



OSHA 10 Hour General Industry

Language Available:

- English
- Spanish

Student Count (per class):

- Min = 10
- Max = 30

Course Duration:

- 10 Hours

Course Materials:

- Handouts
- Quiz

Virtual Training:

- Not Optional

Course Overview

This OSHA 10 Hour General Industry course is intended to provide a variety of training to workers with some safety responsibility. Training will emphasize hazard identification, avoidance, and control and prevention.

Discussion Topics:**Introduction to OSHA**

This section covers workers' rights, employer responsibilities and how to file a complaint. It includes helpful worker safety and health resources. It also provides a sample weekly fatality and catastrophe report, a material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses (OSHA Form 300).

The student will be able to:

1. Explain why OSHA is important to workers
2. Explain worker rights under OSHA
3. Discuss employer responsibilities under OSHA
4. Discuss the use of OSHA standards
5. Explain how OSHA inspections are conducted
6. Utilize helpful worker safety and health resources

Walking and Working Surfaces, Including Fall Protection**The student will be able to:**

1. Identify types of stairways and ladders used at a construction site
2. Describe types of hazards (i.e., slips, trips, and falls) associated with the use of stairs and ladders
3. Describe protective methods used to prevent stairway and ladder hazards
4. Recognize employer requirements to protect workers from stairway and ladder hazards

Personal Protective and Lifesaving Equipment**The student will be able to:**

1. Describe the hierarchy of controls as it relates to personal protective equipment
2. Identify types of personal protective equipment utilized in construction
3. Explain personal protective equipment training requirements
4. Explain the responsibilities of employers and employees regarding personal protective equipment



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Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection**Electrical**

1. Electrical Requirement
2. Electrical Personal Protection Equipment

Hazard Communications Part 1 and Part 2

1. Haz Com (“Right to Understand”)
2. Written Program
3. Container Labeling
4. Safety Data Sheets
5. Haz Com in Laboratories
6. Training Requirements

Electives:

- Hazard Communication
- Control of Hazardous Energy
- Machine Guarding
- Accident Prevention Signs/Tags
- Heat Illness Prevention
- Ergonomics