

30 hours for general constructions

The 30-hour Construction Course is intended to provide a variety of training to workers with some safety responsibility. Training should emphasize hazard identification, avoidance, control and prevention, as well as OSHA standards. Instructional time must be a minimum of 30 hours. The topic requirements are as follows::

Mandatory – 15 hours

2 hours	<p>Introduction to OSHA Covers workers’ rights, employer responsibilities and how to file a complaint. It includes helpful worker safety and health resources. It also provides a sample weekly fatality and catastrophe report, a material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses (OSHA Form 300)</p>
2 hours	<p>Managing Safety and Health May include Injury and Illness Prevention Programs, job site inspections, accident prevention programs, management commitment and employee involvement, worksite analysis, hazard prevention and control, accident investigations, how to conduct safety meetings, and supervisory communication</p>
6 hours	<p>OSHA Focus Four Hazards</p> <ul style="list-style-type: none"> • Falls (minimum one hour and 15 minutes) • Electrocution • Struck-By (e.g., falling objects, trucks, cranes) • Caught-In or Between (e.g., trench hazards, equipment)
2 hours	Personal Protective and Lifesaving Equipment
2 hours	Health Hazards in Construction
1 hour	Stairways and Ladders

Elective 12 hours. Must present at least 12 hours of training on the following topics, At least 6 of the following topics must be presented. The minimum length of any topic is one-half hour.

1.5 hour	Concrete and Masonry Construction
1.5 hour	Confined Space Entry
1.5 hour	Cranes, Derricks, Hoists, Elevators, & Conveyors
1.5 hour	Excavations
1.5 hour	Fire Protection and Prevention
1.5 hour	Materials Handling, Storage, Use and Disposal
1.5 hour	Ergonomics
1.5 hour	Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades
1.5 hour	Safety and Health Programs
1.5 hour	Powered Industrial Vehicles
1.5 hour	Scaffolds
1.5 hour	Steel Erection
1.5 hour	Tools – Hand and Power
1.5 hour	Welding and Cutting

Optional – 3 hours. Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic is one-half hour.