

## OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry

This course is designed for individuals interested in teaching the 10- and 30-hour construction safety and health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective



instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour Construction Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized Outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

### Topics Include:

- Safety and Health Programs
- Fall Protection
- Stairways/Ladders
- Scaffolds
- Fire Protection
- Motor Vehicles
- Welding & Cutting
- Health Hazards
- PPE
- Electrical Standards
- Hand and Power Tools
- Concrete and Masonry
- Cranes, Derricks, Hoists
- Material Handling
- Excavation
- Confined Spaces
- Demolition
- Steel Erection
- General Safety and Health Provisions
- Outreach Training Program Requirements
- Training Techniques

**Prerequisites:** Students must successfully complete the OSHA #510 Occupational Safety and Health Standards for Construction and have five (5) years of safety and health work experience in the construction industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA Outreach Training Program trainers are required to attend OSHA #502 Update for Construction Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

This course is one of the required courses for earning MAOTIEC's Construction Safety and Health Specialist Certificate

- **January 19-22, 2021**  
Virtual Instructor Led Training (VILT)  
4 days, 8am-4:30pm
- **January 25-28, 2021**  
Roanoke Higher Education Center 108  
N. Jefferson St.  
Roanoke, VA 24016  
4 days, 8am-4:00pm
- **February 1-4, 2021**  
ABC VA- Dulles  
42680 Trade West Drive,  
Dulles, VA 20166  
4 days, 8am-4:00pm
- **February 16-19, 2021**  
Chesapeake Region Safety Council 2555  
Lord Baltimore Dr., STE N-R Baltimore,  
MD 21244 - 4 days, 8am-4:00pm
- **March 1-4, 2021**  
ABC VA- Norfolk (Hampton Roads)  
5505 Robin Hood Road, Suite D,  
Norfolk, VA 23513  
4 days, 8am-4:00pm
- **March 22-25, 2021**  
Virtual Instructor Led Training (VILT)  
4 days, 8am-4:30pm

**Course Fee:** \$845.00    **Contact Hours:** 26  
 VILT courses registration and payment via credit card must be completed at least one week prior to class start.

Device requirements for VILT can be found at:  
<https://www.oshamidatlantic.org/virtual-instructor-led-training/>

### Registration Form- Please FILL OUT the Course Info Below:

**Class Name:** OSHA 500    **Class Date:** (month/day/yr) \_\_\_\_/\_\_\_\_/\_\_\_\_    **Location:** (city, state, VILT) \_\_\_\_\_, \_\_\_\_\_

**Student Name(s):** \_\_\_\_\_

**Company:** \_\_\_\_\_    **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_    **City, State, Zip:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_    **Fax #:** \_\_\_\_\_

#4844

### Indicate Payment Method: (please check)

**Check Enclosed** \_\_\_\_\_    **Please Invoice** \_\_\_\_\_ (non VILT only)    **Visa** \_\_\_\_\_    **Mastercard** \_\_\_\_\_    **American Express** \_\_\_\_\_    **Discover** \_\_\_\_\_

**Card #** \_\_\_\_\_    **CID #:** \_\_\_\_\_    **Exp. Date:** \_\_\_\_\_    **Name on Card:** \_\_\_\_\_

**You can email this form to [info@oshamidatlantic.org](mailto:info@oshamidatlantic.org), or mail to:**  
 MAOTIEC/Chesapeake Region Safety Council - 2555 Lord Baltimore Drive, Suite N-R, Baltimore, MD 21244  
**Call to register:** 1-800-875-4770    **Register online** at [www.oshamidatlantic.org](http://www.oshamidatlantic.org)  
**Make checks payable to:** Chesapeake Region Safety Council