

**10-HOUR CONSTRUCTION INDUSTRY
OSHA OUTREACH TRAINING PROGRAM**

This 10-hour safety course offered by WorkSafeAZ, **Construction Industry OSHA Outreach Training Program**, is intended for entry-level workers to increase hazard awareness on a variety of construction safety and health topics. **Of the topics listed below, 5 ½ hours are mandatory and 2 hours must be chosen from the optional topic list.** For the remainder of the class, we can teach other relevant construction industry hazards or policies and/or expand on the required topics. Instructional time must be at least 10 hours.

The 10-hour classes are intended for entry-level workers, therefore, rather than emphasizing OSHA standards, training will emphasize the following:

- Hazard identification
- Avoidance
- Control and prevention

Upon successful course completion, the student will receive a Department of Labor OSHA Construction 10-hour course completion card.

We offer the Construction Industry OSHA Outreach Training Program in our One-Day Fast-Trac Format. This does require the student to be present for the entire 10 hours of instruction. WorkSafeAZ provides a working lunch as part of the course.

Course Fees: \$125.00 including course materials and lunch.

REQUIRED COURSE OUTLINE AND TOPICS

One Hour

Introduction to OSHA, including:

- OSHA Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, and Recordkeeping basics
- Inspections, Citations, and Penalties
- General Safety and Health Provisions, Competent Person, Subpart C
- Value of Safety and Health
- OSHA Website and available resources
- OSHA 800 number

Two Hours

OSHA Focus Four Hazards

- Fall Protection, Subpart M
- Electrical, Subpart K
- Struck by (e.g., falling objects, trucks, cranes)
- Caught in/between (e.g., trench hazards, equipment)

One Hour

Personal Protective and Lifesaving Equipment, Subpart E

Choose at least 2 of the following topics

These topics must add up to at least 2 hours:
-Minimum 30 minutes each-

Materials Handling, Storage, Use and Disposal, Subpart H

Tools – Hand and Power, Subpart I

Scaffolds, Subpart L, Cranes, Derricks, Hoists, Elevators and Conveyors, Subpart N

Excavations, Subpart P

Additional topics will be covered by WorkSafeAZ based on student interest and relevance to company activities.

One Hour
Health Hazards in Construction (including hazard communication and crystalline silica)

30 Minutes
Stairways and Ladders, Subpart X