



OSHA 10 & 30

Connect with our OSHA 10 & 30 Team: 800.667.9300

Email: info@safetynow.com

Top 5 Questions About Your OSHA 10 & 30 Course

How much time do I have to complete the Online OSHA 10 or 30 Hour training?

180 days to complete the training, including the final exam and course evaluation; the clocks starts when you start your 1st course.

When will I get my wallet card?

You'll get your official DOL-OSHA card within 2-3 weeks of successful completion of the final exam *and* the course evaluation—you **must** complete the course evaluation to get your card. A printable temporary certificate of completion is available immediately after successfully completing your course.

Who do I call for help?

For any issue with the course, including log-in and password retrieval, call our support team: 800-370-1223

Does it really take 10 hours or 30 hours?

Yes! The government mandates the time you must spend training. OSHA 10 hour training must take at least 2 days to complete. OSHA 30 hour training takes 4 days to complete. You can only train for 7.5 hours each day.

What does 'successful completion' of the course mean?

You have 3 attempts to pass the exam at or above 70%. It is 30 questions, randomly aggregated from the course material. If you fail **any** of the quizzes or final exam after three attempts, you must restart the training completely.

Thanks for choosing SafetyNow, the nation's top OSHA-Authorized provider of 10 & 30-hour Outreach Training.



OSHA 10 Hour General Industry

10

Course Topics

Intro to OSHA

Walking and Working Surfaces

Fire Protection and Prevention

Electrical Safety

Personal Protective Equipment (PPE)

Eye Safety

Hazard Communication

Bloodborne Pathogens

Fall Protection

Machine Guarding

Lockout/Tagout

Confined Space: Permit Required

Industrial Ergonomics



OSHA 30 Hour General Industry

30

Course Topics

Intro to OSHA

Walking and Working Surfaces

Fire Protection and Prevention

Hot Work

Disaster Readiness

Electrical Safety

Personal Protective Equipment (PPE)

Eye Safety

Forklift Safety

Hazard Communication

Confined Spaces Permit Required

Lockout/ Tagout

Machine Guarding

Bloodborne Pathogens

Back Safety

Process Safety Management

Industrial Ergonomics

Fall Protection

Materials Handling

Hazard Recognition

Aerial Lifts

Welding Safety Compressed

Gas Asbestos Awareness

Hexavalent Chromium Hand

And Power Tool Safety

Hearing Safety

Heat Stress

Scaffold Safety

Lead Safety

Incident Investigation

Job Safety Analysis

Leadership Skills for Safety



OSHA 10 Hour Construction

Course Topics

Intro to OSHA

Fall Protection

Electrical Safety

Construction Safety Orientation

Crane Safety: Mobile Cranes

Personal Protective

Equipment (PPE)

Silica Safety

Stairways and Ladders

Scaffold Safety

Hand and Power Tools



OSHA 30 Hour Construction

Course Topics

Intro to OSHA

Fall Protection

Electrical Safety

Construction Orientation

Crane Safety

Excavations, Trenching, and Shoring

Personal Protection Equipment (PPE)

Hearing Safety

Eye Safety

Silica Safety

Formaldehyde

Stairways and ladders

Hazard Communication

Concrete and Masonry

Leadership skills

Job safety analysis

Welding Safety

Hot Work

Scaffold Safety

Hand and Power Tools

**Confined Space Entry
Permit Required**

Back Injury Prevention

Lead Safety

Aerial Lifts

Asbestos Awareness

Forklift Safety

Compressed Gas Cylinders

Hoists and Slings

Steel Erection Compressed

Fire Safety

Incident Investigation