



St. Mary Orientation (STMORI)

Lesson 1- Introduction

- CEO Video
- Responsibilities of Owners/Contractors/Employees- Introduction topics covered
- Asking Questions
- OSHA Reporting

Lesson 2- HAZCOM (29CFR1910.120)

- Right-To-Know Requirements
- Basics of HAZCOM Standard
- Description of Physical and Health Hazards
- Labels- NFPA & HMIS
- MSDS requirements
- Asbestos
- Lead
- Radiation

Lesson 3- Personal Protective Equipment (29CFR1910.132-138)

- Controlling Hazards
- Hazard Assessment Surveys
- Selection and Fitting Guidelines
- Eye and Face Protection
- Head Protection
- Foot Protection
- Hand Protection
- Hand Hazards/Injuries
- Cleaning and Maintenance
- Flame Resistant Clothing (FRC)

Lesson 4- Snake Bite Awareness

- Dangers of Snake Bites
- What Snakes are Poisonous
- Treating and Preventing Snake Bites

Lesson 5 – Biohazard Awareness

- What are Biohazards
- Prevent Exposure to Biohazards
- Universal Precautions
- Work Practice Controls
- Housekeeping
- PPE
- Warning Labels
- Emergency Response

Lesson 6 - Respiratory Protection (29CFR1910.134)

- OSHA Requirements
- Respiratory Hazards
- Types of Respirators
- Fitting a Respirator

Lesson 7- Hearing Conservation (29CFR1910.95)

- OSHA Requirements
- Mechanics of Sound and Hearing
- Symptoms and Effects of Overexposure to Noise
- Hearing Preservation

Lesson 8- Elevated Work (29CFR1926.451 & 501)

- Fall Prevention
- Employer/Employee Responsibilities
- Training Requirements
- Fall Arrest Equipment
- Fall Prevention Systems
- Scaffold Requirements
- Constructions of Scaffolds –types of scaffolds, competent person, qualified person
- Load Requirements
- Accesses
- Scaffolds Safe Work Practices
- Ladder Safety
- Types of Ladders
- Duty Ratings
- 3 Foot Rule
- 4 to 1 Rule
- 3 Points of Contact
- Ladder Site Selection
- Securing Ladder
- Ladder Inspection Requirements

Lesson 9- Electrical Safety Work Practices (29CFR1910.331-335)

- OSHA Requirements
- Qualified v/s Unqualified Workers
- General Electrical Safety
- Grounding
- Bonding
- Portable Electrical Equipment
- Electrical Shock Severity Factors
- Causes of Electrical Accidents
- Unsafe Work Habits
- De-energized v/s Energized Equipment
- LO/TO Procedures
- Energized Circuits/Overhead Lines

Lesson 10- Job Hazard Analysis

- Description of JHA
- Benefits of JHA/JSA
- The Four Basic Steps
- Job Selection
- Break Job Into Steps
- Procedures



Lesson 11- General Rules and Emergency Response

- Plant Entry and Security
- Controlled Substance Policy
- Smoking
- Job Site Maintenance
- Vehicle and Equipment Rules
- Cranes
- Forklifts
- Signs, signals, Tags, barriers, & Barricades
- Confined Space
- Fire Safety
- Back Safety/Ergonomics
- Emergency Actions