

Refresher and Update for the OSHA 30-Hour and 10-Hour Card Holders

Detailed Course Outline:

Unit 1. OSHA overview and changes over past three years

- A) General Duty Clause
- B) Severe Violators project
- C) Multi-employer worksite rules
- D) Coming regulations
- E) Why safety and health are important to company
- F) Modification Rate and how it is impacted by accidents

Unit 2. Interpretation letters and best practices on key jobsite safety

- A) Falls
 - a) Know when you need guardrail, scaffolding, or any other type of protection guards
 - b) How to choose correct fall protection type
 - c) Understand and how to develop a plan to handle a fall incident
- B) Electrical
 - a) Know proper use, repair, and suspension of extension cords
 - b) Know how to hang temporary lighting
 - c) Know when and where GFCI is needed
 - d) Awareness of clearance distances for scaffolding and guarding of live parts
- C) Caught By
 - a) Know the need to keep equipment guarding in place and in use at all times
 - b) Know when and what type of trenching protection to use in different situations
 - c) Know and understand soil classifications
 - d) Know when a competent person is needed
 - e) Know when to call "One-Call" and the time needed to be allowed before digging
 - f) Know the safety protocol if a trench collapses
 - g) Know how to barricade or flag the trench hole
 - h) Understand the influences of the area around the trench hole
- D) Struck By
 - a) Know vehicle equipment
 - b) Understand requirements for back-up alarms
 - c) Understand High Visibility when exposed to traffic
 - d) Understand and implement daily equipment inspections and protocol
 - e) Know when to barricade and know the swing radius of crane

Unit 3. Review all aspects of Scaffolding

- A) Know different type of scaffolding and what is needed and used where on job site
- B) Know the different ways to inspect scaffolding
- C) Know how to build correct scaffolding
- D) Understand that as soon as you touch the scaffolding you are liable for it
- E) Know when to use guardrail and when to completely deck
- F) Know bracing requirements