



CAREERSAFE[®] OSHA 10-HOUR
CONSTRUCTION INDUSTRY



CAREERSAFE: THE NATIONAL YOUTH SAFETY INITIATIVE

The CareerSafe® Online program is the first of its kind. It is an interactive, Y2Y (Youth To Youth) online program that addresses the high priority safety training needs of young workers. With the CareerSafe® philosophy, “StartSafe. StaySafe.”, students will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how they can protect themselves and others. Throughout the program, students explore a wide range of occupational safety and health topics including Introduction to OSHA, common physical and health hazards, hazard identification, and how to protect themselves from hazards, all intended to help them StartSafe. StaySafe.®

NEED FOR CAREERSAFE®

Every five days, one teen is killed on the job. According to the National Institute of Occupational Safety and Health (NIOSH) there are about 70 work-related fatalities each year among this young worker population. Additionally, more than 200,000 young workers are injured on the job annually. Further, 70,000 of them require emergency room treatment. In fact, data from the Centers of Disease Control and Prevention (CDC) indicate that young workers have the highest rates of work-related deaths, injuries and illnesses.

WHAT DO STUDENTS SAY?

STUDENTS ENROLLED

1.6 MILLION

EDUCATIONAL INSTITUTIONS

OVER 4,000

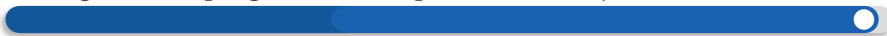
Student feedback shows...

Based on a poll of 239,278 students that completed the Construction Industry course, students overwhelmingly praise the CareerSafe® online program as being efficient and effective. The feedback collected from students allows CareerSafe® to keep our courses as engaging as they are informative and ensures that every student is getting the most out of their safety training.

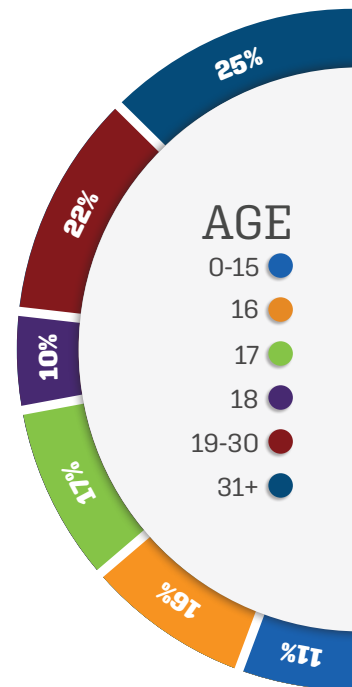
97% said they would recommend this training to other young workers



99% agreed the program will help them identify hazards



96% said the program was easy to use



TESTING AND COMPLETION

Each topic contains a brief assessment, which must be successfully completed before the topic is marked complete. Once all topics have been viewed and the corresponding assessments are passed, there is a comprehensive final assessment. Students must complete the course within 6 months and pass the final assessment with a 70% score or higher within three (3) attempts. If a student does not pass, he or she will be given one (1) course reset and must start from the beginning. Students must complete all required course material including the course survey to receive the credential. Once the student successfully completes the course a printable certificate is available. The student will also receive their OSHA 10-Hour Construction Industry wallet card by mail 4-6 weeks after completion. If the student fails to enroll the course within 1 year of the purchase date, the voucher will expire and the course will become unavailable.

COURSE OVERVIEW

CareerSafe's® OSHA 10-Hour Construction Industry course consists of interactive topics discussing various safety tips and procedures one should follow in the workplace. The Construction Industry course is perfect for the construction and architecture industries.

Required Topics:

Introduction to OSHA

OSHA Focus Four Hazards:

- Fall Hazards
- Avoiding Electrocution Hazards
- Struck-By Hazards
- Caught-In or -Between

Personal Protective Equipment (PPE)

Health Hazards in Construction

Supplemental Topics:

Ergonomics

Hazard Communication

Preventing Workplace Violence

Excavations

Materials Handling, Storage, Use, Disposal

Scaffolds

Hand and Power Tools

Safe Driving Practices

Emergency Action Plans and Fire Protection

Cranes

Welding & Cutting

Bloodborne Pathogens

Industrial Hygiene

INTRODUCTION TO OSHA [60 minutes]

Given OSHA historical events and current information, the student will be able to explain the importance of OSHA in providing a safe and healthful workplace to workers covered by OSHA.

- *Explain why OSHA is important to workers.*
- *Explain worker rights under OSHA.*
- *Discuss employer responsibilities under OSHA.*
- *Discuss the use of OSHA standards.*
- *Explain how OSHA inspections are conducted.*
- *Utilize helpful worker safety and health resources.*

FALL HAZARDS [90 minutes]

Given current OSHA and industry information regarding construction worksite illnesses, injuries and/or fatalities, the student will be able to recognize fall hazards in construction.

