



10-Hour Construction Industry Awareness Course

Day 1		
Students must log on by 8:00		8:00 - 8:10
Course Logistics and Introductions		8:10 - 8:45
Introduction to OSH (Reading CFR/Summary, Whistleblower Rights, SDS, Fatality Reports, OSH Website)		8:45 - 10:15
15 Minute Break		10:15 - 10:30
Inspection Process / Multiemployer Worksite		10:30 - 11:30
60 Minute Lunch Break		11:30 - 12:30
Personal Protective Equipment (Subpart E)		12:30 - 1:30
15 Minute Break		1:30 - 1:45
Hazard Communication (Subpart D)		1:45 - 2:45
15 Minute Break		2:45 - 3:00
Health Hazards SEP		3:00 - 4:00
Day 2		
Electrical Safety (Subpart K)		8:00 - 9:20
10 Minute Break		9:20 - 9:30
Stairways & Ladders (Subpart X)		9:30 - 10:30
10 Minute Break		10:30 - 10:40
Fall Protection (Subpart M)		10:40 - 12:00
60 Minute Lunch Break		12:00 - 1:00
Struck-by/Caught Between		1:00 - 2:00
15 Minute Break		2:00 - 2:15
Hand & Power Tools (Subpart I)		2:15 - 3:15

To receive a 10-hour card from the State, students must complete the full two days of this course.