



## OSHA 30-Hour General Industry Safety & Health Training



Course Duration  
Five days

Course Description  
Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 30-hour course completion certificate and wallet card from OSHA.

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## Course Outlines:

### The Topics which will be taught:

1. Introduction to OSHA and Safety Regulations	2 Hours
2. Walking and Working Surfaces	3 Hours
3. Exit Routes, Emergency Action Plans, Fire	3 Hours
4. Electrical Safety	2 Hours
5. PPE	2 Hours
6. Hazard Communication	2 Hours
7. Materials Handling	3 Hours
8. Powered Industrial Trucks	1 Hour
9. Ergonomics	1 Hour
10. Hazardous Materials (Flammable & Combustible)	1 Hour
11. Permit Required Confined Space	1 Hour
12. Lock-Out & Tag-Out	1 Hour
13. Machine Guarding	1 Hour
14. Welding & Cutting	2 Hours
15. Introduction to Industrial Hygiene	1 Hour
16. Bloodborne Pathogens	1 Hour
17. Fall Protection	1 Hour
18. Safety & Health Programs	2 Hours
Total :	30 Hours

## Course Objectives:

State the purpose of the OSH Act and list the functions of OSHA.

List the OSHA inspection priorities and describe the inspection process.

Describe the rights and responsibilities of employers and employees under the OSH

Act.

The basic requirements for proper aisle and passageway maintenance

Guidelines for identification and protection of floor openings

To understand the importance of effective Egress fire protection program

To know the safe means of Egress to provide fire protection in emergencies from new or old buildings or structures

Outline the machine safeguarding methods

Occupational Health and Industrial Hygiene

Outline the general requirements for general safety standards; establish the guidelines and requirements for special purpose equipment.



## Who Should Attend

- Supervisors with safety and health responsibilities.
- Safety Directors, managers, engineers, supervisors.
- Safety Inspectors and Safety Officers
- Engineers (All Disciplines).
- Operations and Maintenance supervisors and foremen.

