



*Training Course:  
OSHA 20-Hour Construction*

*6 - 10 July 2025*

*Cairo (Egypt)*

*Holiday Inn & Suites Cairo Maadi, an IHG Hotel*

## Training Course: OSHA 20-Hour Construction

Training Course code: EN234584 From: 6 - 10 July 2025 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 4200 € Euro

### Introduction

OSHA 20-Hour Construction Industry Outreach Training course is a comprehensive safety program designed for anyone involved in the construction industry.

Specifically devised for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues. OSHA recommends Outreach Training Programs as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926.

### Objectives

#### OSHA 20 -Hour Construction

- Given OSHA historical events and current information, the student will be able to explain the importance of OSHA in providing a safe and healthful workplace to workers covered by OSHA
- Locate OSHA Standards references applicable to specific hazardous conditions and practices Introduction to OSHA Standards
- Recognize the aspects of 1926 Subpart C General Safety and Health Provisions
- Implement preventative measures for accidents in their workplace Subpart D - Occupational health and Environmental Controls
- Describe types of personal protective equipment PPE, and the requirements for use in OSHA standards Subpart E - Personal Protective Equipment
- Understand the requirements for fire protection in the workplace Subpart F - Fire Protection and Prevention
- Identify types of rigging equipment used to protect employees Subpart H - Rigging; Subpart N - Cranes and Rigging
- Identify the critical health and safety hazards of welding and cutting in the construction industry Subpart J - Welding and Cutting
- Implement measures for protecting workers and equipment from dangerous falls Subpart M - Fall Protection
- Recognize the hazards associated with working in or around excavation sites Subpart P - Excavations

- Understand the safety requirements necessary to protect workers around concrete and masonry jobs Subpart Q - Concrete and Masonry
- Identify the precautions and hazards to protect workers using explosives or blasting agents Subpart T - Demolition
- Protect workers who perform jobs on or around stairways or ladders at worksites Subpart X - Stairways and Ladders
- List and describe the hazards and prevalence of confined spaces
- Identify common electrical hazards and related OSHA standards Subpart K - Electrical Standards
- Understand the importance of scaffolding for workers in elevated workplaces Subpart L - Scaffolding

## Course Outline of OSHA 20-Hour Construction

1. Orientation
2. Introduction to OSHA and the OSH Act
3. Recordkeeping
4. Basic Safety Orientation
5. General Safety and Health Provisions
6. Health Hazards: Hazard Communication
7. Health Hazards: Hazardous Materials
8. Process Safety Management: PSM
9. Personal Protective Equipment
10. Fire Protection
11. Materials Handling and Storage
12. Hand and Power Tools
13. Welding and Cutting
14. Focus Four Electrical Safety
15. Focus Four Struck-By and Caught in Between Hazards
16. Focus Four Fall Protection
17. Cranes and Rigging

- 18. Motor Vehicles
- 19. Excavations
- 20. Concrete and Masonry Construction
- 21. Stairways and Ladders
- 22. Confined Spaces
- 23. Lead Safety in the Workplace
- 24. Use of Explosives in the Workplace
- 25. Scaffolds



## Registration form on the Training Course: OSHA 20-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: .....  
Telephone / Mobile: .....  
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: .....  
Telephone / Mobile: .....  
Personal E-Mail: .....  
Official E-Mail: .....

### Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
- ☐ Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
booking form with cheque  
to: Global Horizon  
3 Oudai street, Aldouki,  
Giza, Giza Governorate,  
Egypt.