



M&A Safety Services

512 Viaulet Road
Youngsville, Louisiana 70592
Main: 337-451-4685
Fax: 337-451-5847
www.masafetyservices.com

OSHA 10 Hour Compliance Course Outline

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

Course Length: 10 hours – Course length shall vary depending on the number of delegates.
Total course time includes 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.
-) Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
-) Delegates will have no more than thirty (30) minutes to complete the exam each day.

Course Content Summary

-) Classroom

Breaks: 10 minutes (approximately every hour)

Lunch: 1 hour

Course Outline

Introduction to OSHA and the OSH Act

-) Importance of OSHA
-) History of OSHA
-) OSHA'S Mission
-) Worker Rights



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-) Employer Responsibilities
-) OSHA Standards
-) Citations
-) Inspections
-) Resources for Workers
 - o Filing a complaint

Focus Four – Falls, Electrocuting, Struck-By, Caught-In or Between

-) Fall Protection
 - o About Falls
 - o Fall Distances
 - o Anchorage Points
 - o Body Harness
 - Donning
 - Body belt
 - o Lanyards
 - o Inspections
 - o Connectors
 - o Deceleration Devices
 - Retractable Lanyards
 - o Lifelines
 - o Climbing Techniques
 - Ladder Safety
 - o Safety Nets
 - o Employee Responsibilities
 - o Guardrails
 - o Rescue Plan
 - o Hazard Recognition
-) Struck By / Hazard Recognition
-) Caught In / Hazard Recognition
-) Electrical Non-Qualified
 - o Electrical Safety
 - o Cord Safety
 - o Circuit Breakers and Circuits
 - o PPE
 - o Clearance from Energized Lines



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Personal Protective equipment

-) Purpose
-) Hazard Assessment
 - o Employer and Employee Responsibilities
 - o Affected Employees
-) Protective Clothing
-) Eye and Face Protection
-) Foot Protection
-) Head Protection

Health Hazards

-) Hazardous Communication / GHS
-) Hearing Conservation

Cranes, Excavations, Scaffolds/Ladders/Stairs, Power Tools

-) Cranes
 - o Common Causes of Crane Accidents
 - o Hazardous Environments for Crane Operations
 - o Load Capacity
 - o Hand Signals
 - o Swing Radius
 - o Operator Visibility
 - o Guardrails
 - o Crane Operations
 - o Crane Use Near Power Lines
 - o Training Requirements
 - o Hazard Recognition
-) Excavation
 - o Competent Person
 - o Safe Work Practice
 - o Access and Egress
 - o General Hazards
 - o Methods of Protection
 - o Protective Systems
 - Sloping
 - Shoring
 - Shielding
 - o PPE



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) Walking Working Surface & Scaffolding

- General Requirements
- Floor Hole
- Floor Opening
- Stairs
- Wall Opening
- Guardrails
- Scaffolding
- Ladders
 - Portable
 - Fixed
- Floor Loading Protection

) Power Tool Safety

Confined Space

-) OSHA/NIOSH Statistics
-) Define Confined Space Criteria
 - Permit Required
-) Roles of Confined Space
 - Entrant, Attendant, Rescue, Supervisor
-) Entry Requirements
 - Training Requirements
 - JHA, Job Planning
 - Equipment
 - Entry Permit
 - What constitutes entry?
-) Atmospheric Hazards
 - O₂ / Other Contaminants
 - Flammability
-) Ventilation
-) Physical Hazards
-) Acute Symptoms
-) Role of Rescue Team
 - Retrieval Equipment

Training Center Provided Material

-) Course Materials

Delegate Requirements



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) None

Reference Material / Documents

OSHA 29 CFR 1926