



OSHA Core Compliance (3 Day)

Course Outline - Summary

Prerequisites: This course shall have no formal prerequisite.

Course Length: 24 hours – Course length shall vary depending on the number of delegates. The total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session.

Course Objective

- Provide occupational workers with relevant information associated with Occupational Safety and Health Administration (OSHA) compliance related training.
- Provide delegates with awareness level occupational safety training.
- Provide safe work practices for the workplace.
- Delegates should be able to demonstrate knowledge during written examinations.

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids

Successful Course Completion

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam each day.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical session is mandatory for Incipient Fire Watch (Day 2)

Course Content Summary

- Classroom
- Practical – Day 2 Incipient Fire Watch

Breaks: 10 minutes (approximately every hour)

Lunch: 1 hour

Course Topics - Day 1

- Personal Protective Equipment
- Respiratory Protection
- Hearing Conservation
- Access to Medical Records
- Bloodborne Pathogens
- Accident Prevention Signs & Tags
- NORM
- Job Hazard Analysis (JHA)
- Permit Required Confined Space
- Hot Work
- Fall Protection



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- Hazard Communication (including GHS)
- Hazardous Waste Operations and Emergency Response/Spill Prevention & Pollution
- Electrical Safety (Non-qualified)
- Lock Out/Tag Out
- Walking Working Surfaces, Ladders, & Scaffolding
- Stop Work Authority
- Incident Reporting & Investigation
- Marine Trash and Debris

Course Topics - Day 2:

- Hydrogen Sulfide (H₂S)
- Fire Safety
- Behavior Based Safety
- Drug and Alcohol
- Workplace Violence
- Hand Safety
- Back Safety
- Work Permits
- Safety and Environmental Management Systems (SEMS II)
- Excavation and Trenching
- Short Service Employees
- Offshore Orientation
- DOT Hazardous Materials

Course Topics - Day 3:

- Emergency Response
- Effective Communication
- First Aid
- Powered Industrial Trucks (Forklift)
- Hazards Recognition
- Housekeeping
- Motor Vehicle Safety
- Occupational Health Hazards
 - Lead
 - Benzene
 - Asbestos
 - Heat Stress
 - Ergonomics
 - Chemical Carcinogens
- Office Safety
- OSHA Recordkeeping
- Process Safety Management
- Rigging



OSHA Core Compliance (3 Day)

Course Outline - Summary

- Scaffolding
- Terrorism Response Awareness Program
- Welding Cutting and Brazing
 - Compressed Gas Cylinder Awareness

Practical Session

The only practical session in this curriculum is Incipient Fire Fighting - Day 2.

Practical shall verify the following:

- Properly select and wear appropriate PPE during practical training
- Inspect and identify damaged extinguishers
- Select appropriate extinguisher and firefighting equipment
- Effectively communicate with others in the area using proper alerting techniques
- Demonstrate use of firefighting equipment
- Demonstrate firefighting techniques as discussed in theory
- Demonstrate how to extinguish a fire
- Properly remove used extinguishers from service

Training Center Provided Material

- Course Materials
- PPE
- Fire Extinguisher

Delegate Requirements

- None

Reference Material / Documents

BSEE 30 CFR 250.109 – 250.113	OSHA 29 CFR 1910.95	OSHA 29 CFR 1910.1001
BSEE 30 CFR 250.490	OSHA 29 CFR 1910.101	OSHA 29 CFR 1910.1020
DOT 49 CFR 171-179	OSHA 29 CFR 1910.120	OSHA 29 CFR 1910.1030
Environmental Protection Agency (EPA)	OSHA 29 CFR 1910.132-133	OSHA 29 CFR 1910.1200
National Fire Protection Association Codes and Standards	OSHA 29 CFR 1910.134	OSHA 29 CFR 1910 Subpart E
Offshore Operators Committee	OSHA 29 CFR 1910.138	OSHA 29 CFR 1926.150
OSHA 29 CFR 1910.22	OSHA 29 CFR 1910.145	OSHA 29 CFR 1926.200
	OSHA 29 CFR 1910.146	OSHA 29 CFR 1926.500-503
	OSHA 29 CFR 1910.157	OSHA 29 CFR 1926.1101
	OSHA 29 CFR 1910.333	