



# OSHA 30 Hour General Industry

**Language Available:**

- English
- Spanish

**Student Count (per class):**

- Min = 10
- Max = 30

**Course Duration:**

- 30 Hours

**Course Materials:**

- Handouts
- Quiz

**Virtual Training:**

- Not Optional

**Course Overview**

This OSHA 30 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

**Managing Safety and Health**

May include the following topics:

- Injury Prevention Programs
- Job site inspections
- Accident prevention programs
- Management commitment and employee involvement
- Worksite analysis
- Hazard prevention and control
- Accident investigations
- How to conduct safety meetings
- Supervisory communication

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

1. Electrical Requirement
2. Electrical Personal Protection Equipment



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**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

**Health Hazards in Construction****The student will be able to:**

1. Identify common health hazards (e.g., chemical, heat stress, noise, biological, ergonomic-related)
2. Describe types of common health hazards
3. Apply health hazard protection methods
4. Recognize employer requirements to protect workers from health hazards in construction, including hazards communication program

**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

**Material Handling Equipment & Storage**

1. Storage (clearances, secure loads, Housekeeping)
2. Powered Industrial Trucks (PIT)
3. Training Requirements

**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



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**Electives:**

- Occupation noise Exposure – Hearing Conservation
- Machine Guarding
- Accident Prevention Signs and tags
- Fire Preventions
- Bloodborne Pathogens
- Permit-required Confined Space
- HAZWOPER
- Sanitation
- Hand and Portable tool
- Heat Illness Prevention Program
- Ergonomics
- Medical Services (First Aid)
- Workplace Violence Prevention
- Electrical Cords
- Welding Cutting and Brazing
- Industrial Hygiene
- Lockout – Tagout
- Inspections, Citations, and Penalties
- Recordkeeping and Reporting
- Access to Records