



LUZERNE
County Community College

COURSE CATALOG FOR INDUSTRIAL SAFETY

**Luzerne County Community College
Public Safety Training Institute
1333 S. Prospect Street
Nanticoke, PA 18634-3899
1-800-377-5222 (ext. 7637)**

Luzerne County Community College is dedicated to helping local business and industry create safer work environments, maintaining compliance to applicable regulations and standards, and reducing costs associated with injuries and non-compliance.

The courses listed in this catalog are based on the relevant standards and regulations. All Luzerne County Community College instructors are accredited by the appropriate agencies and experienced professionals. Courses can be held at your site or at our Regional Public Safety Training Center in Nanticoke PA.

Custom courses are available and can be developed to meet your needs. Contact the Luzerne County Community College Regional Public Safety Training Center for details and pricing.

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OSHA 10 hour for General Industry 10 hours Lecture • 5 - 20 students

The 10-hour General Industry Outreach Training Program is intended to provide an entry-level general industry workers broad awareness on recognizing and preventing hazards on a general industry site. The training covers a variety of safety and health hazards which a worker may encounter at a general industry site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 10 hours.

Prerequisite: None

Break down of the topics as follows:

Mandatory - 7 hours (left column): Six topics to be taught,

Elective - 2 hours (right column top): Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.

Optional - 1 hours (right column bottom): Any other industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

10-HOUR GENERAL INDUSTRY REQUIRED COURSE TOPICS	
*OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness	
Mandatory - 7 hours	Elective - 2 hours
<p>Two Hours - Introduction to OSHA, including:</p> <ul style="list-style-type: none"> OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics Inspections, Citations, and Penalties Value of Safety and Health OSHA Website and available resources OSHA 800 number <p>One Hour Walking and Working Surfaces, Subpart D - including fall protection</p> <p>One Hour Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subpart E & L</p> <p>One Hour Electrical, Subpart S</p> <p>One Hour Personal Protective Equipment, Subpart I</p> <p>One Hour Hazard Communication, Subpart Z</p>	<p>Choose at least two of the following elective topics:</p> <p>These topics must add up to at least two hours: Minimum one-half hour each</p> <ul style="list-style-type: none"> Hazardous Materials, Subpart H Materials Handling, Subpart N Machine Guarding, Subpart O Introduction to Industrial Hygiene, Subpart Z Bloodborne Pathogens, Subpart Z Ergonomics Safety and Health Program <hr/> <p>Optional - 1 hour</p> <p>For the remaining two class hours: Teach any other general industry hazards or policies and/or expand on the mandatory or elective topics</p>

Special Industry Recommendations:

In addition to the seven mandatory hours, the groups noted below should also teach the following:

- Medical/Health Care - 1 hour each - Introduction to Industrial Hygiene, Bloodborne Pathogens
- At least 1/2 hour each - Ergonomics and Workplace Violence
- Maintenance - Ergonomics and (if applicable) Powered Industrial Trucks
- Utility - Ergonomics, Powered Generation, and Confined Spaces
- Office - Ergonomics

OSHA 30 hour for General Industry 30 hours Lecture • 5 - 20 Students

DESIGNATED TRAINING TOPICS

**30-HOUR GENERAL INDUSTRY
OUTREACH TRAINING PROGRAM**

The 30-hour General Industry Outreach Training Program is intended to provide a variety of training to people with some safety responsibility. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 30 hours.

