

OSHA 10-HOUR GENERAL INDUSTRY (CULINARY)

CareerSafe's OSHA 10-Hour General Industry (Culinary) course consists of interactive topics covering safety and health knowledge and procedures relevant to the culinary industry, including industry-specific workplace hazards like burns and sharps.

Required Topics:

- *Getting Started*
- *Introduction to OSHA*
- *Walking-Working Surfaces*
- *Avoiding Electrocution Hazards*
- *Emergency Action Plans and Fire Protection*
- *Hazard Communication*
- *Personal Protective Equipment (PPE)*
- *Culinary-Specific Hazards*
- *Machine Guarding*
- *Industrial Hygiene*
- *Safe Driving Practices*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Preventing Workplace Violence*

Supplemental Topics:

- *Safety and Health Programs*
- *Materials Handling, Storage, Use, and Disposal*

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.*

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.*

Walking-Working Surfaces (60 minutes)

- *Identify hazards in the workplace associated with walking and working surfaces.*
- *Identify best practices for eliminating or controlling hazards associated with walking and working surfaces in the workplace.*
- *Recognize employer requirements to protect workers from walking and working surface hazards.*

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.*

Emergency Action Plans and Fire Protection (60 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.

Hazard Communication (60 minutes)

- Identify the employer's responsibilities under the 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.

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.

Culinary-Specific Hazards (60 minutes)

- Recognize where slips and trips are most likely to occur.
- Describe how to protect yourself from sharps hazards.
- List the leading causes of burn injuries in kitchens.
- Explain the role good hygiene plays in the culinary industry.
- Recognize best practices for growing your career in the culinary industry.
- Describe how to protect yourself from heat and cold stress.

Machine Guarding (30 minutes)

- Identify the main causes of machinery accidents.
- Recognize basic machinery parts that expose workers to hazards.
- Recognize workplace situations involving machinery that requires guarding.
- Identify the requirements for safeguards.
- Identify types of machine guards including types of devices used to safeguard machines.

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. .

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.

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.

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.

Supplemental Topics

CareerSafe includes optional topics in the OSHA 10-Hour General Industry (Culinary) 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.

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.

Safety and Health Programs (30 minutes)

- *Recognize the costs of workplace accidents.*
- *Recognize the benefits of implementing an effective safety and health program.*
- *Describe the elements of an effective safety and health program.*
- *Identify three methods to prevent workplace hazards.*

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 General Industry Cards are mailed within four business days of course completion, with a printable certificate available to students immediately.