

10-Hour Occupational Safety and Health Construction Course
Jill Shupe; Principle Instructor
September 27, 28 2016

Time	Topic
Day One	
8:00-8:15	Course opening, Student intro, Course objectives
8:15-10:15	Intro to OSHA
10:15-10:30	BREAK
10:30-11:45	Focus 4 - Falls
11:45-12:45	LUNCH
12:45-1:15	Focus 4 - Electrocution
1:15-1:45	Focus 4 - Struck By
1:45-2:15	Focus 4 - Caught In or Between
2:15-2:30	BREAK
2:30-3:00	PPE

Day Two	
8:00-8:45	Health Hazards In Construction
8:45-9:30	Stairs and Ladders
9:30-10:00	Tools- Hand and Power
10:00-10:15	BREAK
10:15-11:00	Trenching and Excavations
11:00-11:30	Material Handling
11:30-12:15	Scaffolds
12:15-1:00	Closing