

**DESIGNATED TRAINING TOPICS  
10-HOUR GENERAL INDUSTRY  
OUTREACH TRAINING PROGRAM**

The 10-hour program is intended to provide a variety of training on General Industry safety and health to entry-level workers. **Of the topics listed below, four hours are mandatory and three hours must be chosen from the optional topic list provided.** For the remainder of the class, you may teach any other general industry standards or policies and/or expand on the required topics. The 10-hour classes are designed to be presented to workers; therefore they must emphasize hazard identification, avoidance, control and prevention, not OSHA standards.

**REQUIRED COURSE TOPICS**

**Introduction to OSHA, including:**

- OSH Act
- General Duty Clause 5(a)(1)
- Inspections, Citations, and Penalties (CFR Part 1903)
- Recordkeeping (CFR Part 1904) (One Hour)

**Walking and Working Surfaces, Subpart D (One Hour)**

**Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L (One Hour)**

**Electrical, Subpart S**

**Choose at least 3 topics - must add up to 3 hours:**

**Flammable and Combustible Liquids, Subpart H**

**Personal Protective Equipment (PPE), Subpart I**

**Machine Guarding, Subpart O**

**Hazard Communication, Subpart Z**

**Introduction to Industrial Hygiene / Bloodborne Pathogens, and/or Ergonomics, Subpart Z**

**Safety and Health Programs (One-half to One Hour each)**

**DESIGNATED TRAINING TOPICS  
30-HOUR GENERAL INDUSTRY  
OUTREACH TRAINING PROGRAM**

The 30-hour program is intended to provide a variety of training to people with some safety responsibility.

**Of the topics listed below, seven hours are mandatory and fourteen hours must be chosen from the optional topic list provided.** For the remainder of the class, you may teach any other general industry standards or policies or expand on the required topics.

**REQUIRED COURSE TOPICS**

**Introduction to OSHA Standards – at least Two Hours**

- OSH Act
- General Duty Clause 5 (a) (1)
- Inspections, Citations, and Penalties (CFR Part 1903)

**Walking and Working Surfaces, Subpart D - at least One Hour**

**Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L – at least Two Hours**

**Electrical, Subpart S – at least Two Hours**

**Choose at least 6 topics - must add up to at least 14 hours:**

Flammable and Combustible Liquids, Subpart H

Personal Protective Equipment, Subpart I

Permit-Required Confined Spaces, Subpart J

Lockout / Tagout, Subpart J

Materials Handling, Subpart N

Machine Guarding, Subparts O

Welding, Cutting, and Brazing, Subpart Q

Hazard Communication, Subpart Z

Introduction to Industrial Hygiene / Bloodborne Pathogens, Subpart Z

Ergonomics

Recordkeeping, 29 CFR 1904

Safety and Health Programs