

# OSHA Outreach 10hr Construction Industry - Detailed Topic Outline

West Texas Electrical JATC

102 S. Bowie St Amarillo, TX 79106

Location: \_\_\_\_\_

## REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED

At a minimum, a 10 minute break must be taken after 2 hours of teaching and a 30 minute lunch if teaching over 6 hours.

<b><u>MANDATORY (6 Hours minimum)</u></b> Topics are mandatory and time is the minimum amount required.	<b><u>ELECTIVE (Combined Total of 2 hours)</u></b> Choose at least 2 topics from the list below At least 30 minutes per topic.
1 Hour (minimum) - Intro to OSHA 4 Hour (Minimum) - Focus Four <div data-bbox="58 613 1012 751" style="border: 1px solid black; padding: 5px; margin-top: 10px;">                         - <b>Falls</b> (<i>minimum one hour and 30 minutes</i>)                          - <b>Electrocution</b>                          - <b>Struck-By</b> (e.g., falling objects, trucks, cranes)                          - <b>Caught-In or Between</b> (e.g., trench hazards, equipment)                     </div> 30 Minute (minimum) - Personal Protective and Lifesaving Equipment 30 Minute (minimum) - Health Hazards in Construction <div data-bbox="787 657 991 738" style="font-size: small; margin-top: 10px;">                         Remaining three Focus-Fours must                          total at least 2.5hrs with no                          topic less than 30 minutes.                     </div>	Scaffolds Excavations Stairways and Ladders Tools - Hand and Power Materials Handling, Storage, Use and Disposal Cranes, Derricks, Hoists, Elevators, and Conveyors
<b><u>OPTIONAL (Combined Total of 2 hours)</u></b> - Teach other construction industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic must be 30 minutes or more.)	

## 10-HOUR CONSTRUCTION INDUSTRY COURSE OUTLINE

Day	Date	Time Start (hh:mm)	Time End	Topic (include breaks & lunch)	Admin Minutes	Contact Hrs Minutes	Instructor
1		6:00 PM	6:15 PM	A-Admin	15		
		6:15 PM	7:15 PM	M-Intro to OSHA		60	Paul Salazar
		7:15 PM	7:30 PM	A-Break	15		
		7:30 PM	9:00 PM	M(F4)-Falls		90	Paul Salazar
		9:00 PM	10:00 PM	M(F4)-Caught-In or Between		60	Paul Salazar
				<b>Hours Day 1</b>	30	4	7.5 MAX Contact Hours per day
2		6:00 PM	6:15 PM	A-Admin	15		
		6:15 PM	7:15 PM	M(F4)-Struck-By		60	Paul Salazar
		7:15 PM	8:15 PM	M(F4)-Electrocution		60	Paul Salazar

# OSHA Outreach 10hr Construction Industry - Detailed Topic Outline

West Texas Electrical JATC

102 S. Bowie St Amarillo, TX 79106

Location: \_\_\_\_\_

## REMINDER: BREAKS and LUNCH MUST BE DOCUMENTED

At a minimum, a 10 minute break must be taken after 2 hours of teaching and a 30 minute lunch if teaching over 6 hours.

		8:15 PM	8:30 PM	A-Break	15		
		8:30 PM	9:15 PM	M-PPE		45	Paul Salazar
		9:15 PM	10:00 PM	M-Health Hazards		45	Paul Salazar
				Hours Day 2	30	4	7.5 MAX Contact Hours per day
3		6:00 PM	6:15 PM	A-Admin	15		
		6:15 PM	7:00 PM	E-Stairways & Ladders		45	Paul Salazar
		7:00 PM	7:45 PM	E-Scaffolds		45	Paul Salazar
		7:45 PM	8:00 PM	A-Break	15		
		8:00 PM	8:45 PM	E-Tools- Hand & Power		45	Paul Salazar
		8:45 PM	9:30 PM	E-Materials Handling, Storage, Use and Disposal		45	Paul Salazar
		9:30 PM	10:00 PM	E-Excavations		30	Paul Salazar
				Hours Day 3	30	4	7.5 MAX Contact Hours per day
				Total Hours for Course	10.50		10 Minimum Contact hours per course

*Student Contact Hours must be a min. of 10 hours for the course*

*Daily student contact hours must not exceed 7.5 hours*

*Breaks must be taken after 2 hours of student contact*

*A meal of 30 minutes must be given for training sessions that exceed 6 hours*

*Entire length of an individual training session can be no more than 10 consecutive hours*