

**OSHA'S GENERAL INDUSTRY 10-HOUR CURRICULA
AND MARCOM'S EQUIVALENT COURSES**

<u>10-Hour Curriculum</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
<ul style="list-style-type: none"> • Walking and Working Surfaces 	<ul style="list-style-type: none"> • Walking and Working Surfaces
<ul style="list-style-type: none"> • Exit Routes, Emergency Action Plans, Fire Prevention Plans and Fire Protection 	<ul style="list-style-type: none"> • Emergency Planning • Industrial Fire Prevention • Evacuation Procedures
<ul style="list-style-type: none"> • Electrical 	<ul style="list-style-type: none"> • Electrical Safety
<ul style="list-style-type: none"> • Personal Protective Equipment 	<ul style="list-style-type: none"> • Personal Protective Equipment
<ul style="list-style-type: none"> • Hazard Communication 	<ul style="list-style-type: none"> • Hazard Communication Industrial Facilities
Elective Courses (3 Hours)	Elective Courses (3 Hours)*
<ul style="list-style-type: none"> • Hazardous Materials 	<ul style="list-style-type: none"> • Hazardous Materials Labels • Dealing with Hazardous Spills
<ul style="list-style-type: none"> • Materials Handling 	<ul style="list-style-type: none"> • Materials Handling Safety • Warehouse Safety
<ul style="list-style-type: none"> • Machine Guarding 	<ul style="list-style-type: none"> • Machine Guard Safety
<ul style="list-style-type: none"> • Introduction to Industrial Hygiene 	<ul style="list-style-type: none"> • Introduction to Industrial Hygiene
<ul style="list-style-type: none"> • Bloodborne Pathogens 	<ul style="list-style-type: none"> • Bloodborne Pathogens in Commercial & Industrial Facilities
<ul style="list-style-type: none"> • Ergonomics 	<ul style="list-style-type: none"> • Industrial Ergonomics • Office Ergonomics
<ul style="list-style-type: none"> • Safety and Health Programs 	<ul style="list-style-type: none"> • I2P2 (Injury & Illness Prevention Programs)
<ul style="list-style-type: none"> • Fall Protection 	<ul style="list-style-type: none"> • Fall Protection
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 courses from MARCOM's library

**Courses are available online in Interactive SCORM and Video-On-Demand (VOD) formats. The interactive courses typically take an employee 45 minutes to 1 hour to complete. VOD and DVD courses are meant to be used in classroom training sessions of 45 minutes to 1 hour in length.*