



Introduction to OSHA

10-Hour 1-Day Card:

Fast paced and intense. Teaching you how to create a safer working environment and reduce insurance cost.

30-Hour 3-Day Card,

Plus “Certificate of Training” Intense, more in-depth look at each topic.

An overview of the OSHA Act, including citations and penalties, plus tips on how to avoid them

Subpart D

- Walking-Working Surfaces

Subpart E

- Means of Egress

Subpart G

- “Hearing Conservation”

Subpart H

- Hazardous Materials

Subpart I

- Personal Protection Equipment

Subpart J

- (Section 146)-Permit-Required Confined Spaces

Subpart N

- Materials Handling and Storage

Subpart O

- Machinery and Machine Guarding

Subpart Q

- Welding, Cutting, and Brazing

Subpart S

- Electrical Safety Related Work Practices

Subpart Z

- (Section 1030)-Bloodborne Pathogens

- (Section 147)-Lockout/Tagout

Other topics may also be included as long as they are covered by the General Industry Standards.