Sample Lesson Plan

General Training Healthcare Program (10-hour)

Overview

This lesson gives a basic overview explaining the potential hazards of chemicals that you may encounter in the workplace and how to safely work with these chemicals.

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 Hazard Communication 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 and discuss chemical safety.

  2. List the different routes of entry that chemicals may enter your body.

     Possible responses:

     o Nose: Inhalation (breathing)
     o Mouth: Ingestion (by mouth)
     o Hand: Absorption
     o Needle: Injection (puncture wound)
3. Describe the Right to Know Law.
   *Possible response.*
   
   - The Right-to-Know law gives you the legal right to know about each and every hazardous chemical that you may be exposed to at work and the specific hazards associated with those chemicals and what to do to protect yourself.

4. List the 4 requirements of the HAZCOM Program.
   *Answers.*
   
   - A list of all hazardous chemicals known to be in the workplace
   - A Safety Data Sheet (SDS) for each hazardous chemical
   - Warning labels
   - Employee training

5. Describe Safety Data Sheets, the requirements of SDS, and why they are important.
   
   - SDS are designed to identify the hazards of a chemical.
   - They are important because they explain how you can protect yourself from the hazards.
   - Identify and discuss each section of an SDS.

6. Recognizing warning labels and pictograms.

7. Understand how to StarSafe and Stay Safe around chemicals and recognize hazardous communication warnings.
   
   - Be aware of your work environment and know if hazardous chemicals are present.
   - Always keep in mind the hazards associated with chemicals in your work area.
   - Before you enter your work area, think about what precautions you need to take to protect yourself and others.
   - Review your employer’s list of all the hazardous chemicals in your workplace.
   - Become familiar with the SDS and warning labels for each hazardous chemical you may encounter.
   - Follow the precautions found on each SDS and warning label.
   - Wear the required personal protective equipment.
   - Receive the proper training before working in an area with hazardous chemicals.

*Step 3: Evaluating Student Learning and Instruction*

- Lesson Evaluation and Comments.
References

OSHA Standard

- 29 CFR 1910 Subpart Z (1910.1200)

OSHA Publications

- 3084 Chemical Hazard Communication
- 3111 Hazard Communication Guidelines for Compliance

OSHA References/Resources

- Appendix E to 1910.1200 – Guidelines for Employer Compliance
- OSHA Form 174 – Material Safety Data Sheet (MSDS)
- OSHA Small Business Outreach Training Program, Hazard Communication
- OSHA Technical Links – Hazard Communication
- Self-Inspection Checklists