OSHA Training Tutorial
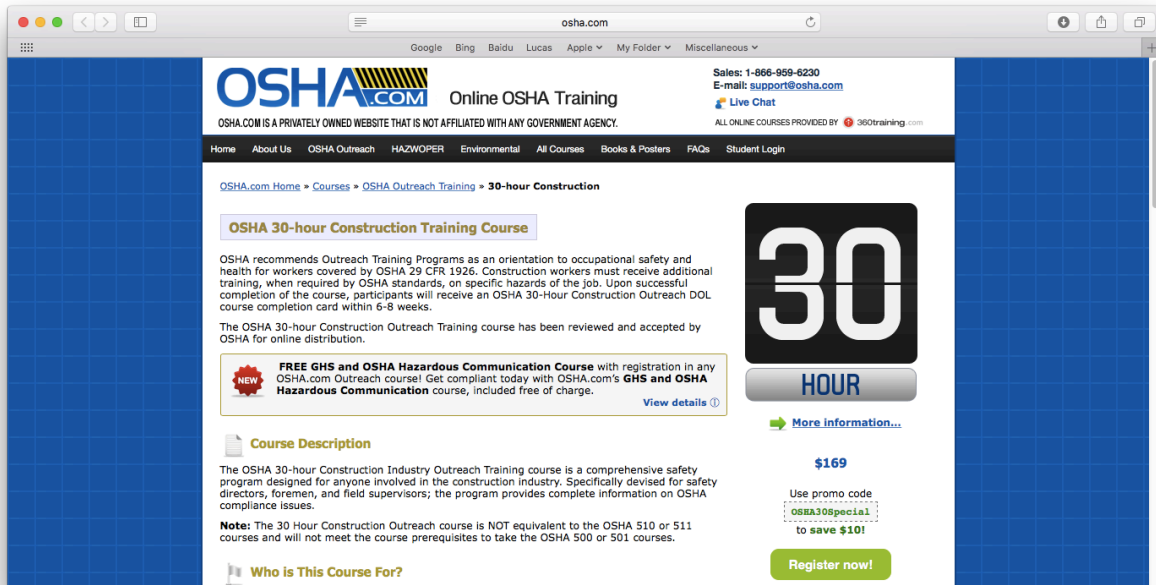
Prepared by Lucas Li
18 Jan 2018

1. Go to OSHA.COM for the 30-hour Construction Training Course.
   http://www.osha.com/courses/30-hour-construction.html
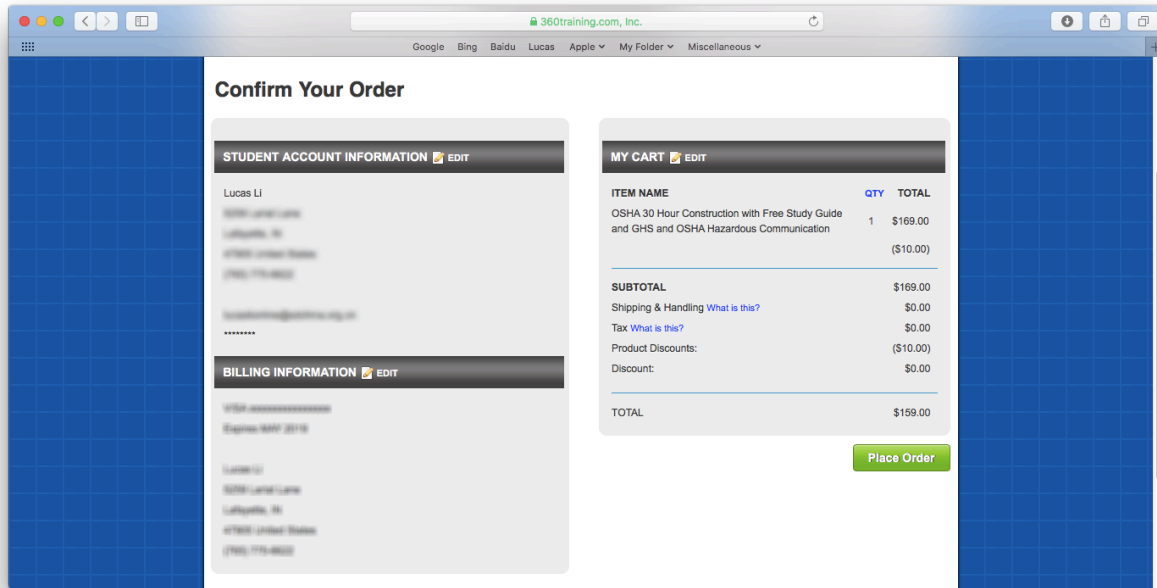   Click "Register now" to start your OSHA journey.

