**OSHA Outreach 30hr Maritime Topic Outline**

Trainer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED**

**At a minimum, a 10 minute break must be taken after 2 hours of teaching and a 30 minute lunch if teaching over 6 hours.**

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| **Required:**  Topics are mandatory and topic times are the minimum required**.** | | **Electives:**  ***Shipyard Employment*-2 hour**  ***Marine Terminals & Longshoring*-8 hours; choose at least 2 topics w/minimum length of 30 minutes**. |
| Intro to OSHA  Managing Safety and Health  Walking and Working Surfaces including Falls  Personal Protective Equipment (PPE)  Below applies only to Shipyard Employment  Fall Protection/Scaffolding  Electrical  Confined and Enclosed Spaces  Fire Protection | 1 hours  2 hours  2 hours  2 hours  2 hours  2 hours  2 hours  2 hours |
| Hazard Communications/Hazardous Materials  Lockout/Tagout  Respiratory Protection  Marine Terminals & Longshoring-  Fall Protection  Electrical  Confined and Enclosed Spaces  Fire Protection |

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| **Optional- Shipyard Employment-13 hours, Marine Terminals & Longshoring-15 hours**  Hot Work – Welding, Burning, & Cutting Machine Guarding  Material Handling Ergonomics & Proper Lifting Techniques (repetitive motion & muscle strain)  Bloodborne Pathogens (Exposure Control Plan, Universal Precautions, Spills and Decontamination  Additional Coverage on mandatory or elective topics or on any other maritime industry hazards or policies. |

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