

# OSHA Training

## 10HR OSHA Training

The Wyoming Montana Safety Council offers 10HR-General Industry and 10Hr-Construction OSHA Training.

10HR General Industry - Break down of the topics as follows:

- **Mandatory - 6 hours (left column):** Six topics to be taught, for one hour each
- **Elective - 2 hours (right column top):** Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.
- **Optional - 2 hours (right column bottom):** Teach any other general industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

### 10-HOUR GENERAL INDUSTRY REQUIRED COURSE TOPICS

\*OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness

| Mandatory - 6 hours  | Elective - 2 hours  |
|--|---|
| <p><b>One Hour - Introduction to OSHA</b>, including:</p> <ul style="list-style-type: none"> <li>▪ OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics</li> <li>▪ Inspections, Citations, and Penalties</li> <li>▪ Value of Safety and Health</li> <li>▪ OSHA Website and available resources</li> <li>▪ OSHA 800 number</li> </ul> <p style="text-align: center;"><b>One Hour</b><br/>Walking and Working Surfaces, Subpart D - including fall protection</p> <p style="text-align: center;"><b>One Hour</b><br/>Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subpart E &amp; L</p> <p style="text-align: center;"><b>One Hour</b><br/>Electrical, Subpart S</p> <p style="text-align: center;"><b>One Hour</b><br/>Personal Protective Equipment, Subpart I</p> <p style="text-align: center;"><b>One Hour</b><br/>Hazard Communication, Subpart Z</p> | <p>Choose at least two of the following elective topics:</p> <p style="text-align: center;">These topics must add up to at least two hours:<br/>Minimum one-half hour each</p> <ul style="list-style-type: none"> <li>▪ Hazardous Materials, Subpart H</li> <li>▪ Materials Handling, Subpart N</li> <li>▪ Machine Guarding, Subpart O</li> <li>▪ Introduction to Industrial Hygiene, Subpart Z</li> <li>▪ Bloodborne Pathogens, Subpart Z</li> <li>▪ Ergonomics</li> <li>▪ Safety and Health Program</li> </ul> <hr/> <p style="text-align: center;"><b>Optional - 2 hour</b></p> <p style="text-align: center;">For the remaining two class hours:<br/>Teach any other general industry hazards or policies and/or expand on the mandatory or elective topics</p> |

# OSHA Training

10HR Construction - Break down of the topics as follows:

- **Mandatory - 4 hours (left column):** Four topics to be taught, ranging from one-half to two hours each
- **Elective - 2 hours (right column top):** Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.
- **Optional - 4 hours (right column bottom):** Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

## 10-HOUR CONSTRUCTION INDUSTRY REQUIRED COURSE TOPICS

*\*OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness*

### Mandatory - 4 hours

**One Hour** - Introduction to OSHA including:

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

**Two Hours** (minimum 15 minutes on each of four areas)  
OSHA Focus Four Hazards

- Fall Protection, Subpart M
- Electrical, Subpart K
- Struck by (e.g., falling objects, trucks, cranes)
- Caught in/between (e.g., trench hazards, equipment)

### 30 Minutes

Personal Protective and Lifesaving Equipment, Subpart E

### 30 Minutes

Health Hazards in Construction (e.g., noise, hazards communication and crystalline silica)

### Elective - 2 hours

Choose at least two of the following elective topics:

These topics must add up to at least two hours:

Minimum one-half hour each

- 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

### Optional - 4 hours

For the remaining four class hours:

Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics.