

10-Hour OSHA General Industry Outreach

Sample Matrix

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

Recommended Material: M-011 OSHA General Industry Outreach 10-Hour M-085 General Industry Digest	
Mandatory, Elective, or Optional	Subjects
Mandatory – 7 hours	Introduction to OSHA – 2 hours (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 samples of a weekly fatality and catastrophe report, material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses (OSHA Form 300)
	Walking and Working Surfaces, including Fall Protection – 1 hour
	Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection – 1 hour
	Electrical – 1 hour
	Personal Protective Equipment – 1 hour
	Hazard Communication – 1 hour
Elective – 2 hours (At least 2 topics must be presented; minimum 30 minutes per topic)	Hazardous Materials
	Materials Handling
	Machine Guarding
	Introduction to Industrial Hygiene
	Bloodborne Pathogens
	Ergonomics
	Safety and Health Program
Fall Protection	
Optional – 1 hour (minimum 30 minutes per topic)	Teach other general industry hazards or policies and/or expand on the mandatory or elective topics above