

OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

A photograph of a large-scale construction site under a clear blue sky. Several tall tower cranes with long horizontal jibs are visible. The ground level shows the skeletal structure of a building with concrete columns and beams. In the foreground, there are streetlights and a blue parking sign with the letter 'P' and the number '6'.

LEARN THE ESSENTIALS OF CONSTRUCTION SAFETY



OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

This class is for you if you are in:



New Construction



Renovation Work



Demolition Work

OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

This course is for you if you are:

starting your career in construction

in need of a safety refresher course

**planning to strengthen your
profile & CV**

**aiming to increase your awareness and to
develop yourself to become a safer employee**



OSHA 10-HOUR CONSTRUCTION SAFETY CLASS



Duration: 10 hours of instruction. It can be done over two days or several days so long as it is done within a period that does not exceed 6 months.

OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

Take your OSHA 10-hour construction Safety training course either:



1. Classroom: At your site or hotel training facility

✓ The ideal method is the classroom



2. Online (Live with Instructor)

OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

It covers workers' rights, hazard recognition and avoidance, focus four, PPE, and several other electives. These electives are discipline specific topics that may include excavations, scaffolding, materials, fire protection, etc.



OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

MANDATORY TOPICS (6 hours minimum)

- **Introduction to OSHA**
- **Focus Four (Causing most fatalities)**
 1. Falls
 2. Struck-By (falling objects, trucks, cranes ..)
 3. Electrocution
 4. Caught-In or Between (trench hazards, motorized equipment, ..)
- **Personal Protective and Lifesaving Equipment**
- **Health Hazards in Construction**

ELECTIVE & OPTIONAL TOPICS (4 hours, select from the list)

- **ELECTIVES**
 - a. Excavations
 - b. Cranes, Derricks, Hoists, Elevators, ..
 - c. Scaffolding
 - d. Materials Handling, Storage, & Disposal
 - e. Stairways and Ladders
 - f. Tools - Hand and Power
 - g. Confined Spaces for Construction
 - h. Bloodborne Pathogens
 - i. Fire Protection and Fire Prevention
- **OPTIONAL**

Other Construction Industry Hazards & Policies

OSHA 10-HOUR CONSTRUCTION SAFETY CLASS

You will receive a Department of Labor (DOL) 10-hour wallet card (durable plastic) within 2 weeks upon completion

(within the U.S. 50 states and territories)

- Cards don't expire
- Certificate of Completion (printable pdf) signed by the OSHA Authorized Trainer



This card acknowledges that the recipient has successfully completed:

10-hour Construction Safety and Health

This card is issued to:

Trainer Name

Date of Issue



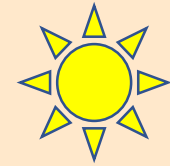
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VOLUNTARY: This class is considered voluntary by OSHA



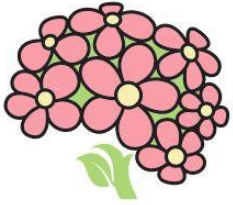
MANDATORY: In some States, but optional in others



However, it is highly recommended in the entire construction industry for all staff and workers



OSHA 10-HOUR CONSTRUCTION SAFETY CLASS



TALENTRICA LLC

To take the OSHA 10-hour
construction training:

Request a proposal for classroom or online course

Email: service@talentrica.com

website: www.talentrica.com

Phone: (925)320-1635 (in the US)

Dr. Manar (Mark) Shami
OSHA Authorized Trainer

