



OSHA 30 Course for General Industry

Onsite – 34 hours – Four Day Training

OSHA 30 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 30 hours.

Training

The topic requirements are as follows:

- **Mandatory - 12 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.

 - **Managing Safety and Health – 2 hours.** 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.
 - **Walking and Working Surfaces, including fall protection – 1 hour.**
 - **Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection – 2 hours.**
 - **Electrical – 2 hours.**
 - **Personal Protective Equipment (PPE) – 1 hour.**
 - **Materials Handling – 2 hours.**
 - **Hazard Communication – 1 hour.**

- **Elective - 10 hours.** Must present at least 10 hours of training on the following topics. At least five (5) of the following topics must be presented. The minimum length of any topic is one-half hour. Please choose from the following;



- **Hazardous Materials** (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations).
 - **Permit-Required Confined Spaces.**
 - **Lockout / Tagout.**
 - **Machine Guarding.**
 - **Welding, Cutting, and Brazing.**
 - **Introduction to Industrial Hygiene.**
 - **Bloodborne Pathogens.**
 - **Ergonomics.**
 - **Fall Protection.**
 - **Safety and Health Programs.**
 - **Powered Industrial Vehicles.**
- **Optional - 8 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. If you would like to purchase 29 CFR books for this training that would be an additional fee per book. You are taught how to use the online database and regulation access through osha.gov website.

Terms of Proposal:

Number of Participants: All OSHA 30 classes are required to have a minimum of 3 participants. OSHA regulation does not allow for more than 40 participants in one training session. OSHA does not allow more than 7.5 hours of training a day. Four training dates need to be chosen to complete this training.

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

Completion Cards: If a participant misses more than 15 minutes of any training segment, the participant will not receive their completion card. All completion cards will be sent to one person. A front and back group copy of all OSHA 30 cards for each participant is kept on file at Safety Trainers. To decrease misspelled names, we suggest that you provide us a typed participation list.



Sample 30 Hour General Industry Agenda

Two 15 minute breaks (every 2 hours) and 30 min lunch each day.

Day 1	Hours
• Introduction to OSHA Standards	2
• Managing Safety & Health	2
• Bloodborne Pathogens and First Aid	1
• Hazard Communication	1.5
• Hazardous Materials/Flammable/Combustible Liquids	1
Day 2	
• Intro to Industrial Hygiene	1
• Ergonomics	1
• Silica	1
• Noise	1
• Respiratory Protection	1.5
• Material Handling	2
Day 3	
• Electrical	2
• Lockout/Tagout	1
• Machine Guarding	1.5
• Walking/Working Surfaces/Falls Protection	2
• Driving	1
Day 4	
• Spaces	1.5
• Fire Protection/EAP	2
• Workplace Violence	1
• Personal Protective Equipment	1
• Welding, Cutting, Brazing	1
• Hazard Recognition/Mock Inspection	1

