



## **10/30-Hour OSHA**

**June 23-26, 2015**

### **AGENDA**

#### **DAY 1 – Tuesday, June 23**

**7:30 a.m. Registration and Continental Breakfast**

**8:00 a.m. Intro to OSHA:**

- **Inspections, Citations, Penalties, Most Cited Violations** -- Inspections, priorities, fatal accidents, and employee complaints, citations and review of penalties, appeals process
- **OSHA Most Cited Violations**
- **Subpart D—Walking and Working Surfaces**—Selection for floor loading, floor openings, open-sided floors, and platforms, stair, ladders, and scaffolding
- **Subpart E—Exits, Exit Routes and Fire Prevention Plan** -- Permissible exit components, arrangement of exits, fire protection, exits, and emergency action plans

**11:30 a.m. Lunch (provided)**

**12:00 p.m. Subpart L—Fire Protection** -- Requirements for fire brigades, requirements for all portable and fixed fire suppression equipment, fire detection systems, fire and employee alarm systems, sprinkler systems, fire extinguishers  
**Subpart I—Personal Protective Equipment** -- General Requirements, selection and use, limitations, acceptable use, eye and face protection, head protection, foot protection, electrical protective devices, hand protection  
**Hazard Communication** -- Scope and application, chemical inventory list, material safety data sheets, labeling, required training, contractor safety non-routine tasks, articles, office supplies, and consumer products

**5:00 p.m. Adjourn for the day**

#### **DAY 2 – Wednesday, June 24**

**7:30 a.m. Continental Breakfast**

**8:00 a.m. Subpart O—Machine Guarding I--** Where mechanical hazards occur; hazardous mechanical motions and actions, requirements and methods for safeguards  
**Subpart S—Electrical** – General requirements, wiring design and protection, labeling clearance distances, live parts, over current protection, path to ground, temporary wiring.  
**Lockout/Tagout** -- Energy control program and procedures, insight into energy isolating devices, lockout/tagout devices, employee training and communication, application of controls and lockout devices, group lockout

**10-Hour ENDS Noon – 10-Hour Participants Released**

**11:30 a.m. Lunch (provided) For 30 Hour Attendees**

**12:00 p.m. Recordkeeping**—Review of OSHA’s Recordkeeping requirements and their updated Report Requirements  
**Respiratory Protection** – Application; Requirements of 1910.134—respiratory protection requirements, selection, use; employee training, instruction, respiratory issuers, familiarity with procedures; voluntary use, medical evaluation, fitting, and fit-testing  
**Subpart G—Hearing Conservation/Noise** -- General requirements; noise survey—area and individual, action level, and medical surveillance, noise protection, hearing conservation, audiometric testing, standard threshold shift, engineering controls

**Introduction to OSHA Standards, Hazard Search Workshop**

- **Review of OSHA Standards** -- Review of OSH Act, purpose, coverage, and standards, Authority to Inspect
- **Review OSHA.GOV**

**Standards, Hazard Search Workshop** -- Small group exercises on hazard/violation search—finding the standard 29 CFR 1910 standards to address the description of the hazard

**5:00 p.m. Adjourn for the day**

**DAY 3 – Thursday, June 25**

**7:30 a.m. Continental Breakfast**

**8:00 a.m. Subpart H—Hazardous Materials Part I** -- Scope/purpose and application, definitions, flammable and combustible liquids.  
**Advance Lockout Tagout**—Review of lockout Procedure Development and Alternative Lockout Procedures.  
**Electrical Safety-Related Work Practices** – Scope, training, selection and use of work practices, use of equipment, safeguards for personnel protection  
**Machine Guarding II**– Specific pieces of equipment, ANSI Standards, Safeguarding reference sheets and checklists, Consultation Directory, Related Publications

**12:00 p.m. Lunch (provided)**

**12:30 p.m. Subpart Q: Cutting & Brazing**

- Requirements of 1910.252
- Oxygen-fuel gas welding and cutting
- Arc welding and cutting
- Resistance welding

**Subpart P—Portable Hand and Power Tools**—Guarding, switches, pneumatic tools, inspection and maintenance

**Standards, Hazard Search Workshop** -- Small group exercises on hazard/violation search—finding the standard 29 CFR 1910 standards to address the description of the hazard

**5:00 p.m. Adjourn for the Day**

**DAY 4 – Friday, June 26**

**7:30 a.m. Continental Breakfast**

**8:00 a.m. Confined Space** — Requirement differences between a Confined Space and a Permit-required Confined Space, Decision Flow Chart and being a Host Employer  
**Hazardous Materials II**—Review of Compressed Gas Cylinders and the requirements of Compressed Gas Association Pamphlet P-1.  
**Subpart N—Material Handling Equipment** -- Employee and operator training, approved powered trucks: labeling, additions, designations, safety guards, truck operations, handling of materials—general requirements of 1910.178, maintenance of trucks, truck related topics, workplace related conditions

- **Powered Industrial Trucks**
- **Overhead Cranes**
- **Chains and Slings**

**11:00 a.m. Lunch (provided)**

**11:30 a.m. OSHA Update: What's New/Proposed including** – OSHA's Unified Agenda Review

**Effective Safety and Health Programs**—Management Commitment, Employee Involvement, Hazard Prevention/Control and Training

**Evaluation of Your Safety Program**—Use OSHA's evaluation form to evaluate the status of your safety program

**Final Hazard Review**

**5:00 p.m. Adjourn**