

OSHA 10 HOUR MARITIME AGENDA

Trainer: John Smith

Training Location: UCC San Diego, CA

Dates: 7/25/2019 - 7/26/2019

Day 1 - Thursday 7/25/2019

Time	Topic	Length	Taught by (if different)
8:00 am - 9:00 am	Introduction to OSHA	1 hour	
9:00 am - 10:00 am	Walking and Working surfaces	1 hour	
10:00 am - 10:15 am	Break (15 minutes)		
10:15 am - 11:15 am	Personal Protective Equipment	1 hour	
11:15 am - 12:15 pm	Lunch (1 hour)		
12:15 pm - 1:15 pm	Electrical	1 hour	
1:15 pm - 2:15 pm	Fall Protection/ Scaffolding	1 hour	
2:15 pm - 2:30 pm	Break (15 minutes)		
2:30 pm - 3:30 pm	Confined and Enclosed Spaces	1 hour	
3:30 pm - 4:00 pm	Materials Handling	30 minutes	
4:00 pm - 4:15 pm	Review and Evaluations	15 minutes	

Day 2 - Friday 7/26/2019

Time	Topic	Length	Taught by (if different)
8:00 am - 9:00 am	Fire Protection	1 hour	
9:00 am - 10:00 am	Lockout/Tagout	1 hour	
10:00 am - 10:15 am	Break (15 minutes)		
10:15 am - 11:15 am	Machine Guarding	1 hour	
11:15 am - 11:45 pm	Ergonomics	30 minutes	
11:45 pm - 12:00 pm	Review and Evaluations	15 minutes	