Prerequisite: None

Breakdown of topics as follows:

- Mandatory - 11 hours:** Seven topics to be taught, ranging from one to two hours each
- Elective - 10 hours:** Choose at least five of these topics to teach, for a minimum of one-half hour each
- Optional - 9 hours:** Teach any other general industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each

30- HOUR MANDATORY COURSE TOPICS

Introduction to OSHA *At least 2 hours*

OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics
Inspections, Citations, and Penalties
General Safety and Health Provisions, Competent Person, Subpart C
Value of Safety and Health
OSHA Website, OSHA 800 number and available resources

Walking and Working Surfaces - including fall protection, Subpart D - at least One Hour

Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L - at least Two Hours

Electrical, Subpart S - at least Two Hours

Personal Protective Equipment (PPE), Subpart I - at least One Hour

Materials Handling, Subpart N - at least Two Hours

Hazard Communication, Subpart Z - at least One Hour

ELECTIVES

30-HOUR ELECTIVE COURSE TOPICS

Choose at least 5 of the following topics - Must add up to at least 10 hours

Hazardous Material (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations), Subpart H
Permit-Required Confined Spaces, Subpart J
Lockout/Tagout, Subpart J
Machine Guarding, Subpart O
Welding, Cutting, and Brazing, Subpart Q
Introduction to Industrial Hygiene, Subpart Z
Bloodborne Pathogens, Subpart Z
Ergonomics
Fall Protection
Safety and Health Programs
Powered Industrial Vehicles

Industrial Sit Down Rider Lift Truck Operator 6 hours Lecture • 2 - 30 students

- *Practical evaluation at approx. 30 minutes per two students*

This program is designed in accordance with OSHA 29 CFR 1910.178 Powered Industrial Vehicles to train new Lift Truck Operators. The course is conducted at the client's facility using their equipment. A practical evaluation will accompany the written exam.

Learning outcomes: The student will be made familiar with the regulations, standards and safe operating practices of industrial lift trucks.

Prerequisite: None

Industrial Sit Down Rider Lift Truck Operator Refresher 2 hours Lecture • 2 - 30 students

This program is designed in accordance with OSHA 29 CFR 1910.178 Powered Industrial Vehicles to update previously authorized Lift Truck Operators.

Learning outcomes: The student will be updated on the regulations, standards and safe operating practices of industrial lift trucks.

Prerequisite: Industrial Lift Truck Operator

Industrial Stand-Up Rider Lift Truck Operator 1 hour Lecture plus approx .50 hours Practical per student • 2 - 30 students

This program is designed in accordance with OSHA 29 CFR 1910.178 Powered Industrial Vehicles to update previously Trained & Authorized Lift Truck Operators on the safe operation of Class II Lift Trucks. Training will address the requirement outlined in **1910.178(l)(4)(ii)(D)** requiring refresher training when, “The operator is assigned to drive a different type of truck.” This course is conducted at the client’s facility using their equipment.

Learning outcomes: The student will be made familiar with the safe operating practices of Class II industrial lift trucks.

Prerequisite: Previously trained and authorized lift truck operators. Note: This course is generally presented as a new equipment orientation for employees previously trained and authorized on sit-down rider lift trucks but can be modified to accommodate a new lift truck operator who will only be expected to operate Stand-Up Lift Trucks. Contact LCCC for details and other information.

Safety for Supervisors 2 hours Lecture • 2 - 30 students

Production Supervisors are the “Front Line” for any manufacturing facility. This program is designed to help your supervisory personnel better understand their role in creating a safer work environment. An in-depth look at the human side of workplace injuries will be presented in addition to the costs and other losses associated with various work-place injuries. Note: This course can be customized to specific customer injury data and hazards.

Learning outcomes: The student will have an increased awareness of the causes and impacts of workplace injuries and the supervisory responsibilities in injury prevention.

Prerequisite: None

Control of Hazardous Energy (Lock Out- Tag Out) 3 hours Lecture • 2 - 30 students

This course introduces students to 29 CFR 1910.147 The Control of Hazardous Energy. More commonly known as the Lock Out- Tag Out Regulation. One of OSHA’s most commonly cited standards, failure to follow LOTO leads to many on the job injuries and fatalities. Topics covered in this program include; Energy Sources, minimum requirements of a LOTO program, equipment and methods used for an effective LOTO program and case studies.

Learning outcomes: The student will become familiar with standards, regulations and policies associated with controlling hazardous energy and risks associated with non-compliance.

