

# 30-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)

<b>Recommended Material:</b> <b>M-068 OSHA Construction Industry Outreach 30-Hour</b> <b>M-083 Construction Industry Digest</b> <b>M-084 Construction Pocket Guide</b>	
<b>Mandatory, Elective, or Optional</b>	<b>Subjects</b>
<b>Mandatory – 15 hours</b>	<b>Introduction to OSHA – 2 hours</b> (3) OSHA has required training content for this module (4) 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)
	<b>Managing Safety and Health – 2 hours</b> <ul style="list-style-type: none"> <li>• May include Injury and Illness Prevention Programs, job site inspections, accident prevention programs, management commitment and employee involvement, worksite analysis, hazard prevention and control, accident investigations, how to conduct safety meetings, and supervisory communication</li> </ul>
	<b>OSHA Focus Four Hazards – 6 hours (up to a total of 10 hours)</b> (5) Falls (minimum 1 hour and 15 minutes) (6) Electrocutation (minimum 30 minutes) (7) Struck-By (e.g., falling objects, trucks, cranes) (minimum 30 minutes) (8) Caught-In or Between (e.g., trench hazards, equipment) (minimum 30 minutes)
	<b>Personal Protective and Lifesaving Equipment – 2 hours</b>
	<b>Health Hazards in Construction – 2 hours</b> <ul style="list-style-type: none"> <li>• May teach noise, hazard communication, and crystalline silica or any other construction health hazard</li> </ul>
	<b>Stairways and Ladders – 1 hour</b>
<b>Elective – 12 hours</b> (At least 6 topics must be presented; minimum 30 minutes per	<b>Concrete and Masonry Construction</b>
	<b>Confined Space Entry</b>
	<b>Cranes, Derricks, Hoists, Elevators, &amp; Conveyors</b>
	<b>Ergonomics</b>
	<b>Excavations</b>
	<b>Fire Protection and Prevention</b>
<b>Materials Handling, Storage, Use and Disposal</b>	

<b>Recommended Material:</b> <b>M-068 OSHA Construction Industry Outreach 30-Hour</b> <b>M-083 Construction Industry Digest</b> <b>M-084 Construction Pocket Guide</b>	
<b>Mandatory,  Elective, or  Optional</b>	<b>Subjects</b>
topic)	<b>Motor Vehicles, Mechanized Equipment, Marine Operations</b>
	<b>Powered Industrial Vehicles</b>
	<b>Safety and Health Programs</b>
	<b>Scaffolds</b>
	<b>Steel Erection</b>
	<b>Tools - Hand and Power</b>
	<b>Welding and Cutting</b>
<b>Optional – 3  hours</b> (minimum 30 minutes per topic)	Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics above