



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

30-Hour Maritime Industry Required Course Topics – Shipyard Employment	
Mandatory (15 hours)	Electives (2 hours)
<ul style="list-style-type: none"> • Introduction to OSHA (1 hour) • Managing Safety and Health (2 hours) • Walking and Working Surfaces, including fall protection (2 hours) • Personal Protective Equipment (2 hours) • Fall Protection/Scaffolding (2 hours) • Electrical (2 hours) • Confined and Enclosed Spaces (2 hours) • Fire Protection (2 hours) 	<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 (13 HOURS)</u></p> <p>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



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

30-Hour Maritime Industry Required Course Topics – Marine Terminals and Longshoring	
Mandatory (7 hours)	Electives (8 hours)
<ul style="list-style-type: none"> • Introduction to OSHA (1 hour) • Managing Safety and Health (2 hours) • Walking and Working Surfaces, including fall protection (2 hours) • Personal Protective Equipment (2 hours) 	<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 (15 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