

# INDUSTRY & CONSTRUCTION TRADES

## OSHA 10 CFR 1910 General Industry

### Program Highlights:

This course is designed for any and all persons working in factories and manufacturing plants where health and safety is a concern. This should be a must for all employees to help keep your insurance rate low. It will cover all the OSHA mandates and other courses related to general industry.

### Certification:

Participants receive an OSHA 10 certification and a U.S. DOL course completion card.

### Next Steps:

OSHA 30 General Industry

Arc Flash Protection Training



### Benefits:

- Safer work environment
- Consistent Safe Procedures



***Train Hard!***

To learn more visit [LFCCworkforce.com](http://LFCCworkforce.com)  
or call 540-868-7021



LORD FAIRFAX COMMUNITY COLLEGE  
**WORKFORCE  
SOLUTIONS**  
Partners in Your Success

COURSE OVERVIEW

# Course Outline

10 Hours

---

| UNIT    | DESCRIPTION   |
|---------|---|
| UNIT 1: | <ul style="list-style-type: none"><li>• Introduction to OSHA (History, Employee Rights, Employer Rights, Filing Complaints)</li></ul> |
| UNIT 2: | <ul style="list-style-type: none"><li>• Walking and Working Surfaces (Guard Rails, Stairs and Ladders)</li></ul>                      |
| UNIT 3: | <ul style="list-style-type: none"><li>• Electrical (Basic Electrical Safety)</li></ul>  |
| UNIT 4: | <ul style="list-style-type: none"><li>• Hazard Communication (MSDS, Handling)</li></ul>   |
| UNIT 5: | <ul style="list-style-type: none"><li>• Exit Routes (Emergency Action Plan, Fire Prevention Plan, and Fire Protection)</li></ul>      |
| UNIT 6: | <ul style="list-style-type: none"><li>• Personal Protective Equipment</li></ul>   |
| UNIT 7: | <ul style="list-style-type: none"><li>• Lockout/Tagout (Release of Hazardous Energy)</li></ul>  |
| UNIT 8: | <ul style="list-style-type: none"><li>• Confined Space (Permit Required/Confined Space, Safety)</li></ul>                             |