

# OSHA 10 Hour Construction Safety & Health

Lead Instructor: Warren Barlow

## Course Outline

OSHA Authorized Construction Trainer No. 15-0107998

Location: St. George, Utah

Class Start Date:

Thursday, May 30, 2024

DAY 1 - Thursday, May 30, 2024	Instructor	Start Time	End Time	Class Time	Break Time	
Lunch		11:00 AM	11:30 AM			
Introduction to OSHA - 1 Hour Min	Warren Barlow	11:30 AM	12:30 PM	1:00		
Focus Four - Falls - 1 Hour and 30 Minutes Min	Warren Barlow	12:30 PM	2:00 PM	1:30		
Break		2:00 PM	2:15 PM		0:15	
Focus Four - Struck By - 30 Minutes Min	Warren Barlow	2:15 PM	3:00 PM	0:45		
Focus Four - Caught In or Between - 30 Minutes Min	Warren Barlow	3:00 PM	3:45 PM	0:45		
Break		3:45 PM	4:00 PM		0:15	
Personal Protective Equipment - 30 Minutes Min	Warren Barlow	4:00 PM	5:00 PM	1:00		
<i>Adjourn for the day</i>						
Total for DAY 1 - Thursday, May 30, 2024				Total Class Time:	5:00	0:30

DAY 2 - Friday, May 31, 2024	Instructor	Start Time	End Time	Class Time	Break Time	
Focus Four - Electrocution - 30 Minutes Min	Warren Barlow	7:00 AM	8:30 AM	1:30		
Elective - Tools - Hand and Power - 30 Minutes Min.	Warren Barlow	8:30 AM	9:00 AM	0:30		
Break		9:00 AM	9:10 AM		0:10	
Elective - Stairways and Ladders - 30 Minutes Min.	Warren Barlow	9:10 AM	10:00 AM	0:50		
Health Hazards in Construction - 30 Minutes Min.	Warren Barlow	10:00 AM	11:00 AM	1:00		
Break		11:00 AM	11:10 AM		0:10	
Elective - Rigging Loads - 30 Minutes Min.	Warren Barlow	11:10 AM	11:40 AM	0:30		
Elective - Scaffolds - 30 Minutes Min.	Warren Barlow	11:40 AM	12:20 PM	0:40		
<i>Adjourn for the day</i>						
Total for DAY 2 - Friday, May 31, 2024				Total Class Time:	5:00	0:20