



OSHA 10 Course for General Industry

Onsite – 12 hours – Two Day Training 3-40 Participants

OSHA 10 Hour General Industry Outreach Training Program This course is ideal for all workers with safety and health responsibilities, and for employee safety and health awareness. Participants will be introduced to OSHA policies, procedures and standards, as well as, general industry safety and health principles covered in OSHA Act Part 1926. Special emphasis will be placed on hazard identification, avoidance, control and prevention using OSHA standards as a guide. Instruction time must be a minimum of 10 hours.

Training

The topic requirements are as follows:

Mandatory – 6 hours

- **Introduction to OSHA – 1 hour.**
 - OSHA has required training content for this module - see <https://www.osha.gov/dte/outreach/teachingaids.html>.
 - Covers workers' rights, employer responsibilities and how to file a complaint. It includes helpful worker safety and health resources. It also provides a sample weekly fatality and catastrophe report, a safety data sheet and the OSHA Log of Work-Related Injuries and Illnesses (OSHA Form 300).
 - Materials include an Instructor Guide, student handouts, and participatory activities.
- **Hazard Communication – 1 hour.**
- **Walking and Working Surfaces, including fall protection – 1 hour.**
- **Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection – 1 hours.**
- **Electrical – 1 hours.**
- **Personal Protective Equipment (PPE) – 1 hour.**

Electives – 2 hours. Must present at least 2 hours of training on the following topics. The minimum length of any topic is one-half hour. Please choose from the following options;

- **Managing Safety and Health** – May include Injury and Illness Prevention Programs, job site inspections, accident prevention programs, management commitment and employee involvement, worksite analysis, hazard prevention and control, accident investigations, how to conduct safety meetings, and supervisory communication.
- **Permit-Required Confined Spaces.**
- **Lockout / Tagout.**
- **Machine Guarding.**
- **Welding, Cutting, and Brazing.**
- **Introduction to Industrial Hygiene.**
- **Bloodborne Pathogens.**
- **Ergonomics.**
- **Fall Protection.**



- **Powered Industrial Vehicles.**
- **Hazardous Materials** (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations).

Optional - 2 hours. Teach other general industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic is one-half hour.

The course includes handouts and materials on topics discussed.

Number of Participants: All OSHA 10 classes are required to have a minimum of three (3) participants. OSHA regulation does not allow more than 40 participants in one training session. OSHA does not allow more than 7.5 hours of training a day. Therefore, two dates are needed to complete this training.

On-site Location: The customer must provide a space large enough to fit the participants. The training space must have either a white wall to project onto, screen or a TV with HDMI cable to attach a laptop.

Completion Cards: If a participant misses more than 15 minutes of any training segment, the participant may not receive their completion card. All completion cards will be sent to one contact person. A front and back group copy of all OSHA 10 cards for each participant is kept on file at Safety Trainers. To decrease misspelled names, we suggest that you provide a typed participation list. These certifications in the State of Massachusetts do not expire.



OSHA 10 Hour General Industry Program – SAMPLE

MANDATORY: 6 hours	Intro to OSHA Walking Working Surfaces Exit Routes, EAP, Fire Prevention	1.0 hour 1.0 hour 1.0 hour	Electrical PPE HazCom	1.0 hour 1.0 hour 1.0 hour
ELECTIVE: 2 hours	Safety and Health Program Bloodborne Pathogens Materials Handling / Power Industrial Trucks	1.0 hour 1.0 hour 1.0 hour		
OPTIONAL: 2 hours	Record Keeping Ergonomics	.5 hour .5 hour		

DAY 1

Time	Topic	Instructor	Auth/ Guest	Mand/Elec/ Optional	Hrs.	Cumu. Hrs.
8:00-9:00	Intro to OSHA	Joe Ceccarelli		Mandatory	1	1.0
9:00-10:00	Safety and Health	Joe Ceccarelli		Elective	1	2.0
10:00-10:10	Break					
10:10-11:10	Exit Route Fire EAP	Joe Ceccarelli		Mandatory	1	3.0
11:10-12:10	HazCom	Joe Ceccarelli		Mandatory	1	4.0
12:10-12:20	Break					
12:20-1:20	BBP and First Aid	Joe Ceccarelli		Elective	1	5.0
1:20-1:30	Review					

DAY 2

Time	Topic	Instructor	Auth/ Guest	Mand/Elec/ Optional	Hrs.	Cumu. Hrs.
8:00-9:00	Personal Protective Equipment (PPE)	Joe Ceccarelli		Mandatory	1	6
8:30 – 9:00	Record Keeping	Joe Ceccarelli		Optional	.5	6.5
9:00-10:00	Ergonomics	Joe Ceccarelli		Optional	.5	7.0
10:00-10:10	Break					
10:10-11:10	Power Industrial Trucks	Joe Ceccarelli		Elective	1	8.0



11:10-12:10	LOTO/ Electrical	Joe Ceccarelli		Mandatory	1	9.0
12:10-12:20	Break					
12:20-1:20	Walking and Working Surfaces / Fall Protection	Joe Ceccarelli		Mandatory	1	10
1:20 -1:30	Review					