



OSHA 10-Hour General Industry Training Program - 1.0 CEUs*

The Occupational Safety and Health Administration, or OSHA, regulates workplace safety by setting and enforcing standards and by providing training, outreach, education and assistance. This OSHA series of modules explains varying OSHA mandates and standards.

Seven Hours Mandatory - 0.7 CEUs

Intro to OSHA

- Why is OSHA Important to You?
- What Rights Do You Have Under OSHA?
- What Responsibilities Does Your Employer Have Under OSHA?
- What Do the OSHA Standards Say?
- How are OSHA Inspections Conducted?
- Where Can You Go For Help?

Walking and Working Surfaces

- General Requirements
- Floor, Roof, and Other Openings
- Stairs and Ladders
- Scaffolding and Other Working Surfaces

Fall Protection

- Fall Protection Options and Planning
- Personal Fall Protection Systems
- When Fall Protection is Needed

Exit Routes, Emergency Action, and Fire Prevention Plans

- Definitions
- Design and Construction Requirements
- Maintenance, Safeguards, and Operational Features for Safe Routes
- Emergency Action Plans
- Fire Prevention Plan

Electrical Safety

- Electrical Shock and Arc Flash
- Emergency Response Actions
- Electrical Safeguarding
- Electrical Personal Protective Equipment
- De-Energizing Electrical Equipment

Personal Protection Equipment (PPE)

- Personal Responsibilities
- Industrial Personal Protective Equipment
- Care, Use, and Inspection of PPE
- Effects of Using Defective PPE

Hazardous Communications

- Importance of Hazardous Communication
- Hazardous Communication Requirements
- Use of Hazardous Communication Programs

Two Hour Elective - 0.2 CEUs

Hazardous Materials

- Common Hazardous Materials
- Handling and Disposal Procedures
- Safety Precautions and Regulations

Materials Handling

- Manual Handling and Safe Lifting
- Mechanical Material Handling Equipment
- Storing Materials

Machine Guarding

- Machine Accidents
- Methods of Machine Safeguarding
- Other Examples of Machine Guarding and Training Requirements

Bloodborne Pathogens

- Coverage and Risk
- Exposure Control Plan
- Engineering and Work Practice Controls
- Hepatitis B Vaccination
- Training

Safety and Health Program

- Benefits and Major Elements of an Effective Safety and Health Program
- Management Commitment and Employee Involvement
- Worksite Analysis
- Hazard Prevention and Control
- Safety and Health Training

Fall Protection

- Fall Protection Options and Planning
- Personal Fall Protection Systems
- When Fall Protection is Needed

Back Safety & Ergonomics

- Back Safety Overview
- Overview of Ergonomics
- Solutions to Control Hazards
- Training and Enforcement

One Hour Optional - 0.1 CEUs

Environmental Awareness

- Environmental Issues and Industry
- Environmental, Health, and Safety Regulations
- Priority Pollutants
- Minimizing Pollution

Fall Protection

- Fall Protection Options and Planning
- Personal Fall Protection Systems
- When Fall Protection is Needed

Fire Safety and Prevention

- Fire Tetrahedron
- Common Classes of Fire
- Fire Prevention Techniques
- Extinguishing Fires

Industrial Signage

- Common Industrial Signs
- Hazard Identification Color Code
- Industrial Floor Marking Code

Lockout/Tagout

- Purpose of a Lockout/Tagout Program
- Principles of a Lockout/Tagout Program
- Lockout/Tagout Devices
- Authorized Employee Responsibilities

Crane Safety

- Definitions
- Overview of Cranes
- Crane Hazards
- Rigging Equipment
- Crane Operation, Inspection, and Training

Industrial Facility Safety

- Common Hazards Encountered in Industrial Facilities
- Dangers Associated with Electrical Current and Voltage
- Common Industrial Systems Installed for Personnel and Equipment Protection

Benzene Awareness

- What is Benzene?
- Benzene Awareness Training
- What Are the Health Risks

H2S Awareness

- Hydrogen Sulfide Awareness
- Hazardous Properties of H2S Gas
- Health Effects of H2S Exposure