

DESIGNATED TRAINING TOPICS
10-HOUR CONSTRUCTION INDUSTRY
OUTREACH TRAINING PROGRAM

The 10-hour Construction Industry Outreach Training Program is intended to provide an entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Learning objectives on many of these topics are on the 10-hour CD-ROM which is distributed in the train-the-trainer class, and also available for download at the Outreach Training Program website. Instructional time must be a minimum of 10 hours.

Break down of the topics as follows:

- **Mandatory - 4 hours (left column):** Four topics to be taught, ranging from one-half to two hours each
- **Elective - 2 hours (right column top):** Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.
- **Optional - 4 hours (right column bottom):** Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

10-HOUR CONSTRUCTION INDUSTRY REQUIRED COURSE TOPICS	
<i>*OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness</i>	
Mandatory - 4 hours	Elective - 2 hours
<p>One Hour - Introduction to OSHA including:</p> <ul style="list-style-type: none"> ■ OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics ■ Inspections, Citations, and Penalties ■ General Safety and Health Provisions, Subpart C ■ Competent Person, Subpart C ■ Value of Safety and Health ■ OSHA Website and available resources ■ OSHA 800 number <hr/> <p>Two Hours (minimum 15 minutes on each of four areas) OSHA Focus Four Hazards</p> <ul style="list-style-type: none"> ■ Fall Protection, Subpart M ■ Electrical, Subpart K ■ Struck by (e.g., falling objects, trucks, cranes) ■ Caught in/between (e.g., trench hazards, equipment) <hr/> <p>30 Minutes Personal Protective and Lifesaving Equipment, Subpart E</p> <hr/> <p>30 Minutes Health Hazards in Construction (e.g., noise, hazards communication and crystalline silica)</p>	<p style="text-align: center;">Choose at least two of the following elective topics: These topics must add up to at least two hours: Minimum one-half hour each</p> <ul style="list-style-type: none"> ■ 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 ■ Stairways and Ladders, Subpart X <p style="text-align: center;">Optional - 4 hours</p> <p>For the remaining four class hours: Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics.</p>