

# OSHA TRAINING

(10-Hour Construction and General Industry)



Midwest Technical Inspections is proud to offer OSHA training services to our customers and their insureds at either our headquarters in Chicago's western suburbs or directly at the client's site. The 10-hour class length typically consists of 1 full day and 1 half day (7.5 hours on the first day + 2.5 hours on the second day). Class size can be no less than 3 and no more than 40 attendees.

## 10-Hour Construction

### *Mandatory:*

Introduction to OSHA – 2 hours  
Falls – 1.25 hours  
Electrocution Hazards – 1.25 hours  
Struck-by Hazards – 1.25 hours  
Caught-between or Caught-in – 1.25 hours  
Personal Protection Equipment and Lifesaving Equipment – 0.5 hours

**Total for Mandatory: 8 hours**

### *Electives:*

Health Hazards – 0.5 hours  
Cranes, Derricks – 0.5 hours  
Excavation – 0.5 hours  
Material Handling, Storage – 0.5 hours  
Scaffolds – 0.5 hours  
Stairways and Ladders – 0.5 hours  
Hand and Power Tools – 0.5 hours

**Total for Electives: 2 hours (at least 2 topics must be covered; hours listed are a minimum)**

## 10-Hour General Industry

### *Mandatory:*

Introduction to OSHA: Employee Rights and Employer Responsibilities – 2 hours  
Walking / Working Surfaces and Fall Protection – 1 hour  
Exit Routes, Emergency Action Plans and Fire Prevention and Protection – 1 hour  
Electrical Safety – 1 hour  
Personal Protection Equipment – 1 hour  
Hazard Communication – 1 hour

**Total for Mandatory: 7 hours**

### *Electives:*

Blood Borne Pathogens – 0.5 hours  
Ergonomics – 0.5 hours  
Fire Protection and Prevention – 0.5 hours  
Hazardous Materials – 0.5 hours  
Industrial Hygiene – 0.5 hours  
Machine Guarding – 0.5 hours  
Material Handling and Storage – 0.5 hours  
Safety and Health Programs – 0.5 hours

**Total for Electives: 2 hours (at least 2 topics must be covered; hours listed are a minimum)**

**Optional Topics Available: 1 hour**



Midwest Technical Inspections, Inc.

[www.mtinspections.com](http://www.mtinspections.com)

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*The Pyramid Stands for Quality, Service, and You*

