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

10-Hour Maritime Industry Required Course Topics – Shipyard Employment	
Required (7 hours)	**Electives (1 hour)**
• 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)	Minimum length of any topic is 30 minutes. • Hazard Communications/Hazardous Materials • Lockout/Tagout • Respiratory Protection OPTIONAL (2 HOURS) Minimum length of any topic is 30 minutes. • 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)**
- Introduction to OSHA (1 hour) - Walking and Working Surfaces (1 hour) - Personal Protective Equipment (1 hour)	Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes. - Hazard Communications/Hazardous Materials - Lockout/Tagout - Respiratory Protection - Fall Protection - Electrical - Confined and Enclosed Spaces - Fire Protection OPTIONAL (3 HOURS) Minimum length of any topic is 30 minutes. - 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