

Occupational Safety and Health Administration (OSHA)

30 Hour Safety Standard Course

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Office Hours	0600-1530 hours	Class:	Thursday's Room 402 6:30pm until 9:40pm

Text:

California OSHA Title 8: Construction, Electrical and General Industry

Description:

This is an introduction to Construction, Electrical and General Industry methods as per OSHA standards. Required subjects will be discussed through literature, lecture, practical hands-on demonstration and limited videos. Although portions of the class are partner with Fed-OSHA standards, Cal-OSHA standards will be a primary understanding according to the 30 hour requirements.

Goals:

Goal #1: Through discussion and lecture functions, standards to all three subject manners: Construction, Electrical (Low and High Voltage) and General Industry will be given. Goal #1 will allow students to apply knowledge skill and understanding of standards, processes and services of Cal-OSHA infrastructure.

Goal #2: Through power points, lecture and group discussions, basic understanding of work process/procedures, safety rules and state regulations our second goal is to have field competent level understanding of a construction site and maintain a safe and healthy work environment.

Goal #3: Through completion of this course, the student will have the basic understanding on how to conduct a job safety analysis concerning basic work methods and the understanding of different field applications such as fall protection, responsible roles of an employer and employee, basic fundamentals of electrical services, personal protective equipment, training requirements of construction, electrical and general industry trades, etc.

Requirements:

30-HOUR MANDATORY COURSE TOPICS (16 hours)

Introduction to OSHA and Cal/OSHA (Two Hours)

Cal/OSHA Focus Four Hazards - Five Hours (must cover all four areas – minimum 30 minutes on each)

- Fall Protection
- Electrical
- Struck by (e.g., falling objects, trucks, cranes, constructing masonry walls)
- Caught in/between (e.g., trench hazards, unguarded machinery, equipment)

Personal Protective and Lifesaving Equipment - Two Hours

Injury and Illness Prevention Program and Code of Safe Practices – Two Hours

- Jobsite requirements, including multi-employer issues

Health Hazards in Construction - Four Hours

Must include:

- Noise
- Hazard communication and access to medical information (3204/5194)
- Lead
- Silica (including 1530.1 requirements)
- Asbestos
- Heat stress
- Confined spaces
- Ergonomics: repetitive motion and vibration hazards
- And an overview of other health hazards that can be encountered at construction sites, including cadmium, epoxies, methylenedianiline, chrome, PVC/ABS glues, polyurethanes, fiberglass

Stairways and Ladders- One Hour

30-HOUR ELECTIVE COURSE TOPICS

Choose at least 5 of the following topics - Must add up to at least 12 hours

- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Tools - Hand and Power
- Welding and Cutting
- Scaffolds
- Cranes and Rigging
- Motor Vehicles and Heavy Equipment, including: Rollover and Overhead Protective; and Signs, Signals and Barricades
- Excavations
- Concrete and Masonry Construction,
- Steel Erection
- Powered Industrial Trucks (forklifts)
- Ergonomics

REMAINING HOURS

Teach any other construction industry hazards or policies and/or expand on the mandatory and/or elective topics

Resources:

OSHA Training Institute Partnership Program training power points and materials, personally made power points that incorporate the required standard applications.

Evaluation:

Class evaluation, testing for retention value (approximately every two to three weeks) will be given. The tests will be utilized for critique and concept review. Point values will not be accounted for.

Course Schedule:

Attachment is weekly schedule and all items are subject to change varying on availability of guest speakers and field visits.

Week/Topic

August 23, 2012

Introduction to OSHA and history of

Cal-OSHA

Modules: #1, 1A and 2

August 30, 2012

Modules: #3 and 4 with DVD:

Construction Orientation

September 6, 2012

Notifications, citations and penalties

with OSHA and DVD Safety's To Ten

Causes of Workplace Injuries

Module: #5 and 6.

September 13, 2012

Focus Four hazards: 97 ppt.

September 20, 2012

Excavation and trenching

Module: #48 and 48B

September 27, 2012

Continued Focus Four hazards

Walking, working surfaces and Cal-

OSHA egress & evacuation

Module: #9 and 10

October 4, 2012

Health hazards in Construction

October 11, 2012

"Mid-term"

October 18, 2012

Stairways and Ladders and Personal

Protective equipment/Fall Protection

Module: #58, 59 and 13

October 25, 2012

Confined Spaces and LOTO

Module: #19 and 24

November 1, 2012

Material Handling, storage, use and

disposal. Hazard Communications

and Hazardous Materials

Module: #16, 17 and 22

November 8, 2012

Welding, cutting and brazing. Tools-

hand, pneumatic, battery operated

and power. Steel erection

Module: #25, 25 and 29

November 15, 2012

Scaffolds, Demolition, Motor vehicles,

ROPS and barricades

Module: #30, 31 and 34

November 22, 2012

Thanksgiving Holiday

November 29, 2012

Power Industrial trucks, Cranes, signal person and riggers.

December 6, 2012 "Final Exam"

Examinations:

Quiz' is set for every two to three intervals, Midterm set for Week 8 and Final set for Week 16.

