

## OSHA 10-HOUR CONSTRUCTION

CareerSafe's OSHA 10-Hour Construction course consists of interactive topics covering safety and health knowledge and procedures relevant to the construction industry, including industry-specific subjects like health hazards and OSHA's Focus Four Hazards.

### Required Topics:

- *Getting Started*
- *Introduction to OSHA*
- *OSHA Focus Four Hazards:*
  - *Fall Hazards*
  - *Avoiding Electrocution Hazards*
  - *Struck-By Hazards*
  - *Caught-In or -Between Hazard*
- *Personal Protective Equipment (PPE)*
- *Health Hazards in Construction*
- *Excavations*
- *Materials Handling, Storage, Use, and Disposal*
- *Scaffolds*
- *Hand and Power Tools*
- *Emergency Action Plans and Fire Protection*
- *Cranes*
- *Welding and Cutting*

### Supplemental Topics:

- *Hazard Communication*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Industrial Hygiene*
- *Preventing Workplace Violence*
- *Safe Driving Practices*

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### Getting Started (10 minutes)

- *List OSHA requirements for seat time and completion.*
- *Recognize how to navigate the course.*
- *Describe the types of OSHA 10-Hour assessments and their requirements.*
- *Identify requirements for completing OSHA-Hour courses.*
- *Recall strategies for successful completion.*

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### Introduction to OSHA (60 minutes)

- *Explain why OSHA is important to workers.*
- *Explain worker rights under OSHA.*
- *Discuss employer responsibilities under OSHA.*
- *Discuss the use of OSHA standards.*
- *Explain how OSHA inspections are conducted.*
- *Utilize helpful worker safety and health resources.*

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### Fall Hazards (90 minutes)

- *Identify major fall hazards.*
- *Describe types of fall hazards.*
- *Protect yourself from fall hazards.*
- *Recognize employer requirements to protect workers from fall hazards.*

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### Avoiding Electrocution Hazards (60 minutes)

- *Identify major electrical hazards.*
- *Describe types of electrical hazards.*
- *Describe electrical protection methods.*
- *Recognize employer requirements to protect workers from electrical hazards.*

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**Struck-By Hazards** (60 minutes)

- Identify common struck-by hazards.
  - Describe types of struck-by hazards.
  - Protect yourself from struck-by hazards.
  - Recognize employer requirements to protect workers from struck-by hazards.
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**Caught-In or -Between Hazards** (30 minutes)

- Identify common caught-in or -between hazards.
  - Describe types of caught-in or -between hazards.
  - Protect themselves from caught-in or -between hazards.
  - Recognize employer requirements to protect workers from caught-in or -between hazards.
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**Personal Protective Equipment** (60 minutes)

- Recall employer responsibilities toward affected employees regarding PPE.
  - Identify when face and head protection should be used.
  - Recall which types of hand and foot protection should be used in a specific situation.
  - Recognize the differences between respirator types.
  - Identify the differences between full-body protection levels.
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**Health Hazards in Construction** (30 minutes)

- Identify common health hazards (e.g., chemical, heat stress, noise, biological, ergonomic-related).
  - Describe types of common health hazards.
  - Apply health hazard protection methods.
  - Recognize employer requirements to protect workers from health hazards in construction, including hazards communication program.
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**Excavations** (30 minutes)

- Identify the greatest risk present at an excavation site.
  - Recognize the three methods of protecting employees from cave-ins.
  - Name hazards associated with excavation areas and ways to eliminate them.
  - Describe the functions of a competent worker at an excavation site.
  - Identify employer requirements to protect workers from excavation hazards.
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**Materials Handling, Storage, Use, and Disposal** (30 minutes)

- Identify types of material handling equipment.
  - Describe hazards associated with material handling activities (e.g., storage, use, and disposal).
  - Identify methods to prevent hazards associated with material handling equipment.
  - Recognize employer requirements to protect workers from material handling hazards.
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**Scaffolds** (30 minutes)

- Describe the role of a competent person related to scaffolding.
- Identify the types of scaffolds commonly used on construction sites.
- Describe hazards associated with scaffolds.
- Discuss methods to prevent hazards associated with scaffolds.
- Recognize employer requirements to protect workers from scaffold hazards.

