



شركة ميرك العربية السعودية
MEIRC Saudi Arabia

OSHA General Construction Safety Course

Course duration: 30 hours (Minimum)

Introduction:

This course is for those professions who are interested in obtaining an official OSHA completion certificate, where attendees will be introduced to OSHA policies, procedures and standards as well as general construction safety and health principles covered under OSHA standard for construction (29CFR 1926). Special emphasis will be placed on areas most hazardous using OSHA standards as a guide.

Who should attend:

This course is ideal for foremen, engineers, safety managers, safety committees' members, supervisors with safety and health responsibilities, and for employee safety and health awareness.

Pre-requisite:

Attendees must be able to read and understand English as all quizzes and final exam will be administered in English.

Objectives:

- ☞ Introduction to OSHA Standards
- ☞ Implement preventative measures for accidents in their workplace
- ☞ Describe types of personal protective equipment (PPE), and the requirements for use in OSHA standards
- ☞ Understand the requirements for fire protection in the workplace
- ☞ Identify types of rigging equipment used to protect employees
- ☞ Identify the critical health and safety hazards of welding and cutting in the construction industry
- ☞ Identify common electrical hazards and related OSHA standards
- ☞ Understand the importance of scaffolding for workers in elevated workplaces
- ☞ Implement measures for protecting workers and equipment from dangerous falls
- ☞ Recognize the hazards associated with working in or around excavation sites
- ☞ Understand the safety requirements necessary to protect workers around concrete and masonry jobs
- ☞ Protect workers who perform jobs on or around stairways or ladders at worksites
- ☞ List and describe the hazards and prevalence of confined spaces

Topics to Choose from

- ☞ Aerial lifts for construction
- ☞ Basic Rigging for Construction
- ☞ Compressed Gas & Cylinder Safety
- ☞ Confined Space Hazards for Construction
- ☞ Crane Hand Signaling
- ☞ Crane Operator Safety for Construction
- ☞ Electrical Hazards
- ☞ Excavations & Trenching Safety
- ☞ Fall Protection for Construction
- ☞ Fire Extinguisher Safety for Construction
- ☞ First Aid
- ☞ Flammable & Combustible Liquids
- ☞ Guarding floor & Wall Openings & Holes
- ☞ Hand & Power Tool Safety for Construction
- ☞ Hand Wrist & Finger Safety
- ☞ Health Hazards for Construction



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- ☞ Hearing Conservation
- ☞ Hot Work
- ☞ Housekeeping on the Job
- ☞ Intro to OSHA for Construction
- ☞ Introduction to Industrial Hygiene
- ☞ Ladder Safety for Construction
- ☞ Lockout/Tagout
- ☞ Materials Handling for Construction
- ☞ OSHA 300
- ☞ PPE for Construction
- ☞ Preventing Slips, Trips and Falls
- ☞ Respiratory Protection
- ☞ Scaffolding for Construction
- ☞ Walking & Working Surfaces
- ☞ Concrete and Masonry Works

Program Training Methods:

- Theoretical Lectures (Power Point Presentations)
- Team Participation

Practical Workshops.