



2100 WOOD AVENUE
EASTON, PA 18042
610.438.3921 (P)
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THEHILLISGROUP.COM

The Occupational Safety and Health Administration (OSHA) 10-Hour Construction course is an entry level class designed to provide employees with an introduction to OSHA as well as cover specific hazards in the construction industry.

The class covers the following topics:

Mandatory (7 hours)

- Introduction to OSHA (2 hours)
- Focus Four Hazards (Total of 4 hours)
 - Falls (minimum 1.25 hours)
 - Electrocution (minimum .5 hours)
 - Struck-by (minimum .5 hours)
 - Caught-In or Between (minimum .5 hours)
- Personal Protective and Lifesaving Equipment (minimum .5 hours)
- Health Hazards in Construction (minimum .5 hours)

Electives (2 hours). The minimum length of any topic is one-half hour.

- Excavations
- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Materials Handling, Storage, Use, and Disposal
- Scaffolds
- Stairways and ladders
- Tools – Hand and Power

Optional (1 hour).

1. Any other construction industry hazards or policies and/or expand on any of the mandatory or elective topics. The minimum length of any topic is one-half hour.

Based on OSHA's requirement for no more than 7.5 hours of classroom education per day, the 10-Hour course must be delivered over a minimum of two days.



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The OSHA 30-Hour Construction is designed to be a more in-depth course for supervisors and/or employees with safety responsibilities.

This class provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces. And, as with the 10-hour course, also provides information regarding workers' rights and employer responsibilities.

The 30-hour class covers the following topics:

Mandatory (15 hours)

- Introduction to OSHA (2 hours)
- Focus Four Hazards (minimum 6 hours – maximum 10 hours)
 - Falls (minimum 1.25 hours)
 - Electrocution (minimum .5 hours)
 - Struck-by (minimum .5 hours)
 - Caught-In or Between (minimum .5 hours)
- Personal Protective and Lifesaving Equipment (2 hours)
- Health Hazards in Construction (2 hours)
- Stairways and Ladders (1 hour)
- Managing Safety and Health (2 hours)

Elective – (12 hours) Must present at least 12 hours of training on the following topics. At least six (6) of the following topics must be presented. The minimum length of any topic is one-half hour.

- Concrete and Masonry Construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators and Conveyors
- Ergonomics
- Excavations
- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Motor Vehicles, Mechanized Equipment and Marine Operations;
- Rollover Protective Structures and Overhead Protection; and Signs,
- Signals and Barricades
- Powered Industrial Vehicles
- Safety and Health Programs



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- Scaffolds
- Steel Erection
- Tools - Hand and Power
- Welding and Cutting
- Foundations for Safety Leadership (minimum 2.5 hours)

Optional - 3 hours (Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic is one-half hour.

Based on OSHA's requirement for no more than 7.5 hours of classroom education per day, this course is conducted over 4 days.

The electives in both courses can be selected based on your business needs.

Both courses emphasize hazard identification, avoidance, control and prevention, and all who successfully complete a course will receive a Department of Labor 10- or 30-hour card.