



**Summit™
Training Source**

An HSI Company

OSHA 10- & 30-hr

Online Courses for General Industry

Get your workers the DOL/OSHA training they need and save your company both time and money with Summit Training Source's online OSHA 10- and 30-Hour courses for General Industry.

Access Interactive Training Courses at Any Time

- Eliminate the cost of travel to training sessions
- Avoid the lost productivity and expense of workers away from the jobsite
- Customize the OSHA 10- and 30-Hour courses with additional mandatory elective classes as well as elective classes at no extra charge
- Offer the OSHA 10-Hour course to workers in both English and Spanish

Streamline Your Training Administration

Summit's user-friendly online courses are delivered and administered through our online learning management system, OTIS, which allows administrators to:

- Schedule training
- Track each worker's progress through the courses
- Access a variety of reports, including when OSHA mails out card

How It Works

Purchase your OSHA 10- and 30-Hour credits from Summit. Since your credits never expire, you can plan for your entire training year with one purchase, or buy on an as-needed basis

- Workers have 180 days from their start date to complete the training
- You or your workers may print a certificate of completion as soon as the course is completed. The official DOL/OSHA card will arrive within 6-8 weeks by mail
- Technical support is available from 8:00am – 8:00pm Eastern Time.

To schedule a demo or receive a quote on these courses, contact us at 800-447-3177.



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OSHA 10-hr

Mandatory Courses for General Industry

10

All Topics and Courses Must be Taken

Intro to OSHA

- Intro to OSHA Part 1
- Intro to OSHA Part 2 (OSHA Recordkeeping)

Walking and Working Surfaces

- Walking and Working Surfaces

Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection

- Fire Protection and Prevention

Electrical Safety

- Electrical Safety

Personal Protective and Lifesaving Equipment

- Personal Protective Equipment
- Eye Safety

Hazard Communication

- Hazard Communication

Total Mandatory Hours.....7.25 Hrs

Visit: summit.hsi.com/home | P: 800-447-3177 | E: sales@hsi.com



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10

OSHA 10-hr

Online Courses for General Industry

Elective Courses

Must Take at Least 2hrs of Training From at Least 2 Different Topics

Hazardous Materials

- Compressed Gas Cylinders 30 Minutes
- Process Safety 1 Hour

Materials Handling, Storage, Use and Disposal

- Materials Handling 1.25 Hours

Machine Guarding

- Machine Guarding 30 Minutes
- Power Press Safety 45 Minutes

Industrial Hygiene

- Bloodborne Pathogens 1 Hour

Ergonomics

- Back Safety 1.5 Hours
- Industrial Ergonomics 1.25 Hours

Safety and Health Programs

- Hazard Recognition 30 Minutes
- Lead Safety 45 Minutes
- Radiation Safety 1 Hour

Fall Protection

- Fall Protection 30 Minutes

Optional Courses

Select Topics to Complete 10 Hrs

- Aerial Lifts 45 Minutes
- Air Purifying Respirators 1.5 Hours
- Air Supplying Respirators 1.25 Hours
- Asbestos Awareness 45 Minutes
- Confined Space: Permit Required... 1 Hour
- Crane Safety: Pendant Controlled.. 45 Minutes
- Forklift Safety 2 Hours
- Hand Safety 30 Minutes
- Hand and Power Tool safety 1.5 Hours
- Hearing Safety 1 Hour
- Heat Stress 30 Minutes
- Hexavalent Chromium 1 Hour
- Hydrogen Sulfide Safety 1 Hour
- Lockout/Tagout 45 Minutes
- Preventing Spills 30 Minutes
- Safety Orientation 30 Minutes
- Scaffold Safety 1 Hour
- Shockproof: Qualified 1.5 Hours
- Valve Safety 1 Hour
- Welding Safety 1 Hour

If your elective courses bring you to a total of 10 hours of training, no optional courses are needed.

***Once the course has been started you cannot make any changes to the course selections. Employees must finish the course that is assigned to them.



**Summit™
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OSHA 30-hr

Mandatory Courses for General Industry

30

All Topics and Courses Must be Taken

Intro to OSHA

- Intro to OSHA Part 1
- Intro to OSHA Part 2 (OSHA Recordkeeping)

Managing Safety and Health

- Accident Investigation
- Job Safety Analysis
- Leadership Skills for Safety

Walking and Working Surfaces

- Walking and Working Surfaces

Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection

- Fire Protection and Prevention
- Hot Work
- Disaster Readiness

Electrical Safety

- Electrical Safety
- Shockproof: Unqualified

Personal Protective and Lifesaving Equipment

- Personal Protective Equipment
- Eye Safety

Materials Handling

- Forklift Safety

Hazard Communication

- Hazard Communication

Total Mandatory Hours..... 13.75 Hrs



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OSHA 30-hr

Online Courses for General Industry

30

Elective Courses (Must Take at Least 10 Hrs of Training From at Least 5 Different Topics)