2. Fill out all required Account & Billing Information.
   a. Random phone number is acceptable.
   b. Input the promo code "OSHA30Special" and click "apply discount" to save you $10. The total charge shall be **$159**.
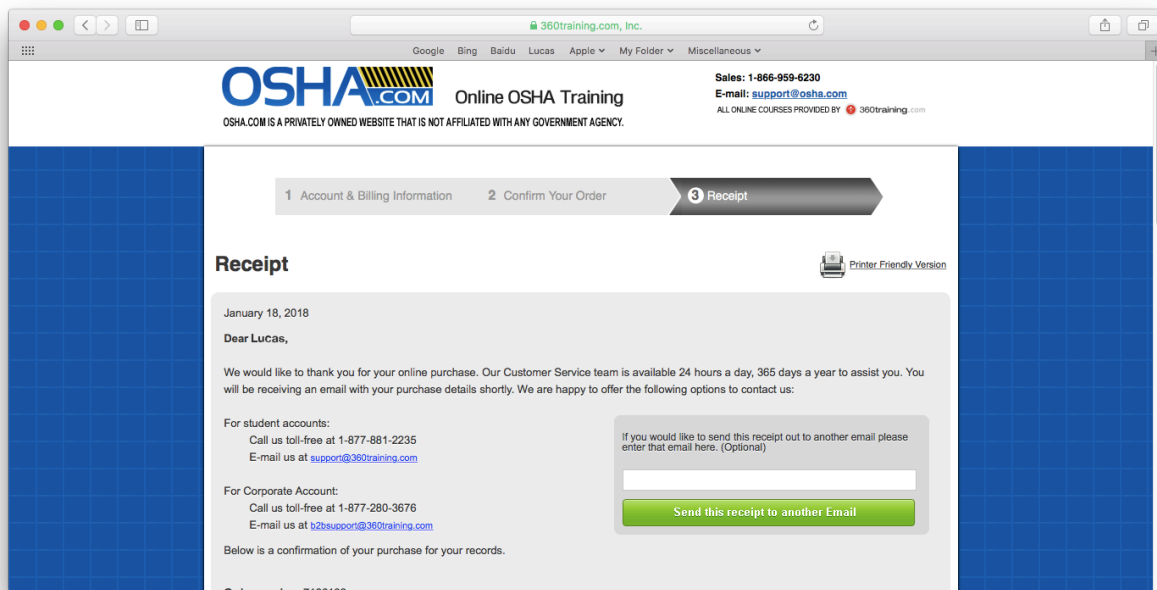

Click "Review Order" to proceed.

3. If everything looks right, click "Place Order" to check out.

4. Done with purchase. You may print out your receipt or save it as PDF from "Printer Friendly Version".

5. Now you are ready for the OSHA training. There are several ways to log in to your courses:
   a. Scroll down current page and you'll find a link "CLICK HERE TO BEGIN YOUR COURSES".

   b. Log in from the home page by clicking "Student Login", or from the login page at:
      https://www.osha.com/login/

