

## OSHA 10-hour Construction Training Course.

*Instructors: Mark Scott, Wade Baily, and Mike Heminuk*

<b>Start</b>	<b>End</b>	<b>Topic</b>	<b>Time Spent</b>
8:00 am	8:15 am	Introduction	15 min.
8:15 am	9:15 am	Introduction to OSHA <span style="float: right;"><b>Required</b></span>	1 hr.
9:15 am	9:30 am	Break	15 min
9:30 am	11:00 am	Focus Four: Falls <span style="float: right;"><b>Required</b></span>	1 hr. 30 min.
11:00 am	12:00 pm	Lunch Break	1 hr.
12:00 pm	1:00 pm	Focus Four: Electrocution <span style="float: right;"><b>Required</b></span>	1 hr.
1:00 pm	2:00 pm	Focus Four: Struck By <span style="float: right;"><b>Required</b></span>	1 hr.
2:00 pm	2:15 pm	Break	15 min.
2:15 pm	2:45 pm	Focus Four: Caught-In or Between <span style="float: right;"><b>Required</b></span>	30 min.
2:45 pm	3:15 pm	Personal Protective & Lifesaving Equipment <span style="float: right;"><b>Required</b></span>	30 min.
3:15 pm	3:45 pm	Health Hazards in Construction <span style="float: right;"><b>Required</b></span>	30 min
3:45 pm	4:00 pm	Break	15 min.
4:00 pm	5:00 pm	Trench & Excavations <span style="float: right;"><b>Elective</b></span>	1 hr.
		Contact hours/Total contact hours	7 hrs. /7 hrs.

<b>Start</b>	<b>End</b>	<b>Topic</b>	<b>Time Spent</b>
8:00 am	9:00 am	Cranes, Derricks, Hoists, Elevators, and Conveyors <span style="float: right;"><b>Elective</b></span>	1 hr.
9:00 am	10:00 am	Hazard Recognition <span style="float: right;"><b>Optional</b></span>	1 hr.
10:00 am	10:15 am	Break	15 min.
10:15 am	11:15 am	Incident Investigation and Reporting <span style="float: right;"><b>Optional</b></span>	1 hr.
11:15 am	12:00 pm	NCDOT SRM Mission - Closing & Course Evaluation	45 min
		Contact hours/Total contact hours	3 hrs. /10 hrs.