30-HOUR MANDATORY COURSE TOPICS (16 hours)

Introduction to OSHA and Cal/OSHA (Two Hours)

Cal/OSHA Focus Four Hazards - Five Hours (must cover all four areas – minimum 30 minutes on each)
- Fall Protection
- Electrical
- Struck by (e.g., falling objects, trucks, cranes, constructing masonry walls)
- Caught in/between (e.g., trench hazards, unguarded machinery, equipment)

Personal Protective and Lifesaving Equipment - Two Hours

Injury and Illness Prevention Program and Code of Safe Practices – Two Hours
- Jobsite requirements, including multi-employer issues

Health Hazards in Construction - Four Hours
Must include:
- Noise
- Hazard communication and access to medical information (3204/5194)
- Lead
- Silica (including 1530.1 requirements)
- Asbestos
- Heat stress
- Confined spaces
- Ergonomics: repetitive motion and vibration hazards
- And an overview of other health hazards that can be encountered at construction sites, including cadmium, epoxies, methylenedianiline, chrome, PVC/ABS glues, polyurethanes, fiberglass

Stairways and Ladders- One Hour
30-HOUR ELECTIVE COURSE TOPICS

Choose at least 5 of the following topics - Must add up to at least 12 hours

- Fire Protection and Prevention
- Materials Handling, Storage, Use and Disposal
- Tools - Hand and Power
- Welding and Cutting
- Scaffolds
- Cranes and Rigging
- Motor Vehicles and Heavy Equipment, including: Rollover and Overhead Protective; and Signs, Signals and Barricades
- Excavations
- Concrete and Masonry Construction,
- Steel Erection
- Powered Industrial Trucks (forklifts)
- Ergonomics

REMAINING TWO HOURS
Teach any other construction industry hazards or policies and/or expand on the mandatory and/or elective topics