



Colston Safety and Training, Inc.
OSHA Outreach 10-Hour & 30-Hour

DESIGNATED TRAINING TOPICS

10-HOUR CONSTRUCTION INDUSTRY OUTREACH TRAINING PROGRAM

The 10-hour Construction Industry Outreach Training Program is intended to provide an entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Learning objectives on many of these topics are on the 10-hour CD-ROM which is distributed in the train-the-trainer class, and also available for download at the Outreach Training Program website. Instructional time must be a minimum of 10 hours.

Breakdown of topics as follows:

- Mandatory - 4 hours: Four topics to be taught, ranging from one-half to two hours each
- Elective - 2 hours: Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.
- Optional - 4 hours: Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

10-HOUR GENERAL INDUSTRY REQUIRED COURSE TOPICS

Mandatory . 4 hours

- One Hour - Introduction to OSHA including: OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics, Inspections, Citations, and Penalties, General Safety and Health Provisions (Subpart C), Competent Person (Subpart C), Value of Safety and Health, OSHA Website and available resources, OSHA 800 number
- Two Hours (minimum 15 minutes on each of four areas): OSHA Focus Four Hazards, Fall Protection (Subpart M), Electrical (Subpart K), Struck by (e.g., falling objects, trucks, cranes), Caught in/between (e.g., trench hazards, equipment)
- 30 Minutes: Personal Protective and Lifesaving Equipment (Subpart E)
- 30 Minutes: Health Hazards in Construction (e.g., noise, hazards communication and crystalline silica)

Elective . 2 hours (These topics must add up to at least two hours - Minimum One-half hour each)

Choose at least two of the following elective topics:

- Materials Handling, Storage, Use and Disposal (Subpart H)
- Tools - Hand and Power (Subpart I)
- Scaffolds (Subpart L)
- Cranes, Derricks, Hoists, Elevators, and Conveyors (Subpart N)
- Excavations (Subpart P)
- Stairways and Ladders (Subpart X)

Optional . 4 hours

- For the remaining four class hours: Teach any other construction industry hazards or policies
- and/or expand on the mandatory or elective topics.

30-HOUR CONSTRUCTION INDUSTRY OUTREACH TRAINING PROGRAM

The 30-hour Construction Outreach Training Program is intended to provide a variety of training to workers with some safety responsibility. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 30 hours. OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness.

Breakdown of topics as follows:

- Mandatory - 12 hours: Five topics to be taught, ranging from one to five hours each
- Elective - 12 hours: Choose at least six of these topics to teach, for a minimum of one-half hour each
- Optional - 6 hours: Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each

30-HOUR MANDATORY COURSE TOPICS

- Two Hours (minimum) Introduction to OSHA: OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics, Inspections, Citations, and Penalties, General Safety and Health Provisions, Competent Person (Subpart C) Value of Safety and Health, OSHA Website, OSHA 800 number and available resources
- Five Hour (minimum) - OSHA Focus Four Hazards (must cover all four areas – minimum 30 minutes on each): Fall Protection, Subpart M (e.g., floors, platforms, roofs), Electrical (Subpart K - e.g., overhead power lines, power tools and cords, temporary wiring, grounding), Struck by (e.g., falling objects, trucks, cranes, constructing masonry walls), Caught in/between (e.g., trench hazards, unguarded machinery, equipment)
- Two Hours (minimum) - Personal Protective and Lifesaving Equipment
- Two Hours (minimum) - Health Hazards in Construction
- One Hour (minimum) - Stairways and Ladders (Subpart X)

30-HOUR ELECTIVE COURSE TOPICS

Choose at least 6 of the following topics - Must add up to at least 12 hours

- Fire Protection and Prevention (Subpart F)
- Materials Handling, Storage, Use and Disposal (Subpart H)
- Tools - Hand and Power (Subpart I)
- Welding and Cutting (Subpart J)
- Scaffolds (Subpart L)
- Cranes, Derricks, Hoists, Elevators, and Conveyors (Subpart N)
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades (Subparts O, W, and G)
- Excavations (Subpart P)
- Concrete and Masonry Construction (Subpart Q)
- Steel Erection (Subpart R)
- Safety and Health Program
- Confined Space Entry
- Powered Industrial Vehicles
- Ergonomics