

# OSHA 10- General Industry

Presented by the New Jersey Water Association

## Course Description

To maintain a healthy and safe work environment, OSHA recommends employees in various industries participate in workplace safety training. OSHA 10 General Industry is designed to familiarize workers with OSHA Standards as well as safety and health hazards common to the workplace. This training is designed to be interactive with a goal to educate workers on identifying, avoiding, controlling, and preventing job site hazards.

**Topics to be covered:** Introduction to OSHA; Electrical Hazards; Walking and Working Surfaces (Slips, Trips and Fall Hazard Protection); Personal Protective Equipment; Confined Space Awareness; Hazardous Chemical Safety Awareness; Blood Borne Pathogens; Exit Routes, Emergency Action Plans, Fire Prevention Plans and Fire Protection; Materials Handling, Storage & Use; Lock Out/Tag Out; Machine Guarding; and Fixed and Portable Ladder Safety.

**The material covered is presented over two (2) consecutive days: March 11 & March 12, 2025**

**NOTE: MUST attend both days to earn your TCH's, CPWM accreditation, Certificate of Completion and Certification Card for OSHA 10 General Industry**

### AGENDA:

8:00 - 8:30  
8:30 - 10:15  
10:15 - 10:30  
10:30 - 12:00  
12:00 - 12:30

### LISTED AGENDA APPLIES TO BOTH DAYS

Sign-In  
OSHA 10 Topics  
BREAK  
OSHA 10 Topics  
**LUNCH \* Please bring your lunch.**  
**Lunch will not be provided & there will not be time to go out.**  
OSHA 10 Topics  
Wrap-up/Conclusion

### INSTRUCTOR:

Michael Manz, Safety Trainer, and Consultant – Mike is a dedicated professional with over twenty years of safety training, and OSHA compliance consulting experience. Mike has extensive experience in a variety of industries, including manufacturing, fabrication, construction, woodworking, pipe & steel, distribution, water treatment, and other commercial and industrial settings. Mike has achieved many industry certifications and include: OSHA 501 Authorized Outreach Trainer for General Industry 10 and 30-hour courses • Virginia Tech University Certified Hazard Communication Train-the-Trainer Instructor • American Heart Association Heartsaver Instructor (First Aid, CPR & AED for Adults, Children, and Infants) • NSC Certified First Aid, CPR & AED Instructor • American Heart Association BLS Instructor • NSC Train-the-Trainer for: Powered Industrial Trucks, Respiratory Protection and Fall Protection.

### ACCREDITATION:

**TCH:** 10.0 Safety Training Contact Hours for NJ Licensed Water & Wastewater Operators. **TCH Course #: 04-032401-30**  
**CPWM:** 10.0 CPWM (5 Tech, 3 Mgmt, 2 Govt) for NJ Certified Public Works Managers. **CPWM Course #: DLGS-NJWA-261**

### DATE & LOCATION:

**MUST ATTEND BOTH DAYS:** March 11 & 12, 2025–Hightstown Engine Co. Fire Hall, 140 N. Main St., Hightstown NJ.

### REGISTRATION:

Registration is required and is available at: [www.njwater.org](http://www.njwater.org)

**Plan to arrive at 8:00 am. Latecomers cannot be admitted.**

**Registration is limited. No more than four (4) registrants per employer.**

**If you register and cannot attend, please notify us so we can make room for someone else.**

