

# OSHA 10-HOUR CONSTRUCTION

From OSHA basics to construction industry-specific workplace hazards, this course provides foundational knowledge of occupational safety and health standards appropriate for construction industry careers. Earn your OSHA 10-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** Lifetime Credential  
Shipped Within Two Business Days

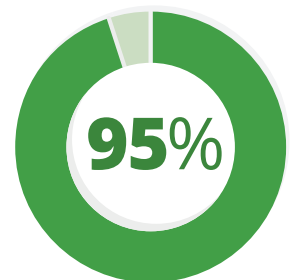
*"OSHA 10-Hour training has taught me essential information and vital skills I need to identify, assess, and successfully manage workplace dangers."*

 Optimized Learning    Study Guides    Industry-Tailored Training

## Benefits and Features

By completing the CareerSafe OSHA 10-Hour training, students will:

- Earn an OSHA 10-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



*95% said they would recommend this training to others\**

\*Based on CareerSafe course exit surveys



*Learn more about the CareerSafe  
OSHA 10-Hour **Construction** course »*



## COURSE OVERVIEW

CareerSafe's **OSHA 10-Hour Construction** course consists of interactive topics covering safety and health knowledge and procedures relevant to the construction industry, including industry-specific subjects like health hazards in construction and OSHA's Focus Four.

### Required Topics:

- *Introduction to OSHA*
- *OSHA Focus Four Hazards:*
  - *Fall Hazards*
  - *Avoiding Electrocuting Hazards*
  - *Struck-By Hazards*
  - *Caught-In or -Between Hazards*
- *Personal Protective Equipment (PPE)*
- *Health Hazards in Construction*
- *Excavations*
- *Materials Handling, Storage, Use, and Disposal*
- *Scaffolds*
- *Hand and Power Tools*
- *Safe Driving Practices*
- *Emergency Action Plans and Fire Protection*
- *Cranes*
- *Welding and Cutting*

### Supplemental Topics:

- *Ergonomics*
- *Hazard Communication*
- *Preventing Workplace Violence*
- *Bloodborne Pathogens*
- *Industrial Hygiene*

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### Introduction to OSHA (60 minutes)

The Introduction to OSHA portion of the course lays the foundation for OSHA basics in the workplace, including the importance of OSHA in providing a safe and healthy workplace. Students will learn:

- *Workers' rights and employer responsibilities*
- *How to utilize helpful worker safety and health resources*
- *OSHA procedures like inspections and violation reporting*

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### Fall Hazards (90 minutes)

The Fall Hazards topic covers critical knowledge workers need to protect themselves from one of the most common causes of serious work-related injuries and deaths and one of OSHA's Focus Four Hazards for the construction industry. Students will learn to:

- *Identify and describe major fall hazards*
- *Protect themselves from falls*
- *Understand and recognize employer requirements for worker fall hazard protection*

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### Avoiding Electrocuting Hazards (60 minutes)

Electricity is a serious workplace hazard and another of OSHA's Focus Four Hazards for construction-industry jobs. In this course topic, students will learn to:

- *Identify and describe major electrocuting hazards*
- *Protect themselves from electrocuting*
- *Understand employer requirements for protecting workers from electrocuting hazards*

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### Struck-By Hazards (60 minutes)

The Struck-By Hazards topic provides information workers need to know to protect themselves from injuries caused by contact or impact with an object or piece of equipment, the third of OSHA's Focus Four Hazards for construction-industry jobs. Students will learn to:

- *Understand and describe what a struck-by hazard is*
- *Identify and protect themselves from common workplace struck-by hazards*
- *Recognize employer requirements for protecting workers from struck-by hazards*

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## Caught-In or -Between Hazards (60 minutes)

Workers often encounter hazards in which they (or a part of their bodies) could become caught-in or -between objects, the fourth of OSHA's Focus Four Hazards for construction-industry jobs. The Caught-In or -Between Hazards topic of this course will teach students to:

- *Identify and describe common caught-in or -between hazards*
  - *Protect themselves from caught-in or -between hazards*
  - *Recognize employer requirements for protecting workers from caught-in or -between hazards*
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## Personal Protective Equipment (PPE) (60 minutes)

The Personal Protective Equipment (PPE) topic of this course provides workers with the knowledge they need to ensure they have the proper equipment to protect themselves from common workplace hazards. Students will learn to:

- *Identify when face and head protection should be used*
  - *Understand which types of hand and foot protection should be used in specific situations*
  - *Recognize the differences between respirator types*
  - *Identify the differences between full-body protection levels*
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## Health Hazards in Construction (30 minutes)

Construction industry workers are often faced with unique, industry-specific health hazards. The Health Hazards in Construction topic provides students with the knowledge they need to:

- *Identify and describe common health hazards (e.g., chemical, heat stress, noise)*
  - *Apply health hazard protection methods*
  - *Recognize employer requirements for protecting workers from health hazards in construction, including a hazard communication program*
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## Excavations (30 minutes)

Jobsites in or near an excavation or involving trenching pose unique hazards for workers. In the Excavation topic of this course, students will learn to:

- *Identify major risks and hazards present at an excavation site, including ways to eliminate them*
  - *Recognize the three methods of cave-in protection*
  - *Identify employer requirements for protecting workers from excavation hazards*
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## Materials Handling, Storage, Use, and Disposal (30 minutes)

This course topic provides workers with the knowledge and skills they need for handling, storing, using, and disposing of materials in the workplace. Students will learn to:

- *Identify types of material handling equipment and describe hazards associated with material handling activities (e.g., storage, use, and disposal)*
  - *Prevent hazards associated with material handling equipment*
  - *Recognize employer requirements for protecting workers from material handling hazards*
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## Scaffolds (30 minutes)

