



*Training Course:
OSHA 30-Hour Construction*

*2 - 6 November 2025
Manama (Bahrain)
Fraser Suites*

Training Course: OSHA 30-Hour Construction

Training Course code: HE234637 From: 2 - 6 November 2025 Venue: Manama (Bahrain) - Fraser Suites Training Course
Fees: 4900 € Euro

Introduction

ClickSafety's OSHA 30-Hour Construction is an OSHA-Authorized course featuring the required steps for completing OSHA Outreach training. This online training covers everything from Electrical Hazard Safety to Fall Protection. Our OSHA 30-Hour Construction online course is a proven way to receive a valid OSHA 30-Hour Card and achieve the safety level required by your company for work in the construction industry. ClickSafety is one of the most trusted names in online safety training and we're here specifically to help you learn the essential skills you need to perform your work safely.

ClickSafety's OSHA 30-Hour Construction course has been taken by thousands of construction workers. It's simply the easiest way to complete your training and earn your OSHA 30-Hour requirement.

Objectives

- Recognize what worker rights are protected under OSHA
- Recognize what responsibilities an employer has under OSHA
- Identify major fall hazards
- Identify common caught-in or -between hazards
- Identify common struck-by hazards
- Identify types of electrocution hazards
- Identify ways to select appropriate PPE and lifesaving equipment
- Identify major health hazards common to the construction industry
- Recognize how to protect oneself from material handling hazards
- Identify major hand & power tool hazards
- Recognize the role of the workforce in improving the current culture
- Recognize the role of management in improving the current culture
- Recognize ways to protect oneself from crane hazards
- Identify major hazards related to motor vehicles, mechanized equipment, and marine operations
- Recognize ways to protect oneself from fire hazards thru prevention and emergency response

- Recognize employer requirements for protecting workers from concrete & masonry hazards, including abatement methods
- Identify major steel erection hazards
- Recognize ways to protect oneself from welding & cutting hazards
- Describe types of confined space hazards
- Recognize ways to protect oneself from confined space hazards
- Describe activities that can lead to MSD and RMD injury and illness
- Recognize employer requirements for providing a safety and health program that effectively reduces and prevents employee injury, illness, and fatality
- Identify the responsibilities of a supervisor in preventing worker injuries and unhealthful exposures
- Recognize the specific legal responsibilities of a supervisor to protect worker safety and health
- Identify the reasons for an incident investigation and future preventative measures that may result
- Recognize ways to protect oneself from arc flash hazards
- Describe types of health and safety construction hazards and appropriate forms mitigation

Target Audience

- Construction Workers
- Construction Foremen
- Construction Job Supervisors
- All Personnel Responsible for Construction-related Projects

Outlines

Day 1:

- Introduction to OSHA
- Contractor's Safety and Health Program

Day 2:

- Reporting and Record-Keeping

- Electrical Hazards
- Fall Protection
- Materials Handling

Day 3

- Cranes and Rigging
- Motorized Mobile Platforms

Day 4

- The Competent Person
- Excavations

Day 5

- Work Zone Traffic Control
- Forklift Hazards

Registration form on the Training Course: OSHA 30-Hour Construction

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng):
Position:
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Personal E-Mail:
Official E-Mail:

Company Information

Company Name:
Address:
City / Country:

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):
Position:
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Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
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Easy Ways To Register

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