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OSHA 10 & OSHA 30 Online Training



Employers who have trained their workers with the OSHA Outreach Program for Construction have seen reductions of up to 66% in lost-time injuries. Get your OSHA 10 or 30 card with this online version of OSHA 10 or OSHA 30 construction safety course

Course topics include: Introduction to OSHA, Struck and Caught Hazards, Electrical Safety, Fall Protection, Ladder Safety, Excavations, Scaffolds, Crane Safety, Materials Handling, Personal Protective Equipment (PPE), and Hearing Conservation.

OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers. Workers must receive additional training, when required by OSHA standards, on the specific hazards of their job.

Please note that Independent Electrical Contractors - Chesapeake is not authorized to deliver Occupational Safety and Health Administration (OSHA) Outreach Training Program classes in an online format. Through a competitive process, OSHA selects and authorizes a limited number of organizations to offer OSHA Outreach Training Program classes in an online format. Only those organizations authorized by OSHA may offer Outreach Training Program classes online. You may access an OSHA-authorized online Outreach Training Program provider by clicking on the link below. The OSHA-authorized training provider listed below has customer service staff and authorized trainers to help you with the technical and safety and health aspects of the course. If you need customer service assistance with any aspect of the online class, including the processing of course completion certificates or cards, you must contact the OSHA-authorized online Outreach Training Program provider listed below:



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