

OSHA 10 Syllabus

Time: 12 hours

Maximum Class Size: 10

Prerequisites: None

Course Description: The OSHA 10-hour Outreach class is taught by OSHA-authorized trainers and provides basic safety, health and education training for construction workers. Training is provided in the recognition, avoidance, abatement and prevention of safety and health hazards in workplaces in the construction industry. It also provides information on the employer's responsibilities, workers' rights and how to file a complaint. A few of the topics introduced are the "Focus Four", health hazards in construction, PPE & lifesaving equipment, excavation safety and hand and power tools.

Goals/Objectives/Learning Outcome:

At the end of the class, the participant will be able to:

- Describe six different types of violations used by OSHA and give a brief description of each. Describe the concept of the General Duty clause.
- List the general safety and health training provisions of Subpart C.
- Describe requirements for first aid and medical attention on the jobsite.
- List at least two signs of exposure to wood dust, and describe at least three ways to prevent exposure.
- List four methods for reducing the vibrations that can cause Raynaud's phenomenon.
- Determine whether hearing protection is needed in situational examples, using the formula describe in this chapter to calculate exposure.
- List five construction jobs that may require some form of ventilation.
- List four situations in which employers are required to supply workers with personal protective equipment.
- List at least two areas in which employees must be trained if respirators are used on the job.
- List the citations the employer can receive when PPE is not used when required.
- Discuss the causes of highway injuries and fatalities, and list at least five ways to reduce or eliminate them.
- Describe at least two safe work practices for working around heavy equipment. List four general requirements for storage or disposal of materials.
- Discuss the importance of using safe debris disposal methods on a construction site.
- List four OSHA rules for wire rope slings used for materials handling.
- Describe three general requirements for safe rigging.
- Discuss samples of crane fatalities and how you can apply what you learned to prevent crane fatalities and injuries.
- Describe the purpose of grounding an electrical system.

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- Describe the requirements for working at various distances from live electrical lines, and what to do if work must be done within 10 feet of a live line.
- List and describe three OSHA citations related to electrical hazards.
- Explain the importance of ensuring that scaffold footings are sound and rigid.
- Describe when it is necessary to tie a scaffold at regular intervals.
- Describe at least three situations requiring the use of personal fall arrest equipment and falling object protection. Explain the guardrail requirements for scaffold established by OSHA.
- List the OSHA requirements for materials that are used to cover floor openings.
- List the safety requirements that a personal fall arrest system (PFAS) must meet. Identify the anchorage, body wear, and connecting devices of a sample PFAS and demonstrate how to put it on.
- Given pictures, graphics or scenarios of guardrail systems, identify the violations in the situation and corrective actions.
- Define the following terms: benching, shield, competent person, slope ratio, cross braces, sloping, excavation, trench, hazardous atmosphere, uprights, sheeting, wales.
- Describe three danger signs of a possible trench cave-in.
- Describe the soil characteristics of type A, B and C soil, and state the sloping requirements for each soil type.
- Describe and demonstrate the correct set-up and securing of an extension ladder per the guidelines of this chapter.
- Given a set of graphics depicting the use of a step ladder, list the violation in each graphic.

Standards

- Introduction to OSHA
- OSHA 29 CFR 1926 Subpart C Focus Four
- OSHA 29 CFR 1926 Subpart E PPE
- OSHA 29 CFR 1926 Subpart C Health Hazards in Construction
- OSHA 29 CFR 1926 Subpart P Excavations
- OSHA 29 CFR 1926.602 Materials Handling, Storage, Use and Disposal
- OSHA 29 CFR 1926 Subpart L Scaffolds
- OSHA 29 CFR 1926 Subpart X Stairways and Ladders
- OSHA 29 CFR 1926 Subpart I Tools- Hand and Power

Classroom Rules and Procedures

- All classes begin at 6:30 am and end at 3:00 pm
- Upon entering classroom, all participants must sign in and be seated by 6:30 am
- Class will consist of a combination of lecture, video, demonstration, coached group exercises, individual exercises and assessment.
- Students are required to report to class ready to work and maintain the provided PPE.

Textbooks/Readings/Materials

OSHA 10 Syllabus

- LIUNA: *OSHA Participant Guide*
- LIUNA: *OSHA Instructor Guide*
- OSHA 10 Student Handout Packet

Personal Protective Equipment

- 10 pairs of gloves
- 10 pairs of Safety Glasses
- 20 pairs of Ear plugs
- 10 hard hats

Course Requirements

To receive credit for the course, participants must:

- Be present for full twelve hours
- Participate in all classroom exercises
- Pass a written exam
- Pass a hands-on exam

Course Policies

- Participants must be on-time and ready to work.
- Participants must return from breaks on-time.
- Participants must participate in each exercise and assignment

Assessment and Grading

Participants will be assessed on the following:

- All written exams must be passed with a score of 80% or above.
- All hands-on exercises are graded on performance and participation. They are pass/fail and must be passed with a score of 80% or above.

Safety

Failure to maintain and use PPE may result in dismissal from the course.