



# TEXAS DEPARTMENT OF INSURANCE

## Division of Workers' Compensation

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## OSHA 10-HOUR CONSTRUCTION AGENDA

### Day One

TIME	Length of Topic	TOPIC
8:30 am – 9:30 am	1 hour	Introduction to OSHA
9:30 am – 9:45 am		Break - 15 minutes
9:45 am – 10:30 am	45 minutes	Focus Four: Struck-By Hazards
10:30 am – 11:15 pm	45 minutes	Focus Four: Caught-In-Between Hazards
11:15 pm – 12:15 pm		Lunch - 1 hour
12:15 pm – 1:15 pm	1 hour	Focus Four: Electrical Hazards
1:15 pm – 1:30 pm		Break - 15 minutes
1:30 pm – 2:45 pm	1.5 hours	Focus Four: Fall Hazards
		Day ends

### Day Two

TIME	Length of Topic	TOPIC
8:30 am – 9:30 am	1 hour	Personal Protective Equipment
9:30 am – 10:30 am	1 hour	Health Hazards in Construction
10:30 am – 10:45 am		Break - 15 minutes
10:45 am – 11:00 am	30 minutes	Materials Handling
11:00 am – 11:30 pm	30 minutes	Hand and Power Tools
11:30 pm – 12:30 pm		Lunch - 1 hour
12:30 pm – 1:00 pm	30 minutes	Ladders
1:00 pm – 1:30 pm	30 minutes	Excavations
1:30 pm – 1:45 pm		Break - 15 minutes
1:45 pm – 2:45 pm	1 hour	Scaffolds
2:45 pm – 3:15 pm	45 minutes	Review, Exam, and Evaluations
		Day ends

*Length of topics and break schedule may vary.*