

# Community College Course Outline

## Course Information

**Title** OSHA 10-Hour Construction Industry Training Course

**Credit breakout** 1.00 15 hours-online  
(credit                      lecture                      lab                      practicum                      work experience)

### **COURSE DESIGN:**

This OSHA 10-hour course is an online course delivered by CareerSafe, one of only 10 companies approved by OSHA to deliver the OSHA 10-hour training online. Course content is regulated by OSHA. Course instructors are authorized by OSHA to deliver the OSHA 10-hour training.

### **COURSE DESCRIPTION:**

The OSHA Outreach Training Program for Construction Industry provides training for entry level workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

### **COURSE COMPETENCIES:**

*During this course, the student will be expected to understand the knowledge components associated with:*

1. Introduction to OSHA Part 1.
  - 1.1 Explain why OSHA is important to workers.
  - 1.2 Explain worker rights under OSHA.
2. Introduction to OSHA Part 2.
  - 2.1 Discuss employer responsibilities under OSHA.
  - 2.2 Discuss the use of OSHA standards.
  - 2.3 Explain how OSHA inspections are conducted.
  - 2.4 Utilize helpful worker safety and health resources.
3. Fall Hazards Part 1.
  - 3.1 Recognize major fall hazards on construction site.
  - 3.2 List the leading causes of construction industry deaths.
  - 3.3 Describe the dangers of working on unprotected roofs and edges.
  - 3.4 Describe the risks of improper scaffold usage.
  - 3.5 Describe the hazards of not following guidelines for portable ladder safety.
  - 3.6 Follow the fall protection guidelines to avoid fall hazards on-the-job
  - 3.7 Describe employers' five areas of responsibilities for protecting workers.
4. Fall Hazards Part 2.
  - 4.1 OSHA's regulations that protect workers on elevated surfaces.
  - 4.2 Primary fall protection methods.
  - 4.3 Explain how guardrails help prevent falls.
  - 4.4 Explain guidelines for using safety nets.
  - 4.5 Components of personal fall arrest system

5. Scaffolds.
  - 5.1 List and define the basic types of scaffolds.
  - 5.2 List the five major hazards associated with working on scaffolds.
  - 5.3 Demonstrate a thorough understanding of the different kinds of fall protection equipment, as well as the different situations in which each type is required.
  - 5.4 Demonstrate an understanding of the regulations for safely working on scaffolds.
  - 5.5 Describe the responsibilities of a competent person in relation to scaffolds.
  
6. Welding & Cutting.
  - 6.1 Describe the requirements placed on employers by the General Duty Clause.
  - 6.2 Demonstrate a thorough knowledge of the safe use of equipment associated with gas welding and cutting.
  - 6.3 Demonstrate an understanding of the safe use of equipment associated with arc welding and cutting properly.
  - 6.4 Describe the various methods of ventilation and protection used in various working environments.
  - 6.5 Describe the dangers associated with both chemical and physical agents when welding and cutting.
  
7. Excavations
  - 7.1 Identify the greatest risk present at an excavation site
  - 7.2 Recognize the three methods of protecting employees from cave-ins
  - 7.3 Name three hazards to people working in excavation areas and ways to eliminate them
  - 7.4 Describe the function of a competent worker at an excavation site.
  
8. Struck-By Hazards
  - 8.1 How to identify common struck-by hazards
  - 8.2 Describe types of struck-by hazards
  - 8.3 Protect yourself from struck-by hazards
  - 8.4 Recognize employer requirements to protect.
  
9. Caught-In or Between Hazards.
  - 9.1 Identify common caught-in and caught-between hazards
  - 9.2 Describe types of caught-in and caught-between hazards
  - 9.3 Protect yourself from caught-in and caught-between hazards
  - 9.4 Recognize employer requirements to protect workers from caught-in or caught-between hazards.
  
10. Hand & Power Tools.
  - 10.1 List the hand and power tool safety rules.
  - 10.2 Identify the precautions essential to the safe use of different types of tools.
  - 10.3 Name the guarding techniques that apply to hand and power tools.
  
11. Health Hazards in Construction.
  - 11.1 List the four types of health hazards on construction sites
  - 11.2 Distinguish between acute and chronic hazard exposure and illnesses
  - 11.3 Describe the characteristics and effects of various chemical hazards
  - 11.4 Describe the characteristics and effects of various physical hazards
  - 11.5 Describe the characteristics and effects of various biological hazards
  - 11.6 Describe the characteristics and effects of various ergonomic hazards

12. Personal Protective Equipment (PPE).
  - 12.1 Why PPE matters.
  - 12.2 Eye and face protection.
  - 12.3 Head protection
  - 12.4 Hearing protection
  - 12.5 Hand protection
  - 12.6 Foot protection
  - 12.7 Respiratory protection
  - 12.8 Full body protection
  
13. StartSafe. StaySafe.
  - 13.1 What is CareerSafe.
  - 13.2 What is safety.
  - 13.3 Why safety should matter to you.
  - 13.4 Your legal rights.
  - 13.5 The StartSafe. StaySafe. philosophy.
  
14. Materials Handling.
  - 14.1 List main injuries that occur during handling, storage, use and disposal of materials.
  - 14.2 Name the ways to prevent injury when performing manual lifting.
  - 14.3 Identify ways to eliminate hazards that may lead to injury when using forklifts, cranes, or slings to handle materials.
  - 14.4 List actions that can reduce or eliminate hazards when storing, using, or disposing of materials.
  
15. Hazardous Communication
  - 15.1 Explain the importance and basics of chemical safety.
  - 15.2 Describe the “Right-to-Know” Law.
  - 15.3 Identify the requirements of a Hazard Communications program.
  - 15.4 Explain the purpose of Safety Data Sheets (SDS)
  - 15.5 Recognize features of warning labels
  
16. Electrocution Hazards
  - 16.1 Common electrocution hazards
  - 16.2 Types of electrocution hazards
  - 16.3 How to protect yourself from electrocution hazards
  - 16.4 Recognize employer requirements and how to protect workers from electrocution hazards
  
17. Stairways and Ladders
  - 17.1 Describe the different types of ladders
  - 17.2 Describe the safety guidelines and requirements for ladders used at construction site.
  - 17.3 Describe the different types of stairs
  - 17.4 Describe the safety guidelines and requirements for stairways used at a construction site.
  
18. Crane Operations.
  - 18.1 Identify the major causes of crane accidents.
  - 18.2 Describe the pre-planning that is required before using a crane.
  - 18.3 State the main precautions that need to be taken when working near power lines.
  - 18.4 Understand the importance of operator and personnel training.