



800-870-5913

10-HOUR GENERAL INDUSTRY OSHA TRAINING PROGRAM

www.WorkSafeAZ.com

A Division of Industrial Safety Training and Compliance, LLC
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This 10-hour safety course offered by WorkSafeAZ, **General Industry OSHA 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, six hours are mandatory and two hours must be chosen from the optional topic list.** For the remainder of the class, we can teach any other general 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 instead of 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 General Industry 10-hour course completion card.

We offer this in our One-Day Fast-Trac Format, which does require the student to be present for the entire 10 hours of instruction. We provide a working lunch as part of the course.

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

REQUIRED COURSE OUTLINE AND TOPICS

One Hour

Introduction to OSHA, including:

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

One Hour

Walking and Working Surfaces, Subpart D

One Hour

Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L

Choose at least 2 of the following topics

These topics must add up to at least 2 hours:

- *Minimum one-half hour each* -

Hazardous Materials (Flammable and Combustible Liquids, Compressed Gases, Dipping and Coating), Subpart H

Materials Handling, Subpart N

Machine Guarding, Subpart O

Introduction to Industrial Hygiene, Subpart Z

Bloodborne Pathogens, Subpart Z

<i>One Hour</i> Electrical, Subpart S
<i>One Hour</i> Personal Protective Equipment (PPE), Subpart I
<i>One Hour</i> Hazard Communication, Subpart Z

Special Industry Recommendation:

In addition to the six required hours, the groups noted below should also teach the following:

- **Medical / Health Care** – 1 hour each - Introduction to Industrial Hygiene, Bloodborne Pathogens
- At least ½ hour each – Ergonomics and Workplace Violence
- **Maintenance** - Ergonomics and (if applicable) Powered Industrial Trucks
- Ergonomics, Power Generation, and Confined Spaces
- **Utility** - Ergonomics, Power Generation, and Confined Spaces
- **Office** – Ergonomics