



30/10-Hour General Industry Awareness Course

----- Agenda Topics -----

Day 1		
Registration/Orientation	Students are required to arrive at 8:00	8:15 - 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		10:30 - 11:30
60 Minute Lunch Break		11:30 - 12:30
Personal Protective Equipment (Subpart I)		12:30 - 1:30
15 Minute Break		1:30 - 1:45
Health Hazards SEP		1:45 - 2:45
15 Minute Break		2:45 - 3:00
Bloodborne Pathogens (Subpart Z)		3:00 - 4:00
Day 2		
Walking Working Surfaces (Subpart D)		8:00 - 9:00
10 Minute Break		9:00 - 9:10
Hazard Communication (Subpart Z)		9:10 - 10:10
10 Minute Break		10:10 - 10:20
Machine Guarding (Subpart O)		10:20 - 11:30
60 Minute Lunch Break		11:30 - 12:30
Lockout/Tagout (Subpart J)		12:30 - 1:30
10 Minute Break		1:30 - 1:40
Exit Routes/Emergency Action & Fire Prevention Plans (Subpart E)		1:40 - 2:40
10 Minute Break		2:40 - 2:50
Electrical Safety (Subpart S) Basic		2:50 - 4:00

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

Day 3		
Electrical Safety Workshop (Subpart S)		8:00 - 9:15
15 Minute Break		9:15 - 9:30
Ergonomics		9:30 - 10:40
10 Minute Break		10:40 - 10:50
Powered Industrial Trucks (Subpart N)		10:50 - 12:00
60 Minute Lunch Break		12:00 - 1:00
Toxic and Hazardous Substances (Subpart Z)		1:00 - 2:15
10 Minute Break		2:15 - 2:25
Materials Handling & Storage (Subpart N)		2:25 - 3:45
Day 4		
Recordkeeping		8:00 - 9:20
10 Minute Break		9:20 - 9:30
Noise Exposure (Subpart G)		9:30 - 10:45
10 Minute Break		10:45 - 10:55
Safety & Health Programs		10:55 - 12:00
60 Minute Lunch Break		12:00 - 1:00
Reserved		1:00 - 2:00
10 Minute Break		2:00 - 2:10
Welding, Brazing & Cutting (Subpart Q)		2:10 - 3:30
10 Minute Break		3:30 - 3:40
Respiratory Protection (Subpart I)		3:40 - 5:00
Day 5		
Fire Protection (Subpart L – Fire Extinguishers)		8:00 - 9:15
15 Minute Break		9:15 - 9:30
Confined Spaces (Subpart J)		9:30 - 10:45
15 Minute Break		10:45 - 11:00
Top Ten Serious Citations		11:00 - 12:00
60 Minute Lunch Break		12:00 - 1:00
Review		1:00 - 2:00
Test/Wrap Up		2:00 - 3:15

To receive a 30 hour card from the State, students must complete the full five days of this blended course.