

OSHA 10 Course - Objectives

Introduction to OSHA - 1 Hour Min

At the end of this session, participants will be able to explain:

- OSHA's mission and purpose
- What OSHA standards are and where to find them
- Primary responsibilities of employers regarding worker safety
- Workers rights and responsibilities regarding worker safety
- How OSHA and state plans enforce OSHA standards
- How to report safety hazards
- Protections for whistleblowers
- Resources available to workers regarding health and safety

Focus Four - Falls - 1 Hour and 30 Minutes Min

At the end of this session, participants will:

- Be able to identify fall hazards
- Describe different types of fall hazards
- Describe the different fall protections systems
- Recognize employer requirements to protect workers from fall hazards

Focus Four - Struck By - 30 Minutes Min

At the end of this session, participants will:

- Be able to identify struck by hazards in their work environment
- Describe different types of struck by hazards
- Describe the multilayer approach to protect against struckby hazards
- Recognize employer requirements to protect workers from struckby hazards

Focus Four - Caught In or Between - 30 Minutes Min

At the end of this session, participants will:

- Be able to identify caught in or between hazards related to their work environment
- Describe environments, tools and equipment that create caught in or between hazard
- Describe the multiple lines of defense from caught in or between hazards
- Recognize employer requirements to protect from caught in or between hazards

Personal Protective Equipment - 30 Minutes Min

At the end of this session, participants will:

- Describe the different components of standard PPE
- When to use different components of the PPE ensemble
- Describe the ARC Flash PPE used in NFPA 70E
- Understand that PPE is a last line of defense

Focus Four - Electrocution - 30 Minutes Min

At the end of this session, participants will:

- Be able to identify electrocution hazards in their work environment
- Describe different types of electrical shock hazards
- Describe the steps in LOTO, GFCI requirements, and Ground Fault Path Programs
- Recognize employer requirements to protect workers from struckby hazards

Elective - Tools - Hand and Power - 30 Minutes Min.

At the end of this session, participants will:

- Appreciate the importance of manufacturer's requirements in safe handling of tools
- Associate the PPE requirements with the tool that is in use
- Associate the training requirements with the tool that is in use

Elective - Stairways and Ladders - 30 Minutes Min.

At the end of this session, participants will:

- Be able to complete a step ladder inspection
- Understand the "Shall Nots" of ladder use
- Understand how to select the appropriate ladder for the task
- Understand how to protect and secure ladders for work
- Appreciate the purpose of stairs for emergency egress
- Hand rail and landing requirements for stairs in construction

Health Hazards in Construction - 30 Minutes Min.

At the end of this session, participants will:

- Have increased awareness of the hazards of silica
- Appreciate the purpose of hearing protection
- Have increased awareness of repetitive use injuries
- Understand the importance of Hazard Communications Program

Elective - Rigging Loads - 30 Minutes Min.

At the end of this session, participants will:

- Understand what cross-loading means
- Appreciate the importance of rating of rigging equipment
- Review hand signals used when guiding equipment operators

Elective - Scaffolds - 30 Minutes Min.

At the end of this session, participants will:

- Appreciate the different types of scaffolding systems
- Understand the principles of the different scaffolding systems
- Gain awareness of hazards that exist in scaffolding areas
- Understand the importance of controlled access zones