

OSHA Workplace Safety Training Masterclass

Master OSHA regulations, hazard assessment, and safety protocols to protect your team and maintain full compliance. Built for safety officers and managers.

Health Instructor: Michael Reed • 5 sections • 51 lessons • 18.50h total

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About this course

Workplace injuries cost U.S. employers billions each year, and OSHA citations can shut down operations overnight. Yet most safety incidents are preventable with the right knowledge and systems. This course breaks down exactly what OSHA requires, how to spot hazards before they cause harm, and how to build safety programs that actually work on the floor.

Across 51 lessons, you'll walk through the most cited OSHA standards, conduct real job hazard analyses, design emergency action plans, and learn how to prepare for inspections with confidence. Each module includes practical case studies from construction, manufacturing, and general industry so you can apply concepts directly to your work environment. Whether you're new to safety management or looking to sharpen your compliance approach for current 2026 standards, this course gives you the framework and tools to do it right.

Course curriculum

Introduction to Workplace Safety and OSHA Fundamentals

- **What OSHA Does and Why It Matters to Your Workplace (14m)**
We'll cover OSHA's mission, its enforcement authority, and how the agency directly affects day-to-day operations across industries.
- **Employer and Employee Rights Under the OSH Act (16m)**
A clear breakdown of what employers must provide and what workers are legally entitled to, including the right to report hazards without retaliation.
- **Key Safety Terms Every Professional Should Know (12m)**
From PELs to GHS to JHA, this lesson defines the essential vocabulary so you can read OSHA standards and communicate clearly with your team.
- **The Real Cost of Workplace Incidents (18m)**
We'll look at direct and indirect costs of injuries and fatalities, including workers' comp, lost productivity, and OSHA penalty structures updated for 2026.
- **How to Navigate OSHA Standards and Resources (22m)**
A practical walkthrough of the OSHA website, the Code of Federal Regulations (29 CFR), Letters of Interpretation, and compliance assistance tools.
- **OSHA Recordkeeping Requirements: OSHA 300 Log and Beyond (20m)**
Learn which injuries and illnesses must be recorded, how to maintain your logs, and what recent electronic reporting rules mean for your organization.
- **General Duty Clause: Your Catch-All Safety Obligation (15m)**
We'll break down Section 5(a)(1), when OSHA uses it, and how to protect your workplace even when no specific standard exists for a hazard.
- **Case Study: A Small Manufacturer's OSHA Wake-Up Call (18m)**
Walk through a real scenario where a company faced multiple citations, and see how proper fundamentals would have prevented each violation.

Core OSHA Regulations and Common Workplace Hazards

- **Most Frequently Cited OSHA Standards: What Goes Wrong (22m)**
We'll review the top 10 citations year after year, why they keep happening, and what each standard actually requires you to do.
- **Fall Protection: The Number One OSHA Violation (28m)**
Covers 29 CFR 1926 Subpart M requirements, when fall protection kicks in, guardrail specs, and common mistakes on construction sites.
- **Hazard Communication Standard (HazCom 2024 Update) (25m)**
We'll walk through the current HazCom standard including GHS alignment revisions, SDS sections, container labeling, and your written program.
- **Understanding Safety Data Sheets Section by Section (18m)**
A hands-on guide to reading all 16 SDS sections, finding the information that matters most, and training your team to use them.

- **Chemical Hazards: Exposure Limits, Storage, and Response (24m)**
Covers PELs, TLVs, chemical storage compatibility, spill response basics, and how to build a chemical hygiene plan for your site.
- **Physical Hazards: Noise, Heat, Electrical, and Machine Guarding (26m)**
We'll address four of the most common physical hazards with practical controls, monitoring techniques, and the standards that apply to each.
- **Biological and Ergonomic Hazards in the Modern Workplace (20m)**
From bloodborne pathogens to repetitive strain injuries, this lesson covers hazard types that are often overlooked until they cause real harm.
- **Lockout/Tagout (LOTO): Controlling Hazardous Energy (22m)**
Step-by-step on the LOTO standard (29 CFR 1910.147), developing machine-specific procedures, and training authorized vs. affected employees.
- **Construction-Specific OSHA Regulations You Need to Know (24m)**
An overview of 29 CFR 1926 including scaffolding, excavation, crane operations, and the competent person requirement.
- **General Industry Standards: Walking-Working Surfaces to Confined Spaces (22m)**
Covers the key 1910 standards for general industry, including permit-required confined spaces and updated walking-working surface rules.

Principles of Effective Hazard Assessment

- **Why Hazard Assessment Is the Foundation of Every Safety Program (14m)**
This lesson makes the case for systematic hazard identification and shows how assessments drive every safety decision you'll make.
- **Job Hazard Analysis (JHA): A Step-by-Step Method (30m)**
We'll build a complete JHA from scratch, breaking a job into tasks, identifying hazards for each, and selecting controls using the hierarchy.
- **The Hierarchy of Controls: From Elimination to PPE (18m)**
A practical look at how to apply each control level in order of effectiveness, with real examples that show why PPE is always the last resort.
- **Risk Prioritization: Scoring and Ranking Hazards (22m)**
Learn how to use probability-severity matrices and other tools to decide which hazards need immediate action and which can be scheduled.
- **Conducting a Site Safety Inspection That Finds Real Problems (25m)**
Covers inspection planning, what to look for in different work areas, how to talk to workers during walks, and common blind spots.
- **Using Checklists and Digital Tools for Hazard Tracking (20m)**
We'll compare paper-based and software-based inspection tools, review popular platforms, and build a checklist tailored to your site.
- **Documenting and Communicating Assessment Findings (16m)**
How to write findings that are clear and actionable, report to management effectively, and track corrective actions to completion.

