



10-Hour Maritime Outreach Training Program Designated Training Topics Shipyard Employment

10-Hour Maritime Industry Required Course Topics – Shipyard Employment	
Mandatory (7 hours)	Electives (1 hour)
<ul style="list-style-type: none"> • Introduction to OSHA (1 hour) • Walking and Working Surfaces (1 hour) • Personal Protective Equipment (1 hour) • Fall Protection/Scaffolding (1 hour) • Electrical (1 hour) • Confined and Enclosed Spaces (1 hour) • Fire Protection (1 hour) 	<p>Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Hazard Communications/Hazardous Materials • Lockout/Tagout • Respiratory Protection <p><u>OPTIONAL (2 HOURS)</u> Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Hot Work – Welding, Burning and Cutting • Material Handling • Bloodborne Pathogens (Exposure Control Plan, Universal Precautions, Spills and Decontamination) • Machine Guarding • Ergonomics and Proper Lifting Techniques (repetitive motion and muscle strains) • Additional Coverage on mandatory or elective topics or on any other maritime industry hazards or policies



**10-Hour Maritime Outreach Training Program Designated
 Training Topics
 Marine Terminals and Longshoring**

10-Hour Maritime Industry Required Course Topics – Marine Terminals and Longshoring	
Mandatory (3 hours)	Electives (4 hours)
<ul style="list-style-type: none"> • Introduction to OSHA (1 hour) • Walking and Working Surfaces (1 hour) • Personal Protective Equipment (1 hour) 	<p>Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Hazard Communications/Hazardous Materials • Lockout/Tagout • Respiratory Protection • Fall Protection • Electrical • Confined and Enclosed Spaces • Fire Protection <p><u>OPTIONAL (3 HOURS)</u> Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Hot Work – Welding, Burning and Cutting • Material Handling • Bloodborne Pathogens (Exposure Control Plan, Universal Precautions, Spills and Decontamination) • Machine Guarding • Ergonomics and Proper Lifting Techniques (repetitive motion and muscle strains) • Additional Coverage on mandatory or elective topics or on any other maritime industry hazards or policies