

OSHA 10-HOUR GENERAL INDUSTRY (PUBLIC SAFETY: EMS)

CareerSafe's OSHA 10-Hour General Industry (Public Safety: EMS) course consists of interactive topics covering safety and health knowledge and procedures relevant to the public safety industry, including emergency medical services-specific workplace subjects like patient handling and transportation hazards.

Required Topics:

- *Getting Started*
- *Introduction to OSHA*
- *Walking-Working Surfaces*
- *Avoiding Electrocution Hazards*
- *Personal Protective Equipment (PPE)*
- *Hazard Communication*
- *Emergency Action Plans and Fire Protection*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Safety and Health Programs*
- *Safe Driving Practices*
- *Infection Control*
- *EMS-Specific Hazards*

Supplemental Topics:

- *Industrial Hygiene*
- *Preventing Workplace Violence*

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 (Construction) (60 minutes)

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

Personal Protective Equipment (Healthcare) (60 minutes)

- Explain why PPE is important.
- List employer responsibilities with regard to PPE and employee safety.
- List the different types of PPE.
- Describe how to safely don and remove PPE.
- List the sequence in which PPE should be donned and removed.
- Evaluate information on the selection and use of PPE in healthcare settings.

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.

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.

Bloodborne Pathogens (Healthcare) (60 minutes)

- Identify OSHA requirements pertaining to bloodborne pathogens.
- Recognize the common types of exposure 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.

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.

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.

Infection Control (EMS) (30 minutes)

- Define microorganisms.
- Describe the chain of infection.
- Describe the modes of transmission of healthcare-associated infections.
- Recount how to control the spread of healthcare-associated infections through the safe handling of potentially contaminated equipment or surfaces in the patient environment.

EMS-Specific Hazards (60 minutes)

- Recall the skills required for EMS provider safety.
- Contrast how mindsets increase or decrease EMS safety.
- Identify vehicle and transportation hazards.
- List best practices to reduce transportation hazards.
- Name the categories of potential hazards when assessing scenes.
- Describe tactics to minimize hazards when arriving at a scene.
- Recognize the hazards associated with patient and equipment handling.
- Select best practices for safe patient handling.
- Identify the causes and symptoms of stress.
- Restate strategies and tactics for stress management.
- Recognize EMS career-related hazards.

Supplemental Topics

CareerSafe includes optional topics in the OSHA 10-Hour General Industry (Public Safety: EMS) 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.

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 (Healthcare) (30 minutes)

- Define workplace violence.
- Identify consequences of workplace violence.
- Distinguish between types of workplace violence.

- *Engage in recordkeeping best practices.*
- *Identify patient behaviors which could signal impending workplace violence.*
- *List controls which prevent workplace violence.*
- *Identify intervention strategies which can prevent or lessen workplace violence.*

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.