



10-HOUR CONSTRUCTION INDUSTRY REQUIRED COURSE TOPICS	
Mandatory Topics (8.5 hours)	Electives (90 minutes)
Introduction to OSHA and Cal/OSHA (2 hours)	Minimum ½ hour per topic Must choose at least 2 of the following topics: <ul style="list-style-type: none"> • Confined Space • Cranes, Derricks, Hoists, Elevators, and Conveyors • Excavations • Materials Handling, Storage, Use and Disposal • Scaffolds • Stairways and Ladders • Tools - Hand and Power
Injury and Illness Prevention Program & Heat Illness Prevention (1 hour)	
OSHA Focus Four Hazards (4 hours) <ul style="list-style-type: none"> • Fall Prevention and Protection • Electrical • Struck By • Caught in/between 	
4 hours total – <i>except Fall Protection which requires 1 hour 15 minutes</i>	
Personal Protective and Life Saving Equipment (30 minutes)	
Health Hazards in Construction (1 hour) <i>Must cover the following topics:</i> <ul style="list-style-type: none"> • Hazard Communication • Noise • Silica/Lead/Asbestos • Ergonomics 	

OSHA Outreach Training: Cal/OSHA Partnership Program