

OSHA 10-HOUR GENERAL INDUSTRY

From OSHA basics to general industry-specific workplace hazards, this course provides foundational knowledge of occupational safety and health standards appropriate for general 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 General Industry course »*



COURSE OVERVIEW

CareerSafe's **OSHA 10-Hour General Industry** course consists of interactive topics covering safety and health knowledge and procedures appropriate for non-construction, general industry careers.

Required Topics:

- *Introduction to OSHA*
- *Walking-Working Surfaces*
- *Emergency Action Plans and Fire Protection*
- *Avoiding Electrocutation Hazards*
- *Personal Protective Equipment (PPE)*
- *Hazard Communication*
- *Materials Handling, Storage, Use, and Disposal*
- *Machine Guarding*
- *Industrial Hygiene*
- *Bloodborne Pathogens*
- *Ergonomics*
- *Safe Driving Practices*
- *Preventing Workplace Violence*
- *Safety and Health Programs*

Supplemental Topics:

- *Hand and Power Tools*
- *Welding and Cutting*

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*

Walking-Working Surfaces (60 minutes)

Walking-Working Surface standards are aimed at preventing slips, trips, and falls in the workplace. In this course topic, students will learn to:

- *Identify walking and working surface hazards in the workplace*
- *Utilize best practices for eliminating or controlling walking and working surface hazards*
- *Recognize employer requirements for protecting workers from walking and working surface hazards*

Emergency Action Plans and Fire Protection (60 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*

Avoiding Electrocutation Hazards (60 minutes)

Electricity is a serious workplace hazard. In this course topic, students will learn to:

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

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*

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*

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*

Machine Guarding (30 minutes)

Moving machine parts have the potential to cause serious workplace injuries to both machine operators and those working nearby. In the Machine Guarding topic, students will learn to:

- *Recognize basic machinery parts that expose workers to hazards*
- *Identify workplace situations and machinery that requires guarding*
- *Understand and identify different types of machine guarding devices*

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*

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*

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*

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*

Safety and Health Programs (30 minutes)

Effective safety and health programs have the power to greatly impact employee wellness in the workplace. In this course topic, students will learn to:

- *Recognize the cost of workplace accidents*
- *Understand the benefits of implementing an effective safety and health program*
- *Identify the elements of an effective safety and health program*

Supplemental Topics

CareerSafe includes optional topics in the **OSHA 10-Hour General Industry** 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.

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*

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*

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 General Industry Cards are mailed within two business days of course completion, with a printable certificate available to students immediately.