Prerequisite: None

Walking/ Working Surfaces- Slip, Trip & Fall Hazards 1 hours Lecture • 2 - 30 students

Fall hazards account for more injuries on the job site each year than any other hazard category. Falls are also second only to motor vehicle accidents as a leading category of on the job fatalities (NIOSH Statistics). This program addresses the OSHA Subpart D- Walking and Working surfaces.

Learning outcomes: Employees will gain an increased awareness of the risks and be introduced to methods of Slip, Trip and Fall Prevention.

Prerequisite: None

Electrical Safe Work Practices 1 hour Lecture • 2 - 30 students

Presented in layman's terms this program illustrates the risks associated with mishandling of electrical equipment. Also addressed are basic electrical safeguards and how to properly use them.

Learning outcomes: Students will become aware of the hazards of electrical energy in common workplace situations and methods of injury prevention.

Prerequisite: None

Fall Protection 1.5 hours Lecture plus .50 Practical • 2 - 15 students

Employees working on open sided platforms, roof edges and other unprotected/ elevated work surfaces are required to use fall protection equipment. Ensure that the equipment is being used properly and the employees understand the uses and limitations of the equipment. This program also covers inspection and maintenance practices and provides an opportunity for the students to wear a Class III Harness and experience being suspended in the harness from an approved anchor point.

Learning outcomes: Students will become familiar with situations that require the use of fall protection equipment, as well as the use, limitations and associated hazards.

Prerequisite: None

Pedestrian/ Workplace Safety 1 hour Lecture • 2 - 30 students

Powered industrial vehicle vs. pedestrian accidents and near-misses (A.K.A near hits) occur all too frequently. Using case histories, national statistics and real-world experience we will help increase the safety awareness level in your facility. Risks associated with other common work practices are also addressed. If you have experienced incidents or near-hits in your facility it's time to address this recognized danger.

Learning outcomes: The student will gain an increased awareness to the injury potential associated with powered industrial equipment and other commonly overlooked hazards in the workplace.

Prerequisite: None

Machine Guarding 1 hour lecture • 2 - 30 students

This program provides an overview of common machinery and their associated hazards. Students will be introduced to various common machinery hazards such as; pinch points, flying chips, rotating parts etc. Typical safeguards will be explained and the requirements for use of guarding.

Learning outcomes: Students will become aware of common machinery hazards and methods of injury prevention.

Prerequisite: None

Ladders 1 hour Lecture • 2 - 30 students

Ladders are often taken for granted, yet used or maintained improperly they pose a significant risk. This program addresses the OSHA standard on Portable Wooden and Metal Ladder Safety.

Learning outcomes: Students will gain an understanding of various types of ladders and their intended use, inspection practices and common ladder failures.

Prerequisite: None

Hearing Protection 1 hour Lecture • 2 - 30 students max.

This program helps students understand the OSHA requirements for controlling noise exposure as well as the effects of noise on hearing. Other topics covered; Methods of hearing protection/ noise exposure reduction, use care & limitations of PPE for hearing protection, Common noise exposure situations at work & home, audiometric testing and Db measuring/ monitoring.

Learning outcomes: Students will become aware of the harmful effects of noise exposure and methods of hearing protection.

Prerequisite: None.

Personal Protective Equipment 1 hour Lecture • 2 - 30 students max.

This course covers the various types of PPE available as well as the intended use, limitations, care and maintenance requirements. Employee and employer responsibilities are also addressed.

Learning outcomes: Students will understand the sequence of injury prevention methods, use, limitations, care & maintenance of PPE.

Prerequisite: None

Safe Driver 1 hour Lecture / 2 hours Practical • 2 - 6 students max.

Do your employees operate motor vehicles in the course of their employment? Did you know that according to NIOSH statistics, motor vehicle accidents are the #1 cause of on-the-job fatalities in the U.S. This course will provide your employees with instruction and hands-on defensive driving practices under the direction of our certified instructors using our state of the art driving simulator and secure driving pad.

Learning outcomes: Students will be taught defensive driving techniques and will become aware of measures they can take to reduce the risk of being involved in a motor vehicle accident.

