



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

| <b>30-Hour Construction Industry Required Course Topics</b>   |   |
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| <b>Mandatory (14 hours)</b>   | <b>Electives (12 hours)</b>   |
| <ul style="list-style-type: none"> <li>• Introduction to OSHA (1 hour)</li> <li>• Managing Safety and Health (2 Hours)</li> <li>• OSHA Focus Four Hazards (6 Hours)               <ul style="list-style-type: none"> <li>(1) Falls (minimum 1 hour and 30 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 (2 hours)</li> <li>• Health Hazards in Construction (2 hours)</li> <li>• Stairways and Ladders (1 hour)</li> </ul> | <p>Choose at least 6 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>• Concrete and Masonry Construction</li> <li>• Confined Space Entry</li> <li>• Cranes, Derricks, Hoists, Elevators, &amp; Conveyors</li> <li>• Ergonomics</li> <li>• Excavations</li> <li>• Fire Protection and Prevention</li> <li>• Materials Handling, Storage, Use and Disposal</li> <li>• Motor Vehicles, Mechanized Equipment and Marine Operations;</li> <li>• Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades</li> <li>• Powered Industrial Vehicles</li> <li>• Safety and Health Programs</li> <li>• Scaffolds</li> <li>• Steel Erection</li> <li>• Tools - Hand and Power</li> <li>• Welding and Cutting</li> <li>• Foundations for Safety Leadership (minimum 2 hours and 30 minutes)</li> </ul> <p><u>OPTIONAL (4 HOURS)</u> _____</p> <p>Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics. Minimum length of any topic is 30 minutes.</p> |