

# 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.

<u>Required-</u>	<u>Electives- Combined Total of 12 hours</u>
Topics are mandatory and time is the minimum amount required.	Choose at least 6 topics from the list below for at least 30 minutes per topic.
Intro to OSHA <span style="float: right;">1 hour</span>	Concrete & Masonry Construction
Managing Safety & Health <span style="float: right;">2 hours</span>	Confined Space Entry
<b>Focus Four:</b> <span style="float: right;"><b>Combined Total of 6 hours</b></span>	Cranes, Derricks, Hoists, Elevators & Conveyors
Falls <span style="float: right;">1 hour 30 minutes</span>	Ergonomics
Electrocution <span style="float: right;">30 minutes</span>	Excavations
Struck By <span style="float: right;">30 minutes</span>	Fire Protection & Prevention
Caught In or Between <span style="float: right;">30 minutes</span>	Materials Handling, Storage, Use and Disposal
Personal Protective & Lifesaving Equipment <span style="float: right;">2 hours</span>	Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures & Overhead Protection; and Signs, Signals and Barricades
Health Hazards in Construction <span style="float: right;">2 hours</span>	Powered Industrial Vehicles
Stairways & Ladders <span style="float: right;">1 hour</span>	Safety & Health Programs
<b><u>Optional- Combined Total of 4 hour</u></b>	Scaffolds
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.	Steel Erections
	Tools- Hand & Power
	Welding & Cutting

Day	Date	Time	Topic (include breaks & lunch)	Time (hr/min)
1	11/12/13	8 AM to 10 AM	Intro to OSHA for Animals	2 hrs
		10 AM to 10:15 AM	<b>Break</b>	
		10:15 AM to 12:15 PM	Managing Safety & Health for Monkeys	2 hrs
		12:15 PM to 12:45 PM	<b>Lunch</b>	
		12:45 PM to 2:45 PM	Fall Protection for Birds	2 hrs
		2:45 PM to 3 PM	<b>Break</b>	
		3 PM to 4:30 PM	Electrocution for Eels	1 hr 30 mins
2	11/13/13	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	<b>Break</b>	
		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	<b>Lunch</b>	
			<b>TOTAL Contact Hours</b>	11.5 hours

## REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED

# 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.

<p><b><u>Required:</u></b> Topics are mandatory and time is the minimum amount required.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Intro to OSHA</td> <td style="text-align: right;">1 hours</td> </tr> <tr> <td>Managing Safety &amp; Health</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td colspan="2"><b>Focus Four: Combined Total of 6 hours</b></td> </tr> <tr> <td style="padding-left: 20px;">Falls</td> <td style="text-align: right;">1 hour 30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Electrocution</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Struck By</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Caught In or Between</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td>Personal Protective &amp; Lifesaving Equipment</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td>Health Hazards in Construction</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td>Stairways &amp; Ladders</td> <td style="text-align: right;">1 hour</td> </tr> </table> <p><b><u>Optional-4 hour</u></b> 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.</p>	Intro to OSHA	1 hours	Managing Safety & Health	2 hours	<b>Focus Four: Combined Total of 6 hours</b>		Falls	1 hour 30 minutes	Electrocution	30 minutes	Struck By	30 minutes	Caught In or Between	30 minutes	Personal Protective & Lifesaving Equipment	2 hours	Health Hazards in Construction	2 hours	Stairways & Ladders	1 hour	<p><b><u>Electives- Combined Total of 12 hours</u></b> Choose at least 6 topics from the list below for at least 30 minutes per topic.</p> <ul style="list-style-type: none"> <li>Concrete &amp; Masonry Construction</li> <li>Confined Space Entry</li> <li>Cranes, Derricks, Hoists, Elevators &amp; Conveyors</li> <li>Ergonomics</li> <li>Excavations</li> <li>Fire Protection &amp; Prevention</li> <li>Materials Handling, Storage, Use and Disposal</li> <li>Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures &amp; Overhead Protection; and Signs, Signals and Barricades</li> <li>Powered Industrial Vehicles</li> <li>Safety &amp; Health Programs</li> <li>Scaffolds</li> <li>Steel Erections</li> <li>Tools- Hand &amp; Power</li> <li>Welding &amp; Cutting</li> </ul>
Intro to OSHA	1 hours																				
Managing Safety & Health	2 hours																				
<b>Focus Four: Combined Total of 6 hours</b>																					
Falls	1 hour 30 minutes																				
Electrocution	30 minutes																				
Struck By	30 minutes																				
Caught In or Between	30 minutes																				
Personal Protective & Lifesaving Equipment	2 hours																				
Health Hazards in Construction	2 hours																				
Stairways & Ladders	1 hour																				

