

## **30-Hour OSHA General Industry Outreach**

### ***Sample Matrix***

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

<b>Recommended Material: M-011 General Industry Outreach 30-Hour M-085 General Industry Digest</b>		
<b>Mandatory, Elective, or Optional</b>	<b>Subjects</b>	
<b>Mandatory – 13 hours</b>	<b>Introduction to OSHA – 2 hours</b> (5) OSHA has required training content for this module (6) 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)	
	<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>Walking and Working Surfaces, including fall protection – 1 hour</b>	
	<b>Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection – 2 hours</b>	
	<b>Electrical – 2 hours</b>	
	<b>Personal Protective Equipment (PPE) – 1 hour</b>	
	<b>Materials Handling – 2 hours</b>	
	<b>Hazard Communication – 1 hour</b>	
	<b>Elective – 10 hours</b> (At least 5 topics must be presented; minimum 30 minutes per topic)	<b>Bloodborne Pathogens</b>
		<b>Ergonomics</b>
<b>Fall Protection</b>		
<b>Hazardous Materials (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations)</b>		
<b>Introduction to Industrial Hygiene</b>		
<b>Lockout / Tagout</b>		
<b>Machine Guarding</b>		
<b>Permit-Required Confined Spaces</b>		
<b>Powered Industrial Vehicles</b>		
<b>Safety and Health Programs</b>		
<b>Welding, Cutting, and Brazing</b>		
<b>Optional – 7 hours</b> (minimum 30 minutes per topic)	Teach other general industry hazards or policies and/or expand on the mandatory or elective topics above	