

# OSHA OUTREACH TRAINING PROGRAM

## 10 HOUR & 30 HOUR COURSES



To help ensure you are more knowledgeable about workplace hazards and your rights, you can attend the 10-hour or 30-hour OSHA Outreach Training Program. The 10-hour class is intended to provide workers with awareness of common job-related safety and health hazards, while the 30-hour class is more appropriate for supervisors or workers with some safety responsibility.

Let **tec.nicum** help you take a step into the world of machine safety with the OSHA authorized 10 hour and 30 hour courses.

### 10 HOUR COURSE

- Intro to OSHA
- Walking and Working Surfaces
- Bloodborne Pathogens
- Industrial Hygiene
- Electrical Awareness
- Exit Routes, Fire Protection
- Hazard Communication
- Personal Protective Equipment
- Fall Protection
- Machine Guarding

### 30 HOUR COURSE

(10 hour course plus):

- Flammable Liquids
- Lockout & Tagout Pt. 1
- Lockout & Tagout Pt. 2
- Permit Required Confined Space
- Powered Industrial Vehicles
- Welding, Cutting, Brazing
- Emergency Action Plan
- Inspections, Citations, & Penalties
- Hand & Portable Power Tools
- Noise Exposure
- First Aid
- Record Keeping
- Access to Records
- DOT Placarding
- HAZWOPER
- Safety Program
- Signs & Tags
- Ergonomics
- CFR Workshop
- Sanitation

This course can be presented in person, or broken up into multiple sessions for online (live) presentation. An OSHA-authorized trainer will be presenting this training.

For more information regarding this training or our other Engineering Services, please contact:

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