



30 Hour – Construction Course Outline



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

Course Length: 32-36 hours – Course length shall vary depending on the number of delegates. Total course time include breaks.

Contact Hours: 30 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 – 7.5 hours
- Day 3 – 7.5 Hours
- Day 4 – 7.5 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 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 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

Course Topics



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Day 1

Module 1: Introduction to OSHA

- Why OSHA is important to workers
- Worker rights under OSHA
- Employer responsibilities under OSHA
- The use of OSHA standards
- How OSHA inspections are conducted
- Helpful worker safety and health resources

Module 2: Managing Safety and Health

- Injury and Illness Prevention Programs
- Incident Investigation
- Safety Meetings
- Fundamentals of Hazard Recognition

Module 3: Personal Protective and Lifesaving Equipment

- **Activity: Inspect PPE**

Module 4: Health Hazards in Construction

- Hazard Communication/GHS
- **Activity: Discuss an SDS in depth**
- Hearing Conservation/Noise

Module 5: Stairways and Ladders

Day 2

Module 6: OSHA Focus Four

- Falls protection
- **Activity: Inspect and don a harness**
- Struck By
- Caught In or Between
- Electrocution

Module 7: Confined Space

- Confined Space Entry
- Atmospheric Hazards
- Physical Hazards
- Worker Induced Hazards
- Confined Space Safety

Day 3



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Module 8: Excavations Trenching and Shoring

Module 9: Fire Protection and Prevention

- Fire Prevention
- Classes of Fire
- Fire Extinguishers
- Fire Safety
- **Activity: Extinguish a fire**

Module 10: Forklift

- Forklift Inspection
- Forklift Capacity
- Forklift Operation
- Forklift Safety

Module 11: Scaffold

Module 12: Power Tools

Module 13: Ergonomics

Day 4

Module 14: Cranes and Rigging

- Rigging Safety
- Crane Safety

Module 15: Process Safety

Module 16: Vehicle Safety

Module 17: Welding, Cutting and Brazing

Module 18: Record Keeping

Test

Training Center Provided Material

- Course Materials

Delegate Requirements

- None

Reference Material / Documents

- OSHA 29 CFR 1926



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- 29 CFR 1910.132-133
- 29 CFR 1910.1200
- 29 CFR 1910.95
- 29 CFR 1926 Subpart X
- 29 CFR 1926.500-503
- 29 CFR 1910.66 App C
- 29 CFR 1926 Subpart K
- 29 CFR 1910.146
- 29 CFR 1910.134
- 29 CFR 1926, Subpart P
- 29 CFR 1910.178
- 29 CFR 1926 Subpart L
- 29 CFR 1926 Subpart I
- 29 CFR 1926.251
- 29 CFR 1910.252