Lesson 1 - Introduction
- CEO Video
- Responsibilities of Owners/Contractors/Employees
- Asking Questions / OSHA Reporting

Lesson 2 - HAZCOM (29CFR1910.120)
- Right-To-Know Requirements
- Basics of HAZCOM Standard
- Description of Physical and Health Hazards
- Labels - NFPA & HMIS
- MSDS requirements
- Asbestos / Lead / Radiation

Lesson 3 - Personal Protective Equipment (29CFR1910.132-138)
- Controlling Hazards
- Hazard Assessment Surveys
- Selection and Fitting Guidelines
- Eye and Face Protection
- Head Protection / Foot Protection
- Hand Protection / Hand Hazards/Injuries
- Cleaning and Maintenance
- Flame Resistant Clothing (FRC)

Lesson 4 - Snake Bite Awareness
- Dangers of Snake Bites
- What Snakes are Poisonous
- Treating and Preventing Snake Bites

Lesson 5 – Biohazard Awareness
- What are Biohazards
- Prevent Exposure to Biohazards
- Universal Precautions
- Work Practice Controls / Housekeeping
- PPE
- Warning Labels
- Emergency Response

Lesson 6 - Respiratory Protection (29CFR1910.134)
- OSHA Requirements
- Respiratory Hazards
- Types of Respirators
- Fitting a Respirator

Lesson 7 - Hearing Conservation (29CFR1910.95)
- OSHA Requirements
- Mechanics of Sound and Hearing
- Symptoms and Effects of Overexposure to Noise
- Hearing Preservation

Lesson 8 - Elevated Work (29CFR1926.451 & 501)
- Fall Prevention
- Employer/Employee Responsibilities
- Training Requirements
- Fall Arrest Equipment / Fall Prevention Systems
- Scaffold Requirements / Constructions of Scaffolds
- Load Requirements / Accesses
- Scaffolds Safe Work Practices
- Ladder Safety / Types of Ladders
- Duty Ratings
- 3 Foot Rule / 4 to 1 Rule
- 3 Points of Contact
- Ladder Site Selection / Securing Ladder
- Ladder Inspection Requirements

- OSHA Requirements
- Qualified v/s Unqualified Workers
- General Electrical Safety
- Grounding / Bonding
- Portable Electrical Equipment
- Electrical Shock Severity Factors
- Causes of Electrical Accidents
- Unsafe Work Habits
- De-energized v/s Energized Equipment
- LO/TO Procedures
- Energized Circuits/Overhead Lines

Lesson 10 - Job Hazard Analysis
- Description of JHA / Benefits of JHA/JSA
- The Four Basic Steps
- Job Selection / Break Job Into Steps
- Procedures

Lesson 11 - General Rules and Emergency Response
- Plant Entry and Security
- Controlled Substance Policy
- Smoking
- Job Site Maintenance
- Vehicle and Equipment Rules
- Cranes
- Forklifts
- Signs, signals, Tags, barriers, & Barricades
- Confined Space
- Fire Safety
- Back Safety/Ergonomics
- Emergency Actions