

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	Length of Topic	Topic
8:00 am – 8:30 am		Administrative
8:30 am – 9:30 am	1 hour	Introduction to OSHA
9:30 am – 10:15 am	45 minutes	Focus Four: Struck-by Hazards
10:15 am – 10:30 am		Break – 15 minutes
10:30 am – 11:15 am	45 minutes	Focus Four: Caught-in-Between Hazards
11:15 am – 12:15 pm	1 hour	Focus Four: Electrical Hazards
	3.5 total hours	Day Ends

Day 2

Time	Length of Topic	Topic
8:00 am – 8:30 am		Administrative
8:30 am – 10:00 am	1.5 hours	Focus Four: Fall Hazards
10:00am – 10:30 am	30 minutes	Personal Protective Equipment
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 11:30 am	45 minutes	Health Hazards in Construction
11:30 am – 12:15 pm	45 minutes	Materials Handling, Storage, Use and Disposal
	3.5 total hours	Day Ends

Day 3

Time	Length of Topic	Topic
8:00 am – 8:30 am		Administrative
8:30 am – 9:15 am	45 minutes	Excavations
9:15 am – 9:45 am	30 minutes	Tools - Hand and Power
9:45 am – 10:30 am	45 minutes	Stairways and Ladders
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 11:45 am	1 hour	Scaffolds
	3 total hours	Day Ends