- *Identify major fall hazards.*
- *Describe types of fall hazards.*
- *Protect yourself from fall hazards.*
- *Recognize employer requirements to protect workers from fall hazards.*

AVOIDING ELECTROCUTION HAZARDS [60 minutes]

Given current OSHA and industry information regarding construction worksite illnesses, injuries and/or fatalities, the student will be able to recognize electrocution hazards in construction.

- *Identify major electrocution hazards.*
- *Describe types of electrocution hazards.*
- *Protect him/herself from electrocution hazards.*
- *Recognize employer requirements to protect workers from electrocution hazards.*

STRUCK-BY HAZARDS [60 minutes]

Given current OSHA and industry information regarding construction worksite illnesses, injuries and/or fatalities, the student will be able to recognize struck-by hazards in construction.

- *Identify common struck-by hazards.*
- *Describe types of struck-by hazards.*
- *Protect yourself from struck-by hazards.*
- *Recognize employer requirements to protect workers from struck-by hazards.*

CAUGHT-IN OR CAUGHT-BETWEEN HAZARDS [30 minutes]

Given current OSHA and industry information regarding construction worksite illnesses, injuries and/or fatalities, the student will be able to recognize caught-in or -between hazards in construction.

- *Identify common caught-in or -between hazards.*
- *Describe types of caught-in or -between hazards.*
- *Protect themselves from caught-in or -between hazards.*
- *Recognize employer requirements to protect workers from caught-in or -between hazards.*

PERSONAL PROTECTIVE EQUIPMENT (PPE) [60 minutes]

Given current OSHA and industry information regarding worksite illnesses, injuries and/or fatalities, the student will be able to select appropriate personal protective equipment for common industry hazards.

- *Recall employer responsibilities toward affected employees regarding PPE.*
- *Identify when face and head protection should be used.*
- *Recall which types of hand and foot protection should be used in a specific situation.*
- *Recognize the differences between respirator types.*
- *Identify the differences between full-body protection levels.*

HEALTH HAZARDS IN CONSTRUCTION [30 minutes]

Given current OSHA and industry information regarding worksite illnesses, injuries, and/or fatalities, the student will be able to recognize how to protect themselves from common health hazards found in construction industry workplaces.

- *Identify common health hazards [e.g., chemical, heat stress, noise, biological, ergonomic-related].*
- *Describe types of common health hazards.*
- *Apply health hazard protection methods.*
- *Recognize employer requirements to protect workers from health hazards in construction, including hazards communication program.*

EXCAVATIONS [30 minutes]

Given current OSHA and general industry information regarding worksite illnesses, injuries, and/or fatalities, the student will be able to recognize responsibilities related to excavations.

- *Identify the greatest risk present at an excavation site.*
- *Recognize the three methods of protecting employees from cave-ins.*
- *Name hazards associated with excavation areas and ways to eliminate them.*
- *Describe the functions of a competent worker at an excavation site.*
- *Identify employer requirements to protect workers from excavation hazards.*

MATERIALS HANDLING [30 minutes]

Given best practices and current OSHA and industry information regarding worksite illnesses, injuries, and/or fatalities, the student will be able to recognize how to protect themselves from hazards associated with material handling.

- *Identify types of material handling equipment.*
- *Describe hazards associated with material handling activities [e.g., storage, use, and disposal].*
- *Identify methods to prevent hazards associated with material handling equipment.*
- *Recognize employer requirements to protect workers from material handling hazards.*

SCAFFOLDS [30 minutes]

Given best practices and current OSHA and industry information regarding worksite injuries and/or fatalities, the student will be able to recognize how to protect themselves from hazards associated with scaffolds.

- *Describe the role of a competent person related to scaffolding.*
- *Identify the types of scaffolds commonly used on construction sites.*
- *Describe hazards associated with scaffolds.*
- *Discuss methods to prevent hazards associated with scaffolds.*
- *Recognize employer requirements to protect workers from scaffold hazards.*

HAND AND POWER TOOLS [30 minutes]

Given current OSHA and industry information regarding general industry worksite illnesses, injuries, and/or fatalities, the student will be able to recognize hazards associated with using hand and power tools.

- *List the basic hand and power tool safety rules.*
- *Identify the precautions essential to the safe use of tools commonly used at construction worksites.*
- *Name the guarding techniques that apply to hand and power tools.*
- *Recognize employer requirements to protect workers from tool hazards.*

SAFE DRIVING PRACTICES [30 minutes]

Given current OSHA and industry information regarding general industry worksite illnesses, injuries, and/or fatalities, the student will be able to recognize hazards associated with driving.

