

OSHA TRAINING

(30-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 your client's site. The 30-hour class length consists of 4 full days (7.5 hours per day). Class size can be no less than 3 and no more than 40 attendees.

30-Hour Construction

Mandatory:

Introduction to OSHA: Employee Rights and Employer Responsibilities – 2 hours
Managing Safety and Health – 2 hours
Falls – 1.5 hours
Electrocution Hazards – 1.5 hours
Struck-by Hazards – 1.5 hours
Caught-between or Caught-in – 1.5 hours
Personal Protection and Lifesaving Equipment – 2 hours
Health Hazards – 2 hours
Stairway and Ladders – 1 hour

Total for Mandatory: 15 hours

Optional Topics Available: 3 hours

30-Hour General Industry

Mandatory:

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

Total for Mandatory: 13 hours

Optional Topics Available: 7 hour

Electives:

Confined Space Entry – 0.5 hours
Concrete and Masonry – 0.5 hours
Cranes, Derricks – 0.5 hours
Ergonomics – 0.5 hours
Excavation – 0.5 hours
Fire Protection and Prevention – 0.5 hours
Material Handling, Storage – 0.5 hours
Motor Vehicles, Mechanical Equipment, Signs and Signals – 0.5 hours
Powered Industrial Vehicles – 0.5 hours
Safety Health and Programs – 0.5 hours
Scaffolds – 0.5 hours
Stairways and Ladders – 0.5 hours
Steel Erection – 0.5 hours
Hand and Power Tools – 0.5 hours
Welding and Cutting – 0.5 hours

Total for Electives: 12 hours (at least 6 topics must be covered; hours listed are a minimum)

Electives:

Blood Borne Pathogens – 0.5 hours
Ergonomics – 0.5 hours
Fall Protection – 0.5 hours
Hazardous Materials – 0.5 hours
Industrial Hygiene – 0.5 hours
Lockout / Tag Out – 0.5 hours
Machine Guarding – 0.5 hours
Permit-Required Confined Space Entry – 0.5 hours
Powered Industrial Vehicles – 0.5 hours
Safety and Health Programs – 0.5 hours
Welding, Cutting and Brazing – 0.5 hours

Total for Electives: 10 hours (at least 5 topics must be covered; hours listed are a minimum)



Midwest Technical Inspections, Inc.

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