

OSHA Training Requirements - 29 CFR 1910 & 1926

Fall Protection (1910.30 / 1926.503)

Introduction to Fall Hazards

Types of fall hazards (leading edges, skylights, scaffolding)

Incident statistics and real-world case studies

OSHA Fall Protection Requirements

Review of 1910.30 or 1926.503

Trigger heights (4', 6', etc.)

Role of the competent person

Fall Protection Systems Overview

Guardrails, nets, PFAS

Anchorage points and connector types

Using PFAS

Full-body harness components and sizing

Proper lanyard and lifeline setup

Inspection and Maintenance

Daily inspection checklists

Storage and damage recognition

Hands-On Demonstration

Donning and doffing PPE

Simulated fall arrest and rescue

Knowledge Review & Practical Evaluation

HAZWOPER (1910.120 / 1926.65)

Regulatory Overview

Scope of 1910.120 / 1926.65

Roles: General site worker, TSD, emergency responder

Toxicology & Exposure Limits

Routes of entry

PELs, STELs, IDLH

Chemical Hazard Recognition

SDS interpretation

Physical and health hazards

PPE and Respiratory Protection

Level A-D PPE

Donning/doffing, fit testing

Monitoring & Detection

Use of gas meters, colorimetric tubes

Monitoring strategies

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Decontamination
Zone setup (hot, warm, cold)
Decon procedures

Emergency Response
Spill scenarios
Evacuation procedures

Site Control Plans & Safety Programs
Health & safety plans
Job hazard analysis

Hands-On Practical Exercises
Level B suit drill
Site setup simulation

Written Test & Certificate Issuance

Hazard Communication (1910.1200 / 1926.59)

GHS & OSHA Standard Overview
Label elements, pictograms
Signal words and precautionary statements

Safety Data Sheets (SDS)
16-section format
How to find key info (hazards, PPE, first aid)

Chemical Labeling
Primary and secondary containers
In-house labeling systems

Employee Rights & Employer Duties
Access to SDSs
Reporting exposure or hazards

Hands-On Practice
SDS interpretation
Labeling exercise

Hearing Conservation (1910.95)

Noise and Hearing Loss
Anatomy of hearing
Effects of occupational noise

Monitoring and Controls
Noise dosimetry
Engineering vs. administrative controls

Hearing Protection Devices (HPDs)

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Types: earplugs, earmuffs
Fitting demo

Audiometric Testing
Baseline, annual tests
Employee rights

PPE (1910.132 / 1926.28)

Hazard Assessment
Workplace walkthrough
Job safety analysis (JSA)

PPE Types and Use
Eye, hand, foot, head protection
Limitations and proper use

Inspection, Care, and Maintenance
When to replace
Cleaning, storage

Demonstration & Evaluation
Proper donning
Correct selection scenarios

First Aid / CPR (1926.23 / 1910.151)

Medical Response Basics
Scene safety
Universal precautions

CPR & AED
Adult compression-only CPR
AED use scenarios

First Aid Techniques
Wounds, burns, fractures
Heat/cold emergencies

Documentation & Reporting
OSHA injury logs
Emergency services interface

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Template Annual Training Schedule

Month	Training Focus	Audience	Type	Duration
Jan	Hazard Communication (1910.1200)	All employees exposed to chemicals	Annual	2 hrs
Feb	PPE (1910.132)	All PPE users	Initial/Annual	2 hrs
Mar	Fall Protection (1910.30 / 1926.503)	Workers using PFAS	Initial	4 hrs + demo
Apr	First Aid & CPR	Site responders	Biennial	6-8 hrs
May	Lockout/Tagout (1910.147)	Maintenance, authorized employees	Initial	3 hrs
Jun	Respiratory Protection (1910.134)	Respirator users	Annual	2 hrs + fit
Jul	HAZWOPER Refresher (1910.120)	Hazardous waste workers	Annual	8 hrs
Aug	Hearing Conservation (1910.95)	>85 dBA exposure group	Annual	2 hrs
Sep	Electrical Safety (1910.333)	Qualified electricians	3-Year	2-4 hrs
Oct	Fire Extinguisher (1910.157)	All employees (if provided extinguisher)	Annual	1 hr
Nov	Scaffold & Ladder Safety (1926 Subpart L & X)	Construction crews	Initial	2 hrs
Dec	Refresher/Missed Training Catch-Up	All employees	As needed	Varies