



OSHA 10 CONSTRUCTION

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Course: 10 Hours Instruction
Hours: Class Room
Hours: Field Instruction

Regulation
Prerequisites:
Fee:
CE Credits:

Per OSHA, "Construction Industry" standards apply only to new construction, installation, repair, renovation, painting, demolition and decorating. This workforce training guides the understanding of OSHA regulations and workplace hazard recognition with the intent to customize training as each industry's concerns vary.

Who Should Attend: Entry level construction workers.

What They Will Learn: Information about their rights, employer responsibilities, and how to contact OSHA. Learn to identify, abate, avoid and prevent related hazards on a job site. Construction industry safety and health hazards which a worker may encounter. Per OSHA's instruction, this training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards

OSHA MANDATES SPECIFIC TRAINING AS FOLLOWS:

2 hours - Introduction to OSHA

- Workers' rights, employer responsibilities and how to file a complaint
- Helpful worker safety and health resources
- Samples of a weekly fatality and 3 catastrophe report, material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses
- Materials include an Instructor Guide, PowerPoint slides, student handouts, and participatory activities

30 minutes - Personal Protective Equipment (PPE)

30 minutes - Health Hazards in Construction - May teach noise, hazard communication, crystalline silica, lead or any other construction health hazard.

4 hours - *OSHA Focus Four Hazards* - The student will be able to recognize and identify hazards in construction (falls, caught-in or between, struck-by, electrocution) - Describe types of hazards - Protect himself / herself from these hazards - Recognize employer requirements to protect workers from these hazards.

- Falls (minimum 1 hour and 15 minutes)
- Electrocution (30 minutes)
- Struck-By (i.e. falling objects, trucks, cranes, ...) (30 minutes)
- Caught-In or Between (i.e. trench hazards, equipment, ...) (30 minutes)

2 hours - **ELECTIVE:** Students select a minimum of 30 minutes training on at least two of the following topics

- Cranes, Derricks, Hoists, Elevators, & Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools - Hand and Power

1 hour - **OPTIONAL:** Students may select a topic from the following to expand on the mandatory or elective topics and or learn other construction industry hazards or policies. The minimum training of any topic is 30 minutes.

1. Accident Investigation and Prevention
2. Aerial Platforms/ lifts
3. Asbestos
4. Back Safety
5. BBP
6. Clothing and Attire (chemical)

UNITED SAFETY SOLUTIONS

P: 715.254.0638
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7. Compressed Gases
8. Concrete-Masonry
9. Confined Space
10. Cranes
11. Electrical
12. Emergency Action Plan
13. Ergonomics
14. Eye and Face Protection
15. Fall Protection
16. Fire Prevention
17. Hand and Foot Protection
18. Hazcom
19. Head Protection
20. Hearing
21. Hot Work
22. Housekeeping
23. Ladders
24. LOTO (lock out tag out)
25. Machine Guarding
26. PIT (powered industrial truck)
27. PPE (personal protective equipment)
28. Recordkeeping
29. Respiratory Protection
30. Rigging
31. Safe Access (ladders and stairways)
32. Scaffolds
33. Signaling
34. Site Specific Program
35. Thermal
36. Tools (hand and power)
37. Trenching and Excavation
38. Walking and Working Surfaces
39. Welding
40. Workplace Violence

Certification:

Successful completion requires 80% on both classroom and practical skills.

Upon successful completion, participants receive a wallet card, documentation to satisfy OSHA

Syllabus - OSHA 10 CONSTRUCTION - 10/8/2015