**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.**

|  |  |
| --- | --- |
| **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 OSHAManaging Safety and HealthWalking and Working Surfaces including Falls Personal Protective Equipment (PPE)Below applies only to Shipyard EmploymentFall Protection/ScaffoldingElectricalConfined and Enclosed SpacesFire Protection | 1 hours2 hours2 hours2 hours 2 hours2 hours2 hours 2 hours |
| Hazard Communications/Hazardous MaterialsLockout/TagoutRespiratory ProtectionMarine Terminals & Longshoring-Fall ProtectionElectricalConfined and Enclosed SpacesFire Protection |

|  |
| --- |
| **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. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Date** | **Time** | **Topic****(include breaks & lunch)** | **Time (hr/min)** |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
| **Day** | **Date** | **Time** | **Topic****(include breaks & lunch)** | **Time (hr/min)** |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |
|  |  | AM/PM to AM/PM |  |  |