

**OSHA'S CONSTRUCTION INDUSTRY 30-HOUR CURRICULIA**  
**AND**  
**MARCOM'S EQUIVALENT COURSES**

<b><u>30-Hour Curricula</u></b>	
<b>OSHA TOPICS</b>	<b>MARCOM'S EQUIVALENT COURSES</b>
<b>Mandatory Courses (15 Hours)</b>	<b>Mandatory Courses (15 Hours)</b>
<ul style="list-style-type: none"> <li>• Introduction to OSHA</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to OSHA</li> <li>• Safety Orientation in Construction Environments</li> </ul>
<ul style="list-style-type: none"> <li>• Managing Safety and Health</li> </ul>	<ul style="list-style-type: none"> <li>• Safety Housekeeping &amp; Accident Prevention</li> <li>• Safety Audits</li> <li>• Hazard Recognition</li> <li>• Accident Investigation</li> </ul>
<i>(OSHA "Focus Four" Hazards: 6 Hours)</i>	<i>(OSHA "Focus Four" Hazards: 6 Hours)</i>
<ul style="list-style-type: none"> <li>• Falls</li> </ul>	<ul style="list-style-type: none"> <li>• Fall Protection</li> <li>• Slips, Trips and Falls</li> </ul>
<ul style="list-style-type: none"> <li>• Electrocutation</li> </ul>	<ul style="list-style-type: none"> <li>• Electrocutation Hazards in Construction Environments Part II... Employer Requirements</li> <li>• Electrocutation Hazards in Construction Environments Part I... Types of Hazards and How You Can Protect Yourself</li> </ul>
<ul style="list-style-type: none"> <li>• Struck-By</li> </ul>	<ul style="list-style-type: none"> <li>• Struck-By Hazards in Construction Environments</li> </ul>
<ul style="list-style-type: none"> <li>• Caught-In or Between</li> </ul>	<ul style="list-style-type: none"> <li>• Caught-In/Between Hazards in Construction Environments</li> </ul>
<b>Other Mandatory Topics</b>	
<ul style="list-style-type: none"> <li>• Personal Protective and Life Saving Equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Protective Equipment in Construction Environments</li> <li>• Hand, Wrist and Finger Safety in Construction Environments</li> <li>• Respiratory Protection &amp; Safety</li> </ul>
<ul style="list-style-type: none"> <li>• Health Hazards in Construction</li> </ul>	<ul style="list-style-type: none"> <li>• Hazard Communication Construction Environments</li> <li>• Hearing Conservation and Safety</li> </ul>

## 30-Hour Curricula (cont'd)

OSHA TOPICS	MARCOS'S EQUIVALENT COURSES
<b>Elective Courses (12 Hours)</b>	<b>Elective Courses (12 Hours)</b>
<ul style="list-style-type: none"> <li>• Cranes, Derricks, Hoists, Elevators and Conveyors</li> </ul>	<ul style="list-style-type: none"> <li>• Crane Safety in Construction Environments</li> <li>• Rigging Safety in Construction Environments</li> <li>• Aerial Lifts in Industrial and Construction Environments</li> <li>• Scissor Lifts in Industrial and Construction Environments</li> </ul>
<ul style="list-style-type: none"> <li>• Confined Space Entry</li> </ul>	<ul style="list-style-type: none"> <li>• Confined Space Entry</li> </ul>
<ul style="list-style-type: none"> <li>• Ergonomics</li> </ul>	<ul style="list-style-type: none"> <li>• Industrial Ergonomics</li> </ul>
<ul style="list-style-type: none"> <li>• Fire Protection and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• Industrial Fire Prevention</li> <li>• Using Fire Extinguishers</li> <li>• Fire Prevention in the Office</li> </ul>
<ul style="list-style-type: none"> <li>• Materials Handling, Storage, Use and Disposal</li> </ul>	<ul style="list-style-type: none"> <li>• Materials Handling Safety</li> <li>• Dealing with Hazardous Spills</li> </ul>
<ul style="list-style-type: none"> <li>• Motor Vehicles; Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; Signs, Signals and Barricades</li> </ul>	<ul style="list-style-type: none"> <li>• Driving Safety</li> <li>• Aerial Lifts in Industrial and Construction Environments</li> <li>• Scissor Lifts in Industrial and Construction Environments</li> <li>• Hazardous Materials Labels</li> </ul>
<ul style="list-style-type: none"> <li>• Powered Industrial Vehicles</li> </ul>	<ul style="list-style-type: none"> <li>• Forklift/Powered Industrial Truck Safety</li> <li>• Forklift Safety: Industrial Counterbalance Lift Trucks</li> </ul>
<ul style="list-style-type: none"> <li>• Safety and Health Programs</li> </ul>	<ul style="list-style-type: none"> <li>• I2P2 (Injury &amp; Illness Prevention Programs)</li> </ul>
<ul style="list-style-type: none"> <li>• Scaffolds</li> </ul>	<ul style="list-style-type: none"> <li>• Suspended Scaffolding Safety in Construction Environments</li> <li>• Supported Scaffolding Safety in Construction Environments</li> </ul>
<ul style="list-style-type: none"> <li>• Tools - Hand and Power</li> </ul>	<ul style="list-style-type: none"> <li>• Hand and Power Tool Safety in Construction Environments</li> </ul>
<ul style="list-style-type: none"> <li>• Welding and Cutting</li> </ul>	<ul style="list-style-type: none"> <li>• Welding Safety</li> <li>• Hot Work Safety and The Permitting Process</li> </ul>
<b>Optional Courses (1 Hour)</b>	<b>Optional Courses (1 Hour)</b>
<ul style="list-style-type: none"> <li>• Courses on General Industry Hazards or Policies not covered by mandatory or elective courses, or additional courses on mandatory or elective topics</li> </ul>	<ul style="list-style-type: none"> <li>• Any other construction or construction-related courses from MARCOM's library</li> </ul>