Prerequisite: Valid motor vehicle operator license for state of residence and proof of current auto insurance.

Aerial Platform Operator 2 hours Lecture / .50 hours Practical per two students • 2 - 30 students

This program is designed in accordance with OSHA 29 CFR 1910.67 Vehicle mounted Elevating & Rotating Work Platforms, OSHA 29 CFR 1926.453 Aerial Lifts and manufacturer specific data. Designed to familiarize students with the knowledge and skills needed to safely operate an Aerial Platform/ Scissor Lift within their employer's work environment. The course is conducted at the client's facility using their equipment.

Learning outcomes: The student will be made familiar with the regulations, standards and safe operating practices of Aerial Platform/ Scissor Lift devices.

Prerequisite: None

Note: If employer's aerial devices require the use of Fall Protection equipment, students must be trained and authorized in the employer's Fall Protection program and equipment.

Aerial Platform Operator Refresher 1 hour Lecture • 2 - 30 students

This program is designed in accordance with OSHA 29 CFR 1910.67 Vehicle mounted Elevating & Rotating Work Platforms, OSHA 29 CFR 1926.453 Aerial Lifts and manufacturer-specific data. This course is designed to update students knowledge and skills in safe operations of Aerial Platform/Scissor Lift devices within their employer's work environment.

Learning outcomes: The student will be updated on the regulations, standards and safe operating practices of Aerial Platform/ Scissor Lift devices.

Prerequisite: Designed for previously trained and authorized aerial device operators.

Industrial Golf Cart/ Personnel & Burden Conveyance Safety Overview

.5 hour Lecture • 2 - 30 students

Designed for employees required to operate Industrial golf carts or similar personnel & burden conveyance devices, this course will help your personnel better understand the safe operating practices and risks associated with these vehicles.

Learning outcomes: The student will have an increased awareness of the causes of Industrial Golf Carts & Personnel/ Burden Conveyance type device accidents and their responsibilities in accident prevention.

Prerequisite: None

Confined Space Overview 1 hour Lecture • 2 - 30 students

Designed for employees who work near but not in confined spaces, this program explains confined space terminology, descriptions and hazards.

Learning outcomes: Students will become aware of what Confined Spaces are, why they are so dangerous and why the general workforce needs to stay out of them.

Prerequisite: None

Confined Space Awareness 4 hours Lecture • 2 - 30 students

This course will provide the participant the information necessary to define, identify and avoid hazards associated with confined spaces in the workplace and community. Confined space awareness is intended for commercial and industrial workers, first responder fire, rescue and EMS, public agencies and any other groups or individuals that may encounter a confined space situation.

Learning outcomes: Students will be provided with the necessary instruction to recognize confined spaces and their inherent hazards. Emphasis is placed on non-entry and initiating emergency procedures in the event of an emergency.

Prerequisite: None

Confined Space Permit Entry 5.5 hours Lecture / 2.5 hours Practical • 5 - 20 students

Designed provide industrial workers who are required to periodically enter Permit Required Confined Spaces with the knowledge and skills needed to safely work in Permit Required Confined Space environments.

Learning outcomes: Students will be evaluated during the practical application phase of the program for proper Permit Confined Space Entry procedures. A written exam will conclude the program.

Prerequisite: None

Industrial Permit – Required Confined Space Entry 4 hours Lecture / 12 hours Practical • 5 - 20 students

This course focuses on operational aspects of confined space work and the duties of an Authorized Entrant, Attendant and Entry Supervisor's duties at a confined space worksite.

Learning outcomes: Students who successfully complete this program will gain the awareness, operational knowledge and skills to work in permit required confined spaces.

Prerequisites: Training in Confined Space Awareness, Respiratory Protection, Basic Rope Skills

Confined Space Rescue (PSFA) 8 hours Lecture / 8 hours Practical • 12 - 20 students

This PA State Fire Academy (PSFA) 16 hour program deals primarily with rescues involving confined spaces. Subjects include definition, regulations, identification, needs, psychology and techniques. Practical applications of rescue techniques are practiced in real confined spaces.

