















# OSHA Outreach Training 30 Hour-Construction

## COURSE OVERVIEW

This traditional OSHA outreach training course results in a valid DOL/OSHA 30-Hour Card (Construction). This training course teaches recognition, avoidance, abatement and prevention of safety and health hazards in workplaces. This course also provides information regarding workers' rights, employer responsibilities and how to file a complaint. It was also designed to help workers stay up-to-date with their OSHA safety requirements.

## Key Topics Covered:

-  Introduction to OSHA
-  Contractor's Safety and Health Program
-  Reporting and Record Keeping
-  Electrical Hazards
-  Fall Protection
-  Materials Handling
-  Cranes and Rigging
-  Motorized Mobile Platforms
-  The Competent Person
-  Excavations
-  Work Zone Traffic Control
-  Forklift Hazard

## Live in-person training time frame:

-  This course is delivered over 4 days.

## Intended Audience

Recommended for:	OSHA (G) 30 Hr	Recommended for:	OSHA (G) 30 Hr
TIRAP TTT1, TTT2	☑	Design Engineer	☑
Tower (Wireless) Tech Entry level		Site Acquisition Specialist	
Tower Tech Level II and III or Wireless Professional	☑	Warehouse Coordinator	☑
Crew Lead or Foreman (Wireless both aerial and civil)	☑	Logistics Personnel	
Project Coordinator	☑	Procurement Specialist	
Construction Manager	☑	Wireless Regulatory Manager/Safety Manager	☑
Radio or Field Tech/Engineer	☑	Quality Control	
Project Manager	☑	Executive Level	☑
Design Engineer (Jr)		Executive Assistant/Receptionists *	

Wireless Industry specific training to meet OSHA 10 hour courses for Construction (C) with recommendations of what work positions could benefit from successfully completing this training. ☑ in the box to the right of the recommended for column indicates which OSHA track may be applicable to that work position.

\* Recommended if individuals assist other staff regularly with Work Package assembly and delivery, contractor coordination, etc.

## Takeaways:

- ✓ Recognize what worker rights are protected under OSHA
- ✓ Recognize what responsibilities an employer has under OSHA
- ✓ Identify major fall hazards
- ✓ Identify common caught-in or -between hazards
- ✓ Identify common struck-by hazards
- ✓ Identify types of electrocution hazards
- ✓ Identify ways to select appropriate PPE and lifesaving equipment
- ✓ Identify major health hazards common to the construction industry
- ✓ Recognize how to protect oneself from material handling hazards
- ✓ Identify major hand & power tool hazards
- ✓ Recognize role of the workforce in improving the current culture
- ✓ Recognize the role of management in improving the current culture
- ✓ Recognize ways to protect oneself from crane hazards
- ✓ Identify major hazards related to motor vehicles, mechanized equipment and marine operations
- ✓ Recognize ways to protect oneself from fire hazards thru prevention and emergency response
- ✓ Recognize employer requirements for protecting workers from concrete & masonry hazards, including abatement methods
- ✓ Identify major steel erection hazards
- ✓ Recognize ways to protect oneself from welding & cutting hazards
- ✓ Describe types of confined space hazards
- ✓ Recognize ways to protect oneself from confined space hazards
- ✓ Describe activities that can lead to MSD and RMD injury and illness
- ✓ Recognize employer requirements for providing a safety and health program that effectively reduces and prevents employee injury, illness, and fatality
- ✓ Identify responsibilities of a supervisor in preventing worker injuries and unhealthful exposures
- ✓ Recognize the specific legal responsibilities of a supervisor to protect worker safety and health
- ✓ Identify the reasons for an incident investigation and future preventative measures that may result
- ✓ Recognize ways to protect oneself from arc flash hazards
- ✓ Describe types of health and safety construction hazards and appropriate forms mitigation

### Course Includes:

- ✓ Student Manual
- ✓ Self-guided PowerPoint Deck
- ✓ Certificate of Completion
- ✓ 1:1 telephonic consultation with subject matter experts upon appointment (up to 5 hours over 3 months following course completion)



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