



## OSHA Outreach Training: Cal/OSHA Partnership Program

<b>30-Hour Construction Industry Required Course Topics</b>	
<b>Mandatory (16 hours)</b>	<b>Electives (12 hours)</b>
Introduction to OSHA and Cal/OSHA (2 hours)	<p><b>Choose at least 6 of the following topics - Must add up to at least 12 hours. Minimum length of topic is on-half hour.</b></p> <ul style="list-style-type: none"> <li>• Concrete and Masonry Construction</li> <li>• Cranes, Derricks, Hoists, Elevators, and Conveyors</li> <li>• Ergonomics</li> <li>• Excavations</li> <li>• Fire Protection and Prevention</li> <li>• Materials Handling, Storage, Use and Disposal</li> <li>• Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades</li> <li>• Powered Industrial Vehicles</li> <li>• Safety and Health Programs</li> <li>• Scaffolds</li> <li>• Steel Erection</li> <li>• Tools - Hand and Power</li> <li>• Welding and Cutting</li> </ul> <p>REMAINING ONE HOUR</p> Teach any other construction industry hazards or policies and/or expand on the mandatory and/or elective topics
Managing Safety & Health, Injury and Illness Prevention Program and Code of Safe Work Practices – (2 hours)	
OSHA Focus Four Hazards (6 hours ) <ul style="list-style-type: none"> <li>• Fall Prevention and Protection</li> <li>• Electrical</li> <li>• Struck By</li> <li>• Caught in/between</li> </ul> 30 minute minimum on each except Fall Protection which requires 1 hour 15 minutes	
Personal Protective and Lifesaving Equipment (2 hours)	
Health Hazards in Construction (3 hours) Must cover the following topics: <ul style="list-style-type: none"> <li>• Hazard Communication</li> <li>• Heat Illness/Stress</li> <li>• Noise</li> <li>• Lead</li> <li>• Silica (including 1530.1 requirements)</li> <li>• Asbestos</li> </ul>	
Stairways and Ladders (1 hour)	
Confined Space (1 hour)	