

OSHA'S 11

An OSHA 10-hour curriculum for Young Workers



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Welcome to OSHA's 11! This curriculum contains lesson plans for teaching a version of the OSHA 10-hour General Industry training course appropriate for young workers, especially high school aged students enrolled in career & technical education, skills centers, academies, workforce development, or other school-based programs. The curriculum includes an additional hour in order to provide information on child labor laws that provide protection to workers under age 18.

Students who complete an OSHA 10-hour general industry outreach course can receive an OSHA 10-hour card if the course is taught by an instructor who has taken an OSHA General Industry Standards Course (#511) and a Trainer Course (#501) from the OSHA Training Institute, or from one of the 29 OSHA Training Institute Education Centers. OSHA has specific requirements about what must be covered during an OSHA 10-hour course, and how much time must be spent on specific topic areas: (www.osha.gov/fso/ote/training/outreach/training_program.html)

We want to emphasize, however, that this curriculum will have considerable value to students and workers even if the instructor is not authorized to issue OSHA 10 cards.

The objectives for the OSHA's 11 curriculum found at the beginning of each module have been provisionally approved by the OSHA Outreach Training Program as meeting OSHA-10 requirements. The activities have been compiled and designed to meet these objectives and time requirements. If the entire curriculum is taught, all of the objectives will be covered. Be aware, however, that some of these objectives are partially addressed in the general introductory lessons, and all aspects of a topic are not necessarily covered under the topic-specific lessons. This is because OSHA's 11 is designed as an integrated curriculum and contains youth-oriented material emphasizing communications and problem-solving. We believe it will be more interesting to the intended audience of young workers and students in this format. A course matrix is provided showing how these activities meet the topic area time requirements and objectives.

We have assigned times to the modules so that the full curriculum will take 11 hours and 15 minutes. However, there are sections that can clearly use more time, so we encourage teachers to include optional activities where you can.

Activities have been drawn from a number of curricula: The NIOSH and OSHA funded/Youth@Work-Talking Safety/ curriculum, developed by the Young Worker Safety Resource Center (adapted from earlier curricula developed by UC Berkeley's LOHP, EDC and the Massachusetts Department of Public Health; Health and Safety Awareness for Working Teens curricula (University of Washington); a set of draft lesson plans called Safety Works developed by Lyn Lamstein formerly of the Maine Dept. of Labor; California's WOSHTEP (Worker Occupational Safety and Health Training and Education Program) curriculum; PowerPoint presentations developed by the OSHA Office of Training and Education and the Hispanics Work Safe Program at the University of Massachusetts-Lowell; and existing videos developed by the CPWR-The Center for Construction Research and Training, the Washington State Dept. of Labor and Industries, and the University of Washington.

This is a living document. If you have suggestions for changes or additional activities, please contact:

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OSHA's 11: Outline of the Instructors Guide

