Lesson Overview
This lesson is a lecture session in which trainees will learn about the importance of on-the-job safety, OSHA regulations, and hazard recognition and control.

Objectives
Upon completion of this lesson, the trainee will be able to do the following:
1. Explain the idea of a safety culture and its importance in the construction crafts.
2. Identify causes of accidents and the impact of accident costs.
3. Explain the role of OSHA in job-site safety.
4. Explain OSHA's General Duty Clause and 1926 CFR Subpart C.
5. Recognize hazard recognition and risk assessment techniques.

Performance Requirements
There are no Performance Requirements for this lesson.

Reading Assignment
Assign the reading of Sections 1.0.0 through 4.3.0.

Classroom
Instructors should make use of the following materials suggested for Lesson 1:

• **Slide Presentation:**
  Module 00101-09, Part 1 (Slides 1 through 12)

• **Suggested Materials and Equipment:**
  Completed job safety analysis or task safety analysis forms
  Variety of communication tags and signs

• **Suggested Trainee Activity**
  Arrange to have an expert on construction site job safety address the class on safety regulations. Have each trainee prepare at least one safety-related question to ask the guest speaker.

• **Testing**
  Module Review Test, Questions 1 – 7

• **Suggested Lab Activity**
  There are no lab exercises in this lesson.
Teaching Outline with additional OSHA 10-hour requirement compliance resources

A. Pre-test
   The Pre-test does not affect a participant’s testing score for the course, but it is a tool to measure the effectiveness of this training.

B. Importance of Safety
   1. Safety Culture

C. Accidents: Causes and Results
   1. Accident Costs
   2. What Causes Accidents?
   3. Housekeeping
   4. Company Safety Policies and OSHA Regulations
   5. Reporting Injuries, Accidents, and Incidents
   6. The Four High-Hazard Areas
   7. Evacuation Procedures

D. Hazard Recognition, Evaluation, and Control
   1. Hazard Recognition
   2. Job Safety Analysis (JSA) and Task Safety Analysis (TSA)
   3. Risk Assessment

OSHA ALIGNMENT (MANDATORY / 15 MINUTES)

Filling Out a Complaint [OSHA 29 CFR 1977.9(c)] – Refer to OSHA-7 Form at: http://www.osha.gov/pls/osha7/eComplaintForm.html

Teaching aids at: http://www.osha.gov/dte/outreach/teachingaids.html

Additional Instructor Resources

The following resource material is recommended for further study.

Minnesota Department of Labor and Industries • http://www.dli.mn.gov/OSHA/Information.asp
National Institute for Occupational Safety and Health • www.cdc.gov/niosh
Occupational Safety and Health Administration (OSHA) • http://www.osha.gov/dte/library/index.html
Oregon OSHA • http://orosha.org/educate/materials.html
Washington State Department of Labor and Industries • http://lni.wa.gov/Safety/TrainTools/Videos/

NOTE: If the links to websites on this document fail when clicked, it is recommended that you copy and paste them into the address bar of your browser.
Lesson Overview
This lesson is a lecture and lab session in which trainees will learn about working from elevations using ladders and scaffolds. In the lab, trainees will set up and use ladders.

Objective
Upon completion of this lesson, the trainee will be able to do the following:
1. Explain fall protection, ladder, stair, and scaffold procedures and requirements.

Performance Requirements
Under the supervision of the instructor, the trainee should be able to do the following:
• Set up an extension ladder properly. This corresponds to Module Performance Task 4.
• Demonstrate three-point contact on a ladder. This corresponds to Module Performance Task 5.

Reading Assignment
Assign the reading of Sections 5.0.0 through 7.3.0.

Classroom
Instructors should make use of the following materials suggested for Lesson 2:

• Slide Presentation:
  Module 00101-09, Part 2 (Slides 13 through 28)

• Suggested Materials and Equipment:
  A variety of ladders
  A personal fall arrest system (PFAS)
  Safety tags and signs
  Scaffold and ladder safety tags
  Copies of a typical fall protection plan

• Suggested Trainee Activity
  Have trainees view videos on fall protection or other job-site safety hazards.

• Testing
  Module 00101-09 Review Test, Questions 8 – 14
  Active Figure 19

• Suggested Lab Activity
  Have trainees practice setting up and using different types of ladders.
Teaching Outline with additional OSHA 10-hour requirement compliance resources

A. Elevated Work and Fall Protection
   1. Fall Hazards
   2. Walking and Working Surfaces
   3. Unprotected Sides, Wall Openings, and Floor Holes
   4. Personal Fall Arrest Systems

OSHA ALIGNMENT (MANDATORY / 75 MINUTES)

Walking/Working Surfaces (OSHA 29 CFR 1910, Subpart D) – Refer to PowerPoint® presentations at:
http://www.osha.gov/dte/outreach/construction/focus_tour/falls/falls_hazrec.ppt

B. Ladders and Stairs
   1. Straight Ladders
   2. Extension Ladders
   3. Stepladders
   4. Stairways

C. Laboratory
   Trainees practice setting up and using ladders. This corresponds to Performance Tasks 4 and 5.

D. Scaffolds
   1. Types of Scaffolds
   2. Inspecting Scaffolds
   3. Using Scaffolds

Additional Instructor Resources

The following resource material is recommended for further study.

PowerPoint® presentation on scaffold safety in English and Spanish
http://www.cbs.state.or.us/osha/educate/peso.html

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Lesson Overview

This lesson is classroom session in which the students will learn how to recognize and avoid common job-site hazards associated with vehicles and roadways, falling and flying objects, trenches and excavations, and electrical equipment.

