COURSE SYLLABUS

Construction Safety & OSHA Fundamentals Course Online (Coming Soon)

Master the essentials of construction safety, from PPE and fall protection to hazard analysis and OSHA referencing. Build the knowledge to make informed safety decisions on real construction sites and prepare for OSHA 10 certification.

> Group classes (Live Online) and onsite training are available for this course. For more information, email partnerships@vdci.edu or visit: https://vdci.edu/courses/construction-safety-osha-fundamentals-course-online



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Course Outline

Section 1: Personal Protective Equipment (PPE)

- Definition of PPE and overview
- Hard hats: expiration, types, and the shift toward safety helmets
- Vests and boots (brief)
- Attire requirements, including temperature-control considerations
- Site signage with examples and site-specific variants
- Quiz: what is and is not included in general PPE

Section 2: Activity-Specific Requirements

- Site cleanliness
- Fall protection: scaffolding types, tie-off options, and ladder-vs-edge-distance height rules
- Welding and sparks: dedicated welding requirements versus metal-cutting spark management
- Confined spaces
- Holes and hole requirements
- Electrical: lockout/tagout and specialized glove requirements
- Loud noise: employee exposure and surrounding-area impact
- Safety around equipment: common equipment types, blind-spot examples, and newer technology/accessories being added to equipment for safety

Section 3: Common Issues

- Hand safety, including glove cut levels matched to the activity
- Ladder safety — ladder-specific guidance beyond the fall-protection section

Section 4: Safety Inspection

- Generic site considerations
- Exit routes and signage
- Fire plans and fire-extinguisher count requirements

Section 5: Hazardous Materials

Six to nine of the most commonly encountered hazardous-material types and symbols (flammable, explosive, corrosive, etc.) relevant to typical projects.

Section 6: Activity Hazard Analysis (AHA)

Background on AHA requirements (typically required by a GC of its subcontractors), followed by a hands-on deliverable in which the student completes an AHA template.

Section 7: Navigating OSHA

- Online OSHA tools and how to search them
- General structure and sections of OSHA
- Understanding exclusions — framed as “as safe as humanly possible while getting the job done.”

Section 8: Weather Conditions

Heat-related considerations (broader coverage) and cold-related considerations, including what sites typically require.