



## OSHA 10 HOUR: Course Outline

Of the topics listed below, six hours are mandatory and four hours are chosen from the options provided. For the remainder of the class, any other general industry standards and policies may be taught or the required topics may be expanded.

### Mandatory:

#### **One Hour:**

Introduction to OSHA, OSH Act/General Duty Clause 5(a)(1). Inspection, Citations, Penalties (29 CFR 1903), Recordkeeping (29 CFR 1904)

#### **One Hour:**

Subpart D: Walking and Working Surfaces  
Fall Protection, Ladders, Slips, Trips, and Falls, and Stepladders

#### **One Hour:**

Subparts E and L: Exit Routes, Emergency Action Plans, and Fire Prevention Plans  
Means of Egress, Evacuation, Disasters, Preparing for Emergency Preparedness, Fire Prevention

#### **One Hour:**

Subpart S: Electrical  
Electrical Safety, Grounding

#### **Two Hours:**

Subpart I: Personal Protective Equipment  
Eye and Face Protection, Foot Protection, Hand Protection, Head Protection, Hearing Protection, Personal Protective Equipment, Respiratory Protection, Respirator Fit Testing

#### **One Hour:**

Subpart Z: Hazard Communication  
Chemicals (Specific), Chemical Health Hazards, Hazard Communication, MSDS

### Additional:

#### **One Hour:**

Subpart H: Flammable and Combustible Liquids  
Compressed Gases, Explosives and Explosions, Flammable / Combustible Liquids, Hazardous Materials, Hazardous Waste Operations, Liquefied Petroleum Gases, Process Safety Management

#### **One Hour:**

Subpart O: Machine Guarding  
Conveyors, Machine Guarding, Machine Safety, Power Press

#### **One Hour:**

Subpart Z: Introduction to Industrial Hygiene, Bloodborne Pathogens, and/or Ergonomics  
Bloodborne Pathogens, Universal Precautions, Ergonomics, Industrial Hygiene