

# 2024 OSHA Outreach 10 Hour Virtual Training Course



Join us for an interactive, informative, and fun virtual 2 Day training class!

8:00am to 2:00pm pacific time for both days – Thursday and Friday

## Course Requirements

In order to attend this course online, OSHA requires each registrant to log in with their unique email, have their webcam turned on throughout the entire course, and a microphone available to participate in interactive exercises. OSHA will occasionally log in to audit the course.

Not meeting these requirements will result in dismissal from the class.

## Zoom System Requirements

- An internet connection – broadband wired or wireless
- Speakers and a microphone (built-in or USB plug-in or wireless Bluetooth)
- A webcam or HD webcam – (built-in or USB plug-in)

**FREE – Each class limited to the first 40 RSVPs**

**Maximum of 5 participants per policyholder account**

Students who successfully complete all 10 hours of training will receive their OSHA 10-hour Safety and Health completion card free of charge.

Registration will close once classes are full. Please email [gtejada@icwgroup.com](mailto:gtejada@icwgroup.com) for any questions regarding the class.

---

The OSHA Outreach Training Program provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards. This course will be completed over two days and will offer a broad scope of safety and health topics that will help you learn OSHA industry standards and safety best practices.

## OSHA 10 General Industry

Topics for General Industry will include:

|  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Introduction to OSHA<ul style="list-style-type: none"><li>• Electrical</li></ul></li><li>• Hazard Communication</li><li>• Personal Protective Equipment<ul style="list-style-type: none"><li>• Machine Guarding</li><li>• Bloodborne Pathogens</li></ul></li></ul> | <ul style="list-style-type: none"><li>• Materials Handling<ul style="list-style-type: none"><li>• Ergonomics</li></ul></li><li>• Safety and Health Program<ul style="list-style-type: none"><li>• Health Hazards</li><li>• Bloodborne Pathogens</li><li>• Industrial Hygiene</li></ul></li></ul> |
|--|--|

## General Industry Course Dates

[Register for April 25 and 26](#)

[Register for July 25 and 26](#)

[Register for October 17 and 18](#)

## OSHA 10 Construction

Topics for Construction will include:

|   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Introduction to OSHA</li><li>• Electrocution Hazards<ul style="list-style-type: none"><li>• Fall Protection</li></ul></li><li>• Personal Protective Equipment</li><li>• Stairways and Ladders</li></ul> | <ul style="list-style-type: none"><li>• Struck-By Hazards</li><li>• Caught-In Hazards</li><li>• Hand and Power Tools<ul style="list-style-type: none"><li>• Health Hazards</li><li>• Excavations</li><li>• Scaffolds</li></ul></li></ul> |
|---|--|

# Construction Course Dates

[Register for April 11 and 12](#)

[Register for July 11 and 12](#)

[Register for October 10 and 11](#)