



## OSHA 30 HOUR SAFETY TRAINING

General Industry Safety Training - Duration: 30 Hours



Live Online Training



Onsite – In Class Training

This course is General Industry Safety Training. You can also receive OSHA Construction Industry training. Receive the information that is necessary for you to train and inform employees properly on OSHA standards. Learn how to become recognized by the U.S. Department of Labor as having been trained by an OSHA authorized trainer.

### WHAT THIS COURSE COVERS

- How to reduce insurance costs
- The most violated of OSHA's rules
- How to create a safer working environment
- Tips on how to avoid OSHA citations
- How to become recognized by the U.S. Department of Labor as having been trained by an OSHA authorized trainer
- How to solve your own voluntary-compliance problems
- How to positively influence employee's attitudes about safety

### WHO SHOULD TAKE THIS?

- Electricians
- Mechanics
- Environmental health & safety personnel
- Apprentice and experienced HVAC technicians
- Linemen & Utility workers
- Owners & managers
- Warehouse employees
- Maintenance Technicians
- Energy management personnel
- Fire Alarm Technicians
- Plant & facility maintenance technicians
- Building engineers
- Building managers & superintendents
- Plant & facility managers
- Stationary engineers
- Safety directors

### COURSE OUTCOMES

- Understand the most violated OSHA rules and prevent these within your workforce.
- Reduce overall insurance costs and create a safer working environment.
- Apply tips on how to avoid OSHA citations.
- Become recognized by the U.S. Department of Labor as having been trained by an OSHA authorized trainer.



Every NTT course is eligible for CEUs (or Continuing Education Units) with your governing board approval or your states approval.

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## COURSE AGENDA

### INTRODUCTION

- Locate and apply OSHA safety and health standards, policies and procedures
- Utilize OSHA standards and regulations to supplement an on-going safety and health program
- Identify common violations of OSHA standards and propose abatement actions
- Describe appropriate abatement procedures for selected safety hazards
- Conduct internal training on OSHA regulations.

### THE NEW OSHA AND OSHA ACT

- Expectation of OSHA
- The new OSHA – reinventing safety and health
- Standards and citations
- Penalties
- State jurisdiction and state plans

### CFR PART 1903/INSPECTIONS, CITATIONS AND PENALTIES

- Workplace inspections
- Citations and penalties
- Appeals process
- Services
- Responsibilities and rights

### INTRODUCTION TO OSHA STANDARDS

- Standards and regulations
- Codification

### HAZARD VIOLATION WORKSHOP

- Frequently cited violations
- Serious violations
- General industry

### BASIC ELECTRICAL SAFETY

- Theory of Electricity
- Hazards of Electricity
- Effects of electricity on the human body
- Common workplace circuits
- Electrical protective devices
- Grounding
- Ground Fault Circuit Interrupters (GFCI)
- Reversed polarity

### CONTROL OF HAZARDOUS ENERGY/ELECTRICAL SAFE WORK PRACTICES

- Lockout/Tagout
- Operations
- Training

### WALKING WORKING SURFACES, SUBPART D

- Floors, wall openings and holes
- Stairs and ladders
- Scaffolding

### OSHA INSTRUCTIONS ON SUBPART D

- Historical perspective
- Chemical hazards
- Environmental factors or stresses



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### COURSE AGENDA (CONT)

#### **MATERIALS HANDLING & STORAGE, SUBPART N**

- Handling materials
- Servicing
- Trucks and cranes
- Safety

#### **INTRODUCTION TO INDUSTRIAL**

#### **HYGIENE/BLOODBORNE PATHOGENS, SUBPART Z**

- Scope and application
- Recordkeeping

#### **HAZARD COMMUNICATION/ASBESTOS**

- Chemicals in the workplace
- Written programs
- Labels and warnings
- Data sheets
- Training

#### **PERMIT-REQUIRED CONFINED SPACES**

- Requirements
- Permits

#### **WELDING, CUTTING AND BRAZING, SUBPART Q**

- General requirements
- Handling, storage and utilization
- Protection of personnel
- Procedures

#### **PERSONAL PROTECTIVE EQUIPMENT, SUBPART I**

- Application and training
- Clothing
- Inspections and evaluations

#### **MEANS OF EGRESS, SUBPART E**

- PPE standards
- Exits
- Requirements

#### **FIRE PROTECTION, SUBPART L**

- Scope and application
- Training and education
- Inspection, maintenance and testing
- Fire extinguishing systems

#### **HAZARDOUS MATERIALS, SUBPART H**

- Flammable and combustible liquids
- Containers, handling and storage
- Hazardous locations
- Chemicals

#### **HAZWOPER**

#### **BASICS OF MACHINE SAFEGUARDING**

- Motions and actions
- Methods
- Safeguard classifications

#### **MACHINERY & MACHINE GUARDING, SUBPART O**

- Requirements
- Different machines

#### **RECORDKEEPING – 29 CFR 1904**



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## IN-CLASSROOM EQUIPMENT & MATERIALS

### NTT TO PROVIDE

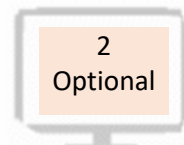
- 30 contact hours of instruction
- Textbooks and lab manuals
- Classroom consumables
- Completion certificates
- Shipping, instructor fees and travel expenses

### CLIENT TO PROVIDE

- Classroom, with easy access, of 750 square feet or greater.
- Projection screen, white board and/or flip chart(s).

## LIVE ONLINE TRAINING - CLIENT PROVIDED EQUIPMENT

- Student email address to receive access to NTT's online platform
- Internet Access through a computer (laptop or desktop)
  - 1:1 Participant minimum bandwidth requirements: 1.2 Mbps (download)
- Ability to download and view files online
- Two monitors recommended but only one required
- Computer Speakers
- Computer Microphone
- Computer Web Camera
- Browser Requirements are:
  - Chrome 78, 79, 80
  - Edge 44 (Windows only)
  - Edge 79
  - Firefox 71 and 72 (Extended Releases are not supported)
  - Safari 12 and 13 (Macintosh only)



OR