Learning outcomes: Students will be able to identify a confined space and be familiar with various regulations, safety procedures, equipment, techniques and personnel necessary to operate at a confined space emergency.

Prerequisites: Ropes & Rigging, SCBA Practices

Confined Space Permit Entry & Rescue for Industry 10 hours Lecture / 14 hours Practical

• 12 - 20 students

Designed to provide knowledge and develop the skills necessary for industrial workers who are required to work in Permit Required Confined Spaces and may be called upon to serve as stand-by rescue team members.

Learning outcomes: Students will become familiar with the characteristics, hazards and safe operational practices associated with Permit Required Confined Space entries and the techniques involved in rescues from related spaces. Additional emphasis is placed on ropes, knots and respiratory protection equipment.

Prerequisite: None

Industrial Confined Space Rescue (Luzerne CCC) 20 hours Lecture / 20 hours Practical

• 12 - 20 students

This course is a comprehensive approach to developing a worker's knowledge, skills and abilities necessary to function as part of a confined space rescue team. Lessons combine lecture, discussion and hands-on practical experience.

Learning outcomes: Students will be able to identify a confined space and be familiar with various regulations, safety procedures, equipment, techniques and personnel necessary to operate as an industrial confined space rescue team.

Prerequisites: Confined Space Awareness, First Aid & CPR

Industrial Confined Space Rescue Team Annual Refresher 1 hour Lecture / 7 hours Practical •
12 - 20 students

This program assists trained Confined Space Rescue Teams with the annual entry and simulated rescue in representative spaces requirement. A brief review of the regulations and safety practices precedes the hands-on exercises in entry and rescue following your organizations plans in accordance with applicable standards and regulations.

Learning outcomes: Students will build on the skills taught in previous confined space rescue training in accordance with annual refresher requirements.

Prerequisite: Confined Space Rescue

Trench Safety Overview 2 hours Lecture • 2 - 30 students

This program introduces students to the terminology, regulations and hazards associated with trenches and excavations. Designed to provide an awareness for individuals who work around but not in trenches, including; fire, EMS, security and law enforcement who may arrive on scene of a trench emergency.

Learning outcomes: Successful completion will enable students to identify; trench collapse types, common medical considerations, hazards to responders and be able to perform an initial size-up and summon specialized rescue assistance.

Prerequisite: None

Trench Rescue I (PSFA) 8 hours Lecture / 8 hours Practical • 12 - 20 students

This course will introduce the student to the knowledge and skills necessary to safely & effectively perform complex rescue operations in collapsed trenches and excavations. Course work will include practical drills and demonstrations in simulated trenches.

Learning outcomes: Successful completion will provide the students with the knowledge and skills necessary for them to safely and effectively participate in a Trench Rescue evolution.

Prerequisite: Intro to Safety or equivalent.

Trench Rescue II LCCC 4 hours Lecture / 12 hours Practical • 12 - 20 students

Trench Rescue II builds on the techniques taught and skills developed in Trench Rescue I. Beginning with an overview of regulations, standards and basic shoring techniques, the program covers advanced trench operations including: supplemental shoring, "X", "L" and "T" trenches. The final exam is a practical application of ICS and problem solving in a simulated rescue scenario involving an intersecting trench.

Learning outcomes: Students who successfully complete this course will obtain knowledge and skills to safely and effectively operate on the scene of an advanced trench rescue operation.

Prerequisites: Trench I, Confined Space Rescue (Ropes & Rigging recommended)

Hazard Communication RTK (Right To Know) 4 hours Lecture • 2 - 30 students

One of OSHA's most frequently cited standards involves Hazard Communication. This program will inform your employees of basic chemistry, container labeling, MSDS requirements and appropriate safe handling measures.

Learning outcomes: Students will become familiar with the hazards associated with workplace chemicals and appropriate safeguards.

