Training Outline

OSHA Outreach Training Program | 10-Hour Construction

DAY ONE

08:00am – 09:00am  Introduction to OSHA: Part 1
[5-min break]
09:05am – 10:05am  Introduction to OSHA: Part 2
[10-min break]
10:15am – 11:30am  Focus Four: Falls
11:30am – 12:00pm  Lunch
12:00pm – 12:55pm  Focus Four: Struck-By
[5-min break]
01:00pm – 01:55pm  Focus Four: Caught-In/Between
[10-min break]
02:05pm – 03:00pm  Focus Four: Electrocution

DAY TWO

08:00am – 08:30am  Personal Protective and Life Saving Equipment
08:30am – 09:00am  Health Hazards in Construction
[5-min break]
09:05am – 09:35am  [Elective Topic]
09:35am – 10:05am  [Elective Topic]
[10-min break]
10:15am – 10:45am  [Elective Topic]
10:45am – 11:15am  [Elective Topic]
11:15am – 11:45am  Lunch
11:45am – 12:15pm  [Optional Topic]
12:15pm – 12:45pm  [Optional Topic]