- **Cranes, Derricks, Hoists, Elevators and Conveyors Subpart N**
- **Motor Vehicles, Mechanized Equipment and Marine Operations Subpart O**
- **Concrete and Masonry Construction Subpart Q**
- **Steel Erection Subpart R**
- **Underground Construction, Caissons, Cofferdams and Compressed Air Subpart S**
- **Demolition Subpart T**
- **Blasting and the Use of Explosives Subpart U**
- **Power Transmission and Distribution Subpart V**
- **Rollover Protective Structures; Overhead Protection Subpart W**
- **Stairways & Ladders Subpart X**
- **Diving Subpart Y**
- **Toxic and Hazardous Substances Subpart Z**

The mandatory courses are highlighted in **Orange**. The **Orange** make up a mandatory & minimum 4 hours. The recommended courses are **Red**. They **Red** will make up a mandatory & minimum 2 hours. Then you would choose any elective topics to fill in the additional 4 hours, with a minimum of 30 minutes for each. The other option is to choose to spend more time in any topics previously discussed to elaborate or expand. The total number of classroom hours needs to equal 10.