Hazardous Materials

- Compressed Gas Cylinders 30 Minutes
- Process Safety 1 Hour

Permit Required Confined Spaces

- Confined Spaces: Permit Required.. 1 Hour

Lockout/Tagout

- Lockout/Tagout..... 45 Minutes

Machine Guarding

- Machine Guarding 30 Minutes
- Power Press Safety 45 Minutes

Welding, Cutting, Brazing

- Welding Safety..... 1 Hour

Industrial Hygiene

- Bloodborne Pathogens 1 Hour

Ergonomics

- Back Safety..... 1.5 Hours
- Industrial Ergonomics..... 1.25 Hours

Fall Protection

- Fall Protection 30 Minutes

Materials Handling, Storage, Use & Disposal

- Materials Handling 1.25 Hours
- Hoists and Slings..... 30 Minutes

Safety and Health Programs

- Hazard Recognition 30 Minutes
- Lead Safety..... 45 Minutes
- Radiation Safety..... 1 Hour

Powered Industrial Vehicles

- Aerial Lifts 45 Minutes

Optional Courses (Select Topics to Complete 30 Hrs)

- Air Purifying Respirators 1.5 Hours
- Air Supplying Respirators..... 1.25 Hours
- Asbestos Awareness 45 Minutes
- Crane Safety: Pendant Controlled.. 45 Minutes
- Hand Safety 30 Minutes
- Hand and Power Tool safety 1.5 Hours
- Hearing Safety 1 Hour
- Heat Stress 30 Minutes
- Hexavalent Chromium 1 Hour
- Hydrogen Sulfide Safety 1 Hour
- Preventing Spills..... 30 Minutes
- Safety Orientation 30 Minutes
- Scaffold Safety 1 Hour
- Shockproof: Qualified..... 1.5 Hours
- Valve Safety 1 Hour

If your elective courses bring you to a total of 30 hours of training, no optional courses are needed.

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OSHA 10-hr

Online Courses for Construction

Mandatory Courses

All Topics and Courses Must be Taken

Intro to OSHA

- Intro to OSHA Part 1
- Intro to OSHA Part 2 (OSHA Recordkeeping)

Focus Four Hazards

- Fall Protection Part 1
- Electrical Safety Part 1
- Construction Safety Orientation
- Crane Safety: Mobile Cranes

Personal Protective and Lifesaving Equipment

- Personal Protective Equipment

Health Hazards in Construction

- Silica Safety

Total Mandatory Hours..... 9 Hrs

***Once the course has been started you cannot make any changes to the course selections. Employees must finish the course that is assigned to them.

Elective Courses

Must Take at Least 2 Hrs of Training From at Least 2 Different Topics

Cranes, Derricks, Hoists, Elevators, and Conveyors

- Hoists and Slings..... 30 Minutes

Excavations, Trenching and Shoring

- Excavations, Trenching and Shoring.. 1 Hour

Materials Handling, Storage, Use and Disposal

- Materials Handling 1.25 Hours
- Hazard Communication..... 1.25 Hours

Scaffolds

- Scaffold Safety 1 Hour

Stairways and Ladders

- Stairways and Ladders..... 1 Hour

Tools – Hand and Power

- Hand and Power Tools 1.5 Hours



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OSHA 30-hr

Mandatory Courses for Construction

30

All Topics and Courses Must be Taken

Intro to OSHA

- Intro to OSHA Part 1
- Intro to OSHA Part 2 (OSHA Recordkeeping)

Managing Safety and Health

- Accident Investigation
- Job Safety Analysis
- Leadership Skills for Safety

Focus Four Hazards

- Fall Protection Part 1
- Fall Protection Part 2
- Electrical Safety Part 1
- Construction Safety Orientation
- Crane Safety: Mobile Cranes
- Excavations, Trenching and Shoring

Personal Protective and Lifesaving Equipment

- Personal Protective Equipment
- Hearing Safety
- Eye Safety

Health Hazards in Construction

- Silica Safety
- Formaldehyde

Stairways and Ladders

- Stairways and Ladders

Total Mandatory Hours 15.5 Hrs



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OSHA 30-hr

Elective Courses for Construction

30

Must Take at Least 12 Hrs of Training From at Least 6 Different Topics

Concrete and Masonry

- Concrete and Masonry 45 Minutes

Confined Space Entry

- Confined Space Permit Required.... 1 Hour

Cranes, Derricks, Hoists, Elevators, and Conveyors

- Hoists and Slings..... 30 Minutes

Ergonomics

- Back Injury Prevention 30 Minutes

Fire Protection and Prevention

- Fire Safety..... 1 Hour

Materials Handling, Storage, Use and Disposal

- Materials Handling 1.25 Hours
- Hazard Communication..... 1.25 Hours

Powered Industrial Vehicles

- Aerial Lifts 45 Minutes
- Forklift Safety 2 Hours

Safety and Health Programs

- Lead Safety..... 45 Minutes
- Radiation Safety..... 1 Hour

Scaffolds

- Scaffold Safety 1 Hour

Tools – Hand and Power

- Hand and Power Tools 1.5 Hours

Welding and Cutting

- Hot Work..... 30 Minutes
- Welding Safety..... 1 Hour

Optional Courses

(Select Topics to Complete 30 Hrs)

- Air Purifying Respirators 1.5 Hours
- Air Supplying Respirators..... 1.25 Hours
- Asbestos Awareness 45 Minutes
- Compressed Gas Cylinders 45 Minutes
- Electrical Safety Part 2..... 1.5 Hours
- Process Safety Management 1.25 Hours
- Steel Erection..... 2 Hours

If your elective courses bring you to a total of 30 hours of training, no optional courses are needed.

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