Day	Date	Time	Topic (include breaks & lunch)	Time (hr/min)
2	11/13/13	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	<b>Break</b>	
3	11/14/13	3 PM to 4:30 PM	Health Hazards for Hippos	1 hr 30 mins
		8 AM to 10 AM	Stairways & Ladders for Giraffes	2 hrs
		10 AM to 10:15 AM	<b>Break</b>	
		10:15 AM to 12:15 PM	Confined Space Entry	2 hrs
		12:15 PM to 12:45 PM	<b>Lunch</b>	
		12:45 PM to 2:45 PM	Excavation for Gophers	2 hrs
		2:45 PM to 3 PM	<b>Break</b>	
4	11/15/13	3 PM to 4:30 PM	Fire Protection & Prevention for Dalmatians	1 hr 30 mins
		8 AM to 10 AM	Materials Handling for Hyenas	2 hrs
		<b>TOTAL Contact Hours</b>		13 hours

## REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED

# 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.

<p><b><u>Required:</u></b> Topics are mandatory and time is the minimum amount required.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Intro to OSHA</td> <td style="text-align: right;">1 hours</td> </tr> <tr> <td>Managing Safety &amp; Health</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td colspan="2"><b>Focus Four: Combined Total of 6 hours</b></td> </tr> <tr> <td style="padding-left: 20px;">Falls</td> <td style="text-align: right;">1 hour 30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Electrocution</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Struck By</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td style="padding-left: 20px;">Caught In or Between</td> <td style="text-align: right;">30 minutes</td> </tr> <tr> <td>Personal Protective &amp; Lifesaving Equipment</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td>Health Hazards in Construction</td> <td style="text-align: right;">2 hours</td> </tr> <tr> <td>Stairways &amp; Ladders</td> <td style="text-align: right;">1 hour</td> </tr> </table> <p><b><u>Optional-4hour</u></b> 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.</p>	Intro to OSHA	1 hours	Managing Safety & Health	2 hours	<b>Focus Four: Combined Total of 6 hours</b>		Falls	1 hour 30 minutes	Electrocution	30 minutes	Struck By	30 minutes	Caught In or Between	30 minutes	Personal Protective & Lifesaving Equipment	2 hours	Health Hazards in Construction	2 hours	Stairways & Ladders	1 hour	<p><b><u>Electives- Combined Total of 12 hours</u></b> Choose at least 6 topics from the list below for at least 30 minutes per topic.</p> <ul style="list-style-type: none"> <li>Concrete &amp; Masonry Construction</li> <li>Confined Space Entry</li> <li>Cranes, Derricks, Hoists, Elevators &amp; Conveyors</li> <li>Ergonomics</li> <li>Excavations</li> <li>Fire Protection &amp; Prevention</li> <li>Materials Handling, Storage, Use and Disposal</li> <li>Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures &amp; Overhead Protection; and Signs, Signals and Barricades</li> <li>Powered Industrial Vehicles</li> <li>Safety &amp; Health Programs</li> <li>Scaffolds</li> <li>Steel Erections</li> <li>Tools- Hand &amp; Power</li> <li>Welding &amp; Cutting</li> </ul>
Intro to OSHA	1 hours																				
Managing Safety & Health	2 hours																				
<b>Focus Four: Combined Total of 6 hours</b>																					
Falls	1 hour 30 minutes																				
Electrocution	30 minutes																				
Struck By	30 minutes																				
Caught In or Between	30 minutes																				
Personal Protective & Lifesaving Equipment	2 hours																				
Health Hazards in Construction	2 hours																				
Stairways & Ladders	1 hour																				

Day	Date	Time	Topic (include breaks & lunch)	Time (hr/min)
4	11/15/13	10 AM to 10:15 AM	<b>Break</b>	
		10:15 AM to 12:15 PM	Safety & Health Programs for Seals	2 hrs
		12:15 PM to 12:45 PM	<b>Lunch</b>	
		12:45 PM to 2:45 PM	Hand & Power Tools for Hammerhead Sharks	2 hrs
		2:45 PM to 3 PM	<b>Break</b>	
		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		
		AM/PM to AM/PM		
			<b>GRAND TOTAL of Contact Hours</b>	

## REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED