

OSHA 10-HOUR GENERAL INDUSTRY

	TUESDAY	WEDNESDAY
8:00	Introduction to OSHA (1 hr)	Intro to Industrial Hygiene (1 hr)
9:00	Electrical (1 hr)	Machine Guarding (1 hr)
10:00	Break	Personal Protective Equipment (1 hr)
10:10	Exit Routes/Fire Prevention (1 hr)	
11:10	Ergonomics (0.5 hr)	
11:40	Lunch	
12:40	LOTO/Hazardous Energy (1 hr)	
1:40	Hazard Communication (1 hr)	
2:40	Break	
2:50	Material Handling/PIVs (0.5 hr)	
3:20	Walking Working Surfaces (1 hr)	
4:20	Bloodborne Pathogens (0.5 hr)	
	Contact Hours (7.5)	Contact Hours (3)