**OSHA Outreach 30hr Construction Topic Outline**

Trainer: \_\_\_\_\_\_Bugs Bunny\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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 time is the minimum amount required**.** | **Electives- Combined Total of 12 hours**Choose at least 6 topics from the list below for at least 30 minutes per topic. |
| Intro to OSHA 1 hoursManaging Safety & Health 2 hours**Focus Four: Combined Total of 6 hours**Falls 1 hour 30 minutesElectrocution 30 minutesStruck By 30 minutesCaught In or Between 30 minutesPersonal Protective & Lifesaving Equipment 2 hoursHealth Hazards in Construction 2 hoursStairways & Ladders 1 hour**Optional- Combined Total of 4 hour**Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic must be 30 minutes or more. | Concrete & Masonry ConstructionConfined Space EntryCranes, Derricks, Hoists, Elevators & ConveyorsErgonomicsExcavationsFire Protection & PreventionMaterials Handling, Storage, Use and DisposalMotor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures & Overhead Protection; and Signs, Signals and BarricadesPowered Industrial VehiclesSafety & Health ProgramsScaffolds Steel ErectionsTools- Hand & Power Welding & CuttingWhistleblower Protection Program |
| **Day** | **Date** | **Time** | **Topic****(include breaks & lunch)** | **Time (hour/min)** |
| 1 | 10/12/18 | 8 AM to 10 AM | Intro to OSHA for Animals | 2 hrs |
|  |  | 10 AM to 10:15 AM | **Break** |  |
|  |  | 10:15 AM to 12:15 PM | Managing Safety & Health for Monkeys | 2 hrs |
|  |  | 12:15 PM to 12:45 PM | **Lunch** |  |
|  |  | 12:45 PM to 2:45 PM | Fall Protection for Birds | 2 hrs |
|  |  | 2:45 PM to 3 PM | **Break** |  |
|  |  | 3 PM to 4:30 PM | Electrocution for Eels | 1 hr 30 mins |
| 2 | 10/13/18 | 8 AM to 9 AM | Struck-By for Scorpions | 1 hr |
|  |  | 9 AM to 10 AM | Caught-In or Between a Rock & a Hard Place | 1 hr |
|  |  | 10 AM to 10:15 AM | **Break** |  |
|  |  | 10:15 AM to 10:45 AM | Caught-In or Between a Rock & a Hard Place | 30 minutes |
|  |  | 10:45 AM to 12:15 PM | Personal Protective & Lifesaving Equipment for Porpoises | 1 hr 30 mins |
|  |  | 12:15PM to 12:45 PM | **Lunch** |  |
|  |  |  | **TOTAL Contact Hours** | 11.5 hours |

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| **Day** | **Date** | **Time** | **Topic****(include breaks & lunch)** | **Time (hour/min)** |
| 2 | 10/13/18 | 12:45 PM to 1:15 PM | Personal Protective & Lifesaving Equipment for Porpoises | 30 minutes |
|  |  | 1:15 PM to 2:45 PM | Health Hazards for Hippos | 1 hr 30 mins |
|  |  | 2:45 PM to 3 PM | **Break** |  |
|  |  | 3 PM to 4:30 PM | Health Hazards for Hippos | 1 hr 30 mins |
| 3 | 10/14/18 | 8 AM to 10 AM | Stairways & Ladders for Giraffes | 2 hrs |
|  |  | 10 AM to 10:15 AM | **Break** |  |
|  |  | 10:15 AM to 12:15 PM | Confined Space Entry | 2 hrs |
|  |  | 12:15 PM to 12:45 PM | **Lunch** |  |
|  |  | 12:45 PM to 2:45 PM | Excavation for Gophers | 2 hrs |
|  |  | 2:45 PM to 3 PM | **Break** |  |
|  |  | 3 PM to 4:30 PM | Fire Protection & Prevention for Dalmatians | 1 hr 30 mins |
| 4 | 10/15/18 | 8 AM to 10 AM | Materials Handling for Hyenas | 2 hrs |
|  |  |  | **TOTAL Contact Hours** | 13 hours |

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| **Day** | **Date** | **Time** | **Topic****(include breaks & lunch)** | **Time (hr/min)** |
| 4 | 10/15/18 | 10 AM to 10:15 AM | **Break** |  |
|  |  | 10:15 AM to 12:15 PM | Safety & Health Programs for Seals | 2 hrs |
|  |  | 12:15 PM to 12:45 PM | **Lunch** |  |
|  |  | 12:45 PM to 2:45 PM | Hand & Power Tools for Hammerhead Sharks | 2 hrs |
|  |  | 2:45 PM to 3 PM | **Break** |  |
|  |  | 3 PM to 4:30 PM | Power Industrial Vehicles for Polar Bears | 1 hr 30 mins |
|  |  | 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 |  |  |
|  |  |  | **GRAND TOTAL of Contact Hours** |  |

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