6. Agree the license to proceed.
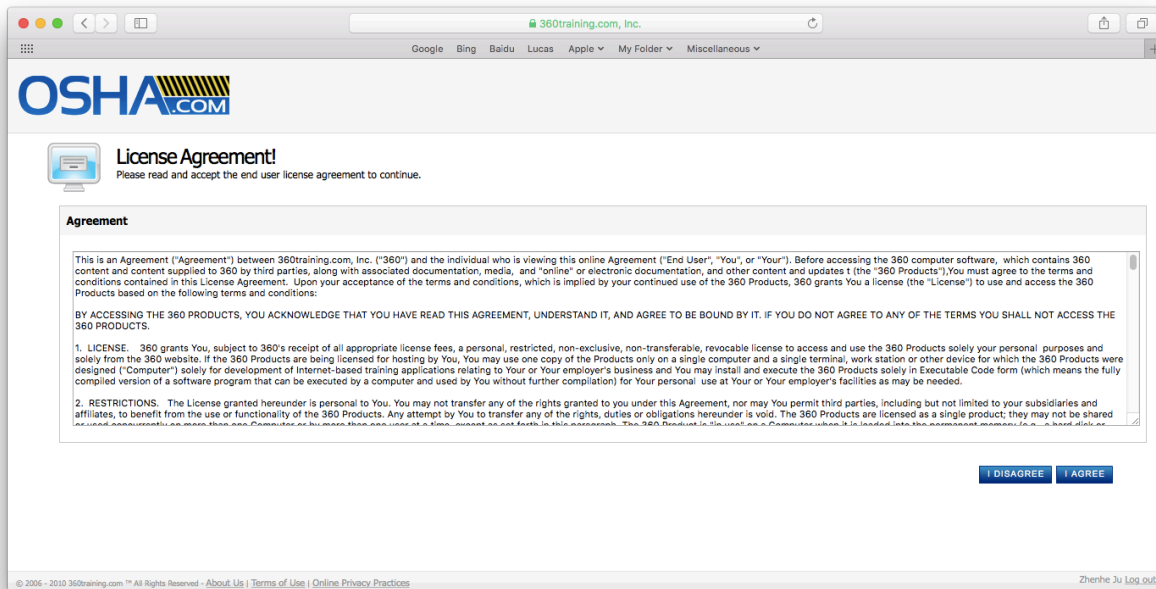
7. Now you reach your courses. This training contains three courses that you have to complete:
   a. 30 Hour Construction Safety Certification Study Guide
   b. 30 Hour Construction Industry Outreach
   c. GHS and OSHA Hazardous Communication
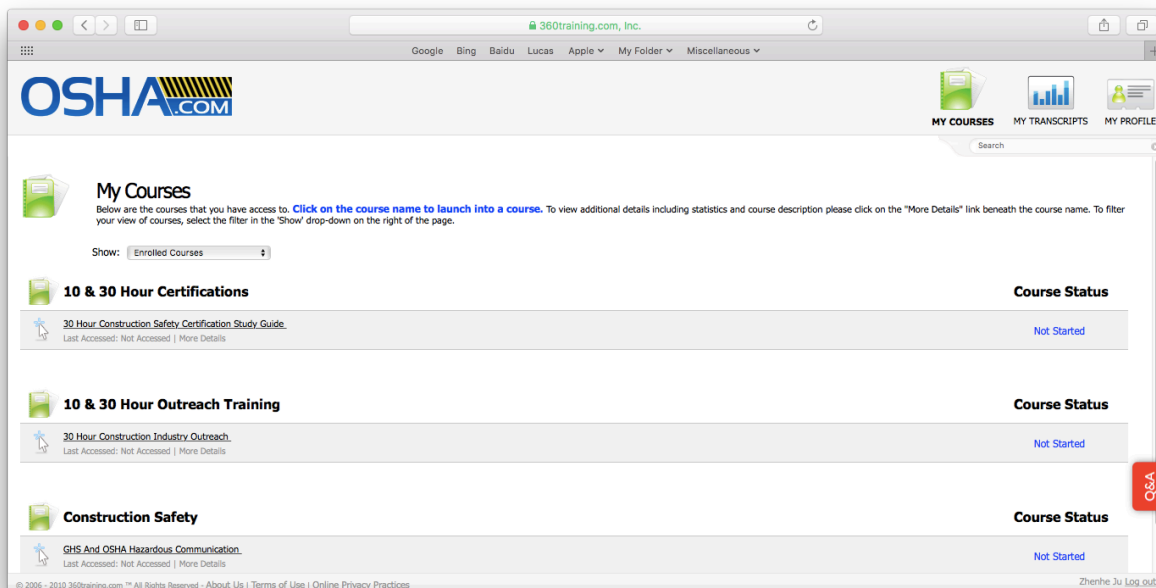
8. Click the course name and you will be redirected to the course materials. Follow the instruction to complete all three courses. Be patient when the course is loading.

