

10-Hour Construction Industry Outreach Training Program

The 10-Hour Construction Industry Outreach Training Program is intended to provide an entry-level construction worker a general awareness to recognize and prevent hazards on a construction site.

What will be covered:

- 1 hour mandatory
 - Introduction to OSHA
- 2 hours mandatory
 - Fall Protection, Subpart M
 - Electrical, Subpart K
 - Struck by (falling objects, trucks, cranes)
 - Caught in/between (trench hazards, equipment)
- One-half hour mandatory
 - Personal Protective and Lifesaving Equipment, Subpart E
- One-half hour mandatory
 - Health Hazards in Construction (noise, hazards communication and crystalline silica)
- 2 hours elective (at least 2 topics, minimum of a half-hour per topic with a total time equal to two hours)
 - Materials Handling, Storage, Use and Disposal, Subpart H
 - Tools – Hand and Power, Subpart I
 - Scaffolds, Subpart L
 - Cranes, Derricks, Hoists, Elevators, and Conveyors, Subpart N
 - Excavations, Subpart P
 - Stairways and Ladders, Subpart X
- 4 hours optional topics
 - any other general construction industry hazards or policies and / or expanded mandatory or elective topics.

Process Safety Management can be added but will require additional hours beyond the 10 hours contact time.

10-Hour General Industry Outreach Training Program

The 10-Hour General Industry Outreach Training Program is intended to provide an entry-level general industry worker a broad awareness to recognize and prevent hazards on a general industry site.

What will be covered:

- 6 hours mandatory
 - Introduction to OSHA (one hour)
 - Walking and Working Surfaces, Subpart D, including fall protection (one hour)
 - Exit routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subpart E & L (one hour)
 - Electrical, Subpart S (one hour)
 - Personal Protective Equipment, Subpart I (one hour)
 - Hazard Communications, Subpart Z (one hour)
- 2 hours elective topics (at least 2 or more with a minimum of one-half hour each)
 - Hazardous Materials, Subpart H
 - Materials Handling, Subpart N
 - Machine Guarding, Subpart O
 - Intro to Industrial Hygiene, Subpart Z
 - Bloodborne Pathogen, Subpart Z
 - Safety and Health Program
- 2 hours optional topics
 - Other general industry hazards / policies or expanded mandatory or elective topics will be covered.

Contact us for OSHA-30 course content.

Call our office to find out
how your employees can become
OSHA-10 (or 30) certified.

406.248.4893

Visit our website www.mssc.org
for an up-to-date training schedule
of all available classes.