

**AC SAFETY
CONSULTANTS SERVICES LLC**

OSHA OUTREACH TRAINING GUIDE

Understanding OSHA 10-Hour and 30-Hour Outreach Training

SAFETY. COMPLIANCE. PROTECTION.

A practical overview for workers, supervisors, employers, and clients.
Nationwide safety training and workforce support.

1. What Is OSHA Outreach Training?

The OSHA Outreach Training Program provides basic occupational safety and health information and hazard-awareness education. It covers worker rights, employer responsibilities, and methods for recognizing, avoiding, abating, and preventing workplace hazards.

Important: OSHA describes Outreach Training as a voluntary program. It does not satisfy an employer's obligation to provide training required by specific OSHA standards, and an OSHA Outreach card is not a certification or license.

Who delivers the training?

OSHA 10-Hour and 30-Hour Outreach classes are delivered by OSHA-authorized Outreach trainers in the industry for which they are authorized. OSHA also recognizes authorized online Outreach Training Program providers.

Industries covered

- Construction
- General Industry
- Maritime Industry
- Disaster Site Worker

2. OSHA 10-Hour vs. OSHA 30-Hour

Course	Best suited for	Primary purpose
10-Hour	Workers and entry-level participants	Awareness of common job-related safety and health hazards.
30-Hour	Supervisors and workers with some safety responsibility	Broader hazard-awareness education for people with greater safety responsibilities.

Course selection should match the participant's work responsibilities, employer requirements, contract requirements, and any applicable state or local rules.

3. What Participants Should Expect

- Required minimum contact hours and required curriculum for the applicable Outreach course.
- Instruction on hazard recognition and prevention, worker rights, and employer responsibilities.
- Industry-specific topics. Construction Outreach includes the Construction Focus Four as required curriculum.
- Participation in the entire class is required to receive a student course completion card.
- Additional job-specific training may still be required before performing hazardous work.

4. Common Construction Safety Topics

Actual Outreach course content must follow current OSHA Outreach Training Program requirements and the authorized trainer's applicable procedures. Common construction safety topics include:

- Introduction to OSHA and worker rights
- Falls and fall protection
- Electrical hazards
- Struck-by hazards

- Caught-in/between hazards
- Personal protective equipment
- Health hazards in construction
- Scaffolds and ladders
- Excavation and trenching
- Materials handling and other selected hazards

5. Common General Industry Safety Topics

General Industry Outreach courses likewise follow OSHA's required curriculum and procedures. Typical hazard-awareness subjects may include:

- Introduction to OSHA and worker rights
- Walking-working surfaces
- Emergency action plans and fire prevention
- Electrical safety
- Personal protective equipment
- Hazard Communication
- Machine guarding
- Materials handling
- Ergonomic and health hazard awareness
- Other elective or optional topics allowed by current program procedures

6. Worker Rights and Employer Responsibilities

Outreach training includes information about worker rights and employer responsibilities. Employers remain responsible for complying with applicable OSHA standards, including providing training required by those standards.

- Workers have the right to receive information and training about workplace hazards in a language and vocabulary they can understand.
- Workers may raise safety and health concerns and may file a complaint with OSHA.
- Employers must provide a workplace free from recognized serious hazards and comply with applicable OSHA standards.
- Outreach training is an orientation and hazard-awareness program; it does not replace site-specific or standard-specific training.

7. Course Completion Cards

- OSHA-authorized Outreach trainers issue student course completion cards to students who successfully complete the applicable class.
- OSHA states that Outreach cards are not certifications or licenses.
- Construction, General Industry, Maritime, and Disaster Site Worker student course completion cards do not have an OSHA expiration date.
- Some employers, owners, unions, states, municipalities, or other jurisdictions may impose their own training or recency requirements.
- For replacement cards, students should contact the original trainer or online provider. OSHA generally limits replacement eligibility to classes taken within the prior five years.

8. How AC Safety Can Support Your Organization

AC Safety Consultants Services LLC can help organizations plan safety training around workforce roles, project hazards, client requirements, and applicable regulatory obligations.

- OSHA Outreach Training coordination and delivery where the trainer holds the applicable current authorization.
- Workforce safety orientation and hazard-awareness training.
- Construction and industrial safety training support.
- On-site safety professional support.
- Site-specific training planning and documentation support.
- Customized safety training programs for project and organizational needs.

Before advertising or scheduling an OSHA Outreach course, AC Safety should confirm that the assigned trainer's OSHA Outreach authorization is current and covers the applicable industry.

9. Employer Planning Checklist

- Identify the industry and work activities involved.
- Determine whether a 10-Hour or 30-Hour Outreach course is appropriate.
- Check contract, owner, union, state, and local training requirements.
- Identify OSHA standards that require additional task-specific training.
- Verify trainer authorization for the applicable Outreach industry.
- Plan for language, literacy, accessibility, and workforce needs.
- Maintain employer training records separately from Outreach course records.
- Provide site-specific orientation before employees begin work.

10. Important Disclaimer

This guide is an educational overview, not legal advice and not a substitute for OSHA regulations, current OSHA Outreach Training Program requirements, or site-specific safety training. OSHA rules, interpretations, and program procedures may change. Employers and trainers should verify current requirements before relying on this guide.

11. Official OSHA Resources

OSHA Outreach Training Program: <https://www.osha.gov/training/outreach>

Outreach Program Overview: <https://www.osha.gov/training/outreach/overview>

Outreach Training FAQs: <https://www.osha.gov/training/outreach/faq>

Construction Outreach: <https://www.osha.gov/training/outreach/construction>

General Industry Outreach: <https://www.osha.gov/training/outreach/general-industry>

OSHA Training: <https://www.osha.gov/training/>

Contact AC Safety

AC Safety Consultants Services LLC

Professional Safety Training, Workforce Support & Protection Services

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