

OSHA 10-Hour Construction Agenda

This training program is intended to provide entry level construction for information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid, and prevent job related hazards on a job site. The training covers a variety of construction safety and health hazards which a worker may encounter at a work site.

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
2:45 pm – 3:30 pm	1 hour	Review, Exam
		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 – 3:30 pm	1 hour	Review, Exam, and Evaluations
		Day ends

Length of topics and break schedule may vary.