

# OSHA 30-Hour Construction 5-Day Workbook

*Length of topics and break schedule may vary.*

	TIME	Length of Topic	TOPIC	Pages
<b>Day 1</b> 6 H 30 M	8:15 am - 8:30 am		Administrative	
	8:30 am - 10:00 am	<b>1 Hour 30 Minutes</b>	<b>Introduction to OSHA</b>	2 - 10
	10:00 am - 10:30 am	<b>30 Minutes</b>	<b>Managing Safety and Health</b>	11 - 18
	10:30 am - 10:45 am		Break - 15 Minutes	
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Managing Safety and Health</b>	11 - 18
	12:00 pm - 1:00 pm		Lunch - 1 Hour	
	1:00 pm - 3:00 pm	<b>2 Hours</b>	<b>Health Hazards in Construction</b>	19 - 27
	3:00 pm - 3:15 pm		Break - 15 Minutes	
	3:15 pm - 4:30 pm	<b>1 Hour 15 Minutes</b>	<b>Construction Safety Inspections</b>	28 - 31
<b>Day 2</b> 6 H 30 M	8:15 am - 8:30 am		Administrative	
	8:30 am - 9:15 am	<b>45 Minutes</b>	<b>Fire Protection and Prevention</b>	32
	9:15 am - 10:30 am	<b>1 Hour 15 Minutes</b>	<b>Personal Protective and Lifesaving Equipment</b>	33 - 34
	10:30 am - 10:45 am		Break - 15 Minutes	
	10:45 am - 11:15 am	<b>30 Minutes</b>	<b>Personal Protective and Lifesaving Equipment</b>	33 - 34
	11:15 am - 12:00 pm	<b>45 Minutes</b>	<b>Focus Four Hazards: Electrocution</b>	35 - 39
	12:00 pm - 1:00 pm		Lunch - 1 Hour	
	1:00 pm - 2:00 pm	<b>1 Hour</b>	<b>Focus Four Hazards: Electrocution</b>	35 - 39
	2:00 pm - 3:00 pm	<b>1 Hour</b>	<b>Focus Four Hazards: Struck-By</b>	40 - 42
	3:00 pm - 3:15 pm		Break - 15 Minutes	
	3:15 pm - 3:30 pm	<b>15 Minutes</b>	<b>Focus Four Hazards: Struck-By</b>	40 - 42
	3:30 pm - 4:30 pm	<b>1 Hour</b>	<b>Tools - Hand and Power</b>	43 - 44
<b>Day 3</b> 5 H 15 M	8:15 am - 8:30 am		Administrative	
	8:30 am - 9:30 am	<b>1 Hour</b>	<b>Focus Four Hazards: Caught-In or Between</b>	45 - 47
	9:30 am - 10:30 am	<b>1 Hour</b>	<b>Powered Industrial Vehicles</b>	48 - 50
	10:30 am - 10:45 am		Break - 15 Minutes	
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Materials Handling, Storage, Use and Disposal</b>	51 - 54
	12:00 pm - 1:00 pm		Lunch - 1 Hour	
	1:00 pm - 1:30 pm	<b>30 Minutes</b>	<b>Materials Handling, Storage, Use and Disposal</b>	51 - 54
	1:30 pm - 3:00 pm	<b>1 Hour 30 Minutes</b>	<b>Excavations</b>	55 - 58
<b>Day 4</b> 6 H 30 M	8:15 am - 8:30 am		Administrative	
	8:30 am - 10:30 am	<b>2 Hours</b>	<b>Focus Four Hazards: Falls</b>	59 - 66
	10:30 am - 10:45 am		Break - 15 Minutes	
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Stairways and Ladders</b>	67 - 75
	12:00 pm - 1:00 pm		Lunch - 1 Hour	
	1:00 pm - 1:30 pm	<b>30 Minutes</b>	<b>Stairways and Ladders</b>	67 - 75
	1:30 pm - 3:00 pm	<b>1 Hour 30 Minutes</b>	<b>Scaffolds</b>	76 - 80
	3:00 pm - 3:15 pm		Break - 15 minutes	
3:15 pm - 4:30 pm	<b>1 Hour 15 Minutes</b>	<b>Safety and Health Programs</b>	81 - 82	
<b>Day 5</b> 5 H 15 M	8:15 am - 8:30 am		Administrative	
	8:30 am - 10:30 am	<b>2 Hours</b>	<b>Foundations for Safety Leadership</b>	83 - 97
	10:30 am - 10:45 am		Break - 15 Minutes	
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Foundations for Safety Leadership</b>	83 - 97
	12:00 pm - 1:00 pm		Lunch - 1 Hour	
	1:00 pm - 3:00 pm	<b>2 Hours</b>	<b>Foundations for Safety Leadership</b>	83 - 97