

10-Hour OSHA Construction Industry Outreach

Sample Matrix

NOTE: A training day cannot exceed 7.5 hours of training.

NOTE: The instructor(s) should review the following guidance documents before conducting this class:

- “Online Training Guidance Document” (F-039)

Recommended Material: Construction Industry Outreach 10-Hour (M-018), Construction Industry Digest (M-083), Construction Pocket Guide (M-084), and optional Construction Industry Testbank – Test (F-036) (not required by OSHA)	
Mandatory, Elective, or Optional	Subjects
Mandatory – 7 hours	Introduction to OSHA – 2 hours <ol style="list-style-type: none"> (1) OSHA has required training content for this module (2) Covers workers' rights, employer responsibilities and how to file a complaint. It includes helpful worker safety and health resources. It also provides a sample weekly fatality and catastrophe report, a material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses (OSHA Form 300)
	OSHA Focus Four Hazards – 4 hours <ol style="list-style-type: none"> (1) Falls (minimum 1 hour and 15 minutes) (2) Electrocution (minimum 30 minutes) (3) Struck-By (e.g., falling objects, trucks, cranes) (minimum 30 minutes) (4) Caught-In or Between (e.g., trench hazards, equipment) (minimum 30 minutes)
	Personal Protective and Lifesaving Equipment – 30 minutes
	Health Hazards in Construction – 30 minutes <ul style="list-style-type: none"> • May teach noise, hazard communication, and crystalline silica or any other construction health hazard
Elective – 2 hours (At least 2 topics must be presented; minimum 30 minutes per topic)	Cranes, Derricks, Hoists, Elevators, & Conveyors
	Excavations
	Materials Handling, Storage, Use and Disposal
	Scaffolds
	Stairways and Ladders
Optional – 1 hour (minimum 30 minutes per topic)	Tools - Hand and Power
	Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics above