



OSHA 30-Hour Training Construction Industry Safety & Health Training



Course Duration

Four or Five days

Course Description

Students will be introduced to OSHA policies, procedures and standards as well as construction industry safety and health principles covered in OSHA Act Part 1926. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Upon successful completion of the course, participants will receive an OSHA Construction industry safety and health 30-hour course completion certificate and wallet card from OSHA

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Course Outlines:

Mandatory 15 Hours:

1. Introduction to OSHA (2 hours)
2. Managing Safety and Health (2 Hours)
3. OSHA Focus Four Hazards (6 Hours) Falls + Caught in or Between + Struck By + Electrocution.
4. PPE and Live saving (2 Hours)
5. Health Hazards in Construction (2 Hours)
6. Stairways and Ladders (1 Hour)

Elective - 15 Hours:

1. Concrete and Masonry (1 Hour)
2. Confined Space Entry (1 Hour)
3. Cranes, Derricks, Hoists, Elevators, & Conveyors (3 Hours)
4. Excavations (2 Hours)
5. Fire Protection and Prevention (1 Hour)
6. Powered Industrial Vehicles (1 Hour)
7. Scaffolds (3 Hours)
8. Tools - Hand and Power (1 Hour)
9. Welding and Cutting (2 Hours)

Total = 30 Hours



Course Objectives:

- State the purpose of the OSH Act and list the functions of OSHA.
- List the OSHA inspection priorities and describe the inspection process.
- Describe the rights and responsibilities of employers and employees under the OSH Act
- The basic requirements for scaffolds, stairways and ladders.
- Guidelines for excavation safety.
- To understand the importance of effective rigging safety program.
- To know the safe methods of welding and cutting.
- Outline the safety measures of heavy equipment (Forklift).
- Occupational Health and Industrial Hygiene.
- Outline the general requirements for construction safety standards; establish the guidelines and requirements for special purpose equipment.



Who Should Attend

- Supervisors with safety and health responsibilities
- Safety Directors, managers, engineers, supervisors.
- Safety Inspectors and Safety Officers
- Engineers (All Disciplines).
- Operations and Maintenance supervisors and foremen.
- Construction Engineers, Supervisors, and Officers

