

**OSHA'S GENERAL INDUSTRY 30-HOUR CURRICULA  
AND MARCOM'S EQUIVALENT COURSES**

<b><u>30-Hour Curriculum</u></b>	
<b>OSHA TOPICS</b>	<b>MARCOM'S EQUIVALENT COURSES</b>
<b>Mandatory Courses (13 Hours)</b>	<b>Mandatory Courses (13 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</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>
<ul style="list-style-type: none"> <li>• Walking and Working Surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• Walking and Working Surfaces</li> </ul>
<ul style="list-style-type: none"> <li>• Exit Routes, Emergency Action Plans, Fire Prevention Plans and Fire Protection</li> </ul>	<ul style="list-style-type: none"> <li>• Emergency Planning</li> <li>• Industrial Fire Prevention</li> <li>• Evacuation Procedures</li> </ul>
<ul style="list-style-type: none"> <li>• Electrical</li> </ul>	<ul style="list-style-type: none"> <li>• Electrical Safety</li> <li>• Electrocution Hazards in Construction Environments Part I... Types of Hazards and How You Can Protect Yourself</li> </ul>
<ul style="list-style-type: none"> <li>• Personal Protective Equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Protective Equipment</li> </ul>
<ul style="list-style-type: none"> <li>• Materials Handling</li> </ul>	<ul style="list-style-type: none"> <li>• Materials Handling Safety</li> <li>• Warehouse Safety</li> </ul>
<ul style="list-style-type: none"> <li>• Hazard Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Hazard Communication in Industrial Facilities</li> </ul>
<b>Elective Courses (10 Hours)</b>	<b>Elective Courses (10 Hours)*</b>
<ul style="list-style-type: none"> <li>• Hazardous Materials (Flammable and Combustible Liquids, Spray finishing, compressed gases, dipping and coating operations)</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to GHS (The Globally Harmonized System)</li> <li>• Hazardous Materials Labels</li> <li>• Dealing with Hazardous Spills</li> <li>• Compressed Gas Cylinders</li> </ul>
<ul style="list-style-type: none"> <li>• Permit-Required Confined Spaces</li> </ul>	<ul style="list-style-type: none"> <li>• Confined Space Entry</li> </ul>
<ul style="list-style-type: none"> <li>• Lock-Out/Tag-Out</li> </ul>	<ul style="list-style-type: none"> <li>• Lock-Out/Tag-Out</li> </ul>
<ul style="list-style-type: none"> <li>• Machine Guarding</li> </ul>	<ul style="list-style-type: none"> <li>• Machine Guard Safety</li> </ul>
<ul style="list-style-type: none"> <li>• Welding, Cutting, Brazing</li> </ul>	<ul style="list-style-type: none"> <li>• Welding Safety</li> <li>• Hot Work Safety and The Permitting Process</li> </ul>
<ul style="list-style-type: none"> <li>• Introduction to Industrial Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to Industrial Hygiene</li> </ul>
<ul style="list-style-type: none"> <li>• Bloodborne Pathogens</li> </ul>	<ul style="list-style-type: none"> <li>• Bloodborne Pathogens in Commercial &amp; Industrial Facilities</li> </ul>
<ul style="list-style-type: none"> <li>• Ergonomics</li> </ul>	<ul style="list-style-type: none"> <li>• Industrial Ergonomics</li> <li>• Office Ergonomics</li> </ul>

## 30-Hour Curriculum (cont'd)

OSHA TOPICS	MARCOM'S EQUIVALENT COURSES
<b>Elective Courses (10 Hours) cont'd</b>	<b>Elective Courses (10 Hours) cont'd</b>
<ul style="list-style-type: none"> <li>• Fall Protection</li> </ul>	<ul style="list-style-type: none"> <li>• Fall Protection</li> </ul>
<ul style="list-style-type: none"> <li>• Safety &amp; 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>• 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>
<b>Optional Courses (7 Hours)</b>	<b>Optional Courses (7 Hours)*</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>	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.*