**CONS 183 Course Outline as of Fall 2011**

# CATALOG INFORMATION

Dept and Nbr: CONS 183 Title: OSHA 10
Full Title: OSHA 10
Last Reviewed: 5/14/2018

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---|---|---|---|---|---|---|
| Maximum | 1.00 | Lecture Scheduled | 1.00 | 17.5 | Lecture Scheduled | 17.50 |
| Minimum | 1.00 | Lab Scheduled | 0 | 3 | Lab Scheduled | 0 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 1.00 | | Contact Total | 17.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 35.00 Total Student Learning Hours: 52.50

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|---|---|
| Title 5 Category: | AA Degree Applicable |
| Grading: | Grade Only |
| Repeatability: | 00 - Two Repeats if Grade was D, F, NC, or NP |
| Also Listed As: | |
| Formerly: | |

**Catalog Description:**
The Occupational, Safety and Health Administration 10 (OSHA 10) training course introduces entry-level workers in construction and construction-related jobs to the basic practices of identifying, reducing, eliminating and reporting hazards associated with their work. Students who pass the exam at the end of the course are eligible to receive the OSHA 10-Hour Construction Industry Outreach Department of Labor (DOL) course completion card.

**Prerequisites/Corequisites:**

**Recommended Preparation:**
Course Eligibility for ENGL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**
Description: The Occupational, Safety and Health Administration 10 (OSHA 10) training course is introduces entry-level workers in construction and construction-related jobs to the basic practices of identifying, reducing, eliminating and reporting hazards associated with their work. Students who pass the exam at the end of the course are eligible to receive the OSHA 10-Hour

Construction Industry Outreach Department of Labor (DOL) course completion card. (Grade Only)
Prerequisites/Corequisites:
Recommended: Course Eligibility for ENGL 100
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | |
|---|---|---|---|
| **AS Degree:** | **Area** | Effective: | Inactive: |
| **CSU GE:** | **Transfer Area** | Effective: | Inactive: |
| **IGETC:** | **Transfer Area** | Effective: | Inactive: |

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| **CSU Transfer:** | Effective: | Inactive: |
| **UC Transfer:** | Effective: | Inactive: |

**CID:**

**Certificate/Major Applicable:**
Certificate Applicable Course

## COURSE CONTENT

**Outcomes and Objectives:**
1. Locate and utilize the publication that contains the OSHA standards.
2. Summarize employer and employee rights and responsibilities required by the OSHA standards.
3. Describe the ways bloodborne pathogen exposure commonly occurs, key aspects of a Bloodborne Pathogen Exposure Control Plan, and steps to take if exposed.
4. Describe the main electrical hazards that may be encountered at a workplace and discuss methods of protection.
5. Identify requirements essential to providing a safe means of escape from fire and similar emergencies.
6. Describe requirements for fire detection and suppression equipment.
7. Explain how to properly handle, store and use flammable and combustible liquids with a flash point below 200° F.
8. Identify hazards that are lessened or eliminated by using the appropriate personal protective equipment (PPE).
9. Explain components of an appropriate Hazard Communication (HazCom) program.
10. Identify key pieces of information found on each material safety data sheet (MSDS).
11. Discuss the benefits and elements of an effective safety and health program.
12. Describe the main causes of machine accidents and the requirements for safeguards.
13. Describe requirements to consider in order to avoid walking/working surface hazards related to floors, walls, holes, stairways, platforms and ladders or scaffolding.

**Topics and Scope:**

I. Introduction to OSHA

a. Standards
b. Requirements
c. Recordkeeping and reporting
d. Worker's rights and responsibilities
e. Employers rights and responsibilities
f. Workplace inspections
g. Sources of assistance for information, standards, consultation and emergencies
h. OSHA website information and resources

II. Bloodborne Pathogens
a. The ways bloodborne pathogen exposure commonly occurs
b. Workers who are at risk
c. Exposure control plan
d. Universal precautions
e. Engineering and work practice controls
f. Personal protective equipment
g. Housekeeping standards
h. Regulated waste
i. Laundry handling
j. Hepatitis B vaccination requirements
k. What to do if an exposure occurs
l. Biohazard warning labels
m. Medical recordkeeping requirements

III. Electrical
a. Electrical terminology
b. Electrical shock, electrical burns, and falls
c. Hazards
d. Protective measures

IV.Safe Means of Escape
a. Exit routes
b. Emergency action plans
c. Fire prevention plan
d. Fire protection

V. Flammable and Combustible Liquids
a. Primary hazards
b. Classes
c. Safe handling and storage

VI. Personal Protective Equipment (PPE)
a. Protecting employees from workplace hazards
b. Engineering controls
c. Work practice controls
d. Hazard assessment
e. Examples of PPE for eye protection, hearing protection, foot and hand protection, face protection and body protection
f. Establishing a PPE program

VII. Hazard Communication (HazCom)
a. Purpose of OSHA's hazard communication standard
b. Employer responsibilities
c. HazCom program requirements
d. Material Safety Data Sheets

VIII. Safety and Health Programs
a. Benefits
b. Major elements of effective programs

c. Management commitment and employee involvement
d. Policy and goals

IX. Machine Guarding
a. Main causes of machine accidents
b. Requirements for safeguards
c. Types of machine guards
d. Situations that warrant machine guarding

X. Walking/Working Surfaces
a. Terminology
b. General requirements for hazard avoidance
c. OSHA standards

**Assignment:**

1. Reading assignments totaling approximately 200 pages per course
2. Case studies (3-7)
3. Quizzes on each topic covered (5-10)
4. Final exam (70% passing grade required to be eligible to receive the OSHA 10-Hour Construction Industry Outreach DOL course completion card)

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

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| None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments are more appropriate for this course. | Writing<br>0 - 0% |

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

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| Case studies | Problem solving<br>10 - 20% |

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

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| None | Skill Demonstrations<br>0 - 0% |

**Exams:** All forms of formal testing, other than skill performance exams.

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| Quizzes, final exam | Exams<br>80 - 90% |

**Other:** Includes any assessment tools that do not logically fit into the above categories.

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| None | Other Category<br>0 - 0% |

**Representative Textbooks and Materials:**
1926-OSHA Construction Industry Regulations, MANCOMM, Inc., 2009.

OSHA Outreach Student Handout Packet (#OSHA-HDT)

Instructor prepared materials