

Community College Course Outline

Course Information

Title OSHA 10-Hour General 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 General 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.
 - 3.1 OSHA's regulations that protect workers on elevated surfaces.
 - 3.2 Primary fall protection methods.
 - 3.3 Explain how guardrails help prevent falls.
 - 3.4 Explain guidelines for using safety nets.
 - 3.5 Components of personal fall arrest system
4. Flammable & Combustible Liquids.
 - 4.1 Identify the two primary hazards associated with flammable and combustible liquids.
 - 4.2 Define important terms related to flammable and combustible liquids.
 - 4.3 Describe two ways to avoid an explosion or fire, and
 - 4.4 Identify potential sources of ignition.

5. Preventing Workplace Violence.
 - 5.1 Explain what is workplace violence.
 - 5.2 Explain who is at risk for workplace violence.
 - 5.3 Prevention Strategies (Employer and employee involvement, warning signs, coping skills).

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 understand 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. Emergency Action.
 - 7.1 The importance of emergency planning.
 - 7.2 General emergency preparedness.
 - 7.3 What is an Emergency Action Plan (EAP).
 - 7.4 Emergency Guidelines (Tornados, Earthquakes, Hurricanes, Fires, Chemical Release, Hostile Act).
 - 7.5 Remove, inspect and install an alternator.
 - 7.6 Determine necessary action.

8. Ergonomics.
 - 8.1 What is ergonomics.
 - 8.2 Why ergonomics matters.
 - 8.3 Risk factors affecting ergonomics.
 - 8.4 Posture.
 - 8.5 Biomechanics
 - 8.6 Lifting techniques.
 - 8.7 Applying ergonomics in everyday situations

9. Walking Working Surfaces.
 - 9.1 Describe the environment in which OSHA's standards for walking-working surfaces do and do not apply.
 - 9.2 Describe the general requirements for the maintenance of walking-working surfaces.
 - 9.3 Define the terms floor opening, floor hole, and wall opening and describe the various methods for guarding them and other walking-working surface conditions.

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. Safety & Health Programs.
 - 11.1 Describe the major elements of an effective occupational safety program.
 - 11.2 Identify the methods for hazard identification.
 - 11.3 List the methods used in hazard prevention and protection.

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. Disaster Preparedness
 - 17.1 List the different types of disasters
 - 17.2 Describe preparation strategies for each type of disaster
 - 17.3 Identify emergency supplies needed for disasters
 - 17.4 Identify the requirements for exits and exit routes

18. Stairways and Ladders
 - 18.1 Describe the different types of ladders
 - 18.2 Describe the safety guidelines and requirements for ladders used at construction site.
 - 18.3 Describe the different types of stairs
 - 18.4 Describe the safety guidelines and requirements for stairways used at a construction site.

19. Fire Prevention and Protection
 - 19.1 Describe how to protect yourself and others in the event of a fire.
 - 19.2 State the key components of a fire prevention plan.
 - 19.3 Explains the steps to take identify, avoid and control fire hazards.

20. Machine Guarding
 - 20.1 Why machine guarding matters.
 - 20.2 Types of mechanical hazards.
 - 20.3 Methods of machine guarding namely: guards, devices, and location and distance.
 - 20.4 Safety aids.
 - 20.5 Safe work practices.
 - 20.6 Proper training.

21. Bloodborne Pathogens
 - 21.1 Understanding pathogens.
 - 21.2 Hazards of bloodborne pathogens.
 - 21.3 How bloodborne pathogens are transmitted.
 - 21.4 Who is at risk.
 - 21.5 Reducing your risk of exposure.
 - 21.6 OSHA requirements.