Prerequisite: None

Extinguishers & Evacuations 2 hours Lecture / 1 hour Practical • 2 - 20 students

This program covers; fire prevention, fire behavior, emergency plans, methods of extinguishment, extinguisher types & uses, and a hands-on fire extinguishment exercise involving Class A & B fuels.

Learning outcomes: Students will become aware of appropriate fire prevention methods as well as steps to take in the event a fire occurs.

Prerequisite: None

Industrial Fire Brigade Basic 3 hours Lecture / 5 hours Practical • 12 - 20 students

Course covers chemistry of fire, hose and nozzles, fire streams, portable fire extinguishers, automatic systems, and live fire fighting exercises on incipient level fires with extinguishers and small hose streams. The program also reviews fire prevention activities.

Learning outcomes: Provide basic incipient level fire training for general employee groups, or dedicated incipient level fire brigades. This training shall meet OSHA requirements for incipient level fire fighting.

Prerequisites: None

Industrial Fire Brigade Extended 5 hours Lecture / 11 hours Practical • 12 - 20 students

Course covers or refreshes all items covered in the Basic Fire Brigade Training Program, plus self-contained breathing apparatus, ropes and knots, ladders, search and rescue practices, and interior structural fire fighting exercises. Some exercises using pre-planned evolutions.

Learning outcomes: The student will be provided fire brigade training to the interior structural level per the OSHA Guidelines.

Prerequisite: None

Industrial Fire Brigade Comprehensive 8 hours Lecture / 16 hours Practical • 12 - 20 students

Course reviews all the items covered in the Industrial Fire Brigade Extended Course and also pre-emergency planning, advancing hose up ladders and stairways, forcible entry, rescue, salvage and overhaul, automatic sprinkler systems, fire inspection, incident management system and pump operations.

Learning outcomes: The student will be provided with fire brigade training to the interior structure level per the OSHA Guidelines and to interior structure fire fighting per NFPA 600. (Note both OSHA and NFPA 600 require quarterly drills and NFPA 600 also requires live fire drills be conducted at least annually. The training presented in this course does not cover the annual live drill required by NFPA 600.)

Prerequisites: Intro to Safety & Training System and Industrial Fire Brigade Extended.

Nursing/Personal Care Home Fire Safety 3 hours Lecture / 1 hour Practical • 2 - 20 students

This course is intended to help administrators comply with the 4 hour training requirement in Fire & Emergency Planning for Personal Care Home Administrators by the PA Department of Public Welfare. Topics of instruction include; Fire Safety, Evacuations/ Alarms and portable fire extinguishers.

Learning Outcomes: Students who successfully complete this program will have received training in emergency planning and fire safety in accordance with PA Dept. of Public Welfare for Personal Care Home Administrators.

Prerequisites: Employment (or potential employment) in a Personal Care Home or Personal Care Home Administration.

OSHA 10 hour for Construction 10 hours Lecture • 5 - 20 students

**10-HOUR CONSTRUCTION INDUSTRY
OUTREACH TRAINING PROGRAM**

The 10-hour Construction Industry Outreach Training Program is intended to provide an entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 10 hours.

Break down of the topics as follows:

Mandatory - 5 hours (left column): Four topics to be taught, ranging from one-half to two hours each

Elective - 2 hours (right column top): Choose at least two of these topics to teach, for a minimum of one-half hour each. Must cover at least two hours.

Optional - 3 hours (right column bottom): Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each.

