

# Outreach Training SAMPLE Outline

## OSHA 10 Hour Construction

January 30 & 31, 2013

### January 30, 2013:

Intro to OSHA: 8:00am to 10:00am

Break: 10:00am to 10:15 am

Fall Protection: 10:15am to 11:45am

Electrical: 11:45am to 12:15pm

Lunch Break: 12:15pm to 12:45pm

Caught In/Between: 12:45pm to 1:45pm

Struck By: 1:45pm to 2:45pm

### January 31, 2013

PPE: 8:00am to 8:30am

Health Hazards: 8:30am to 9:00am

Excavations: 9:00am to 9:45am

Break: 9:45am to 10:00am

Tools – Hand and Power: 10:00am to 10:30am

Stairways and Ladders: 10:30am to 11:15am

Lunch Break: 11:15am to 11:45am

Scaffolds: 11:45am to 12:15pm

Fire Protection: 12:15pm to 12:45pm (Optional Topic)

### Please Remember:

- Trainers must have at least a 10 minute break every 2 hours and must reflect these breaks in their training outline
- There must be a Lunch break if the training time is at least 6 hours in one day
- Trainers may not teach more than 7.5 hours per day
- The Focus Four must equal exactly FOUR HOURS in a 10 hour construction class. (Please remember that Fall Protection must be **at least** 1 hr. 15 min. of this time with the other topics must be at least 30 minutes).

**The above Outline is just an EXAMPLE!**