Grade(s): Grading system

Class participation is set at 25% total grade. Completion of assignments 100 total points.

Home assignments are set at 25% total grade. Completion of assignments 100 total points.

Mid-term is set at 25% total grade. Fifty questions gathered from assignments, valued at two points each for a total of 100 points.

Final exam set at 25% total grade. Fifty questions gathered from assignments and Mid-term exam at two points each total of 100 points.

Adding all four portions of the grading system and dividing by four would equal average points (0-100)

Point score-Letter grade

90-100	A-Excellent
80-89	B-Better than Average
70-79	C-Average

60-69 **D-Below Average**
Below 60 **F-Failing**

CAL/OSHA 30 HOUR

DATE	MODULE	TITLE	PPT	HOURS
	#1	INTRO & ORIENTATION	5	1
	REQ	CAL & FED OSHA INTRODUCTION		2
	REQ	INTRO TO CAL/OSHA CONSTRUCTION		
	#2	WHY SAFETY	40	1
	#3	INTRO TO OSHA,THE ACT, & CAL/OSHA	38	1.5
	#4	INTRO TO CAL/OSHA STANDARDS	46	1.5
	#5	CAL/OSHA INSPECTIONS, CIT & PENALTIES	58	1.5
	#6	CAL/OSHA POSTINGS, REPORTING &RECORD KEEPING	58	2
	#7	IIPP	45	1.5
	#8	MULTI & DUAL EMPLOYER WORKSITES	29	1
	#9	WALKING & WORKING SURFACES	55	1.5
	#10	CAL/OSHA EGRESS & EVACUATION	30	1
	#11	FIRE PROTECTION & PREVENTION	39	1
	#12	MACHINE GUARDING	52	1.5
	#13	PERSONAL PROTECTIVE EQUIPMENT	57	2
	#14	HAZARDOUS MATERIALS	48	1.5
	#15	BLOODBORNE PATHOGENS	27	1
	#16	HAZARD COMMUNICATIONS	20	0.45
	#17	MATERIAL HANDLING, STORAGE USE & DISPOSAL	69	1.5
	#18	ERGONOMICS: REPETITIVE MOTION & VIBRATION HAZARDS	22	0.45
	#19	CONFINED SPACES & PERMIT REQUIRED CONFINED SPACES	35	2
	#20	INTRO TO INDUSTRIAL HYGIENE	48	2
	#21	TEMPERATURE EXTREMES	54	1
	#22	HAZARD CONTROL	20	0.45
	#23	ELECTRICAL SAFETY	37	1.5
	#23(B)	LOOK UP AND LIVE	34	1
	#24	LOTO	27	1
	#25	WELDING, CUTTING AND BRAZING	34	0.45
	#26	TOOLS-HAND & POWER	34	1
	#27	FOCUS FOUR	130	4.5
	#28	CONCRETE & MASONRY CONSTRUCTION	54	1
	#29	STEEL ERECTION	23	0.45
	#30	DEMOLITION	24	0.5
	#31	SCAFFOLDS	34	1
	#32	CRANES & RIGGING	38	1
	#32(B)	RIGGING	67	1
	#33	HEALTH HAZARDS IN CONSTRUCTION	27	1
	#34	MOTOR VEH & HVY EQUIP:ROLLOVER &OVERHEAD PROT SIGNS & BARRACADES	16	0.45
	#35	CALIF CONCRETE & MASONRY	32	0.45
	#36	CAL/OSHA STANDARDS FOR CONSTRUCTION	34	1
	#37	HAZARD COMMUNICATIONS	13	0.5

#38	ACCESS & EGRESS	41	1
#39	HEAT STRESS	9	0.45
#40	RESPIRATORY PROTECTION	28	1
#41	CALIFORNIA FALL PROTECTION TRIGGER HEIGHTS	9 PAGES	0.5
#42	TRENCHES & EXCAVATIONS (RONNIES)	49	1
#43	ERECTION & STRUCTURES	41	0.45
#44	HIEARCHY OF CONTROLS	1	0.5
#45	ASBESTOS AWARENESS	13	0.5
#46	CONFINED SPACE ENTRY	35	1
#47	NAIL GUN SAFETY	17	0.45
#48	TRENCHING & EXCAVATIONS	25	1
#48(B)	TRENCHING CALIF	36	0.45
#49	CONFINED SPACE IN CONSTRUCTION	41	1
#50	BATTERY FUNDAMENTALS	17	0.5
#51	WILDLIFE HAZARD SAFETY BRIEFING	21	0.5
#52	MOBILE CRANES OPERATING AROUND POWER LINES	26	0.45
#53	ASBESTOS AWARENESS (2)	13	0.5
#54	CRANES & DERRICKS	60	1
#54(B)	CRANES (2)	38	1
#55	ELECTRIC POWER TOOL SAFETY	39	0.45
#56	CRANES CALIF (RONNIE)	58	<u>1</u>
#57	RESPIRATORY PROTECTIOM	60	
#58	STAIRS & LADDERS (RONNIE)	30	0.45
#59	FALL PROTECTION		
#60	ENVIRONMENTAL CONTROLS		
#61	Excavatation & Trenching	180	