

**OSHA 10-Hour Construction Schedule**

**Day 1**

8:30-9:30 Intro to OSHA Justus Swensen 1 hr

**Break** 10 min

9:40-10:10 Material Handling Safety Dan Arnoldson .5 hrs

10:10-10:40 HAZCOM & GHS Justus Swensen .5 hrs

**Break** 10 min

10:50-12:20 Fall Protection - Subpart M Dan Arnoldson 1.5 hrs

**Lunch** 30 min

12:50-2:05 Electrical – Subpart K/Electrocution Justus Swensen 1.25 hrs

**Break** 10 min

2:15-3:15 Scaffolds Subpart L Dan Arnoldson 1 hrs

**Break** 10 min

3:25-3:55 Health Hazards (Noise) Justus Swensen .5 hrs

**Break** 5 min

3:00-4:30 PPE Dan Arnoldson .5 hrs

4:30-5:00 Hand and Power Tools – Subpart I Dan Arnoldson .5 hrs

**Day 2**

8:30-9:00 Health Hazards (Silica) Dan Arnoldson .5 hrs

9:00-9:45 Struck By Injuries Justus Swensen .75 hrs

**Break** 10 min

9:55-10:25 Excavation Safety Dan Arnoldson .5 hrs

10:25-10:55 Caught in Between Accidents Dan Arnoldson .5 hrs

**Break**  10 min

11:05-11:35 Ladders & Stairways –Subpart X Justus Swensen .5 hrs

Total: 10 hrs