

# Training Outline

OSHA Outreach Training Program | 10-Hour General Industry

## DAY ONE

08:00am – 09:00am	Introduction to OSHA: Part 1 <i>[5-min break]</i>
09:05am – 10:05am	Introduction to OSHA: Part 2 <i>[10-min break]</i>
10:15am – 11:15am	Walking and Working Surfaces, including fall protection
11:15am – 11:45pm	Lunch
11:45pm – 12:45pm	Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection <i>[5-min break]</i>
12:50pm – 01:50pm	Electrical <i>[10-min break]</i>
02:00pm – 03:00pm	Personal Protective Equipment

## DAY TWO

08:00am – 09:00am	Hazard Communication <i>[5-min break]</i>
09:05am – 09:35am	<i>[Elective Topic]</i>
09:35am – 10:05am	<i>[Elective Topic]</i> <i>[10-min break]</i>
10:15am – 10:45am	<i>[Elective Topic]</i>
10:45am – 11:15am	<i>[Elective Topic]</i>
11:15am – 11:45am	Lunch
11:45am – 12:15pm	<i>[Optional Topic]</i>
12:15pm – 12:45pm	<i>[Optional Topic]</i>