



10 HR OSHA CONSTRUCTION TRAINING AGENDA

Instructor:
Date:

<u>TIME</u>	<u>SUBJECT</u>
<u>Day One</u>	
8:00-10:00 (2 Hours)	Introduction to OSHA
10:00-10:15 (15 Minutes)	BREAK
10:15-12:15 (2 Hours)	OSHA Focus: Four Hazards including Electrical, Struck By, Fall Protection, Caught in Between
12:15-12:45 (30 Minutes)	LUNCH
12:45-1:15 (30 Minutes)	Health Hazards in Construction, Noise, Hazard Communication, Silica including GHS
1:15-1:45 (30 Minutes)	Confined Space Entry
<u>Day Two</u>	
8:00-10:00 (2 Hours)	OSHA Focus: Four Hazards including Electrical, Struck By, Fall Protection, Caught in Between
10:00-10:15 (15 Minutes)	BREAK
10:15-10:45 (30 Minutes)	Personal Protective Equipment and Life Saving Equipment
10:45-11:45 (1 Hour)	Stairways and Ladders
11:45-12:15 (30 Minutes)	Lock Out Tag out
12:15-12:45 (30 Minutes)	LUNCH
12:45-1:45 (1 Hour)	Excavations

- Some subjects scheduled to change – per trainers discretion

** This educational offering is recognized by the Massachusetts Board of Building Regulations & Standards as satisfying (2) hours of credit for Code Review, (3) hours of credit for Workplace Safety and (1) hour of credit for Business Practices toward continuing education requirements.*

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