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### Hand and Power Tools (30 minutes)

- List the basic hand and power tool safety rules.
- Identify the precautions essential to the safe use of tools commonly used at construction worksites.
- Name the guarding techniques that apply to hand and power tools.
- Recognize employer requirements to protect workers from tool hazards.

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### Emergency Action Plans and Fire Protection (30 minutes)

- Recognize benefits of an Emergency Action Plan.
- Identify elements of Fire Protection Plan.
- Identify conditions under which evacuation actions may be necessary in an emergency situation.
- Identify conditions under which shelter-in-place may be necessary in an emergency situation.
- Identify characteristics of an effective emergency escape route.
- Recognize the five types of fire extinguishers, including the types of fires they can extinguish.
- Review requirements for proper maintenance of portable fire extinguishers.

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### Cranes (30 minutes)

- Identify common causes of crane accidents.
- Describe requirements for crane use, including pre-planning methods.
- Describe precautions for crane use near power lines.
- Recognize employer requirements to protect workers from crane hazards.
- Explain training requirements related to crane operations.

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### Welding and Cutting (30 minutes)

- Describe how to safely use the equipment associated with gas welding and cutting.
- Describe how to safely use the equipment associated with arc welding and cutting.
- List the various methods of ventilation and protection used in various working environments.
- Restate the dangers associated with both chemical and physical agents when welding and cutting.

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## Supplemental Topics

CareerSafe includes optional topics in the OSHA 10-Hour Construction course which are available alongside the required topics. While these supplemental topics are not necessary to complete the course and earn an OSHA 10-Hour card, students may learn valuable information for protecting themselves from additional hazards in the workplace.

### Hazard Communication (60 minutes)

- Identify the employer's responsibilities under HCS, including training requirements.
- Identify components of a Hazard Communication program.
- Describe requirements of the different types of Hazard Communication labels.
- Locate pertinent information about chemicals on labels, including other forms of hazard communication, to ensure "right to understanding" provisions of GHS requirements.

### Bloodborne Pathogens (30 minutes)

- Identify OSHA requirements pertaining to bloodborne pathogens.
- List the potential routes of exposure from bloodborne pathogens.
- Identify the risks associated with Human Immunodeficiency Virus (HIV), Hepatitis B Virus, and Hepatitis C Virus.
- Identify methods of preventing transmission of bloodborne pathogens and managing occupational exposures.
- Restate methods of the safe disposal of sharps.
- Recount steps which should be taken in the event of an exposure to a potential bloodborne pathogen.

**Ergonomics** (30 minutes)

- Recognize risk factors associated with work-related musculoskeletal disorders (MSDs).
- Identify good posture.
- Describe safe lifting techniques.
- Identify ergonomic control methods for eliminating/reducing work-related MSDs.

**Industrial Hygiene** (30 minutes)

- Identify strategies to control chemical hazards.
- Identify strategies to control biological hazards.
- Identify strategies to control physical hazards.
- Identify strategies to control ergonomic hazards.

**Preventing Workplace Violence** (30 minutes)

- Define the term violence.
- Recall who is at risk for encountering workplace violence.
- Describe workplace violence prevention strategies.
- Identify how to start safe and stay safe to prevent or lessen workplace violence.

**Safe Driving Practices** (30 minutes)

- Identify the number one cause of death for U.S. teens.
- List eight risk factors for young drivers.
- Identify the biggest risk factor for young drivers.
- Define distracted driving.
- Provide examples and/or causes of distracted driving.
- Identify the biggest risk factor for distracted driving.
- Discuss the risk of having other young passengers in the car.
- List some actions employers should take to keep employees safe while driving.
- List some actions employees can take to safely drive on the job.

## COURSE COMPLETION AND CREDENTIALS

A Final Assessment at the end of a 10-Hour credential course can feel overwhelming. That's why CareerSafe sets students up for success each step of the way through course completion. Along with making course content engaging for better recall, we include brief assessments at the end of each topic which must be completed before the topic can be marked as complete. These topic assessments help students review knowledge incrementally.

Once all topics have been viewed and the corresponding assessments are passed, there is a comprehensive Final Assessment for the course. CareerSafe provides students with three attempts to pass the Final Assessment with a 70% or higher. Additionally, if a student does not pass the Final Assessment within those initial three attempts, they are given one course reset which they can use to restart the course (including all assessments).

**OSHA 10-Hour Construction Cards are mailed within four business days of course completion, with a printable certificate available to students immediately.**