



## **Lesson Plan: OSHA 30~HOUR SAFETY** **(Time Agenda: 4 Days – 32 Hours)**

### **OSHA 30-Hour Construction Industry Outreach Training Program**

The 30-hour Construction Outreach Training Program is intended to provide a variety of training to workers with some safety responsibility.

#### **Intended Audience**

This OSHA 30 Construction course will benefit all workers and management at a construction office or work site. This 30-Hour course is intended for supervisors or workers with some safety responsibility.

- Construction Workers
- Construction Foremen
- Construction Job Supervisors
- All Personnel Responsible for Construction-related Projects

#### **Learning Objectives**

OSHA 30-Hour Construction safety course trains workers and employers on recognition, avoidance, abatement and prevention of safety and health hazards in the workplace. It includes information on workers' rights, employer responsibilities and how to file a complaint.

Following this OSHA 30 training course, the student should be able to:

1. Recognize what worker rights are protected under OSHA
2. Recognize what responsibilities an employer has under OSHA
3. Identify major fall hazards
4. Identify common caught-in or -between hazards
5. Identify common struck-by hazards
6. Identify types of electrocution hazards
7. Identify ways to select appropriate PPE and lifesaving equipment
8. Identify major health hazards common to the construction industry
9. Recognize how to protect oneself from material handling hazards
10. Identify major hand & power tool hazards
11. Recognize role of the workforce in improving the current culture
12. Recognize the role of management in improving the current culture
13. Recognize ways to protect oneself from crane hazards

14. Identify major hazards related to motor vehicles, mechanized equipment and marine operations
15. Recognize ways to protect oneself from fire hazards thru prevention and emergency response
16. Recognize employer requirements for protecting workers from concrete & masonry hazards, including abatement methods
17. Identify major steel erection hazards
18. Recognize ways to protect oneself from welding & cutting hazards
19. Describe types of confined space hazards
20. Recognize ways to protect oneself from confined space hazards
21. Describe activities that can lead to MSD and RMD injury and illness
22. Recognize employer requirements for providing a safety and health program that effectively reduces and prevents employee injury, illness, and fatality
23. Identify responsibilities of a supervisor in preventing worker injuries and unhealthful exposures
24. Recognize the specific legal responsibilities of a supervisor to protect worker safety and health
25. Identify the reasons for an incident investigation and future preventative measures that may result
26. Recognize ways to protect oneself from arc flash hazards
27. Describe types of health and safety construction hazards and appropriate forms mitigation

### Course Topics

- Introduction to OSHA
- Contractor's Safety and Health Program
- Reporting and Record Keeping
- Electrical Hazards
- Fall Protection
- Materials Handling
- Cranes and Rigging
- Motorized Mobile Platforms
- The Competent Person
- Excavations
- Work Zone Traffic Control
- Forklift Hazards

### INDUSTRY TERMS

- OSHA
- PPE
- LOTO
- Department of Labor (DOL)
- Outreach Training Program

### OSHA REQUIREMENTS

- Instructional time must be a minimum of 30 hours.