

## OSHA 10-Hour Training Outline

### Day One

8:30 to 9:00	Welcome and Introductions
9:00 to 9:45	Introduction to OSHA
9:45 to 10:00	Break
10:00 to 12:00	Walking and Working Surfaces
12:00 to 1:00	Lunch
1:00 to 2:30	Confined Spaces and Lock-Out/Tag-Out
2:30 to 3:30	Electrical Safety

### Day Two

8:30 to 9:45	Hazardous Materials/Hazard Communication
9:45 to 10:00	Break
10:00 to 11:00	Respiratory Protection
11:00 to 12:00	Occupational Noise Exposure
12:00 to 1:00	Lunch
1:00 to 2:00	Machine Guarding
2:00 to 3:00	Personal Protective Equipment

**About the Instructor:** John Gilstrap is the director of safety for the Institute of Scrap Recycling Industries. He has over 20 years' experience in the occupational safety and health field, plus 15 years' experience as a firefighter and emergency medical technician. Having cut his professional teeth as the safety manager for explosives manufacturing plants, he has also worked in the chemical weapons and hazardous waste industries, and consulted extensively for the automotive service and repair industry. In his spare time, John is an accomplished author and screenwriter. He has a master's degree in safety from the University of Southern California.