Activities	Sources #	Time needed
I. Introduction This section partially addresses OSHA's Objectives for <i>Introduction to OSHA*</i>		
Teen Worker Injuries Watch video of injured youth (select either one) and follow-up discussion.	<i>Teens: The Hazards We Face</i> <i>Teen Workers: Real Jobs, Real Risks</i>	45 minutes
II. Hazards and Prevention This section meets OSHA's objectives for the following topic areas: Walking/Working Surfaces; Electrical; PPE; Hazard Communication; Bloodborne Pathogens; Safety and Health Programs; Ergonomics; Workplace Violence		
Finding Hazards: Draw hazard maps of workplaces, identify types of hazards.	<i>Youth @ Work</i> Checklists of hazards in common workplaces	45 minutes
Making the Job Safer: Students are introduced to the concept of hierarchy of controls through the safety pyramid game. Using various work scenarios students come up with ideas for controlling the hazards shown. Solutions are organized into categories.	<i>Youth @ Work</i>	45 minutes
Personal Protective Equipment (PPE): Using a PPE Grab Bag activity students pull PPE from a bag and describe how they are used as well as the equipment's limitations.	<i>Safety Works!</i> WA Dept of Labor & Industries	40 minutes
Electrical Safety: Using PowerPoint slides, handouts, and a scenario activity students learn strategies to prevent injuries from exposure to electricity.	<i>Safety Works!</i> OSHA Office of Training & Education - Hispanics Work Safe University of Massachusetts-Lowell	60 minutes
Chemical Hazards and Hazard Communication: Students learn about the Hazard Communication standard including labels and MSDSs. Students evaluate information on an MSDS.	<i>WOSH Specialist Training Curriculum</i>	60 minutes
Slips, Trips and Falls: Students review different types of slip, trip, and fall hazards. Students view a video on ladder safety and demonstrate ladder safety techniques.	<i>'Don't Fall for It' Safety Works</i> CPWR	45 minutes
Bloodborne Pathogens: Discuss different types of bloodborne pathogens. Students analyze scenarios of workers exposed to bloodborne pathogens.	<i>Safety Works!</i>	30 minutes
Ergonomics: Students view a video on ergonomic risk factors and participate in exercises to demonstrate risk factors. Using handouts students practice and evaluate proper lifting techniques.	<i>'Dr Ergo'-WA Labor & Industries</i> <i>Safety Works!</i> <i>UW - Health & Safety Awareness for Working Teens</i>	65 minutes
Workplace Violence: Students view a video on workplace violence and discuss strategies for prevention.	<i>'Is It Worth Your Life?'</i>	40 minutes

III. Emergency Preparedness This section meets OSHA's objectives for Exit Routes, Emergency Plans and Fire Prevention and Protection *		
Disaster Blaster Game: Using the Disaster Blaster board game, students review what to do for various workplace emergency scenarios.	<i>Youth @ Work</i>	30 minutes
Exit Routes and Fire Protection: Using PowerPoint slides, students discuss the elements of an exit route. Students then practice an emergency exit drill. Using an activity students discuss the five classes of fire extinguishers and evaluate which will work on different types of fires.	<i>Safety Works!</i> OSHA Office of Training & Education -PPTs	45 minutes
IV. Putting It All Together This section addresses OSHA's objectives for the following topics: Introduction to OSHA and Safety and Health Programs.*In addition, the section addresses laws and protections for young workers.		
Know Your Rights: Through the use of a Jeopardy-style game, students answer questions about safety and labor laws.	<i>Youth @ Work</i>	45 minutes
OSHA: Protecting Workers' Health and Safety: Through a discussion students learn the role of OSHA. Students then review the OSHA website to locate health and safety information.	OSHA website (including e-tools)	30 minutes
Taking Action: Students role play solutions to workplace health and safety and rights issues raised in a scenario.	<i>Youth @ Work</i>	50 minutes

Sources:

- o *Youth @ Work: Talking Safety*, Young Worker Safety Resource Center
- o *Safety Works!* Teaching Occupational Safety and Health to Teens, Maine Department of Labor
- o *Teens: The Hazards We Face*, Young Worker Safety Resource Center
- o *Teen Workers: Real Jobs, Real Risks*, University of Washington
- o *Health and Safety Awareness for Working Teens*, University of Washington
- o OSHA PowerPoints: OSHA 10-Hour General Industry Outreach-Trainer Presentations, www.OSHA.gov, OSHA Office of Training & Education – PowerPoints, e-tools
- o WOSH-Worker Occupational Safety and Health Specialist Training, CA Commission on Health and Safety and Workers' Compensation
- o *Dr. Ergo* video, Washington State Dept of Labor and Industries
- o *Is It Worth Your Life?*, video by the WA State Dept. of Labor and Industry
- o *Don't Fall for It* video by the CPWR - The Center for Construction Research and Training
- o *Hispanics Work Safe*, University of Massachusetts - Lowell - PowerPoints