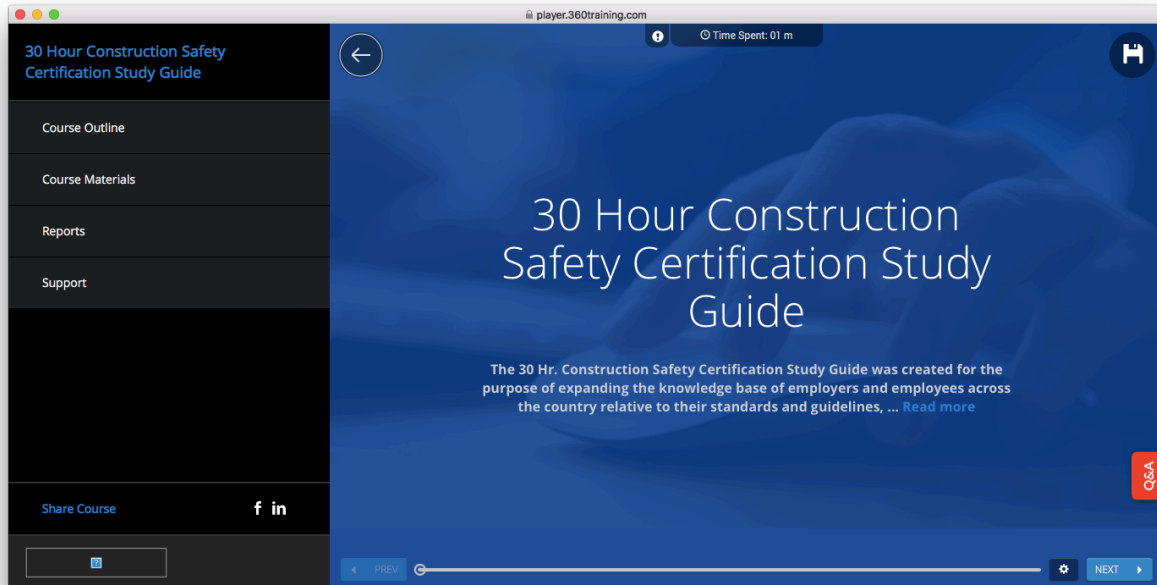9. When you access the **30 Hour Construction Industry Outreach** course for the first time, you might be asked to select the regulating body. If you have no idea what to put, try the following information to proceed.

