



OSHA 10
GENERAL INDUSTRY
Wednesday and Thursday
November 14th & 15th, 2018
Stow Fire Station
511 Great Road, Stow, MA
8:00 a.m. - 3:00 p.m.
(registration and breakfast 7:30 a.m.)
Light lunch will be provided

This OSHA 10hr training program is an OSHA General Industry 10hr training for craft level workers on the requirements and regulations of the Code of Federal Regulations OSHA CFR 29 1910 General Industry Standards. This course provides craft workers and allied trades (general industry) workers “awareness level” training and is intended to increase awareness of certain factors that may contribute to injuries among craft personnel and allied trades and suggests practices that reduce the risk of injury. Information about OSHA as well other consensus standards workers must follow regarding their rights, employer responsibilities, how to file a complaint as well as how to identify, abate, avoid and prevent job related hazards on a job site are also covered.

The training covers a variety of general industry safety and health hazards which a worker may encounter at a work site. This training emphasizes hazard identification, avoidance, control and prevention, and is NOT a course on OSHA or ANSI standards. Instructional time must be a minimum of 10 hours, with a maximum of 7.5 hrs taught per day.

This course is **not intended to provide “Competent person” or “Qualified Person” level training.**

Maximum Class Size: 40 students

Topics Covered:

- A) 6hrs Mandatory of the following topics (1 hr minimum per topic) according to OSHA DTE requirements.
- (1hr) Introduction to OSHA
 - (1 hr) Walking and Working Surfaces, including Fall protection
 - (1 hr) Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection.
 - (1 hr) Electrical Hazards
 - (1 hr) Personal Protective Equipment
 - (1 hr) Hazard Communication (Haz Com)
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- B) 4 hrs Additional Topics Delivered as Electives:** According to OSHA DTE requirements. Must present at least two hours of training on the following topics, with at least two topics from the below list.
- a) Hazardous Materials.

- b) Materials Handling
 - c) Machine Guarding
 - d) Introduction to Industrial Hygiene.
 - e) Bloodborne Pathogens.
 - f) Ergonomics
 - g) Safety and Health Program.
 - h) Fall Protection.
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Attendance at this seminar qualifies the MIIA member for 2% credit under the FY19 MIIA Rewards Workers' Compensation category.