

## 30-HOURS GENERAL INDUSTRY OUTREACH TRAINING PROGRAM BY OSHA CERTIFIED TRAINERS

*"Building a Culture of Safety and Compliance Through OSHA Standards and Practical Application"*

### Schedule

Date	Venue	Fees (Face-to-Face)
13 - 17 Sep 2026	Manama - Bahrain	USD 3495 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

The OSHA 30-Hour General Industry Outreach Training Program is designed to provide supervisors, safety coordinators, and workers with comprehensive knowledge of workplace health and safety practices under U.S. OSHA standards. It emphasizes hazard recognition, avoidance, control, and prevention in general industry settings.

This certified 5-day course, led by authorized OSHA trainers, delivers essential training aligned with OSHA 29 CFR 1910 regulations. Participants gain not only theoretical understanding but also practical tools to foster a safe and compliant workplace. Upon successful completion, attendees receive the official OSHA 30-Hour General Industry card, issued by the U.S. Department of Labor.

### Objectives

By the end of this course, participants will be able to:

- Understand employer and employee rights and responsibilities under OSHA law
- Recognize, evaluate, and prevent workplace hazards in general industry settings
- Apply OSHA standards to develop or improve safety programs
- Identify key inspection priorities, citation procedures, and compliance strategies
- Promote a proactive safety culture within their organization

## Why Attend

- Earn an official OSHA 30-Hour General Industry DOL Card, recognized worldwide
- Improve your knowledge of workplace safety regulations and hazard mitigation
- Reduce accident rates, operational disruptions, and regulatory penalties
- Strengthen your organization's compliance with OSHA 29 CFR 1910 standards
- Build confidence in managing safety procedures, inspections, and emergency responses

## Target Audience

This program is designed for:

- Safety officers, supervisors, and site managers
- HSE professionals and coordinators
- Facilities and operations managers
- Maintenance team leaders and production supervisors
- Employees seeking formal OSHA safety certification

## Individual Benefits

Key competencies that will be developed include:

- OSHA regulatory knowledge and practical safety application
- Hazard communication and PPE selection
- Incident prevention, response, and reporting
- Ability to conduct workplace audits and hazard assessments
- Enhanced awareness of electrical, chemical, and mechanical safety risks

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved workplace safety culture and reduced injury rates
- Better preparedness for OSHA inspections and compliance reviews
- Enhanced employee morale and productivity through safer environments
- Reduced insurance premiums and liability exposure
- A framework for continuous health and safety improvement

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - OSHA standards, inspection processes, and employer duties
- Case Studies - Analysis of OSHA citations, incidents, and resolutions
- Workshops - Job hazard analysis, safety walkthroughs, and PPE assessments
- Peer Exchange - Sharing safety challenges and best practices across sectors
- Tools - OSHA forms, safety checklists, inspection templates, and training logs

## Course Outline

### DETAILED 5-DAY COURSE OUTLINE

**Training Hours: 7:30 AM - 3:30 PM** Daily Format: OSHA-mandated modules & practical applications | Coffee Breaks: 09:30 & 11:15  
| Lunch Buffet: 01:00 - 02:00

#### Day 1: Introduction and OSHA Framework

- Module 1: Introduction to OSHA (07:30 - 09:30) • OSHA's mission and organizational structure • Workers' rights and employer responsibilities • Whistleblower protections
- Module 2: Walking and Working Surfaces (09:45 - 11:15) • Fall prevention requirements • Guardrails, ladders, and scaffolding basics
- Module 3: Emergency Action and Fire Protection (11:30 - 01:00) • Fire extinguisher training and emergency exits • Alarm systems and evacuation plans
- Workshop - Emergency Preparedness Evaluation (02:00 - 03:30) • Create or assess an EAP (Emergency Action Plan)

#### Day 2: Health Hazards and Chemical Safety

- Module 1: Hazard Communication (07:30 - 09:30) • GHS labeling, SDS, and chemical inventory • Employee training and chemical handling
- Module 2: Industrial Hygiene and Health Hazards (09:45 - 11:15) • Types of workplace exposures • Monitoring, controls, and PPE
- Module 3: Bloodborne Pathogens and Respiratory Protection (11:30 - 01:00) • Exposure control plans and respirator fit • Program implementation
- Workshop - Safety Data Sheet (SDS) Drill (02:00 - 03:30) • Read and apply SDS to real-life scenarios

#### Day 3: Physical Safety and Machine Hazard

- Module 1: Electrical Safety (07:30 - 09:30) • Lockout/tagout (LOTO) procedures • Electrical hazards and control measures
- Module 2: Machine Guarding and Material Handling (09:45 - 11:15) • Point-of-operation guarding • Ergonomics and safe lifting
- Module 3: Walking the Floor - Safety Observation (11:30 - 01:00) • Practical safety inspection techniques • Identifying common violations
- Workshop - LOTO Simulation (02:00 - 03:30) • Practice lockout procedures and risk assessment

#### Day 4: Personal Safety and Site Programs

- Module 1: Personal Protective Equipment (PPE) (07:30 - 09:30) • Types, selection, and training • Maintenance and limitations
- Module 2: Hearing Conservation and Workplace Violence (09:45 - 11:15) • Noise exposure monitoring and controls • Prevention strategies for workplace violence
- Module 3: Introduction to Recordkeeping and Reporting (11:30 - 01:00) • OSHA forms 300, 300A, and 301 • Reporting serious injuries and illnesses
- Workshop - PPE Hazard Assessment (02:00 - 03:30) • Match PPE with workplace hazards

#### Day 5: Compliance Review and Final Assessment

- Module 1: Safety and Health Programs (07:30 - 09:30) • Program elements: policy, training, inspections, accountability • Job hazard analysis (JHA) and continuous improvement
- Module 2: Final Review and OSHA Test (09:45 - 11:15) • Recap of key OSHA standards • Written OSHA 30-hour exam
- Module 3: Course Evaluation and Next Steps (11:30 - 01:00) • Issuance of OSHA 30-Hour DOL Cards • Feedback and implementation planning
- Certification Ceremony and Closing Session (02:00 - 03:30)

## Certification

Participants who complete the full 30 contact hours will receive the official OSHA 30-Hour General Industry DOL Card, issued by the U.S. Department of Labor. This card demonstrates recognized competence in general industry safety and regulatory compliance.

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