

OSHA 10 Training

The 10-hour General Industry Outreach Training Program is intended to provide a variety of training to workers with some safety responsibility. The course focus is on what is required in the OSHA standards. Training also emphasizes hazard identification, avoidance, and control and prevention. Instructional time must be a minimum of 10 hours. OSHA also requires that the class instructional time is spread over two days and no one day can exceed 7.5 hours of instructional time. The topic requirements & electives are as follows:

Mandatory Topics:

Two Hours:

- Intro to OSHA, OSH Act/Duty Clause, Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping Basics
- Inspections, Citations and Penalties
- Value of Safety and Health
- OSHA Website, Available Resources, and 800#

One Hour:

- Walking and Working Surfaces, Subpart D, including Fall Protection

One Hour:

- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L

One Hour:

- Electrical, Subpart S

One Hour:

- Personal Protective Equipment (PPE), Subpart I

One Hour:

- Hazard Communication, Subpart Z

Elective Topics (to cover two hours) include:

- Hazardous Materials (Flammable and Combustible Liquids, Compressed Gases, Dipping and Coating), Subpart H
- Materials Handling, Subpart N

- Machine Guarding, Subpart O
- Introduction to Industrial Hygiene, Subpart Z
- Blood borne Pathogens, Subpart Z
- Ergonomics
- Safety and Health Management Programs

Optional Industry Topics (one hour):

The final hour of training can focus on other general industry standards, policies and/or expand on the required topics.

- Hazardous waste operations and emergency response (HAZWOPER)
- Process safety management
- Lockout/tagout
- Confined spaces
- Welding, cutting and brazing
- Workplace violence
- General environmental controls
- OSHA recordkeeping
- Improving your company's safety record
- Designing emergency plans