

Training Outline

OSHA Outreach Training Program | 10-Hour Construction

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 – 11:30am | Focus Four: Falls |
| 11:30am – 12:00pm | Lunch |
| 12:00pm – 12:55pm | Focus Four: Struck-By <i>[5-min break]</i> |
| 01:00pm – 01:55pm | Focus Four: Caught-In/Between <i>[10-min break]</i> |
| 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 <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> |