**OSHA 10-Hour Construction Training: Course Outline and Objectives**

**Course Objective: To provide entry-level construction workers with essential knowledge and skills to recognize, avoid, and prevent safety and health hazards in the construction industry, in compliance with OSHA standards.**

**Target Audience: Entry-level workers in the construction industry.**

**Course Modules:**

1. **Introduction to OSHA (1 hour)**
   * **OSHA's history, mission, and standards**
   * **Workers' rights and employer responsibilities**
   * **How to file an OSHA complaint**
2. **OSHA Focus Four Hazards (4 hours)**
   * **Falls (1 hour 30 minutes minimum)**
   * **Electrocution**
   * **Struck-By hazards**
   * **Caught-In or Between hazards**
3. **Personal Protective Equipment (PPE) (30 minutes)**
   * **Types of PPE and their applications**
   * **Proper selection, use, and maintenance of PPE**
4. **Health Hazards in Construction (30 minutes)**
   * **Hazard Communication**
   * **Noise, silica, and other common health hazards**
5. **Elective Topics (2 hours, choose at least 2)**
   * **Stairways and Ladders**
   * **Materials Handling, Storage, Use and Disposal**
   * **Tools - Hand and Power**
   * **Scaffolds**
   * **Cranes, Derricks, Hoists, Elevators and Conveyors**
   * **Excavations**
6. **Optional Topics (2 hours)**
   * **Additional construction industry hazards or policies**
   * **Expansion on mandatory or elective topics**

**Key Takeaways:**

* **Participants will understand OSHA standards and their application in construction settings.**
* **They will learn to identify and mitigate common construction workplace hazards, especially the Focus Four.**
* **Participants will gain knowledge of proper PPE use and health hazard recognition.**
* **They will understand their rights and responsibilities under OSHA.**

**Delivery Methods:**

* **Instructor-led training with hands-on components**
* **Interactive discussions and case studies**
* **Practical exercises tailored to construction scenarios**

**Certification:**

* **Official OSHA 10-Hour Construction Industry card issued by the U.S. Department of Labor upon successful completion**

**This course is designed to meet OSHA's Outreach Training Program requirements, providing workers with foundational knowledge to create safer work environments in construction settings**[**1**](https://www.safetytrainingservices.net/osha-10-ci)[**3**](https://www.oshaeducationcenter.com/osha-10-hour-training-construction/)[**4**](https://safetycounselling.com/what-you-will-learn-in-the-osha-10-hour-class-for-construction/)[**5**](https://www.osha.com/courses/10-hour-construction.html)**.**