



Southern California  
Regional Transit  
Training Consortium  
[www.scrttc.com](http://www.scrttc.com)

## **OSHA 16-hour Class SCRTTC Summer 2008**

### **Course Description**

This course is intended for the individual who needs an overview and/or certification of both the California and Federal OSHA Safety Regulations for the Construction and/or the General Industry Workplace. This course will cover a detailed overview of the rules and regulations, and discuss fire protection and prevention, material handling/storage/use and disposal, hand and power tools, welding and cutting, electrical safety, and fall protection. Other workplace topics will also be covered. Upon completion of this course, (as well as passing the final exam), the student will receive a 10-hour OSHA Training Certificate of completion, which is good for life.

### **Day One**

General Housekeeping Rules  
Overall Topics, Agenda and Objectives  
Chapter 1: Intro to OSHA  
Chapter 2: General Health  
Chapter 3: Occupational Health & Hazard Communication  
Chapter 4: Health Hazards  
Chapter 5: Fire Protection  
Handouts: Personal Protection (PPE)  
Chapter 6: Material Handling  
DVD: Spiral for Disaster  
Discuss Newspaper Article  
Summary and Final Questions

### **Day Two**

Review of Day One  
Chapter 7: Power Tools  
Chapter 8: Welding  
Chapter 9: Electrical  
DVD: Electrical Safety Training  
Chapter 11: Fall Protection  
Chapter 13: Motor Vehicles  
Chapter 16: Stairs & Ladders  
DVD: Take Electricity Seriously  
Summary and Final Questions

Final Test