



# OSHA Compliance (10Hrs)

## OSHA<sup>®</sup> 10-Hour OSHA Accepted Courses

### SOME OF WHAT YOU WILL COVER

- ★ Explain the importance of OSHA in providing a safe and healthful workplace to workers covered by OSHA
- ★ Apply OSHA regulations for walking and working surfaces to avoid slips, trips, and falls
- ★ Recognize safe work practices for installing, maintaining, and using stairs, ladders, and scaffolds
- ★ Explain the OSHA requirements for exit routes and Emergency Action plans
- ★ Describe OSHA requirements for Fire Prevention plans and portable fire extinguishers
- ★ Identify safe work practices around electricity
- ★ Proper use of personal protective equipment
- ★ List the elements of the Hazard Communication Standard and its training program
- ★ Outline requirements for Material Safety Data Sheets and hazardous chemical inventories
- ★ Identify hazard warning labels
- ★ Identify bloodborne pathogens and common symptoms, and how to protect employees against exposure to them
- ★ Identify the duties and responsibilities of confined space workers
- ★ Describe proper lockout/tagout procedures
- ★ Recognize safe operating procedures for forklifts
- ★ All participants will receive a participant's manual which also serves as an excellent field guide for future reference
- ★ All courses are led by authorized OSHA Outreach trainer
- ★ 29CFR1910 General Industry Standards or 29CFR1926 Construction Standards & Materials Furnished

Who's responsible for safety in your organization? The right answer is everyone. Each year, more and more employers train their workers with the OSHA 10 hour Outreach Program for General Industry or Construction Standards. This 10-hour course is intended to provide instruction on a variety of general safety and health standards. Employers and employees alike will benefit greatly from information provided in this program. Ideal for newly hired employees to ensure that they are given a broad overview of the role that OSHA plays in the workplace as well as their own personal roles and responsibilities regarding safety. Each student who successfully completes the program will receive a completion card issued by the U.S. Department of Labor. This Course Completion Card has no Expiration date!

**Job Safety  
and Health  
It's the law!**

*OSHA has issued a new policy that limits all OSHA Outreach Training (classroom and online) to a maximum of 7.5 hours training per day in all OSHA 10-Hour courses. As a result, all 30-Hour courses must be delivered over a minimum of 4 days.*

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