

**10 Hour Construction
XYZ Company
Any City, Any State**

Time	Hour	Tuesday, January 2, 2024	Instructor
8:00 - 9:00	1	Intro to OSHA	John Doe
9:00 - 10:00	1	Fall Protection	John Doe
10:00 - 10:15		Break	
10:15 - 10:45	0.5	Fall Protection	John Doe
10:45 - 11:45	1	Electrocution	John Doe
11:45 - 12:15		Lunch	
12:15 - 1:15	1	Stuck By	John Doe
1:15 - 1:45	0.5	Caught In/Between	John Doe
1:45 - 2:00		Break	
2:00 - 2:30	0.5	Tools - Hand & Power	John Doe
2:30 - 3:00	0.5	Excavations	John Doe
3:00 - 4:00	1	Scaffolds	John Doe
Time	Hour	Wednesday, January 3, 2024	Instructor
8:00 - 9:00	1	Stairways & Ladders	John Doe
9:00 - 10:00	0.5	Permit-Required Confined Space	John Doe
10:00 - 10:15		Break	
10:15 - 10:45	0.5	Safety & Health Programs	John Doe
10:45 - 11:45	1	Ergonomics	John Doe
	10	Total Hours	