

OSHA 30 HOUR SAFETY TRAINING (OSR30)

Course Description -

This course is a 10-night course in which certified trainers from Local #9 teach various aspects of construction and general industry occupational safety and health standards and policy as described and regulated by the Occupational Safety and Health Administration's (OSHA) guidelines. Upon completing 10 nights of training and passing 5 exams along the way, they are issued a course completion card accepted and recognized by OSHA.

The following topics are taught, discussed and where applicable, workshops are conducted for hands-on training, practice and discussion.

Intro to OSHA - This course introduces the student to OSHA, its formation and purpose. Discussed are OSHA's safety requirements regarding flammables, tools, live wires, grounds, cranes and other lifting devices, excavations and trenches, etc.

Fall Protection - The student is made aware of what workplace hazards exist and proper safe work practices with emphasis on work environments normally encountered on Local 9 jobs.

Electrical and Electrical Distribution – Safety training and OSHA regulations pertaining to doing electrical and electrical distribution work is covered, with emphasis on topics relating to lineman's work.

Excavations – Topics covered are working safely in and around excavated areas.

Hazardous Materials - This course is based on the OSHA act passed in 1983 regarding Hazardous Materials and their proper labeling and handling.

Different types of and safely handling or working around hazardous materials is discussed. A handbook “Right to Know” is issued and studied. This is an excellent guide for hazardous materials and dealing with them.

Tools, Hand and Power – The proper and safe use of hand and power tools as outlined by OSHA.

Confined Space Entry – A definition of what a confined space is and the hazards of entering confined spaces. Safety in confined spaces, including monitoring, ventilation and protective equipment is discussed. Rescue from a confined space and entry permits is outlined.

Personal Protection Equipment (PPE) and Lifesaving Equipment – Explanation of various equipment that is used to protect the worker is detailed and shown. The proper procedures for use of lifesaving equipment is discussed.