



OSHA-30

General Industry Workplace Safety Certification

OSHA 30-Hour training for construction and general industry prepares supervisors and workers to avoid workplace safety and health risks. Topics covered in OSHA 30-Hour training include general worksite safety, avoiding common hazards, understanding workers' rights, employer responsibilities and more. Upon successful completion of training, **participants earn an official OSHA 30 card** from the U.S. Department of Labor (DOL) — a common requirement for employment in construction and other industries.

OSHA's 30-Hour training program **benefits supervisors and workers with safety roles**, including those in construction, manufacturing, factory operations, health care and more. The course **promotes safe and healthful work environments by training workers to identify, predict and avoid hazards in the workplace**. Training USA offers this in-person interactive 4-day training course to provide the necessary training for general workplace safety tailored to what DOT and government agency employees need.

Mandatory (14 hours)	Electives (16 hours)
<ul style="list-style-type: none"> • Introduction to OSHA (1 hour) • Managing Safety and Health (2 hours) • OSHA Focus Four Hazards (6 hours) <ol style="list-style-type: none"> 1) Falls (minimum 1 hour and 30 minutes) 2) Electrocution 3) Struck-by (e.g., falling objects, trench hazards, cranes) 4) Caught-In or Between (e.g., trench hazards, equipment) • Personal Protective Equipment (PPE) and Lifesaving Equipment (2 hours) • Health Hazards in Construction (2 hours) • Stairways and Ladders (1 hour) 	<p>Choose at least 6 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> • Concrete and Masonry Construction • Confined Space Entry • Cranes, Derricks, Hoists, Elevators, & Conveyors • Ergonomics • Excavations • Fire Protection and Prevention • Materials Handling, Storage, Use and Disposal • Motor Vehicles, Mechanized Equipment and Marine Operations • Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades • Powered Industrial Vehicles • Safety and Health Programs • Scaffolds • Steel Erection • Tools – Hand & Power • Welding and Cutting • Foundations for Safety Leadership (minimum 2 hours and 30 minutes) • Teach any other construction industry hazards or policies and/or expand on the mandatory or elective topics.

