



OSHA 10

Basic General Workplace Safety Certification Course

OSHA 10 training is a basic safety program designed to educate entry-level workers about workplace safety and health hazards, helping them to identify and prevent potential risks. As part of the OSHA Outreach Training Program, this course aims to **promote workplace safety by providing workers with essential knowledge about common job-related hazards.**

The training is typically 10 hours long and is available in two specific categories: Construction and General Industry. Each category focuses on the unique risks and safety regulations pertinent to its respective field.

Key topics covered:

- **Introduction to Occupational Safety & Health Administration (OSHA):** Understanding the role of OSHA in workplace safety and workers' rights.
- **Hazard Recognition:** Identifying common workplace hazards such as falls, electrical risks, and material handling issues.
- **Personal Protective Equipment (PPE):** Learning about the necessary safety gear for different work environments.
- **Emergency Procedures:** Understanding how to respond to emergencies and report unsafe conditions.

Upon successful completion of the OSHA-10 training and passing the exam with a 70% or higher score, participants receive an official **OSHA 10** card issued by the U.S. Department of Labor (DOL). This card serves as proof of training and is often a requirement for employment in many industries.



For more information or to inquire about upcoming training dates:

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