

Course Name: OSHA 10 Hour and 30 Hour General Industry Outreach Training

Course Overview:

U. S. OSHA created the Outreach Training Program for the purpose of expanding the knowledge base of employers and employees across the country relative to their standards and guidelines, thereby enhancing safety and health in the American workplace. The 30 Hour course covers 24 training modules, required by the Occupational Health and Safety Administration (OSHA) that apply toward 30-hour General Industry course completion card. These modules are either one, two, or three hours in length, with content-specific quizzes at the end of each to test your aptitude and knowledge of what you have learned; the successful completion of the training modules in this course will help to meet the General Industry standards established by OSHA.

10-Hour G.I. Course description: U.S. OSHA requires four specific topics be included in every 10-Hr. program, with an additional six hours of elective topics. The four required topics are, (one hour each):

1. Introduction to the OSH Act, OSHA, Enforcement, and Recordkeeping
2. Walking -Working Surfaces,
3. Means of Egress, Emergency Action Plans and Fire Protection Plans,
4. Electrical Safety.

The six elective topics included in this program (running one-half hour to one and one-half hours in length each) are:

1. Hazardous Materials,
2. Personal Protective Equipment,
3. Machinery and Machine Guarding,
4. Safety & Health Programs,
5. Hazard Communication
6. Hazardous Substances and Industrial Hygiene

Successful completion of this course will result in the participant receiving their U.S. OSHA 10-Hour General Industry wallet card, which has no expiration date.

Course Length: Minimum of 40 hours. This course is an online, interactive program which can be taken at the student's pace and convenience. It is available online 24/7 and will be an active, available program for six months from the date of registration.

Prerequisites: None

Course Content:

Upon completion, each student will be able to:

- Locate OSHA Standards & references applicable to the 10 topics listed above.
- Gain a familiarity with the various elements in the sup-parts listed above.
- Gain the knowledge to create or enhance a site-specific facility safety and health program.
- State the purpose and functions of OSHA
- Describe the OSHA inspection process
- Determine the rights and responsibilities of employers and employees under the OSH Act

- Determine under which conditions OSHA safety regulations should be implemented
- Identify the correct personal protective equipment (PPE) to be used under different working conditions
- Instruct workers on the proper need for and use of recordkeeping regulations
- Outline the methods of first aid, rescue, and preventative measures to be implemented in case of an accident or emergency

System Requirements: The elements listed below are the minimum system requirements to take this online course. While you may use the minimum requirements, your experience online will be greatly enhanced through the use of a faster internet connection, i.e. cable or DSL as opposed to 'dial-up'.

- **IBM PC Compatible Computer (200 MHz processor with 32MB RAM)**
- **Sound Card with speakers or headphones**
- **SVGA (800x600) video card, driver, and monitor**
- **Microsoft Windows 95/98/ME/NT/2000/XP**
- **Internet connection (minimum 56Kbps recommended)**
- **Microsoft Internet Explorer version 5.0 or greater (free download)**

EVALUATION: This U.S. OSHA 10-Hr. G.I. Outreach program contains 10 topic modules, each with its own lessons. Each module includes lesson quizzes to test the student's comprehension of the material just presented. There is a final quiz at the end of each module which requires each student to attain at least 70% correct to progress to the next module. Upon conclusion of the entire program, each student will take a final quiz, with the same 70% minimum correct requirement. At the time of completion, the student will be able to download and print a 360Training certificate indicating successful completion of the course, and for continuing education credit purposes. In addition, the student will receive their U.S. OSHA 10-Hr. G.I. wallet card from their OTIEC in the mail.