Cal/OSHA 10

Obtain your OSHA 10 Certification Card!

In California, every employer has a legal obligation to provide and maintain a safe and healthful workplace for employees, according to the California Occupational Safety and Health Act of 1973. As of 1991, a written, effective Injury and Illness Prevention (IIP), Program is required for every California employer.

The California Occupational Safety & Health Administration (CAL/OSHA) 10 training and certification provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. This training should be a part of your employee training as is affects every employee whether they are white collar or blue collar workers.

What trainees will learn:

- Introduction to Cal/OSHA
- Walking and working surfaces
- Exit routes, emergency plans
- Fire protection plans and fire protection
- Electrical Safety
- Personal Protective Equipment (PPE)
- Machine guarding
- Industrial hygiene
- Heat Illness prevention
- Hazard-communication (HAZcom)

How this training will benefit your company and employees:

Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and contribute to your company's productivity. This training may be attended by entry level workers and new hires.

Trainees attending all 10 hours of this training and satisfactorily passing the final exam will receive their OSHA 10 certification and card. This training includes complete written materials and references for all OSHA forms and standards, as well as a pocket card issued by Cal/OSHA.

This training is 12 hours long with at least 10 contact hours of OSHA training and may be offered on-site at an employer's location. Onsite training may be customized to meet your business needs.

ABOUT MIKE ROUNDS

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Renowned internationally as "The Man Who Translates Technology into Human"