

OSHA'S CONSTRUCTION INDUSTRY 10-HOUR CURRICULIA
AND
MARCOM'S EQUIVALENT COURSES

<u>10-Hour Curricula</u>	
OSHA TOPICS	MARCOM'S EQUIVALENT COURSES
Mandatory Courses (7 Hours)	Mandatory Courses (7 Hours)
<ul style="list-style-type: none"> • Introduction to OSHA 	<ul style="list-style-type: none"> • Introduction to OSHA • Safety Orientation in Construction Environments
<i>(OSHA "Focus Four" Hazards: 4 Hours)</i>	<i>(OSHA "Focus Four" Hazards: 4 Hours)</i>
<ul style="list-style-type: none"> • Falls 	<ul style="list-style-type: none"> • Fall Protection in Construction Environments
<ul style="list-style-type: none"> • Electrocution 	<ul style="list-style-type: none"> • Electrocution Hazards in Construction Environments Part I... Types of Hazards and How You Can Protect Yourself
<ul style="list-style-type: none"> • Struck-By 	<ul style="list-style-type: none"> • Struck-By Hazards in Construction Environments
<ul style="list-style-type: none"> • Caught-In or Between 	<ul style="list-style-type: none"> • Caught-In/Between Hazards in Construction Environments
<ul style="list-style-type: none"> • Personal Protective and Life Saving Equipment 	<ul style="list-style-type: none"> • Personal Protective Equipment in Construction Environments
<ul style="list-style-type: none"> • Health Hazards in Construction 	<ul style="list-style-type: none"> • Hazard Communication in Construction Environments
Elective Courses (2 Hours)	Elective Courses (2 Hours)
<ul style="list-style-type: none"> • Cranes, Derricks, Hoists, Elevators and Conveyors 	<ul style="list-style-type: none"> • Crane Safety in Construction Environments • Rigging Safety in Construction Environments
<ul style="list-style-type: none"> • Excavations 	<ul style="list-style-type: none"> • Trenching and Shoring Safety in Construction Environments
<ul style="list-style-type: none"> • Materials Handling, Storage, Use and Disposal 	<ul style="list-style-type: none"> • Materials Handling Safety • Dealing with Hazardous Spills
<ul style="list-style-type: none"> • Scaffolds 	<ul style="list-style-type: none"> • Suspended Scaffolding Safety in Construction Environments • Supported Scaffolding Safety in Construction Environments
<ul style="list-style-type: none"> • Stairways and Ladders 	<ul style="list-style-type: none"> • Ladder Safety in Construction Environments
<ul style="list-style-type: none"> • Tools - Hand and Power 	<ul style="list-style-type: none"> • Hand and Power Tool Safety in Construction Environments
Optional Courses (1 Hour)	Optional Courses (1 Hour)
<ul style="list-style-type: none"> • Courses on General Industry Hazards or Policies not covered by mandatory or elective courses, or additional courses on mandatory or elective topics 	Any other construction or construction-related courses from MARCOM's library