<table>
<thead>
<tr>
<th>Mandatory – 8 hours</th>
<th>Electives – 1 hour</th>
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| **Two Hours**  
Introduction to OSHA and CAL/OSHA |
| **Choose at least 1 of the following electives:**  
These topics must add up to at least two hours: Minimum one-half hour each  
- Hazardous Materials, 8 CCR Group 9  
- Materials Handling, 8 CCR Articles 23-26  
- Machine Guarding, 8 CCR Groups 6 & 8  
- Bloodborne Pathogens, 8 CCR 5193  
- Ergonomics, 8 CCR Articles 102-105  
- Safety and Health Program, 8 CCR 3203  
- Heat Illness Prevention, 8 CCR 3395  
- Fall Protection, 8 CCR, Article 24 |
| **One Hour each:**  
Walking and Working Surfaces - including fall protection, 8 CCR Articles 2 & 4  
Electrical, 8 CCR Subchapter 5  
Personal Protective Equipment, 8 CCR Article 10  
Hazard Communication, 8 CCR 5194  
Introduction to Industrial Hygiene, 8 CCR Article 107 |
| **Optional - 1 hour**  
For the remaining one class hour:  
Teach any other general industry hazards or policies and/or expand on the mandatory or elective topics. |