



CAREERSAFE<sup>®</sup> OSHA 10-HOUR  
**CONSTRUCTION INDUSTRY**



# WHAT IS CAREERSAFE®?

The CareerSafe® Online program is the first of its kind. It is an interactive, online program that addresses the high priority safety training needs of workers. With the CareerSafe® philosophy, “StartSafe. StaySafe.”, you will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how you can protect yourself and others. Throughout the program, you will explore a wide range of occupational safety and health topics including Introduction to OSHA, common physical and health hazards, hazard identification, and how to protect yourself from hazards, all intended to help you StartSafe. StaySafe.®

# NEED FOR CAREERSAFE®

According to the National Institute of Occupational Safety and Health (NIOSH) there are about 70 work-related fatalities each year among the young worker population. Additionally, more than 200,000 young workers are injured on the job annually. Further, 70,000 of them require emergency room treatment. In fact, data from the Centers of Disease Control and Prevention (CDC) indicate that young workers have the highest rates of work-related deaths, injuries and illnesses.

# WHAT DO CUSTOMERS SAY?

PEOPLE ENROLLED  
**1.3 MILLION**

EDUCATIONAL INSTITUTIONS  
**OVER 3,000**

## Student feedback shows...

Based on a poll of 239,278 students that completed the Construction Industry course, students overwhelmingly praise the CareerSafe® online program as being efficient and effective. The feedback collected from students allows CareerSafe® to keep our courses as engaging as they are informative and ensures that every student is getting the most out of their safety training.

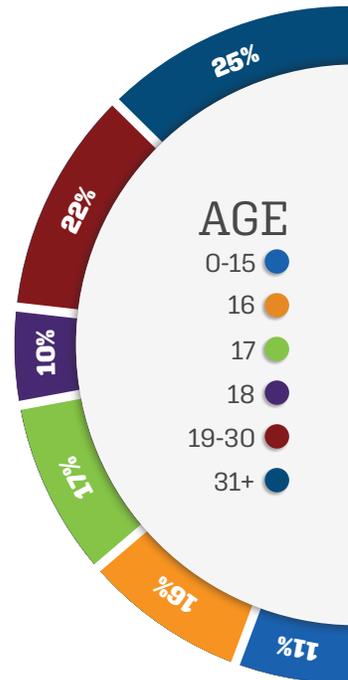
**97%** said they would recommend this training to other young workers



**99%** agreed the program will help them identify hazards



**96%** said the program was easy to use



# TESTING AND COMPLETION

Each topic contains a brief assessment, which must be successfully completed before the topic is marked complete. Once all topics have been viewed and the corresponding assessments are passed, there is a comprehensive final assessment. Students must complete the course within 6 months and pass the final assessment with a 70% score or higher within three (3) attempts. If a student does not pass, he or she will be given one (1) course reset and must start from the beginning. Students must complete all required course material including the course survey to receive the credential. Once the student successfully completes the course a printable certificate is available. The student will also receive their OSHA 10-Hour Construction Industry wallet card by mail 4-6 weeks after completion. If the student fails to enroll the course within 1 year of the purchase date, the voucher will expire and the course will become unavailable.

# COURSE OVERVIEW

CareerSafe's® OSHA 10-Hour Construction Industry course consists of interactive topics discussing various safety tips and procedures one should follow in the workplace. The Construction Industry course is perfect for the construction and architecture industries.

## Required Topics:

Introduction to OSHA	Materials Handling, Storage, Use, and Disposal
Fall Hazards	Scaffolds
Avoiding Electrocution Hazards	Hand and Power Tools
Struck-By Hazards	Safe Driving Practices
Caught-In or -Between Hazards	Cranes
Personal Protection Equipment (PPE)	Welding and Cutting
Health Hazards in Construction	Emergency Action Plans and Fire Protection
Excavations	

## Supplemental Topics:

Hazard Communication	Bloodborne Pathogens
Ergonomics	Preventing Workplace Violence
Industrial Hygiene	

## INTRODUCTION TO OSHA [60 minutes]

A basic introduction to the OSHA program, what it stands for and its purpose.

- Describe OSHA's mission
- Recognize OSHA standards
- Explain employers' responsibilities to their workers
- Explain worker rights under OSHA

## FALL HAZARDS [90 minutes]

Learn about common fall hazards on construction sites, ways to protect yourself, and actions employers must take to protect their workers.

- Define and recognize fall hazards
- Recognize the hazards with unprotected roofs and edges
- Common injuries involved with scaffolding and how to avoid them
- Risks associated with portable ladders, guardrails, and safety nets
- Define what a Personal Fall Arrest System is, and when it is necessary
- Learn what responsibilities employers have as it relates to fall hazards on construction sites

## AVOIDING ELECTROCUTION HAZARDS [60 minutes]

Learn how to stay safe around electricity, including how to identify, and then prevent, or avoid, exposure to electricity that can result in injury or death.

