

OSHA-10 HOUR CONSTRUCTION SAFETY COURSE FAQ



What is the Course?

This course provides general awareness on recognizing and preventing hazards on job sites. It follows the OSHA 10-Hour Construction Industry Outreach Training Program curriculum, with special emphasis on hazards and exposures specific to green industry and landscape worksites. Tailored to the landscaping industry, this course offers 10 full hours of instruction over two consecutive days.

Who Instructs This Course?

All instructors are OSHA-authorized and approved by the National Association of Landscape Professionals (NALP). They bring years of industry experience and use interactive methods, including real-world examples and discussions, to engage learners and tailor content to the audience.

Who Should Consider Taking the Course?

- **Field Employees:** Learn essential daily safety practices
- **Entry-Level Employees:** Gain foundational safety awareness
- **Project Managers & Supervisors:** Ensure compliance and safety oversight
- **Business Owners:** Mitigate risk, reduce liability, and promote a culture of safety

What Are the Benefits of Taking the Course?

OSHA does not require anyone to complete the OSHA 10-hour course but there are some states and municipalities that have made the classes mandatory for certain workers.

Taking the course helps create a strong safety culture for a company. It establishes a sense of professionalism that a company can show their employees, clients and business partners. The course helps a company stay educated on up-to-date safety standards which in return helps mitigate risks.

What Will Participants Receive Upon Completion?

- Official DOL Outreach Course Completion Card (required in some jurisdictions)
- NALP Course Completion Certificate
- 10 Continuing Education Units (CEUs) for NALP-certified professionals
- Course PowerPoint presentation and an OSHA-10 reference handout



What Topics Are Covered in the Course?

- **Introduction to OSHA**
Standards & Regulations Impacting the Green Industry
- **Fall Prevention and Protection**
Ladder Safety/Trimming & Pruning/Slippery Surfaces
- **Struck-By Hazards**
Flying & Falling Debris/Unattended-Unsafe Equipment
- **Caught-In and Between Hazards**
Entanglements/Crushing Incidents
- **Electrical**
Electrocution
- **Hazard Communications and Global Harmonization**
Chemicals in the Workplace
- **Personal Protective Equipment**
Hearing Conservation/Eye, Skin & Respiratory Protection
- **Power Tools and Equipment**
Machine Guarding/Prevention of Work Site Injuries
- **Health Hazards in Landscaping**
Preventing Illness from Respirable Silica Dusts/Heat & Cold
- **Excavation Safety**
Preventing Injuries from Trenches and Excavations
- **Materials Handling**
Lifting Techniques/Pre-Planning Landscape Site Workloads
- **Misc. Safety Hazards**
Use and Storage of Flammables/Severe Weather/Distracted Driving

Where is the Course Offered?

The course is offered nationally and can be brought directly to contractors upon request. It is also available virtually via Zoom across two consecutive days.

Participants attending virtually must use a desktop or laptop with webcam, microphone, and a stable internet connection. Groups attending together via a shared setup must ensure the instructor can observe all participants through a group-facing camera.

Additional Frequently Asked Questions

- Q:** Are there any prerequisites?
- A:** No prior knowledge or training is required.

- Q:** What equipment is needed for virtual attendance?
- A:** A computer with webcam and mic, plus reliable internet. Participants must be visible on the camera at all times.

- Q:** What if someone misses part of the course?
- A:** Full attendance is required to receive the official OSHA-10 Hour Completion Card and NALP Course Completion Certificate. Any missed portions may require a make-up session.