Scaffolding introduces unique hazards to the workplace. This topic provides information on these unique hazards and how to work competently and safely around them. Students will learn to:

- *Identify the types of scaffolds commonly used on construction sites*
- *Describe hazards associated with scaffolds and methods of preventing those hazards*
- *Recognize employer requirements for protecting workers from scaffold hazards*

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## Hand and Power Tools (30 minutes)

Any worker using hand and power tools should be familiar with proper use of those tools and protection from common hazards associated with them. This topic will familiarize students with basic hand and power tool safety rules, teaching them to:

- *Identify essential precautions for tools commonly used at construction worksites*
  - *Name the guarding techniques that apply to hand and power tools*
  - *Recognize employer requirements for protecting workers from tool hazards*
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## Safe Driving Practices (30 minutes)

For those who operate vehicles on the job, safe driving skills are an essential part of workplace safety. The Safe Driving Practices topic will teach students to:

- *Identify risk factors for drivers and understand risks associated with having passengers*
  - *Define and provide examples and/or causes of distracted driving*
  - *Protect themselves while driving on the job, including recognizing actions employers should take to keep employees safe while driving*
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## Emergency Action Plans and Fire Protection (30 minutes)

Emergency Action Plans (EAPs) and Fire Prevention Plans (FPPs) help employees and employers alike be prepared for any situation. In this topic, students will learn:

- *Benefits and elements of EAPs and FPPs*
  - *Conditions under which actions like evacuation or shelter-in-place may be necessary, including characteristics of an effective emergency escape route*
  - *The five types of fire extinguishers, including the types of fires each can extinguish, and proper maintenance of portable fire extinguishers*
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## Cranes (30 minutes)

Crane operators and those who work near cranes have unique hazards and precautions to be aware of on the jobsite. In the Cranes topic of this course, students will learn:

- *Common causes of crane accidents*
  - *Requirements and precautions for crane use, including use near power lines*
  - *Training and protection requirements for crane operations, including employer requirements for protecting workers from crane hazards*
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## Welding and Cutting (30 minutes)

Welding and cutting safety in the workplace is about more than just heat. This topic provides the knowledge needed when working around and operating equipment associated with welding and cutting. Students will learn to:

- *Safely use the equipment associated with gas welding and cutting*
  - *Safely use the equipment associated with arc welding and cutting*
  - *Recognize methods of ventilation and protection used in various working environments*
  - *Recognize dangers associated with both chemical and physical agents when welding and cutting*
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## Supplemental Topics

CareerSafe includes optional topics in the **OSHA 10-Hour Construction** course which are available alongside the required topics. While these supplemental topics are not necessary to complete the course and earn an OSHA 10-Hour card, students may learn valuable information for protecting themselves from additional hazards in the workplace.

### Bloodborne Pathogens (30 minutes)

In some workplaces, employees may be exposed to bloodborne pathogens. This course topic provides the critical knowledge and skills workers need to protect themselves from these hazards in the workplace. Students will learn:

- *OSHA requirements pertaining to bloodborne pathogens*
- *Potential routes of exposure from bloodborne pathogens*
- *Risks associated with Human Immunodeficiency Virus (HIV), Hepatitis B, and Hepatitis C viruses*
- *Methods of preventing pathogen transmission and managing occupational exposures*
- *Methods for safe disposal of sharps*
- *Steps to take in the event of exposure to a potential bloodborne pathogen*

### Ergonomics (30 minutes)

Awareness of Ergonomics-specific hazards is an important component of overall employee safety and wellness. In this topic, students will learn to:

- *Recognize risk factors associated with work-related musculoskeletal disorders (MSDs), including ergonomic control methods for eliminating and reducing MSDs*
- *Identify good posture*
- *Describe safe lifting techniques*

### Hazard Communication (60 minutes)

A Hazard Communication plan is an essential part of a safe workplace. In this topic, students will learn:

- *Employer's responsibilities under the Hazard Communication Standard (HCS), including training requirements and components of a Hazard Communication program*
- *Requirements of the different types of Hazard Communication labels.*
- *Locations of pertinent information about chemicals on labels, including other forms of hazard communication, to ensure "right to understanding" provisions of Global Harmonizing System (GHS) requirements.*

### Industrial Hygiene (30 minutes)

Industrial Hygiene in the workplace focuses on anticipation, recognition, evaluation, and control of environmental factors or stressors that impact workplace health. In this topic, students will learn strategies for controlling:

- *Chemical Hazards*
- *Biological Hazards*
- *Physical Hazards*
- *Ergonomic Hazards*

### Preventing Workplace Violence (30 minutes)

Acts of workplace violence are a leading cause of fatal occupational injuries in the U.S. The Preventing Workplace Violence course topic defines this hazard and gives students the knowledge and skills they need to:

- *Recognize risks for workplace violence*
- *Identify and utilize workplace violence prevention strategies*
- *Protect themselves from violence in the workplace*

## COURSE COMPLETION AND CREDENTIALS

A Final Assessment at the end of a 10-Hour credential course can feel overwhelming. That's why CareerSafe sets students up for success each step of the way through course completion. Along with making course content engaging for better recall, we include brief assessments at the end of each topic which must be completed before the topic can be marked as complete. These topic assessments help students review knowledge incrementally.

Once all topics have been viewed and the corresponding assessments are passed, there is a comprehensive Final Assessment for the course. CareerSafe provides students with three attempts to pass the Final Assessment with a 70% or higher. Additionally, if a student does not pass the Final Assessment within those initial three attempts, they are given one course reset which they can use to restart the course (including all assessments).

**OSHA 10-Hour Construction Cards** are mailed within two business days of course completion, with a printable certificate available to students immediately.