



## 10-Hour Construction Industry Outreach Training Program Designated Training Topics

<b>10-Hour Construction Industry Required Course Topics</b>	
<b>Mandatory (7 hours)</b>	<b>Electives (2 hours)</b>
<ul style="list-style-type: none"> <li>• Introduction to OSHA (2 hours)</li> <li>• OSHA Focus Four Hazards (4 Hours)               <ul style="list-style-type: none"> <li>(1) Falls (minimum one hour and 15 minutes)</li> <li>(2) Electrocution</li> <li>(3) Struck-By (e.g., falling objects, trucks, cranes)</li> <li>(4) Caught-In or Between (e.g., trench hazards, equipment)</li> </ul> </li> <li>• Personal Protective Equipment and Lifesaving Equipment (30 minutes)</li> <li>• Health Hazards in Construction (30 minutes)</li> </ul>	<p>Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>• Cranes, Derricks, Hoists, Elevators, &amp; 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> <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>