

## OSHA 10 Hour for General Industry

|                            |                                    |
|----------------------------|------------------------------------|
| Estimated Time Required:   | 2 days (total of 7.5 hrs. per day) |
| Pre-Requisites:            | N/A                                |
| Minimum # Students:        | 4                                  |
| Maximum # Students:        | 16                                 |
| Additional Course Material | Yes                                |

### General Overview

The 10-hour General Industry Outreach Training Program is intended to provide general industry workers a broad awareness on recognizing and preventing hazards on a general industry sites. The training covers a variety of safety and health hazards, which a worker may encounter at a general industry site. No attempt will be made to treat the topics exhaustively. OSHA recommends this training as an orientation to occupational safety and health, however workers must also receive additional training on hazards specific to their job. This presentation is not a substitute for any of the provisions of the Occupational Safety and Health Act of 1970 or for any standards issued by the U.S. Department of Labor. Mention of trade names, commercial products, or organizations does not imply endorsement by the U.S. Department of Labor. Training will emphasize hazard identification, avoidance, control and prevention, and not just OSHA standards.

Course material would be provided with instructional time at two 7.5 hour days that will include breaks, lunch and the following subjects:

#### Mandatory 7 hours

##### Introduction to OSHA, including:

- OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower-Rights, Recordkeeping basics
- Inspections, Citations, and Penalties
- Value of Safety and Health
- OSHA Website and available resources
- OSHA 800 number

Walking and Working Surfaces, Subpart D

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

Electrical, Subpart S

Personal Protective Equipment, Subpart I

Hazard Communication, Subpart Z

#### Three elective 1-hour topics:

Hazardous Materials, Subpart H

Machine Guarding, Subpart O

Safety and Health Program

Ergonomics

#### Client Supplied Equipment

DVD player and corresponding viewing equipment