



OSHA 10 Hour Compliance Course Outline



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

Course Length: 10 hours – Course length shall vary depending on the number of delegates.
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 examination.

Course Design

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

Successful Course Completion

- Requires a minimum score of 75% or better.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Delegates will have no more than thirty (30) minutes to complete the exam each day.

Course Content Summary

- Classroom

Breaks: 10 minutes (approximately every hour)

Lunch: 1 hour

Course Outline

Introduction to OSHA and the OSH Act

- Importance of OSHA
- History of OSHA
- OSHA'S Mission
- Worker Rights
- Employer Responsibilities
- OSHA Standards



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- Citations
- Inspections
- Resources for Workers
 - Filing a complaint

Focus Four – Falls, Electrocution, Struck-By, Caught-In or Between

- Fall Protection
 - About Falls
 - Fall Distances
 - Anchorage Points
 - Body Harness
 - Donning
 - Body belt
 - Lanyards
 - Inspections
 - Connectors
 - Deceleration Devices
 - Retractable Lanyards
 - Lifelines
 - Climbing Techniques
 - Ladder Safety
 - Safety Nets
 - Employee Responsibilities
 - Guardrails
 - Rescue Plan
 - Hazard Recognition
- Struck By / Hazard Recognition
- Caught In / Hazard Recognition
- Electrical Non-Qualified
 - Electrical Safety
 - Cord Safety
 - Circuit Breakers and Circuits
 - PPE
 - Clearance from Energized Lines

Personal Protective equipment

- Purpose
- Hazard Assessment
 - Employer and Employee Responsibilities



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- Affected Employees
- Protective Clothing
- Eye and Face Protection
- Foot Protection
- Head Protection

Health Hazards

- Hazard Communication / GHS
- Hearing Conservation

Cranes, Excavations, Scaffolds/Ladders/Stairs, Power Tools

- Cranes
 - Common Causes of Crane Accidents
 - Hazardous Environments for Crane Operations
 - Load Capacity
 - Hand Signals
 - Swing Radius
 - Operator Visibility
 - Guardrails
 - Crane Operations
 - Crane Use Near Power Lines
 - Training Requirements
 - Hazard Recognition
- Excavation
 - Competent Person
 - Safe Work Practice
 - Access and Egress
 - General Hazards
 - Methods of Protection
 - Protective Systems
 - Sloping
 - Shoring
 - Shielding
 - PPE
- Walking Working Surface & Scaffolding
 - General Requirements
 - Floor Hole
 - Floor Opening
 - Stairs
 - Wall Opening



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- Guardrails
- Scaffolding
- Ladders
 - Portable
 - Fixed
- Floor Loading Protection
- Power Tool Safety

Confined Space

- OSHA/NIOSH Statistics
- Define Confined Space Criteria
 - Permit Required
- Roles of Confined Space
 - Entrant, Attendant, Rescue, Supervisor
- Entry Requirements
 - Training Requirements
 - JHA, Job Planning
 - Equipment
 - Entry Permit
 - What constitutes entry?
- Atmospheric Hazards
 - O₂ / Other Contaminants
 - Flammability
- Ventilation
- Physical Hazards
- Acute Symptoms
- Role of Rescue Team
 - Retrieval Equipment

Training Center Provided Material

- Course Materials

Delegate Requirements

- None

Reference Material / Documents

OSHA 29 CFR 1926