

**Napa Valley Adult Education
Construction/Trades
Course Outline**

Course Title: OSHA 10

CBEDS Title: Introduction to Building and Construction Trades

Grade Level: Adult

Course Title: OSHA 10

1. Goal or purpose

The goal or purpose of this course:

This course will teach participants important safety guidelines to identify, predict, prevent and stop potential hazards in the workplace. Students will learn the importance of developing a culture of safety in the workplace and receive an OSHA 10 certificate upon completion of all required coursework contained therein.

2. Performance Objectives:

Students will be able to:

- A. Maintain a safe work environment
- B. Identify elements of fall protection, ladder and stair safety, and scaffold safety
- C. Apply electrical safety guidelines
- D. Identify and prevent major hazards and describe the types of hazards
- E. Protect him/herself from these hazards
- F. Recognize employee/employer requirements to protect workers from these hazards.
- G. Use personal protective equipment (PPE)

3. Instructional Strategies:

- Instructor presentation and demonstration
- Role Play
- Communicative /interactive activities
- Problem Solving
- Videos

4. Time and Content of Instruction:

The total hours for this course:

= 12 hours

Introduction to OSHA
Fall Hazards
Caught In- or -Between Hazards
Struck-by Hazards
Electrocution Hazards
Personal Protective and Lifesaving Equipment

Health Hazards in Construction
Cranes, Derricks, Hoists, Elevators, and Conveyors
Excavations
Materials Handling, Storage, Use and Disposal
Scaffolds
Stairways and Ladders
Hand and Power Tools

5. Evaluation:

The following means of evaluation will be used:

- Performance assessments
- Quizzes and tests

6. Repetition:

Students may with the consent of the instructor, repeat the class until the desired competencies are reached.

7. Texts and Materials:

- *OSHA materials*
- *NCCER core curriculum*