Objectives

Upon completion of this lesson, the trainee will be able to do the following:
1. Identify struck-by hazards and demonstrate safe working procedures and requirements.
2. Identify caught-in-between hazards and demonstrate safe working procedures and requirements.
3. Define safe work procedures to use around electrical hazards.

Performance Requirements

There are no Performance Requirements for this lesson.

Reading Assignment

Assign the reading of Sections 8.0.0 through 10.6.0.

Classroom

Instructors should make use of the following materials suggested for Lesson 3:

• **Slide Presentation:**
  Module 00101-09, Part 3 (Slides 29 through 43)

• **Suggested Materials and Equipment:**
  A GFCI extension cord
  Lockout/tagout locks and tags

• **Suggested Trainee Activity**
  Have trainees view safety-related videos on job-site hazards.

• **Testing**
  Module Review Test, Questions 15 – 21

• **Suggested Lab Activity**
  There are no lab exercises in this lesson.
Additional Instructor Resources

The following resource material is recommended for further study.

Minnesota Department of Labor and Industries • http://www.dli.mn.gov/OSHA/Information.asp
National Institute for Occupational Safety and Health • www.cdc.gov/niosh
Occupational Safety and Health Administration (OSHA) • http://www.osha.gov/dte/library/index.html
Oregon OSHA • http://orosha.org/educate/materials.html
Washington State Department of Labor and Industries • http://lni.wa.gov/Safety/TrainTools/Videos/

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Lesson Overview

This lesson is a lecture and lab session in which trainees will learn about PPE, hazard communications, and various job-site hazards. In the lab, trainees will practice putting on PPE and safe lifting techniques.

Objectives

Upon completion of this lesson, the trainee will be able to do the following:

1. Demonstrate the use and care of appropriate personal protective equipment (PPE).
2. Explain the importance of hazard communications (HazCom) and Material Safety Data Sheets (MSDSs).
3. Identify other construction hazards on your job site, including hazardous material exposures, environmental elements, welding and cutting hazards, confined spaces, and fires.

Performance Requirements

Under the supervision of the instructor, the trainee should be able to do the following:

- Inspect PPE to determine if it is safe to use (PPE should include safety goggles, hard hat, gloves, safety harness, and safety shoes). This task corresponds to Module Performance Task 1.
- Properly don and remove PPE (safety goggles, hard hat, and personal fall protection). This task corresponds to Module Performance Task 2.
- Demonstrate safe lifting procedures. This task corresponds to Module Performance Task 3.

Reading Assignment

Assign the reading of Sections 11.0.0 through 13.8.4

Classroom

Instructors should make use of the following materials suggested for Lesson 4:

- **Slide Presentation:**
  Module 00101-09, Part 4 (Slides 44 through 65)

- **Suggested Materials and Equipment:**
  Assorted eye protection
  Safety shoes
  Hard hat
  Gloves
  Safety harness
  Hearing protection
  Respiratory protection
  Copies of an MSDS
  Materials to create hypothetical fire hazards
  Fire extinguishers

- **Suggested Trainee Activity**
  Have trainees visit an active construction site and have them observe safety procedures being implemented. Have trainees take notes, listing safety procedures being implemented as well as any safety procedure violations. Have trainees make a brief verbal report to the class on their observations.
Classroom (continued)

• **Testing**
  Module 00101-09 Review Test, Questions 22 – 30
  Active Figure 51 and Table 6
  Trade Terms Quiz
  Module Exam

• **Suggested Lab Activity**
  Have trainees practice donning PPE and practice safe lifting procedures.

**Teaching Outline**
with additional OSHA 10-hour requirement compliance resources

A. Personal Protective Equipment
   1. Personal Protective Equipment Needs
   2. Personal Protective Equipment Use and Care
   3. Clothing and Jewelry
   4. Hard Hat
   5. Eye and Face Protection
   6. Gloves
   7. Leg Protection
   8. Foot Protection
   9. Skin Protection
  10. Hearing Protection
  11. Respiratory Protection

B. *Hazard Communication Standard (HazCom)*
   1. Material Safety Data Sheets
   2. Your Responsibilities Under *HazCom*

C. Other Job-Site Hazards
   1. Job-Site Exposures
   2. Proximity Work

**OSHA ALIGNMENT (OPTIONAL / 30 MINUTES)**

Occupational Exposure to Bloodborne Pathogens (OSHA 29 CFR 1910.1030) – Refer to Fact Sheets at:

PowerPoint® presentation at:
3. Heat Stress
4. Cold Stress
5. Welding and Cutting Hazards
6. Confined Spaces

**OSHA ALIGNMENT (OPTIONAL / 30 MINUTES)**

Welding and Cutting (OSHA 29 CFR 1926, Subpart J) – Refer to Construction Safety and Health Outreach at:

7. Construction Ergonomics
8. Fire Hazards

**OSHA ALIGNMENT (OPTIONAL / 30 MINUTES)**

Construction Ergonomics [OSHA General Duty Clause Section 5(a)(1) of the Occupational Safety and Health Act (OSHA) of 1970 and Industry-Specific Guidelines] – Refer to various industry-specific resources at:
http://www.osha.gov/SLTC/ergonomics/outreach.html

**Additional Instructor Resources**

**OSHA ALIGNMENT (OPTIONAL / 30 MINUTES)**

Fire Protection (OSHA 29 CFR 1926, Subpart F) – Refer to PowerPoint® presentations at:
http://www.osha.gov/dte/grant_materials/fy06/46f6-ht30/17_fire_protection.ppt
http://www.osha.gov/dte/grant_materials/fy08/sh-17797-08/combustible_dust.ppt

The following resource material is recommended for further study.

Free online Hazard Communication training • www.free-training.com/OSHA/hazcom/hazmenu.htm


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