

## WHAT IS CAREERSAFE®?

The CareerSafe® online program is the first of its kind. It is an interactive, Y2Y (Youth To Youth) online program that addresses the high priority safety training needs of young workers. With the CareerSafe® philosophy, "StartSafe. StaySafe.", students will learn about their rights and responsibilities in the workplace and gain valuable knowledge about how they can protect themselves and others. Throughout the program, students explore a wide range of occupational safety and health topics including Introduction to OSHA, common physical and health hazards, hazard identification, and how to protect themselves from hazards, all intended to help them StartSafe. StaySafe.®

## NEED FOR CAREERSAFE®

Every five days, one teen is killed on the job. According to the National Institute of Occupational Safety and Health there are about 70 work-related fatalities each year among this young work population. Additionally, more than 200,000 young workers are injured on the job; 70,000 of them require emergency room treatment. Further, data from the Centers of Disease Control and Prevention (CDC) indicate that young workers continue to have the highest rates of work-related deaths, injuries and illnesses.

## DELIVERY COST & PAYMENT

Our mission at CareerSafe® is to deliver Safety Education for America's Future. Our vision is to advance and enhance OSHA's outreach by providing every young worker with workplace safety training prior to taking their first jobs. To this end, we are committed to offering affordable, informative and innovative online safety training to reach as many young workers as possible. The cost for OSHA 10-Hour General Industry online course is \$25 per student.

For more information regarding payment options and instructions, visit our website or email us at [orders@careersafeonline.com](mailto:orders@careersafeonline.com).

## BENEFITS FOR STUDENTS

Once a student successfully completes the online CareerSafe OSHA 10-Hour General Industry training course, the student will receive an OSHA Outreach 10-Hour General Industry course completion card through our authorized trainer. Upon completion of the course, the student should understand the fundamentals of common safety and health hazards in the workplace.

Young workers will develop a safety mindset and acquire marketable skills for a competitive edge.

## COURSE DESCRIPTION

CareerSafe's OSHA 10-Hour General Industry training course consists of interactive modules discussing various safety tips and procedures one should follow while working in the workplace.

The modules include:

- Introduction to OSHA (Part 1)
- Introduction to OSHA (Part 2)
- StartSafe. StaySafe.®
- Walking Working Surfaces
- Safety and Health Programs
- Fall Hazards
- Personal Protective Equipment
- Bloodborne Pathogens
- Electrocution Hazards
- Fire Prevention and Protection
- Hazardous Communication
- Ergonomics
- Emergency Action

Each module contains a brief assessment, which must be successfully completed before the student can move on to the next module. Once all modules have been viewed and the corresponding assessments are passed, there is a comprehensive final assessment.

Once the student successfully completes the course a printable certificate is available. The student will also receive their OSHA 10-Hour General Industry wallet card by mail 4-6 weeks after completion.

## **I. INTRODUCTION TO OSHA (PART 1)**

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Explain the meaning of the term “OSHA,” where it came from, and its purpose
- Identify the four categories of business that fall under OSHA standards
- List the responsibilities of employers
- Identify employee rights and responsibilities
- Locate additional information on OSHA regulations

## **II. INTRODUCTION TO OSHA (PART 2)**

This module will serve as an introduction to the OSHA Program, what it stands for, and its purpose.

This module covers:

- Discuss employer responsibilities under OSHA
- Discuss the use of OSHA Standards
- Explain how OSHA inspections are conducted
- Utilize helpful worker safety and health resources

## **III. STARTSAFE. STAYSAFE<sup>®</sup>**

This module will serve as an introduction to the CareerSafe program and provide an overview of the “StartSafe. StaySafe.” Philosophy.

This module covers:

- What is CareerSafe?
- What is safety?
- Why safety matters to you
- The “StartSafe. StaySafe.” Philosophy

## **IV. WALKING WORKING SURFACES**

This module provides information on the safety concerns and precautions associated with various walking and working surfaces.

This module covers:

- Describe the environments in which OSHA’s standards for walking-working surfaces do and do not apply
- Describe the general requirements for the maintenance of walking-working surfaces
- Define the terms floor opening, floor hole, and wall opening
- Describe the various methods for guarding them and other walking-working surface conditions

## V. SAFETY AND HEALTH PROGRAMS

This module will introduce the concerns and benefits the Safety and Health Programs cover.

