

# Online OSHA 10-Hour Construction

## Intended Audience

The online OSHA 10-Hour Construction course is intended for workers and employees who need an OSHA 10-Hour Card. Users must spend at least 10.25 hours in the online course and supplemental material.

- Construction Workers
- Foremen and Job Supervisors
- Construction Site Inspectors
- All Personnel Responsible for Construction-related Projects
- Workers on publicly-funded projects of varying amounts in the following 7 States
  - Connecticut (must re-certify every 5 years)
  - Massachusetts
  - Missouri
  - Nevada
  - New Hampshire
  - New York
  - Rhode Island

## Learning Objectives

OSHA 10-Hour Construction online training will teach you about recognition, avoidance, abatement and prevention of safety and health hazards in the workplace. This course focuses on federal OSHA construction industry standards, pointing out any differences with State standards, and is a proven way to get your OSHA 10 Card and achieve the safety level required by your company for work in the construction industry. You are encouraged to learn company policies on these subjects, which might be different and more stringent.

Following this OSHA 10 training course, students should be able to:

1. Recognize what worker rights are protected under OSHA
2. Recognize what responsibilities an employer has under OSHA
3. Identify major fall hazards
4. Identify common caught-in or -between hazards
5. Identify common struck-by hazards
6. Identify types of electrocution hazards
7. Identify ways to select appropriate PPE and lifesaving equipment
8. Identify major health hazards common to the construction industry
9. Recognize how to protect oneself from material handling hazards
10. Identify major hand & power tool hazards
11. Recognize role of the workforce in improving the current culture
12. Recognize the role of management in improving the current culture

## Course Topics

- Introduction to OSHA
  - Explain worker rights under OSHA
  - Discuss employer responsibilities under OSHA
  - Understand how OSHA inspections are conducted
- Focus Four Hazards
  - Identify, describe and protect yourself from each of the following Focus Four Hazards:  
Four Hazards:
    - Fall Hazards
    - Electrocution Hazards
    - Caught-In or -Between Hazards
    - Struck-By Hazards
  - Recognize employer requirements to protect workers from each of the Focus Four Hazards
- Personal Protective Equipment (PPE)

- Describe types of hazards that require PPE Lifesaving Equipment
- Identify and select appropriate PPE Lifesaving Equipment
- Protect yourself from Safety & Health hazards
- Health Hazards in Construction
  - Identify major health hazards common to the construction industry
  - Describe acute and chronic health hazards
  - Protect yourself from safety and health hazards
- Materials Handling, Storage and Use
  - Identify material handling hazards on the job site
  - Describe common types of material handling hazards
  - Protect yourself from material handling hazards
- Hand Tools and Power Tools
  - Identify and describe types of hand and power tool hazards
  - Protect yourself from hand and power tool hazards
- Leading Cultural Change
  - Identify cultural challenges that exist in construction
  - Describe ways to use strong safety leadership and positive recognition to affect positive change
  - Protect yourself by recognizing negative safety culture

## **OSHA 10 Requirements**

OSHA requires 10-Hour online training to be completed within 6 months from the date when you start the course:

- OSHA 10 Course Minimum Passing Score is 70%
- You Have 3 Chances to Pass the OSHA 10 Online Test
- You Receive Immediate Feedback on Incorrect Answers

## OSHA 10 Card

Elk Environmental Services is partnered with Clicksafety to offer our clients quality online training. Through Clicksafety, your scores are submitted to OSHA and the Department of Labor. Upon approval, the OSHA card will be mailed directly to you. Card typically arrives in 6-8 weeks.

