



10-Hour Construction Industry Outreach Training Program Designated Training Topics

10-Hour Construction Industry Required Course Topics	
Mandatory (7 hours)	Electives (2 hours)
<ul style="list-style-type: none"> • Introduction to OSHA (2 hours) • OSHA Focus Four Hazards (4 Hours) <ul style="list-style-type: none"> (1) Falls (minimum one hour and 15 minutes) (2) Electrocution (3) Struck-By (e.g., falling objects, trucks, cranes) (4) Caught-In or Between (e.g., trench hazards, equipment) • Personal Protective Equipment and Lifesaving Equipment (30 minutes) • Health Hazards in Construction (30 minutes) 	<p>Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Cranes, Derricks, Hoists, Elevators, & Conveyors • Excavations • Materials Handling, Storage, Use and Disposal • Scaffolds • Stairways and Ladders • Tools - Hand and Power <p><u>OPTIONAL ONE HOUR</u></p> <p>Teach any other construction industry hazards or policies and/or expand on the mandatory and/or elective topics. Minimum length of any topic is 30 minutes.</p>