- *Identify the number one cause of death for U.S. teens.*
- *List eight risk factors for young drivers.*
- *Identify the biggest risk factor for young drivers.*
- *Define distracted driving.*
- *Provide examples and/or causes of distracted driving.*
- *Identify the biggest risk factor for distracted driving.*
- *Discuss the risk of having other young passengers in the car.*
- *List some actions employers should take to keep employees safe while driving.*
- *List some actions employees can take to safely drive on the job.*

EMERGENCY ACTION PLANS AND FIRE PROTECTION [30 minutes]

Given current OSHA and industry information regarding worksite illnesses, injuries, and/or fatalities, the student will be able to recognize hazards and best practices associated with emergency action plans, fire prevention plans fire protection, and exit routes.

- *Recognize benefits of an Emergency Action Plan.*
- *Identify elements of Fire Protection Plan.*
- *Identify conditions under which evacuation actions may be necessary in an emergency situation.*
- *Identify conditions under which shelter-in-place may be necessary in an emergency situation.*
- *Identify characteristics of an effective emergency escape route.*
- *Recognize the five types of fire extinguishers, including the types of fires they can extinguish.*
- *Review requirements for proper maintenance of portable fire extinguishers.*

CRANES [30 minutes]

Given current OSHA and industry information regarding worksite illnesses, injuries and/or fatalities, the student will be able to recognize how to protect themselves from hazards associated with construction crane operations.

- *Identify common causes of crane accidents.*
- *Describe requirements for crane use, including pre-planning methods.*
- *Describe precautions for crane use near power lines.*
- *Recognize employer requirements to protect workers from crane hazards.*
- *Explain training requirements related to crane operations.*

WELDING & CUTTING [30 minutes]

Given current OSHA and industry information regarding worksite illnesses, injuries and/or fatalities, the student will be able to recognize welding and cutting hazards in the construction industry.

- *Describe how to safely use the equipment associated with gas welding and cutting.*
- *Describe how to safely use the equipment associated with arc welding and cutting.*
- *List the various methods of ventilation and protection used in various working environments.*
- *Restate the dangers associated with both chemical and physical agents when welding and cutting.*

SUPPLEMENTAL TOPICS

CareerSafe's® offers optional topics included in the OSHA 10-Hour Construction Industry course for no additional charge. While these topics are not necessary to complete the course and earn a Federal Credential, students and teachers may find valuable information that further reinforces the curriculum. Every CareerSafe® Supplemental topic is available the moment the student begins the course.

BLOODBORNE PATHOGENS [30 minutes]

Given current OSHA and industry information regarding worksite illnesses & injuries, the student will be able to recognize hazards associated when working with bloodborne pathogens in the workplace.

- *Identify OSHA requirements pertaining to bloodborne pathogens.*
- *List the potential routes of exposure from bloodborne pathogens.*
- *Identify the risks associated with Human Immunodeficiency Virus (HIV), Hepatitis B & Hepatitis C Virus.*
- *Identify methods of preventing transmission of pathogens and managing occupational exposures.*
- *Restate methods of the safe disposal of sharps.*
- *Recount steps which should be taken in the event of an exposure to a potential bloodborne pathogen.*

ERGONOMICS [30 minutes]

Given current OSHA and industry information regarding worksite ergonomic injuries, the student will be able to recognize ergonomic hazards and select solutions which prevent injuries from occurring.

- *Recognize risk factors associated with work-related musculoskeletal disorders (MSD)s.*
- *Identify good posture.*
- *Describe safe lifting techniques.*
- *Identify ergonomic control methods for eliminating/reducing work-related MSDs.*

HAZARD COMMUNICATION [60 minutes]

Given current OSHA and general industry information regarding worksite illnesses, injuries, and/or fatalities, the student will be able to recognize responsibilities related to hazard communications, including Global Harmonizing System (GHS) requirements.

- *Identify the employer's responsibilities under the HCS, including training requirements.*
- *Identify components of a Hazard Communication program.*
- *Describe requirements of the different types of Hazard Communication labels.*
- *Locate pertinent information about chemicals on labels, including other forms of hazard communication, to ensure "right to understanding" provisions of GHS requirements.*

INDUSTRIAL HYGIENE [30 minutes]

Given current OSHA and industry information regarding general industry worksite illnesses, injuries, and/or fatalities, the student will be able to recognize hazards associated with industrial hygiene.

- *Identify strategies to control chemical hazards.*
- *Identify strategies to control biological hazards.*
- *Identify strategies to control physical hazards.*
- *Identify strategies to control ergonomic hazards.*

PREVENTING WORKPLACE VIOLENCE [30 minutes]

Given current OSHA and industry information regarding general industry worksite illnesses, injuries, and/or fatalities, the student will be able to recognize hazards associated with violence in the workplace.

- *Define the term violence.*
- *Recall who is at risk for encountering workplace violence.*
- *Describe workplace violence prevention strategies.*
- *Identify how to StartSafe and StaySafe to prevent or lessen workplace violence.*

For more information about this online course, visit:

www.CareerSafeOnline.com/courses/construction-industry