



## **M&A Safety Services**

512 Viaulet Road  
Youngsville, Louisiana 70592  
Main: 337-451-4685  
Fax: 337-451-5847  
[www.masafetyservices.com](http://www.masafetyservices.com)

### **OSHA Core Compliance (3 Day)**

#### Course Outline - Summary

**Prerequisites:** This course shall have no formal pre-requisite.

**Course Length** – 24 hours - Course length shall vary depending on the number of delegates.  
Total course time include breaks.

**Class Size:** The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session.

#### **Course Objective**

- Provide occupational workers with relevant information associated with Occupational Safety and Health Administration (OSHA) compliance related training.
- Provide delegates with awareness level occupational safety training.
- Provide safe work practices for the workplace.
- Delegates should be able to demonstrate knowledge during written examination.

#### **Course Design**

- Power Point© / Lecture / Audio Video / Visual Aids

#### **Successful Course Completion**

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam each day.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical session is mandatory for Incipient Fire Watch (Day 2)

#### **Course Content Summary**

- Classroom
- Practical – Day 2 Incipient Fire Watch

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 hour

#### **Course Topics - Day 1**

- Personal Protective Equipment
- Respiratory Protection
- Hearing Conservation
- Access to Medical Records



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- Bloodborne Pathogens
- Job Hazard Analysis (JHA)
- Confined Space
- Hot Work
- Fall Protection
- Hazardous Communication (including GHS)
- HAZWOPER
- Electrical Non-Qualified
- Lock Out/Tag Out
- Walking/Working Surface
- Stop Work Authority
- Reporting Unsafe Conditions
- Marine Debris

### **Course Topics - Day 2:**

- Incipient Fire Watch (4 Hour Course)
- HAZMAT 126F (4 Hour Course)

### **Course Topics - Day 3:**

- Hydrogen Sulfide (H<sub>2</sub>S)
- Emergency Response
- Behavior Based Safety
- Drug & Alcohol Safety
- Work Place Violence
- Hand Safety
- Back Safety
- Heat Stress
- Compressed Gas
- Asbestos Safety
- Accident Prevention – Signs & Tags
- Naturally Occurring Radioactive Material (NORM)
- Excavation & Trenching
- Work Permits
- Offshore Orientation

### **Practical Session**

The only practical session in this curriculum is Incipient Fire Fighting - Day 2.

Practical shall verify the following:

- Properly select and wear appropriate PPE during practical training



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- Inspect and identify damaged extinguishers
- Select appropriate extinguisher and firefighting equipment
- Effectively communicate with others in the area using proper alerting techniques
- Demonstrate use of firefighting equipment
- Demonstrate firefighting techniques as discussed in theory
- Demonstrate how to extinguish a fire
- Properly remove used extinguishers from service

### **Training Center Provided Material**

- Course Materials
- PPE
- Fire Extinguisher

### **Delegate Requirements**

- None

### **Reference Material / Documents**

BSSE 30 CFR 250.109 – 250.113

BSSE 30 CFR 250.490

DOT 49 CFR 171-179

Environmental Protection Agency (EPA)

National Fire Protection Association Codes and Standards

Offshore Operators Committee

OSHA 29 CFR 1910.22

OSHA 29 CFR 1910.95

OSHA 29 CFR 1910.101

OSHA 29 CFR 1910.120

OSHA 29 CFR 1910.132-133

OSHA 29 CFR 1910.134

OSHA 29 CFR 1910.138

OSHA 29 CFR 1910.145

OSHA 29 CFR 1910.146

OSHA 29 CFR 1910.157

OSHA 29 CFR 1910.333

OSHA 29 CFR 1910.1001

OSHA 29 CFR 1910.1020

OSHA 29 CFR 1910.1030

OSHA 29 CFR 1910.1200

OSHA 29 CFR 1910 Subpart E

OSHA 29 CFR 1926.150

OSHA 29 CFR 1926.200

OSHA 29 CFR 1926.500-503



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