Sample Lesson Plan

General Training Program (10-hour)

Overview

This lesson gives a basic overview of OSHA’s role in the prevention and elimination of work-related illnesses and injuries. It includes information about employer and employee rights and responsibilities, and a very brief look at the inspection process, reporting and recordkeeping.

Step 1: Planning the Lesson

• Instructional Materials.
  1. PowerPoint presentation.
  2. Instructor notes.
  3. Other materials.

• Instructional Objectives.
  1. Complete the required topics for the OSHA 10-hour course.
  2. Present Introduction to OSHA to [number] participants.
  3. Incorporate active participation in each lesson.
  4. Provide a quiz or short evaluation at the end of the course.
  5. Ensure feedback from participants at various points in the training.

Step 2: Presenting the Lesson

• Lesson Introduction.
  Introductory remarks or transition from previous lesson.

• Learning Objectives/Outcomes.
  Upon completion of the lesson, participants will be able to:

  1. Explain Fatality Catastrophe (FAT/CAT) Reports
     Possible responses.
     - Weekly summaries of fatalities and catastrophes resulting in the hospitalization of three or more workers
     - Employers must report these incidents to OSHA within eight hours
The summaries below include only preliminary information, as reported to OSHA Area Offices or to States which operate OSHA-approved State Plans. OSHA investigates all work-related fatalities and catastrophes.

Once an OSHA investigation is complete, the summary report will be updated with a webpage link to the corresponding inspection, which will list citation information.

FAT/CAT Reports contain the following information:
- Date of incident
- Company and Location
- Preliminary description of the incident

2. Explain the history of OSHA
Possible responses.

- OSHA stands for the Occupational Safety and Health Administration, an agency of the U.S. Department of Labor.
- OSHA’s responsibility is worker safety and health protection.
- OSHA was created by Congress under the **Occupational Safety and Health Act of 1970**.
- There were four main events that led to the OSHA laws.
  - **1911 Triangle Shirtwaist Company**: A fire in New York City killed 146 of 500 employees in one of the worst work-related disasters in our country’s history. Factory workers died because doors were locked and there were no fire escapes.
  - **Production for World War I**: The government created a Working Conditions Service to help states inspect plants and reduce hazards.
  - **1930’s Roosevelt’s New Deal**: As part of President Roosevelt’s New Deal, additional laws increased the federal government’s role in job safety and health. But the federal role was mainly to provide services and information to state governments.
  - **1960 Statistics**: 14,000 workers died every year and more than 2.2 million workers were not able to work due to injuries and illnesses.
- **OSH Act**:
  - On December 29, 1970, President Nixon signed the OSHA Act. This Act created OSHA, the agency, which formally came into being on April 28, 1971.
  - With the creation of OSHA, all employers in the United States had the legal responsibility to provide a safe and healthful workplace for employees.
  - The OSH Act is also known as Public Law 91-596.

3. Who does OSHA cover and who is not covered by OSHA.
Possible responses.

- **Who does OSHA cover?**
  - All private sector employers and their workers in the 50 states and all territories and jurisdictions under federal authority.
  - Religious groups are covered if they employ workers for secular purposes, such as maintenance or gardening.

- **Who is Not covered by OSHA?**
  - Self-employed
  - Immediate members of farming families not employing outside workers
  - Mine workers, certain truckers and transportation workers, an atomic energy workers who are covered by other federal agencies
  - Public employees in state and local governments, although some states have their own plans that cover these workers.

4. Summarize a worker’s rights and “Right to Know”
Possible responses.
- A safe and healthful workplace
- Know about hazardous chemicals
- Information about injuries and illnesses in your workplace (OSHA 300 log)
- Complain or request hazard correction from an employer
- Training: You have a right to get training from your employer on a variety of health and safety hazards, and standards that your employer must follow.
- Hazard exposure and medical records
- File a complaint with OSHA: You may file a complaint with OSHA if you believe a violation of safety or health standard, or an imminent danger situation, exists in your workplace. You may request that your name not be revealed to your employer.
- Participate in an OSHA inspection:
- Be free from retaliation for exercising safety and health rights: Workers have the right to seek safety and health on the job without fear of punishment [Section 11(c) of the OSH Act]

**Step 3: Evaluating Student Learning and Instruction**

- Lesson Evaluation and Comments.

**References**

http://osha.gov/about.html
Sample Lesson Plan

General Industry Training Program (10-hour)

Topic: Introduction to OSHA

Purpose

To help students understand OSHA’s role in the workplace.

Objectives

Upon completion of this topic lesson, students will:

- Be familiar with the role of the Occupational Safety and Health Administration (OSHA).
- Know their basic rights and responsibilities as employees as well as those of their employers.

Instructor’s Activities

- Deliver PowerPoint presentation.
- Discuss the Occupational Safety and Health Act and the creation of the Occupational Safety and Health Administration (OSHA).
- Review the rights and responsibilities of employees.
- Help students understand how important it is to “StartSafe” and “StaySafe” at work, at home, and at school.