

MOST updated 4/12/12

OSHA 10 Hour Topics / Time Spent

Introduction to OSHA	2.0
Fall Protection (Focus Four)	1.25
Electrical (Focus Four)	0.75
Cranes (Focus Four – Struck-By)	1.0
Scaffolds (Focus Four – Caught-In or -Between)	1.0
Confined Space (Optional)	1.0
Material Handling (Elective)	1.0
Personal Protective Equipment	0.5
Health Hazards in Construction	0.5
Stairways and Ladders (Elective)	1.0
Total	10 Hours

OSHA 30 Hour Topics / Time Spent

Introduction to OSHA	2.0
Managing Safety and Health	2.0
Electrical (Focus Four)	2.5
Fall Protection (Focus Four)	4.0
Scaffolds (Focus Four – Caught-In or -Between)	1.5
Scaffolds (Elective)	4.5
Cranes (Focus Four – Struck-By) (Elective)	2.0
Personal Protective Equipment	2.0
Health Hazards in Construction	2.0
Stairways and Ladders	1.0
Material Handling (Elective)	1.0
Steel Erection (Elective)	4.0
Confined Space (Elective)	1.0
Welding and Cutting (Elective)	0.5
Total	30 Hours

Please note: To fill in the Two Hour Requirement for Managing Safety and Health (Subpart C), the Trainer may expand on Confined Space or Welding and Cutting (Subpart J).