



### OSHA 10/30 Hour Training

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### What is OSHA 10/30-hour training?

- The OSHA 10/30-hour courses are training programs intended to provide instruction on a variety of general industry safety and health standards to entry-level participants. The curriculum outlines for these courses are provided and approved by OSHA.
- In recent years, the demand for OSHA training has increased at such a rate that the OSHA Training Institute has been unable to keep up with the demand. As a result, OSHA has been authorizing trainers outside of the agency to teach occupational safety and health standards to private sector personnel. This effort is aimed at promoting workplace safety and health in general industry. The OSHA 10/30-hour courses are among those that these trainers are authorized to conduct.
- While many OSHA regulations include specific training requirements for workers, participation in the 10/30-hour program is voluntary and not required by any OSHA regulation.

### Where does the Construction 10/30-Hour program fit in?

- Most of the requirements for the Construction 10/30-hour course are the same as the General Industry requirements. The

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- Most of the requirements for the Construction 10/30-hour course are the same as the General Industry requirements. The main difference is the list of topics to be covered during the training.

**Course Length approximately 10.0 Hours**

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