- Major electrocution hazards, including learning how to identify the various types of those hazards
- How to protect yourself and stay safe around powerlines
- Define what a Ground Fault Circuit Interrupter is and its importance
- Tools, extension cords, equipment, and proper Lockout/Tagout procedures
- Additional employer responsibilities as it relates to electrocution hazards

## STRUCK-BY HAZARDS [60 minutes]

Learn how to recognize and protect yourself against common struck-by hazards at construction sites.

- Defining struck-by hazards, and learning how to identify types of struck-by hazards
- Recognize the danger associated with heavy equipment, and how to protect yourself against motor vehicles
- Additional employer responsibilities as it relates to heavy equipment and motor vehicles

## **CAUGHT-IN OR CAUGHT-BETWEEN HAZARDS** [30 minutes]

Learn how to recognize and avoid common caught-in and caught-between hazards in your work environment.

- *Defining caught-in and caught-between hazards, and identify the most common types*
- *Understand how to protect yourself from caught-in or caught-between hazards, and what responsibilities employers have to keep employees safe*

## **PERSONAL PROTECTIVE EQUIPMENT (PPE)** [60 minutes]

Provides an overview of personal protective equipment (PPE) designed to protect your head, face, eyes, ears, hands, feet, respiratory tract and body from injury and discuss the importance of selecting the PPE that is right for the job you may perform.

- *List employer responsibilities toward affected employees*
- *Recognize the importance of PPE for your eyes, ear, head, hand, and feet*
- *Recognize the importance of PPE for your respiratory tract*
- *Recognize the importance of PPE for full body protection*

## **HEALTH HAZARDS IN CONSTRUCTION** [30 minutes]

Learn how to recognize potential health hazards in a working construction environment.

- *Describe the characteristics and effects of various chemical hazards*
- *Describe the characteristics and effects of various physical hazards*
- *Describe the characteristics and effects of various biological hazards*
- *Describe the characteristics and effects of various ergonomic hazards*
- *Additional employer responsibilities as it relates to health hazards in construction*

## **EXCAVATIONS** [30 minutes]

Learn about the safety concerns and precautions when working in and around excavations.

- *Identify the greatest risk present at an excavation site*
- *Recognize the three methods of protecting employees from cave-ins*
- *Name three hazards to people working in excavation areas and ways to eliminate them*
- *Describe the roles and functions of a competent worker at an excavation site*

## **MATERIALS HANDLING** [30 minutes]

Learn about the safety concerns and necessary precautions to be aware of when handling, storing, using and disposing of materials.

- *List the main types of injuries that occur during handling, storage, use and disposal of materials*
- *Name the ways to prevent injuries when performing manual lifting*
- *Identify ways to eliminate hazards that may lead to injury when using forklifts, cranes or slings to handle materials*

## **SCAFFOLDS** [30 minutes]

Learn about the safety concerns and precautions needed when using scaffolds.

- *Understand the basics of scaffolds and employers' responsibilities*
- *Recognized the hazards associate with scaffolds, and how to reduce and eliminate those hazards*
- *Learn about correct scaffold construction and disassembly*

## **HAND AND POWER TOOLS** [30 minutes]

Learn how to StartSafe and StaySafe while using hand and power tools.

- *Recognize when it is appropriate the use various power and handheld tools, and how to use them safely*
- *Learn how to apply proper safety precautions when it comes to pneumatic and liquid based tools*
- *Learn how to apply proper safety precautions when it comes to hydraulic tools*
- *Learn how to apply proper safety precautions when it comes to powder-actuated tools*
- *Understand correct guarding techniques when operating various tools and machines*
- *Additional employer responsibilities as it relates to power tools in construction*

## **SAFE DRIVING PRACTICES** (30 minutes)

Learn how to given current OSHA and industry information regarding general industry worksite illnesses, injuries, and/or fatalities. Additionally, the student will be able to recognize hazards associated with driving.

- *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*

## **CRANES** (30 minutes)

Recognize how to protect yourself from the hazards associated with construction crane operations.

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

## **WELDING AND CUTTING** (30 minutes)

Recognize the risks of welding and cutting in the construction industry.

- *Describe how to safely use equipment associated with gas welding and cutting.*
- *Describe how to safely use equipment associated with arc welding and cutting.*
- *List the various ventilation and protection methods used in various work environments.*
- *Repeat the hazards associated with chemical and physical agents when welding and cutting.*

## **EMERGENCY ACTION PLANS** (30 minutes)

Learn how to recognize hazards and best practices associated with emergency action plans, fire prevention plans, fire protection, and exit routes.

- *Understand the importance of emergency planning and what an Emergency Action Plan (EAP) is*
- *Define and understand the importance of a Fire Prevention Plan*
- *Recognize the different types of emergency events and how to properly respond to them*
- *Define and understand what it means to Shelter-in-Place, and when it is important to do so*
- *Learn about the requirements that exit routes must meet according to OSHA standards*
- *Learn about the different types of fire extinguishers and how to use them*

