



## OSHA - 10 Hour Construction Industry Outreach Training Program

### Course Description

This course is designed for Construction Workers, Foremen, Superintendants, and Project Managers. OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific hazards of the job. Upon successful completion of the course, participants will receive an OSHA construction safety and health 10- hour course completion card from the Department of Labor.

**Note:** This online course has been reviewed and accepted by OSHA for online distribution.



### Learning Objectives

- ▶ General understanding of the OSHA Act and the functions of OSHA
  - ▶ Inform the student on the procedures and priorities of an OSHA Compliance inspection
  - ▶ Describe the rights and responsibilities of employers and employees under the OSHA Act
  - ▶ Provide students with the skills and knowledge to identify and control hazards in the workplace
  - ▶ Provide students with the tools and knowledge to control and eliminate hazards in the workplace
  - ▶ Promote a proactive safety attitude within the student
- ▶ Introduction to OSHA
  - ▶ General Safety & Health Provisions
  - ▶ Electrical
  - ▶ Fall Protection
  - ▶ Personal Protective & Lifesaving Equipment
  - ▶ Materials Handling, Storage, Use & Disposal
  - ▶ Hand & Power Tools
  - ▶ Scaffolds
  - ▶ Cranes, Derricks, Hoists, Elevators & Conveyors
  - ▶ Excavations
  - ▶ Stairways & Ladders

### Regulatory

This course has been reviewed and accepted by OSHA. Upon completion of this course, you will receive a temporary printable certificate. In 4-6 weeks, you will receive a card from OSHA and the Department of Labor in the mail.

### Seat Time

This course has been approved for 10 hours.

### Course Pre-Requisites

There are no pre-requisites for this course.

### Testing

Quizzes: All quizzes must be passed with a 100% to proceed to the next lesson. Final Exam: The final exam must be passed with a 70% to pass the next course. The final exam can be taken three times if necessary.

### Contact us at:

**Black Swamp Safety Council**  
(419) 267-1440  
[www.blackswampsafety.org](http://www.blackswampsafety.org)