



OSHA 30-Hour Construction Agenda – Video Conference

Length of topics and break schedule may vary.

Day One

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 10:00 am	1 Hour 30 Min	Introduction to OSHA
10:00 am – 10:15 am		Break - 15 minutes
10:15 am – 12:15 pm	2 Hours	Managing Safety and Health Programs
	3 Hours 30 Min	Day Ends

Day Two

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 10:30 am	2 Hours	Focus Four: Fall Hazards
10:30 am – 10:45 am		Break - 15 minutes
10:45 am – 12:30 pm	1 Hour 45 Min	Focus Four: Electrocution Hazards
	3 Hours 45 Min	

Day Three

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 10:30 am	2 Hours	Focus Four: Struck-by Hazards
10:30 am – 10:45 am		Break - 15 minutes
10:45 am – 12:30 pm	1 Hour 45 Min	Focus Four: Caught-in-Between Hazards
	3 Hours 45 Min	

Day Four

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 10:30 am	2 Hours	Personal Protective Equipment
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 12:45 pm	2 Hours	Health Hazards in Construction
	4 Hours	



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Day Five

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 9:30 am	1 Hour	Stairways and Ladders
9:30 am – 10:30 am	1 Hour	Construction Safety Inspections
10:30 am – 10:45 pm		Break – 15 minutes
10:45 am – 11:45 am	1 Hour	Welding & Cutting
11:45 am – 12:30 pm	45 Minutes	Excavations
	3 Hours 45 Min	

Day Six

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 9:15 am	45 Minutes	Excavations
9:15 am – 10:30 am	1 Hour 15 Min	Materials Handling, Storage, Use and Disposal
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 11:30 am	45 Minutes	Ergonomics
11:30 am – 12:30 pm	1 Hour	Powered Industrial Trucks / Self Propelled Equipment
	3 Hours 45 Min	

Day Seven

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 9:30 am	1 Hour	Scaffolds
9:30 am – 10:30 am	1 Hour	Tools – Hand and Power
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 11:45 am	1 Hour	Confined Space Entry
11:45 am – 12:30 pm	45 Minutes	Fire Protection and Prevention
	3 Hours 45 Min	

Day Eight

TIME	Length of Topic	TOPIC
8:15 am – 8:30 am		Administrative
8:30 am – 10:30 am	2 Hours	Foundations of Safety Leadership
10:30 am – 10:45 am		Break – 15 minutes
10:45 am – 12:30 pm	1 Hour 45 Min	Foundations of Safety Leadership
	3 Hours 45 Min	