



30 Hour – General Industry Course Outline



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

Course Length: 30 hours – Course length shall vary depending on the number of delegates.
Total course time include 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 a variety of training to workers with some safety responsibility.
- Emphasize hazard identification, avoidance, control and prevention
- Provide 30 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

Course Topics

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 - Industry Policies

- PSM
- SEMS

Module 3 - Safety and Health Policies

- Behavior Based Safety

Module 4 - Personal Protection Equipment

Module 5 - Hazard Communication

Module 6 - Hazardous Materials

- Overview
- Flammable and Combustible Materials
- Spray Finishing
- Compressed Gases
- Dipping and Coating Operations
 - Hazard anticipation Worksheet?

Module 7 - Bloodborne Pathogens

- BBP Activity

Module 8 - Emergency Response (Basic)

- Exit Routes
- Emergency Action Plans
- Fire Prevention Plans
- Fire Protection

Module 9 - HAZWOPER Awareness

- Spill kit demo

Day 2

Module 10 - Walking & Working Surfaces

- Fall Protection

Module 11 - Materials Handling

- Back Safety

Module 12 - Ergonomics

Module 13 - Electrical Safety – Basic

Module 14 - Lockout/Tagout - Basic

- Lockout/Tagout – Piping & Vessel
 - Practical Activity

Module 15 - Machine Guarding

Module 16 - Welding, Cutting, Brazing

Module 17 - Industrial Hygiene Hazards

- Welding, Cutting and Brazing

Module 18 - Emergency Response (Fire Focus)

- BSEE Hot Work



30 Hour – General Industry Course Outline



- Fire Fighting
- Emergency Response Guidebook

Day 3

Module 19 - Industrial Hygiene Hazards

- H₂S
- Benzene
- Asbestos
- Silica

Module 20 – NORM Safety

Module 21 - Respiratory Protection

Module 22 - Air Monitoring

Module 23 - Confined Space

Module 24 - Fall Protection

- Harness Inspection
- Don Harness

Module 25 - Electrical Safety (Part 2)

Day 4

Module 26 - Materials Handling

- Powered Industrial Trucks (Forklift)
- Crane and Rigging Safety

Module 27 – Excavation and Trenching Safety

Module 28 – Motor Vehicle Safety

Module 29 – Job Hazard Analysis (JHA)

Module 30 – Permit to Work

Module 31 – Worksite Safety

- Severe Weather
- Health and Wildlife
- Pits and Ponds

Module 32 - Hand Safety

Module 33 - Office Safety

Module 34 - Managing Safety & Health

- Injury and Illness Prevention Programs
- Incident Investigation
- Safety Meetings



30 Hour – General Industry Course Outline



- Supervisory Communication
- Hazard Prevention and Control
- Managing Commitment and Employee Involvement
- Fundamentals of Hazard Recognition

Exam

Training Center Provided Material

- Course Materials

Delegate Requirements

- None

Reference Material / Documents

- | | |
|-------------------------|--|
| • 29 CFR 1910 | • 29 CFR 1910.252 |
| • 30 CFR 250 Subpart S | • 30 CFR 250.109-113 |
| • 29 CFR 1910.132-133 | • 30 CFR 250.490 |
| • 29 CFR 1910.1200 | • 29 CFR 1910.1028 |
| • 29 CFR 1910 Subpart H | • 29 CFR 1910.1001 |
| • 29 CFR 1910.1030 | • 29 CFR 1926.1153 |
| • 29 CFR 1910 Subpart E | • 49 CFR 173 |
| • 29 CFR 1910.120 | • 29 CFR 1910.134 |
| • 29 CFR 1910.22 | • 29 CFR 1910.146 |
| • 29 CFR 1910 Subpart S | • 29 CFR 1910.28 - 30 |
| • 29 CFR 1910.333 | • 29 CFR 1910.178 |
| • 29 CFR 1910 Subpart O | • 29 CFR 1926.251 |
| • 29 CFR 1910 Subpart R | • 29 CFR 1926, Subpart P – Excavations |
| • 29 CFR 1910.147 | • 29 CFR 1910.138 |