



10 Hour Outreach – Construction Course Outline



Prerequisites: This course shall have no formal pre-requisite.

Course Length: 12 – 15 hours – Course length shall vary depending on the number of delegates. Total course time include breaks.

Contact Hours: 10 hours – Student contact hours refer to time spent covering course content. Student contact hours do not include breaks for meals or other breaks, or time spent on administrative matters such as taking attendance or administering optional tests.

- Day 1 – 7.5 Hours
- Day 2 – 2.5 Hours

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 construction industry workers with relevant information associated with Occupational Safety and Health Administration (OSHA) compliance related training.
- Emphasize hazard identification, avoidance, control and prevention.
- Provide 10 Instructional hours of compliance related training.
- Delegates should be able to demonstrate knowledge during written examination.

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.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.

Course Content Summary

- Classroom

Breaks: 10 minutes (approximately every hour)

Lunch: 1 hour



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Course Topics

Day 1

Module 1: Introduction to OSHA

Module 2: Focus Four Hazards

- Falls
 - Identify major fall hazards
 - Describe types of fall hazards
 - Fall Protection
 - Employer Requirements
- Electrocution
 - Identify major electrocution hazards
 - Describe types of electrocution hazards
 - Protecting against electrocution hazards
 - Employer Requirements
- Caught-In or Between
 - Identify common caught-in or caught-between hazards
 - Describe types of caught-in or caught-between hazards
 - Protecting against caught-in or caught-between hazards
 - Employer Requirements
- Struck-By
 - Identify common struck-by hazards
 - Describe types of struck-by hazards
 - Protecting against struck-by hazards
 - Employer Requirements

Module 3: Tools - Hand and Power

Module 4: Walking Working Surfaces

- Scaffolds
- Stairways and Ladders



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Day 2

Module 5: Personal Protective Equipment (PPE)

Module 6: Health Hazards

- Hearing Conservation (Noise)
- Hazard Communication

Module 7: Heavy Equipment

- Cranes

Module 8: Excavations

- Trenching and Shoring

Module 9: Confined Space

Test

Training Center Provided Material

- Course Materials

Delegate Requirements

- None

Reference Material / Documents

- 29 CFR 1926
- 29 CFR 1926 500-503
- 29 CFR 1926.416
- 29 CFR 1926.302
- 29 CFR 1910.22
- 29 CFR 1910.132-133
- 29 CFR 1910.95
- 29 CFR 1910.1200
- 29 CFR 1926.251
- 29 CFR 1926.1400
- 29 CFR 1926, Subpart P
- 29 CFR 1910.146