



## TRAINING & CERTIFICATION

### A. 10-Hour General Industry – Designated Training Topics

This training program is intended to provide entry-level general industry workers information about their rights, employer responsibilities and how to file a complaint as well as how to identify, abate, avoid and prevent job related hazards on a job site. The training covers a variety of general industry safety and health hazards that a worker may encounter.

#### 1. Mandatory – 7 hours

- a. Introduction to OSHA – 2 hours
- b. Walking and working surfaces, including fall protection – 1 hour
- c. Exit Routes, Emergency Action Plans, Fire Prevention and Protection Plans – 1 hour
- d. Electrical – 1 hour
- e. Personal Protective Equipment – 1 hour
- f. Hazard Communication – 1 hour
  - 1) Covers workers' rights, employer responsibilities and how to file a complaint. It includes helpful worker safety and health resources. It also provides samples of fatality and catastrophe weekly reports, material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses.

#### 2. Elective – 2 hours - At least two topics must be presented. The minimum length of any topic is one-half hour.

- a. Hazardous Materials
- b. Materials Handling
- c. Machine Guarding
- d. Introduction to Industrial Hygiene
- e. Blood Borne Pathogens
- f. Ergonomics
- g. Safety and Health Program
- h. Fall Protection

#### 3. Optional – 1 hour - Teach other general industry hazards or policies and/or expand on the mandatory or elective topics. The minimum length of any topic is one-half hour.



**B. Why complete your OSHA 10 training with West-MEC?**

1. *Cost is \$55.00 per person*
2. We can provide the training at your location.
3. We will provide all curriculum and materials.
4. The class will be a total of 10 hours split between two days.
5. The instructor will have the choice of 3 out of 8 categories for the last 3 hours: what will apply best to fit your needs.

***To schedule OSHA 10 Training or more information,  
please contact:***

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