10-HOUR CONSTRUCTION INDUSTRY REQUIRED COURSE TOPICS

**OSHA subpart references are provided for informational purposes;
training should emphasize hazard awareness*

Mandatory - 5 hours	Elective - 2 hours
<p>Two Hours - Introduction to OSHA including:</p> <ul style="list-style-type: none"> OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics Inspections, Citations, and Penalties General Safety and Health Provisions, Subpart C Competent Person, Subpart C Value of Safety and Health OSHA Website and available resources OSHA 800 number 	<p>Choose at least two of the following elective topics: These topics must add up to at least two hours: Minimum one-half hour each</p> <ul style="list-style-type: none"> Materials Handling, Storage, Use and Disposal, Subpart H Tools - Hand and Power, Subpart I Scaffolds, Subpart L Cranes, Derricks, Hoists, Elevators, and Conveyors, Subpart N Excavations, Subpart P Stairways and Ladders, Subpart X <p align="center">Optional - 3 hours</p> <p>For the remaining three class hours: Teach any other industry hazards or policies and/or expand on the mandatory or elective topics.</p>
<p>Two Hours (minimum 15 minutes on each of four areas) OSHA Focus Four Hazards</p> <ul style="list-style-type: none"> Fall Protection, Subpart M Electrical, Subpart K Struck by (e.g., falling objects, trucks, cranes) Caught in/between (e.g., trench hazards, equipment) 	
<p>30 Minutes Personal Protective and Lifesaving Equipment, Subpart E</p>	
<p>30 Minutes Health Hazards in Construction (e.g., noise, hazards communication and crystalline silica)</p>	

OSHA 30 hour for Construction 30 hours Lecture • 5 - 20 students

**30-HOUR CONSTRUCTION INDUSTRY
OUTREACH TRAINING PROGRAM**

The 30-hour Construction Outreach Training Program is intended to provide a variety of training to workers with some safety responsibility. Workers must receive additional training on hazards specific to their job. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 30 hours. OSHA subpart references are provided for informational purposes; training should emphasize hazard awareness.

Breakdown of topics as follows:

Mandatory - 12 hours: Five topics to be taught, ranging from one to five hours each

Elective - 12 hours: Choose at least six of these topics to teach, for a minimum of one-half hour each

Optional - 6 hours: Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics, minimum of one-half hour each

30 - HOUR MANDATORY COURSE TOPICS

Introduction to OSHA *At least 2 hours*

OSH Act, General Duty Clause, Employer and Employee Rights and Responsibilities, Whistleblower Rights, Recordkeeping basics
Inspections, Citations, and Penalties
General Safety and Health Provisions, Competent Person, Subpart C
Value of Safety and Health
OSHA Website, OSHA 800 number and available resources

OSHA Focus Four Hazards *At least 5 hours (must cover all four areas – minimum 30 minutes on each)*

Fall Protection, Subpart M (e.g., floors, platforms, roofs)
Electrical, Subpart K (e.g., overhead power lines, power tools and cords, temporary wiring, grounding)
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 *At least 2 hours*

Health Hazards in Construction *At least 2 hours*

Stairways and Ladders *Subpart X at least 1 hour*

ELECTIVES

30-HOUR ELECTIVE COURSE TOPICS

Choose at least 6 of the following topics - Must add up to at least 12 hours

- Fire Protection and Prevention, Subpart F
- Materials Handling, Storage, Use and Disposal, Subpart H
- Tools - Hand and Power, Subpart I
- Welding and Cutting, Subpart J
- Scaffolds, Subpart L
- Cranes, Derricks, Hoists, Elevators, and Conveyors, Subpart N
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades, Subparts O, W, and G
- Excavations, Subpart P
- Concrete and Masonry Construction, Subpart Q
- Steel Erection, Subpart R
- Safety and Health Program
- Confined Space Entry
- Powered Industrial Vehicles
- Ergonomics

Defensive Driving/Performance Enhancement/Remedial 1 Lecture / 2 Practical

This program can be customized to concentrate on improving skills of employees who may have had accidents with company vehicles or for experienced motor vehicle operators who desire to improve their defensive driving skills. This course features a maximum class size of 6 with an instructor/student ration of 1:3. Three to one practical exercises begin with our state of the art driving simulator, followed by time spent in our skid car system and driving on our secure driving pad and road course. Program is conducted at Luzerne CCC Regional Public Safety Training Center.

Learning outcomes: Decrease accidents

Prerequisite: Valid motor vehicle operator license for state of residence and proof of current auto insurance.