



<b>10-HOUR CONSTRUCTION INDUSTRY REQUIRED COURSE TOPICS</b>	
<b>Mandatory Topics (8.5 hours)</b>	<b>Electives (90 minutes)</b>
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"> <li>• Confined Space</li> <li>• Cranes, Derricks, Hoists, Elevators, and Conveyors</li> <li>• Excavations</li> <li>• Materials Handling, Storage, Use and Disposal</li> <li>• Scaffolds</li> <li>• Stairways and Ladders</li> <li>• Tools - Hand and Power</li> </ul>
Injury and Illness Prevention Program & Heat Illness Prevention (1 hour)	
OSHA Focus Four Hazards (4 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>	
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"> <li>• Hazard Communication</li> <li>• Noise</li> <li>• Silica/Lead/Asbestos</li> <li>• Ergonomics</li> </ul>	

### **OSHA Outreach Training: Cal/OSHA Partnership Program**