

## **FREE 10-Hour Course in OSHA's Construction Industry Regulations**

### Course Overview

***The 10-hour Construction Industry Outreach Training Program*** is intended to provide entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Training will emphasize hazard identification, avoidance, control and prevention, not OSHA standards.

This interactive 1½-day course satisfies this requirement and is being offered to business owners, managers, supervisors and employees with responsibility for safety and health. The course addresses general safety and health awareness of the *29 Code of Federal Regulations 1926, Construction Industry Regulations*.

Each attendee will receive the CFR 1926, OSHA Construction Industry Regulations (\$40 value) which will be used throughout the course.

**After successfully completing this training course, each participant will receive an OSHA Construction Industry Safety and Health 10-Hour course completion card.**

### Topics include:

- § Introduction to OSHA: OSH Act / General Duty Clause, General Safety & Health Provisions, Competent Person, Recordkeeping
- § Personal Protective & Lifesaving Equipment
- § Occupational Health Hazards in Construction
- § OSHA Focus 4: Fall Protection
- § Stairways & Ladders
- § Materials Handling, Storage, Use and Disposal
- § OSHA Focus 4: Caught In / Between, & Struck By
- § OSHA Focus 4: Electrical Safety
- § Scaffolds
- § Tools – Hand & Power

### Instructor

Thomas J. Nolan II, PE, CSP  
*Principal*  
**Safety Assurance Management**  
OSHA Authorized Instructor (NE234)

### Registration

Date: Apr 20<sup>th</sup> & 21<sup>st</sup>

Location: Keene Country Club  
755 West Hill Road  
Keene, NH

RSVP by: April 14<sup>th</sup>, 2009  
Call 800-222-6016 or email  
[osha@therichardsgrp.com](mailto:osha@therichardsgrp.com)

**Space is LIMITED!!!**

**This course is FREE**



## 10-Hour OSHA Construction Outreach Training --- Agenda

April 20 <sup>th</sup>	
8:30 – 8:55	Introduction to Course & Instructor / Pre-Test
8:55 – 9:55	<b><i>Introduction to OSHA</i></b>
9:55 – 10:10	Coffee Break
10:10 – 10:50	<b><i>OSHA Focus 4: Caught In / Between</i></b> (Emphasis: Trench Hazards / Equipment)
10:50 – 10:55	Stretch Break
10:55 – 11:55	<b><i>OSHA Focus 4: Fall Protection – Subpart M</i></b>
11:55 – 12:30	Lunch (on your own)
12:30 – 1:20	Tools – Hand & Power, Subpart I
1:20 – 2:20	<b><i>OSHA Focus 4: Electrical Safety, Subpart K</i></b>
2:20 – 2:30	Stretch Break
2:30 – 3:00	<b><i>OSHA Focus 4: Struck By</i></b> (Emphasis: Falling Objects, Trucks, Cranes)
3:00 – 3:05	Stretch Break
3:05 – 4:00	<b><i>PPE &amp; Lifesaving Equipment, Subpart E</i></b>

April 21 <sup>st</sup>	
8:00 – 8:10	Recap of Yesterday, Today's Agenda
8:10 – 8:50	Stairways & Ladders, Subpart X
8:50 – 8:55	Stretch Break
8:55 – 9:50	Materials & Handling, Storage, Use & Disposal, Subpart H
9:50 – 10:05	Coffee Break
10:05 – 10:50	<b><i>Occupational Health in Construction</i></b> (Emphasis: Hazard Communication, Noise, Crystalline Silica)
10:50 – 10:55	Stretch Break
10:55 – 11:55	Scaffolds – Subpart L (Work Platforms)
11:55 – 12:00	Stretch Break
12:00 – 12:30	Post-Test & Answers

*Mandatory Topics in Bold Italics*