This module covers:

- Describe the major elements of an effective occupational safety program
- Identify the methods for hazard identification
- List the methods used in hazard prevention and control

## VI. FALL HAZARDS

The module is designed to provide students with an overview of OSHA's guidelines and different fall protection methods.

This module covers:

- Describe OSHA's regulations that protect workers on elevated surfaces
- List primary fall protection methods
- Explain how guardrails help prevent falls
- Explain guidelines for using safety nets
- Components of personal fall arrest systems

## VII. PERSONAL PROTECTIVE EQUIPMENT (PPE)

This module provides an overview of personal protective equipment (PPE) designed to protect your head, face, eyes, ears, hands, feet, respiratory tract and body from injury and discuss the importance of selecting the PPE that is right for the job you may perform.

This module covers:

- Explain why PPE is important
- List the different types of PPE
- Recognize the situations in which different types of PPE should be used
- Describe how to use the different types of PPE
- List employer responsibilities toward affected employees

## VIII. BLOODBORNE PATHOGENS

In this module you will learn what bloodborne pathogens are as well as discover ways in which you can StartSafe and StaySafe around blood and other bodily fluids that could be carrying a harmful disease.

This module covers:

- Define the term "pathogen"
- Identify hazards associated with bloodborne pathogens
- Describe how bloodborne pathogens are transmitted
- Understand who is at risk?
- List ways to reduce your risk of exposure
- Identify OSHA requirements pertaining to bloodborne pathogens

## **IX. ELECTROCUTION HAZARDS**

The module provides information that helps you recognize and avoid common electrocution hazards in your work environment.

This module covers:

- Describe the types of injuries that can result from contact with electricity
- Identify the warning signs that suggest an electrical hazard exists
- List common electrical hazards found on the job
- Identify methods to protect yourself and others against electrical hazards

## **X. FIRE PREVENTION AND PROTECTION**

This module will cover the precautions to take to prevent fires and the steps to take in order to protect yourself if a fire occurs at your workplace. Planning ahead in case there is a fire allows you to StartSafe, and knowing what to do to protect yourself and others during a fire enables you to StaySafe.

This module covers:

- Describe how to protect yourself and others in the event of a fire
- State the key components of a fire prevention plan
- Explain the steps to take to identify, avoid and control fire hazards

## **XI. HAZARDOUS COMMUNICATION**

The purpose of this module is to help you be aware of the potential hazards of chemicals that you may encounter in the workplace.

This module covers:

- Explain the importance of chemical safety
- Describe the basics of chemical safety
- Describe the "Right-to-Know" Law
- Identify the requirements of a Hazard Communication Program
- Explain the purpose of Material Safety Data Sheets
- Recognize different types of warning labels

## **XII. ERGONOMICS**

The purpose of this module is to help you understand the science of ergonomics and how to prevent ergonomic related injuries and illnesses.

This module covers:

- Define ergonomics and explain its importance
- Explain risk factors affecting ergonomics
- Identify proper lifting techniques
- Discuss ways to apply ergonomics in everyday situations

### **XIII. EMERGENCY ACTION**

The purpose of this module is to help you StartSafe and StaySafe in case you are faced with an emergency situation. This module helps demonstrate the importance of planning for any emergency that might occur.

This module covers:

- Understand the importance of emergency planning
- Explain the general guidelines of emergency preparedness
- Define the term "Emergency Action Plan (EAP)"
- List preparation guidelines for different emergency situations

**CAREERSAFE ALSO PROVIDES OPTIONAL MODULES FOR EACH OSHA 10-HOUR COURSE. THE MODULES ARE INTENDED TO PROVIDE ADDITIONAL CONTENT TO STUDENTS THAT MAY BE RELEVANT TO THEIR CAREER FIELD. THESE MODULES ARE NOT REQUIRED TO RECEIVE THE OSHA 10-HOUR WALLET CARD.**

#### **THE OSHA 10-HOUR GENERAL INDUSTRY OPTIONAL MODULES INCLUDE:**

- Flammable and Combustible Liquids
- Hand and Power Tools
- Materials Handling
- Stairways and Ladders
- Disaster Preparedness
- Welding and Cutting
- Machine Guarding
- Preventing Workplace Violence

**TO LEARN MORE ABOUT THE CAREERSAFE<sup>®</sup> PROGRAM PLEASE VISIT OUR WEBSITE  
[HTTP://WWW.CAREERSAFEONLINE.COM](http://www.careersafeonline.com)**