



**M2Y GLOBAL ACADEMY**

**M2Y SAFETY CONSULTANCY FZ- LLC**



**We Rise by Lifting Others**

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## **30 Hours Construction Industry standard**

### **INTRODUCTION TO OSHA 30HRS GENERAL INDUSTRIES:**

This program includes OSHA policies, procedures, and standards, as well as safety and health principles. The training will place emphasis on those areas that are most hazardous, using OSHA standards as a guide. Course participants can expect to be able to locate and identify OSHA standards

### **WHO SHOULD ATTEND**

The OSHA 30-hour Outreach construction training course was developed by the Occupational Safety and Health Administration (OSHA) to provide construction site superintendents, supervisors, foremen, project managers, designers, union safety representatives, site safety managers and coordinators, workers, and safety committee members with a comprehensive overview of how OSHA operates, as well as an understanding of the primary safety and health standards that apply to workers covered by the OSHA 29 CFR 1926 construction standards.

### **COURSE CERTIFICATE**

Participants are required to attend all class sessions and pass the exam to receive a completion certificate and completion card. Completion certificate will be issued after the training program by OSHA – USA.

## **COURSE TOPICS:**

- Introduction
- Module 1: Introduction to OSHA
- Module 2: Managing Safety and Health
- Module 3: OSHA Focus Four Hazards
- Module 4: Personal Protective Equipment
- Module 5: Health Hazards in Construction
- Module 6: Stairways and Ladders
- Module 7: Concrete and Masonry Construction
- Module 8: Confined Spaces
- Module 9: Cranes, Derricks, Hoists, Elevators and Conveyors
- Module 10: Ergonomics
- Module 11: Excavations
- Module 12: Fire Protection and Prevention
- Module 13: Materials Handling, Use and Disposal
- Module 14: Motor Vehicles, Mechanized Equipment and Marine
- Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades
- Module 15: Safety and Health Programs
- Module 16: Scaffolds
- Module 17: Tools – Hand and Power
- Module 18: Welding and Cutting
- Module 19: Silica Exposure
- Module 20: Lead Exposure
- Module 21: Asbestos Exposure
- Exam

## **COURSE DURATION:**

OSHA 30hrs construction Industry training is 3 Days