

# OSHA 10-Hour Training

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This OSHA 10-hour training will provide workers with an awareness of various health and safety hazards present at their workplaces, and how to avoid those hazards. This OSHA 10-hour training also provides participants with a basic understanding of how the Occupational Safety and Health Administration (OSHA) functions, and employee rights to a safe and healthful workplace.



The training is delivered by EMS Consulting Solutions and involves interactive sessions, case studies, and real-world scenarios to enhance learning. This course is ideal for workers in the construction, manufacturing, and healthcare industries who want to improve their understanding of workplace safety and comply with OSHA regulations.

## Learning Objectives:

- Gain a general understanding of safety regulations and guidelines.
- Understand basic health and safety standards for common workplace situations.

## Course outline:

- Introduction to OSHA
- Walking and Working Surfaces
- Exit Routes, Emergency Action Plans, Fire Prevention and Protection
- Electrical
- Personal Protective Equipment
- Hazard Communication

- Machine Guarding
- Lockout – Tagout
- Safety and Health Programs

Upon completion, participants will be provided with an OSHA wallet card and training certificate.

**Register**

**This training may qualify for WEDnetPA funding with the full registration fee reimbursable for qualified participants.**