



## **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 Safety Analysis (JSA)
- ) Permit Required Confined Space
- ) Hot Work
- ) Fall Protection
- ) Hazardous Communication (including GHS)
- ) Hazardous Waste Operations and Emergency Response
- ) Electrical Safety (Non-qualified)
- ) Control of Hazardous Energy (LOTO)
- ) Walking Working Surfaces and Elevated Work
- ) Stop Work Authority
- ) Incident Reporting and Investigation
- ) Marine Trash and Debris

### Course Topics - Day 2:

- ) Hydrogen Sulfide (H<sub>2</sub>S)
- ) Behavior Based Safety
- ) Drug and Alcohol
- ) Workplace Violence
- ) Hand Safety
- ) Back Safety
- ) Excavation and Trenching
- ) Work Permits
- ) Safety and Environmental Management Systems (SEMS II)
- ) Short Service Employees
- ) Offshore Orientation
- ) DOT Hazardous Materials
- ) Fire Safety

### Course Topics - Day 3:

- ) Emergency Response
- ) Communication
- ) First Aid
- ) Powered Industrial Trucks (Forklift)
- ) Hazards Recognition
- ) Housekeeping
- ) Motor Vehicle Safety
- ) Occupational Health Hazards
- ) Office Safety
- ) OSHA Recordkeeping



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- ) Process Safety Management
- ) Rigging
- ) Scaffolding
- ) Terrorism Response Awareness Program
- ) Welding Cutting and Brazing

### **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
- ) 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



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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  
OSHA 29 CFR 1926.1101