

OSHA 10-Hour Construction Agenda – Video Conference

This 10-hour training program is primarily intended for entry level construction workers and provides an overview of the hazards a worker may encounter on a job site. Training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards.

Length of topics and break schedule may vary.

Day 1

Time – A.M.	Length of Topic	Topic
8 - 8:30 a.m.		Administrative
8:30 - 9:30 a.m.	1 hour	Introduction to OSHA
9:30 - 10:15 a.m.	45 minutes	Focus Four: Struck-by Hazards
10:15 - 10:30 a.m.		Break – 15 minutes
10:30 - 11:15 a.m.	45 minutes	Focus Four: Caught-in-Between Hazards
11:15 - 12:15 p.m.	1 hour	Focus Four: Electrical Hazards
	3.5 total hours	Day Ends

Day 2

Time – A.M.	Length of Topic	Topic
8 - 8:30 a.m.		Administrative
8:30 - 10 a.m.	1.5 hours	Focus Four: Fall Hazards
10 - 10:30 a.m.	30 minutes	Personal Protective Equipment
10:30 - 10:45 a.m.		Break – 15 minutes
10:45 - 11:30 a.m.	45 minutes	Health Hazards in Construction
11:30 - 12:15 p.m.	45 minutes	Materials Handling, Storage, Use and Disposal
	3.5 total hours	Day Ends

Day 3

Time – A.M.	Length of Topic	Topic
8 - 8:30 a.m.		Administrative
8:30 - 9:15 a.m.	45 minutes	Excavations
9:15 - 9:45 a.m.	30 minutes	Tools - Hand and Power
9:45 - 10:30 a.m.	45 minutes	Stairways and Ladders
10:30 - 10:45 a.m.		Break – 15 minutes
10:45 - 11:45 a.m.	1 hour	Scaffolds
	3 total hours	Day Ends