# OSHA 10 Hour - Outreach Training General Industry



OHSA 10-hour safety training participants will receive the information that is necessary to train and inform employees properly on OSHA standards and learn to design and implement employee protection programs.

Throughout this seminar participants will review and discuss OSHA, including citation and penalties and how to avoid them. As well as 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

### COURSE OUTCOMES

- Create a safer working environment for yourself and your employees
- Identify the most violated of OSHA's rules, avoid OSHA citations while reduce insurance costs
- Claim recognition from the U.S. Department of Labor as having completed training administered by an OSHA authorized trainer

# WHO SHOULD TAKE THIS

- Electricians
- Mechanics
- Environmental Health & Safety Personnel
- Apprentice and Experienced HVAC Technicians
- Linemen and Utility Workers
- Owners and Managers
- Warehouse Employees
- Maintenance Technicians
- Energy Management Personnel
- Fire Alarm Technicians
- Plant and Facility Maintenance Technicians
- Building Engineers
- Building Managers and Superintendents
- Plant and Facility Managers
- Stationary Engineers

# COURSE AGENDA

- CFR Part 1903/Inspections, Citations and Penalties
- Basic Electrical Safety
- Control of Hazardous Energy/Electrical Safe Work Practices
- Walking Working Surfaces, Subpart D
- OSHA Instructions on Subpart D
- Materials Handling & Storage, Subpart N
- Introduction to Industrial Hygiene/Bloodborne Pathogens, Subpart Z
- Hazard Communication/Asbestos
- Permit-Required Confined Spaces
- Welding, Cutting and Brazing, Subpart Q
- Personal Protective Equipment, Subpart I
- Means of Egress, Subpart E



Hands-on

ONSITE:2-days (10 hours)

LIVE ONLINE: 2-Days (10 hours)

