

## 10-Hour OSHA Construction Safety Instructor-Led Training

### Course Overview

This 10-hour OSHA 10-Hour Construction Safety Training course is designed to provide entry-level construction workers with essential safety knowledge and skills. The course covers a wide range of OSHA standards and regulations relevant to the construction industry. The Occupational Safety and Health Administration (OSHA) recommends Outreach Training Program courses as an orientation to occupational safety and health for workers. Depending on duties and responsibilities, some workers may need additional training based on the specific hazards of their jobs and associated OSHA Standards.

### Course Objectives

Upon successful completion of this 10 Hour Program, students will be able to:

- Understand OSHA's mission and purpose
- Recognize common construction hazards and risks.
- Apply OSHA standards to real-world construction scenarios.
- Implement effective safety practices and procedures
- Understand the correct use of PPE to protect themselves from worksite hazards
- Obtain your OSHA 10 Card

### Course Topics

- Cranes
- Demolition
- Electrical Safety
- Excavations
- Fall Protection
- Hand & Power Tools
- Hazards in Construction
- Introduction to OSHA
- Materials Storage
- Personal Protective Equipment (PPE)
- Scaffolds
- Struck-By & Caught-Between Accidents

### Prerequisites

There are no prerequisites for this course.

### Wallet Card/Certificates

A temporary completion certificate will be issued to all participants who successfully complete the course and pass the final exam. Students must earn a minimum score of 80% to receive a OSHA/DOL wallet card which is sent to the participant 45-60 days after course completion.

### Course Format:

This is a 10-hour, in-person training course delivered over two consecutive days. The course includes:

- Instructor-Led lectures and group discussions
- Hands-on demonstrations
- Quizzes and a final examination

Registration Register online at <http://www.csregs.com/>