

OSHA 10 & 30 Hour Outreach Training

Length	2 days (10 hour course)
Overview	The OSHA 10 & 30 hour courses are designed to train employees in workplace safety, hazards, regulations, and employee training. Both courses have required subjects shown below and several electives determined by the customer and Outreach Trainer. The student must attend the minimum required hours in either one complete session or over a period of time not to exceed six months. To receive an OSHA 10 or 30 hour card, the student will be asked to pass a written test.
Certification	The OSHA 10 & 30 Hours courses are delivered by OSHA Trained Outreach Trainers who are NOT OSHA employees. Outreach Trainers are authorized to conduct the 10 & 30 hour training programs in accordance with guidelines provided by the OSHA Office of Training and Education. Students receive course completion cards from OSHA via the Outreach Trainer upon successful completion of the course. Additional information can be found at www.osha.gov .

COURSE OUTLINE

Required Subjects

Introduction to OSHA

- OSHA – DOL
- General Duty Clause
- Inspections – Citations – Penalties
- Recordkeeping

Electrical

Fall Protection

Required Electives – choose 3

Personal Protection Equipment – PPE

Material Handling

Tools

Scaffolds

Cranes

Derricks

Exit Routes

Emergency Action Plans

Fire Protection and protection plans

Notes:

1. 10-hour course equals required subjects, plus at least three electives.
2. 30-hour course equals required subjects, plus at least 14 hours of additional subjects

Elective Subjects list*

RF Site Safety – MPE

Flammable & combustible Liquids

Hazard Communications

Intro to Industrial Hygiene

Safety & Health Programs

Confined Space

Lockout - Tagout

** Partial List, customized to specific audience and industry requirements. For more information see www.osha.gov.*

For more information or a custom quote