OSHA 10-Hour Construction Training

Earn your 10-hour DOL card with two days of virtual in-depth Outreach training

This Virtual Instructor Led Training (VILT) 10-hour class (2-days) follows the latest OSHA Construction Industry Outreach Training Program Requirements. It features the Focus Four Hazards and other safety and health hazards commonly found at construction job sites. The requirements are detailed below to earn a 10- Hour OSHA Class Completion Card for the Construction Industry as issued by the Department of Labor (DOL) and commonly referred to as a 10-Hour OSHA DOL Construction Card.

Construction is among the most dangerous industries and construction inspections historically comprise 60% of OSHA's total inspections. This class provides training for entry-level construction workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in the construction industry. The class also provides information regarding workers' rights, employer responsibilities, and how to file a complaint.

Participants receive a DOL-issued OSHA Class Completion Card after successfully completing the training. To receive your class completion card, your seminar tuition must be paid in full prior to the start of the seminar. Your trainer will submit your paperwork after the 10-hour class has been completed and there is record of your tuition as being paid in full. You will receive the card within 30 days from the date you completed the class.

What You'll Learn

- Recognize, identify and control common safety and health hazards in construction.
- Gain insight on workers' rights and employer responsibilities under OSHA.
- Learn ways not following safety standards can cost your organization sinificant fines, penalties or legal action.
- Identify the four-leading causes of construction worker fatalities - the Focus Four Hazards.
- Know how to protect yourself and others from the Focus Four hazards.

OSHA Requirements

- A tablet, laptop or desktop computer with keyboard, video camera and microphone capabilities.
- Attendees must participate and be visible to the entire class for all of the 2-day training event.
- Internet connection, broadband wired or wireless (3G or 4G/LTE).
- 2-way audio: speakers and a microphone – built-in or USB plug-in or wireless (note: students can use the microphone and speakers built into a tablet, laptop or desktop computer. Headphones or earphones with a microphone are also recommended, but not required.)
- 2-way video – built in or USB plug-in video web camera (note: students can use the video camera internal to their device or use an external device).
- PDF viewer on device.
- Smartphones will not be permitted as a device to attend this virtual session.

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