

# OSHA 30-HOUR CONSTRUCTION

This course provides an expanded foundational knowledge of construction safety and health standards often required for construction industry career roles involving a higher level of supervisory safety responsibility. Earn your OSHA 30-Hour card quickly and easily and be on your way to a safe and successful career.



**Best-in-Class** Customer Care  
4.8/5 Satisfaction Rating



**+2.8 Million** Trained and Counting



**Industry-Recognized**  
Expanded Credential for Safety Professionals



*Our OSHA 30-Hour Construction training course is provided through an OSHA-authorized third-party partner. This expanded credential offering is perfect for professionals and those looking for a deeper dive into OSHA safety standards.*

 **Optimized Learning**    **Industry-Tailored Training**

**AVAILABLE IN SPANISH!**  
*¡Disponible en Español!*



## Benefits and Features

By completing the CareerSafe OSHA 30-Hour training, students will:

- Earn an OSHA 30-Hour card from the U.S. Department of Labor, demonstrating to employers they have received safety training needed in the workplace
- Understand their rights as workers, including employer responsibilities
- Become more employable, gaining a competitive advantage in the job market
- Develop a safety mindset and learn foundational workplace skills



*More than 90  
topics covered*



*Learn more about the CareerSafe  
OSHA 30-Hour Construction course »*



## COURSE TOPICS

- Access to Medical and Exposure Records for Managers
- Active Shooter
- Aerial and Scissor Lifts
- Basic Rigging Principles
- Bench Grinder Safety
- Blasting Area Awareness
- Blocking and Cribbing
- Bloodborne Pathogens (BBP)
- Cannabis Awareness
- Cold Stress
- Compressed Air Safety Awareness
- Compressed Gas Cylinder Safety
- Concrete and Masonry Awareness
- Confined Space Awareness for Construction
- Continuously Improve for Safety Excellence
- Corrosive Safety
- Crane Operator Safety
- Crane Signaling Awareness
- Culture of Early Reporting
- Defensive Driving - Small Vehicles
- Distracted Driving
- Drugs and Alcohol
- Dust Mask - Voluntary Use Guidelines
- Egress and Emergency Action Plans
- Electrical Arc Flash Awareness
- Electrical Safety for Construction
- Excavation and Trenching Safety
- Extreme Driving Conditions
- Fall Protection
- Fall Protection: Rescues
- Fire Extinguisher Safety for Construction
- Flammable and Combustible Liquids
- Giving and Receiving Feedback
- Hand Tool Safety for Construction
- Hand, Wrist, and Finger Safety
- Handwashing Awareness
- Hazard Communication for Construction
- Health Hazards in Construction
- Hearing Conservation
- Heat Stress
- Hexavalent Chromium
- Hot Work for Construction
- Housekeeping on the Job
- Hydraulic Safety
- Hydrogen Sulfide (H<sub>2</sub>S) Awareness
- Incident Investigation
- Industrial Ergonomics
- Industrial Hygiene Awareness
- Inspections and Observations
- Integrated Systems - Achieving Organizational Excellence
- Introduction to OSHA
- Job Hazard Analysis
- Ladder Safety for Construction
- Latex Allergy Awareness
- Lead Poisoning
- Lithium-Ion Battery Awareness
- Load Securement for Heavy Equipment
- Lockout/Tagout (LOTO) Programs and Procedures
- Low-Speed and Utility Vehicle Safety
- Machine Guarding
- Materials Handling Practices for Construction
- Mobile Elevated Work Platforms
- Office Safety
- Office Safety Awareness
- OSHA 300 Recordkeeping Requirements
- OSHA Inspections for Construction and Multi-Employer Worksites
- OSHA Outreach Training
- Personal Factors in Safety
- Personal Protective Equipment (PPE) Overview for Construction
- Power Tool Safety for Construction
- Pre-Job Briefings
- Preventing Back Injury
- Preventing Cuts and Puncture Wounds
- Reporting (Data Entry)
- Respiratory Protection
- Rough Terrain Forklift Safety
- Safe Return to Work for Construction
- Safety and You for Construction
- Safety Everywhere: Carbon Monoxide
- Safety Signs
- Scaffold Safety Essentials
- Slips, Trips, and Falls for Construction
- Stacking and Storage Practices for Construction
- Tasks and Corrective Actions
- Using Eyewashes and Emergency Showers
- Vector-Borne Disease Awareness: Mosquitoes, Ticks, and Other Pests
- Vehicle Inspections
- Walking-Working Surfaces
- Welding, Cutting, and Brazing for Construction
- What If? Mentality
- Why Incident Management Matters Introduction
- Work Zone Safety