2026 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 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:

• Introduction to OSHA • Electrical • Hazard Communication • Personal Protective Equipment • Machine Guarding • Bloodborne Pathogens	• Materials Handling • Ergonomics • Safety and Health Program • Health Hazards • Bloodborne Pathogens • Industrial Hygiene

General Industry Course Dates

Register for February 5 and 6

Register for May 7 and 8

Register for July 16 and 17

Register for October 22 and 23

OSHA 10 Construction

Topics for Construction will include:

• Introduction to OSHA • Electrocution Hazards • Fall Protection • Personal Protective Equipment • Stairways and Ladders	• Struck-By Hazards • Caught-In Hazards • Hand & Power Tools • Health Hazards • Excavations • Scaffolds

Construction Course Dates

Register for January 29 and 30 (cancelled)

Register for April 23 and 24

Register for July 9 and 10

Register for October 15 and 16