

Safety Orientation (OSHA 10) - 1 credit hour

SAFETY ORIENTATION- COMPETENCIES This is a knowledge based course: no performance testing is required

1. Explain the role of OSHA in job-site safety.
2. Explain OSHA's *General Duty Clause* and *1926 CFR Subpart C*.
3. Describe the impact of accidents.
4. Identify the four high-hazard areas.
5. Demonstrate hazard recognition and risk assessment techniques.
6. Explain the basics of construction health.
7. Identify basic fall, electrical, fire, trenching, materials handling, and heavy equipment hazards, and explain the general safety procedures associated with them.
8. Explain and demonstrate the use of appropriate personal protective equipment.
9. Explain and identify the various signs, signals, barricades, markers, and tags used on a job site.
10. Demonstrate proper housekeeping procedures.
11. Demonstrate an understanding of assured equipment grounding conductor programs and the use of GFCIs.
12. Demonstrate and explain general hand- and power-tool safety guidelines.
13. Explain your company- or site-specific fall protection procedures and requirements.
14. Demonstrate and explain the proper use of ladders and scaffolding.
15. Explain the use of work permits and lockout/tagout procedures.
16. Demonstrate and explain the emergency procedures for trenching accidents.
17. Demonstrate proper manual lifting procedures.
18. Identify the hazards of working around or on heavy equipment.
19. Describe proper rigging safety procedures.
20. Demonstrate use of hand signals.