

## **Outreach Trainer Resources**

The Occupational Safety and Health Administration (OSHA) Outreach Training Program was established to train workers in the basics of safety and health hazard recognition and prevention. OSHA authorizes trainers who complete the 4-day construction, general, maritime, or disaster site train-the-trainer courses to conduct the 10-hour and 30-hour (7.5-hour or 15-hour for disaster site) safety and health hazard recognition and prevention courses.

To Register, please email Matt Hayashi at [matt.hayashi@gmail.com](mailto:matt.hayashi@gmail.com).

### **OSHA 10 General Industry**

#### **10-Hour General Industry – Designated Training Topics.**

This training program is intended to provide entry level general industry workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid and prevent job related hazards on a job site. The training covers a variety of general industry safety and health hazards which a worker may encounter at a work site. Training emphasizes hazard identification, avoidance, control and prevention, PPE and not OSHA standards.

Learning objectives and training materials for some of these topics are provided in all trainer classes and available on the OSHA Outreach Training Program website (<https://www.osha.gov/dte/outreach/index.html>). Instructional time must be a minimum of 10 hours. The minimum topic requirements are as follows:

1. Mandatory - 6 hours.

a) Introduction to OSHA – 1 hour.

(1) OSHA has required training content for this module - see

<https://www.osha.gov/dte/outreach/teachingaids.html>.

(2) Covers workers' rights, employer responsibilities and how

to file a complaint. It includes helpful worker safety and

health resources. It also provides samples of a weekly

fatality and catastrophe report, safety data sheet and the

OSHA Log of Work-Related Injuries and Illnesses (OSHA form 300).

(3) Materials include an Instructor Guide, student handouts,

and participatory activities.

b) Walking and Working Surfaces, including fall protection – 1 hour.

c) Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection – 1 hour.

d) Electrical – 1 hour.

e) Personal Protective Equipment – 1 hour.

f) Hazard Communication – 1 hour.

2. Elective - 2 hours. Must present at least two hours of training on the following topics. At least two topics must be presented. The minimum length of any topic is one-half hour.

a) Hazardous Materials.

b) Materials Handling.

c) Machine Guarding.

d) Introduction to Industrial Hygiene.

e) Bloodborne Pathogens.

f) Ergonomics.

g) Safety and Health Program.

h) Fall Protection.

3. Optional - 2 hours. Teach other general industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic is one-half hour