

OSHA 10 & 30 HOUR



INSTANT ACCESS TO OSHA-AUTHORIZED CONSTRUCTION AND GENERAL INDUSTRY ONLINE TRAINING

Our safety trainings help employers and employees create a safe work environment by preparing them to identify, avoid, control and prevent workplace hazards. We make it simple and affordable for you to keep your entire workforce compliant with OSHA training requirements.

With online OSHA training, there are no travel costs and no time away from the job. You'll have instant access to the course 24 hours a day, 7 days week. Upon successful completion of the 10-hour or 30-hour OSHA Outreach courses, you will receive an official OSHA card from the U.S. Department of Labor.

GREAT FOR EMPLOYEES AND SUPERVISORS

- ✓ Explains OSHA standards for both employers and employees
- ✓ Includes audio narration, interactive exercises and real-life case studies
- ✓ Assists employers in meeting OSHA training obligations
- ✓ All course offerings are **now available in both English and Spanish**

CONSTRUCTION COURSE OFFERINGS

10-Hour Training—Designed for workers in construction, building development, repairs/alterations and other related fields.

- Introduction to OSHA
- Electrical
- Personal Protective Equipment
- Fall Protection
- Cranes
- Excavations
- Material Handling
- Scaffolds
- Stairways and Ladders
- Tools

30-Hour Training—Designed for entry to senior level construction workers, site supervisors, foremen and safety managers.

- Jobsite Hazard Recognition and Avoidance
- OSHA Standards and Inspection Procedures
- Safety Programs
- Fall Protection
- Stairways and Ladders
- Scaffolds
- Fire Prevention
- Personal Protective Equipment
- Tools—Hand and Power
- Confined Space Entry
- Health Hazards in Construction





GENERAL INDUSTRY COURSE OFFERINGS

10-Hour Training—Designed for health care professionals, factory and warehouse staff, the manufacturing industry and more.

- Introduction to OSHA
- Electrical
- Fire Protection
- Walking and Working Surfaces
- Flammable and Combustible Liquids
- Personal Protective Equipment
- Machine Guarding
- Hazard Communication
- Bloodborne Pathogens
- Safety and Health Programs

30-Hour Training—Designed for entry to senior level factory employees, site supervisors, foremen and safety managers.

- Introduction to OSHA
- OSHA Inspection Procedures and Safety Programs
- Recordkeeping
- Hazard Communication
- Exit Routes, Emergency Action Plans
- Fire Prevention and Protection
- Electrical
- Flammable and Combustible Liquids
- Machine Guarding
- Material Handling
- Confined Space
- Bloodborne Pathogens
- Industrial Hygiene

OSHA Outreach courses are provided by the University of South Florida, an OSHA-authorized online Outreach training provider. All courses are authored and provided by American Safety Council, a market leader in delivering online education related to workplace safety.