If you are taking the OSHA training outside of the U.S. territory, you will be warned that the course cannot be launched. This is because 360training.com is only authorized to deliver the OSHA training within specific areas.
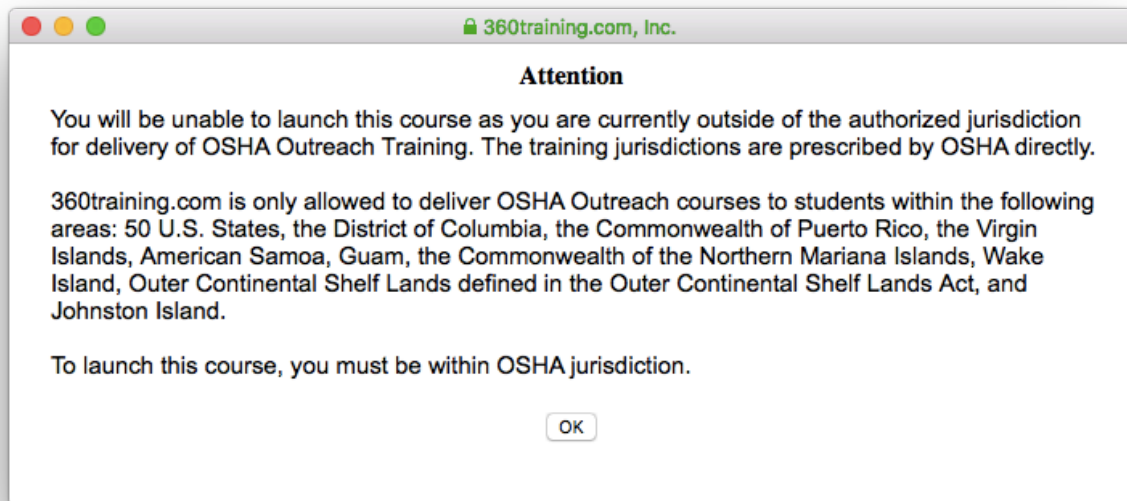
I have been using the ExpressVPN, (which is not free unfortunately ☹), to access the course from China and it works well. Alternatively, you can use the FreeVPN, which is free, or other tools whatever work.
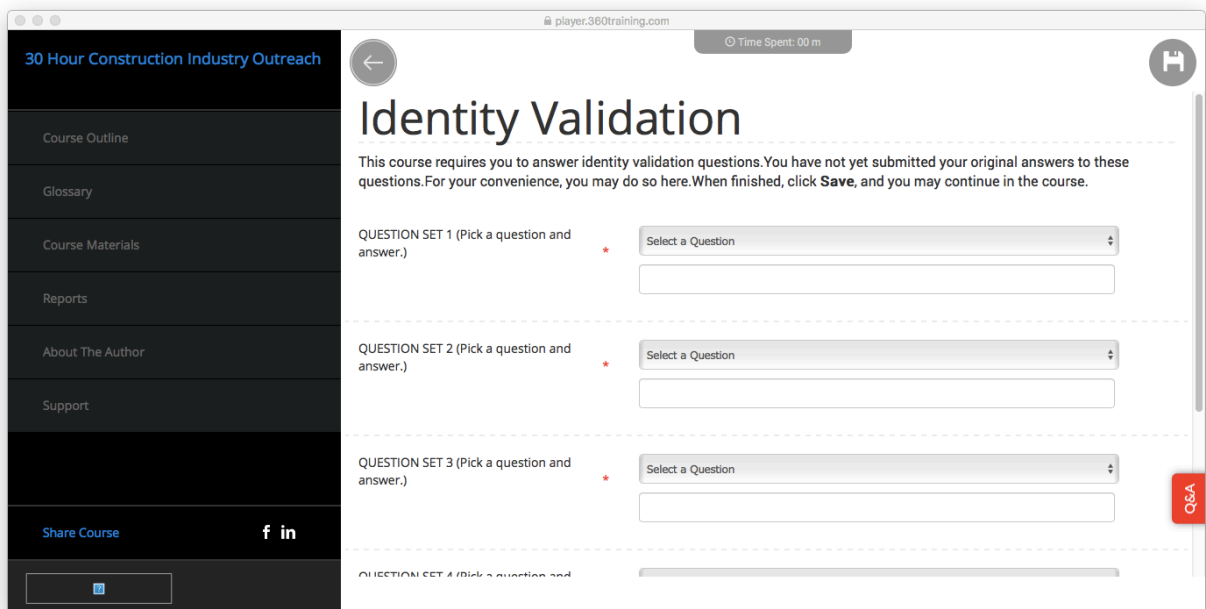
10. Please be aware that this course limits the amount of time you may spend on it each day is **7 h and 30 m**. Please make your study plan accordingly.
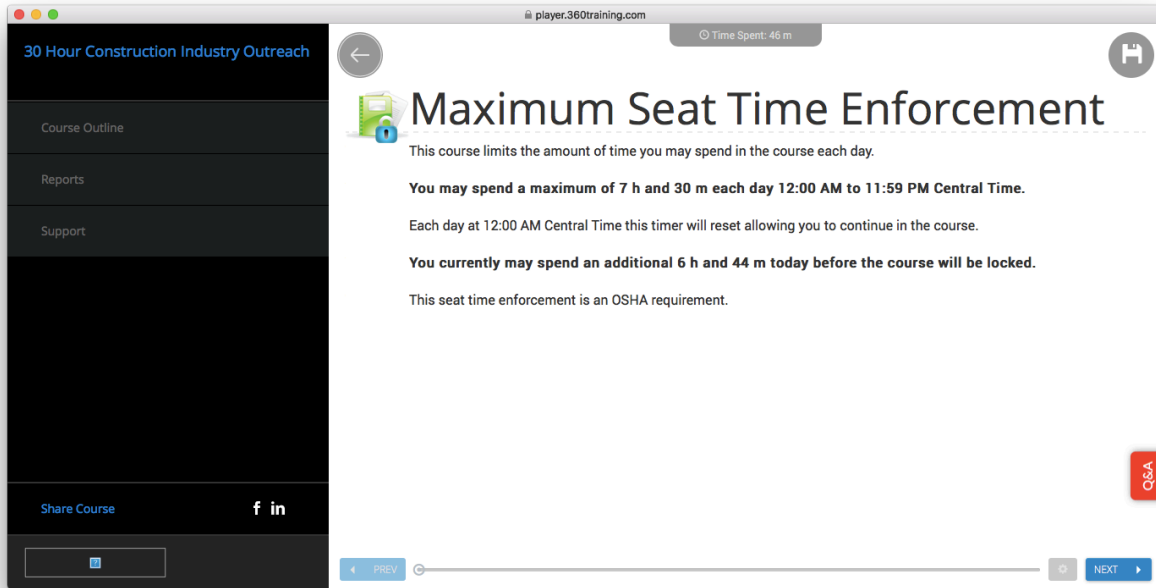
11. Once you complete your course, you will be able to download the Certificate. You are required to submit all your Certificate of Completion to the Organizing Committee by the announced deadline to be qualified for on-site construction.

Good luck!