

# OSHA 10-HOUR CONSTRUCTION COURSE DESCRIPTION

## INTRO TO OSHA

### MODULE DESCRIPTION

This module will introduce OSHA, what it stands for, and its purpose.

### OBJECTIVES

After completing this module, you will be able to:

- Explain the meaning of the term OSHA, where it came from, and its purpose
- Identify the four categories of business that fall under OSHA standards
- List the responsibilities of employers, as required by OSHA standards
- Identify worker's rights and responsibilities according to OSHA standards
- Locate additional information on OSHA regulations

# CRANE SAFETY

## MODULE DESCRIPTION

This module provides information on the safety concerns and necessary precautions you will need to be aware of when working around cranes.

## OBJECTIVES

After completing this module, the participant will be able to:

- Identify the major causes of crane accidents
- Describe the pre-planning that is required before using a crane
- State the main precautions that need to be taken when working near power lines
- Understand the importance of operator and personnel training

# MATERIALS HANDLING, STORAGE, USE...

## MODULE DESCRIPTION

This module covers the safety concerns and necessary precautions you need to be aware of when handling, storing, using, and disposing of materials.

## OBJECTIVES

After completing this module, you will be able to:

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

# WELDING AND CUTTING

## MODULE DESCRIPTION

This module provides information on safety concerns and precautions when using welding and cutting equipment.

## OBJECTIVES

After completing this module, the participant will be able to:

- Describe the requirements placed on employers by the General Duty Clause
- Demonstrate a thorough knowledge of the safe use of equipment associated with gas welding and cutting
- Demonstrate an understanding of the safe use of equipment associated with arc welding and cutting properly
- Describe the various methods of ventilation and protection used in various working environments
- Describe the dangers associated with both chemical and physical agents when welding and cutting

# HAND AND POWER TOOLS

## MODULE DESCRIPTION

This module will cover how to StartSafe and StaySafe while using hand and power tools.

## OBJECTIVES

After completing this module, you will be able to:

- List the hand and power tool safety rules
- Identify the precautions essential to the safe use of different types of tools
- Name the guarding techniques that apply to hand and power tools

# SCAFFOLDS

## MODULE DESCRIPTION

This module provides information on the safety concerns and precautions needed when using scaffolds.

## OBJECTIVES

After completing this module, the participant will be able to:

- List and define the basic types of scaffolds
- List the five major hazards associated with working on scaffolds
- Demonstrate a thorough understanding of the different kinds of fall protection equipment, as well as the different situations in which each type is required
- Demonstrate an understanding of the regulations for safely working on scaffolds
- Describe the responsibilities of a competent person in relation to scaffolds

# WALKING-WORKING SURFACES

## MODULE DESCRIPTION

This module provides information on the safety concerns and precautions associated with various walking and working surfaces.

## OBJECTIVES

After completing this module, the participant will be able to:

- Describe the environments in which OSHA's standards for walking-working surfaces do and do not apply
- Describe the general requirements for the maintenance of walking-working surfaces
- Define the terms floor opening, floor hole, and wall opening and describe the various methods for guarding them and other walking-working surface conditions

# EXCAVATIONS

## MODULE DESCRIPTION

This module provides information on the safety concerns and precautions when working in and around excavations.

## OBJECTIVES

After completing this module, the participant will be able to:

- 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 function of a competent worker at an excavation site

# STAIRWAYS AND LADDERS

## MODULE DESCRIPTION

This module provides information on the safety concerns and precautions associated with various types of stairways and ladders.

## OBJECTIVES

After completing this module, the participant will be able to:

- Describe the different types of ladders
- Describe the safety guidelines and requirements for ladders used at a construction site
- Describe the different types of stairs
- Describe the safety guidelines and requirements for stairways used at a construction site.

# ELECTRICAL SAFETY

## MODULE DESCRIPTION

This module covers the safety concerns and necessary precautions you will need to be aware of when working with electricity.

## OBJECTIVES

After completing this module, you will be able to:

- Describe the types of injuries that can result from contact with electricity
- Identify the warning signs that suggest an electrical hazard exists
- List common electrical hazards found at construction sites
- Identify methods to protect against electrical hazards

# FALL PROTECTION AND PREVENTION

## MODULE DESCRIPTION

This module provides information about the working conditions that require fall prevention and the options available to protect workers from falls.

## OBJECTIVES

After completing this module, the participant will be able to:

- Explain the importance of fall prevention
- Determine what causes falls in the workplace
- List the factors that affect the severity of injuries from a fall
- Identify dangerous Walking-Working Surfaces
- Recognize methods of fall prevention including guard rails, personal arrest systems and safety nets
- Demonstrate when fall protection is and is not required