

## Class Descriptions

### OSHA 10 Hour

A two-day training program that provides instruction on construction-related safety and health standards. Training includes seven mandatory topics, two hours of elective topics and one hour of industry-related topics.

#### Two Hours

- Intro to OSHA, OSH Act/General Duty Clause, Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping Basics
- Inspections, Citations and Penalties
- Value of Safety and Health
- OSHA Website, Available Resources, and 800#

#### Four Hours

- Fall Protection, Subpart M
- Electrical, Subpart K
- Struck by (falling objects)
- Caught in/between (trench hazards)

#### One Hour

- Personal Protective and Life Saving Equipment (PPE), Subpart E
- Health Hazards in Construction (including noise, hazard communication and crystalline silica)

#### Optional Topics (two hours)

Choose up to two (2) of the following elective topics, adding up to at least two hours. Each topic must be a minimum of 1 hour in length each.

- Materials Handling, Storage, Use and Disposal, Subpart H
- Tools Hand and Power, Subpart I
- Scaffolds, Subpart L
- Cranes, Derricks, Hoists, Elevators and Conveyors, Subpart N
- Excavations, Subpart P
- Stairways and Ladders, Subpart X

**The remainder of the training can focus on other standards, policies or expand on the required topics.**

- OSHA recordkeeping
- Surprising ways many training programs fall short in OSHA's eyes and identifying how your program measures up.
- Proven, cost effective ways to improve your company's safety record
- Designing emergency plans

# OSHA 30 Hour

The four-day OSHA 30 Hour Construction training program provides instruction on a wide variety of safety and health standards. The training meets OSHA requirements and provides instruction specific to your operation.

## Two Hours

- Intro to OSHA, OSH Act/General Duty Clause, Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping Basics
- Inspections, Citations and Penalties
- Value of Safety and Health
- OSHA Website, Available Resources, and 800#

## Two Hours

- Injury and Illness Preventive Programs
- Jobsite/Worksite Inspections
- Accident Prevention
- Hazard Prevention and Control

## Six Hours

- Fall Protection
- Electrical, Subpart K
- Struck by (falling objects)
- Caught in/between (trench hazards)

## Three Hours

- Personal Protective and Lifesaving Equipment

## Three Hours

- Health Hazards in Construction which may include noise, hazard communication, crystalline silica, etc.

## Optional Topics

Choose at least six of the following topics, adding up to at least 12 hours.

- Concrete and Masonry construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators and Conveyors
- Ergonomics
- Excavations
- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Motor Vehicles, Mechanized Equipment, Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades.
- Powered Industrial Vehicles
- Safety and Health Programs
- Scaffolds
- Steel Erection
- Tools Hand and Power
- Welding and Cutting

## First Aid/CPR

This course is designed for those individuals who may need to respond to a medical emergency on or off the job. With a combination of real-life examples and actual emergency situations, the student will leave the course confident that they have the minimum skills needed to assist an injured victim during the critical time before medical help arrives. The course is essential for employees designated as first responders.

## Fall Protection

This course uses real-world examples to enhance the understanding of the complex requirements under the stringent OSHA fall protection standard [29 CFR 1926.500](#). A presentation of photographs of actual jobsites, illustrations and hands-on practice helps students to see the benefits and limitations of many fall protection systems and how they can be used to work safely.

## Flagger Control

Like Defensive Driving, Flagger Control is designed to save lives, time and money in spite of the conditions around the flagger and the actions of others. This course is designed to train the flagger with the procedures needed to safely control the flow of traffic around a construction site, but emphasizes the vigilant and protective attitude flaggers should have as they protect the lives of motorist and workers.

## Forklift Training

*Hands-on training may be required.* According to OSHA [29 CFR 1910.178](#), all employees who operate a forklift must be trained and certified prior to operation. In this course, ESC will train the student in the skills needed to safely operate a standard gas, propane or electric forklift. Hands-on demonstration using the forklift may be necessary to be certified in this class.

## Aerial Lift Operator

An aerial work platform, also known as a aerial device, elevated work platform, bucket truck or mobile elevating work platform is a mechanical device used to provide temporary access for people or equipment to inaccessible areas, usually at heights, it's essential that all workers complete aerial lift training to reduce the risk of injuries and fatalities.

## Hazcom

The New Hazard Communication requires the Global Harmonized System of Classification and Labeling of Chemicals. The Globally Harmonized System (GHS) was created by the United Nations and serves as the international standard for Hazard Communication. Recent changes to the OSHA Hard Communication Standards have aligned with the GHS, and training is required to familiarize companies on these changes. With this training, you will learn important information about changes to hazard classification standard, labels, safety data sheet, as well as employee training requirements.

## Fire Safety

This course is designed to familiarize the student with the general principles required to properly use a portable fire extinguisher and will allow the student to gain an understanding of fire-safety principles. Completion of the course allows employers to meet the minimum requirements for fire safety training as regulated by OSHA standard [29 CFR 1926.150](#).