- **Case Study: Hazard Assessment at a Multi-Employer Construction Site (22m)**
A detailed walkthrough of assessing a live construction project, coordinating between contractors, and resolving conflicting safety priorities.

Developing and Implementing Safety Protocols

- **Building a Site-Specific Safety and Health Program (28m)**
We'll outline the core elements every written safety program needs, how to customize templates, and common gaps that lead to citations.
- **Writing Policies That Workers Actually Follow (16m)**
This lesson focuses on clear language, practical expectations, and getting buy-in from supervisors and crews when rolling out new policies.
- **Emergency Action Plans: Structure, Roles, and Drills (24m)**
Covers OSHA's EAP requirements (29 CFR 1910.38), defining evacuation routes, assigning responsibilities, and running drills that test readiness.
- **Fire Prevention Plans and Extinguisher Requirements (20m)**
We'll cover fire hazard identification, prevention plan elements, extinguisher placement and types, and employee training obligations.
- **Confined Space Entry Programs from Start to Finish (32m)**
A complete guide to permit-required confined space programs including entry permits, atmospheric testing, attendant duties, and rescue planning.
- **Personal Protective Equipment: Selection, Fit, and Training (26m)**
How to conduct a PPE hazard assessment, select the right gear, ensure proper fit, and train employees so they actually wear it correctly.
- **Respiratory Protection Programs: Beyond the Dust Mask (22m)**
Covers the respiratory protection standard, medical evaluations, fit testing methods, cartridge selection, and maintenance requirements.
- **Fall Protection Plans and Rescue Procedures (25m)**
We'll build a fall protection plan including anchor points, harness inspection, self-rescue and assisted-rescue protocols for elevated work.
- **Designing Toolbox Talks That Engage and Educate (18m)**
Learn how to structure short safety meetings around relevant topics, use real incidents as teaching moments, and keep crews engaged.
- **Running Safety Training That Sticks: Methods and Scheduling (22m)**
Covers adult learning principles, training frequency requirements, hands-on practice, and how to track and document training completion.
- **Contractor Safety Management: Setting Expectations Up Front (20m)**
How to prequalify contractors, communicate site-specific hazards, monitor contractor work, and handle non-compliance situations.
- **Case Study: Building a Safety Program for a Growing Warehouse (24m)**
A realistic scenario where a mid-size warehouse goes from minimal safety infrastructure to a functioning program in 90 days.

Advanced Compliance, Management, and Continuous Improvement

- **Keeping Up with Changing OSHA Standards in 2026 and Beyond (18m)**
We'll cover how to monitor Federal Register notices, participate in rulemaking comment periods, and adjust your programs proactively.
- **Multi-Employer Citation Policy: Who Gets Cited and Why (20m)**
An in-depth look at creating, exposing, correcting, and controlling employer roles and how to protect your organization at shared worksites.
- **Integrating Safety with ISO 45001 Management Systems (26m)**
How OSHA compliance maps to ISO 45001 requirements, building a unified system, and the benefits of third-party certification for your safety program.
- **Leading Indicators vs. Lagging Indicators: Measuring What Prevents Harm (22m)**
Move beyond incident rates. We'll define actionable leading indicators, set up tracking systems, and use data to predict and prevent injuries.
- **Using Data Analytics to Identify Safety Trends (25m)**
Practical methods for collecting safety data, spotting patterns in near-misses and observations, and presenting findings to leadership.
- **Building a Safety Committee That Drives Real Change (18m)**
Covers committee structure, member roles, meeting cadence, how to investigate incidents as a group, and turning findings into action items.
- **Behavioral-Based Safety: Observing and Influencing Worker Actions (22m)**
An introduction to BBS programs, peer observations, positive reinforcement techniques, and avoiding common pitfalls in implementation.
- **Incident Investigation: Root Cause Analysis Methods (28m)**
We'll apply the 5 Whys, fishbone diagrams, and barrier analysis to real incident scenarios so you can find root causes, not just surface facts.
- **Corrective and Preventive Actions (CAPA) for Safety Gaps (20m)**
How to write effective corrective actions, assign ownership, set deadlines, verify completion, and prevent recurrence of identified hazards.
- **Preparing for an OSHA Inspection: Before, During, and After (30m)**
A full walkthrough of the inspection process including your rights, the opening conference, walkaround protocols, and responding to citations.
- **Handling OSHA Citations: Contest, Settlement, and Abatement (24m)**
Covers informal conferences, formal contest procedures, penalty negotiation, abatement certification, and the timeline you're working with.
- **Building a Culture of Safety: From Compliance to Ownership (22m)**
How to move beyond checkbox compliance toward an environment where every employee takes responsibility for safe work practices.
- **Your 90-Day Safety Improvement Action Plan (25m)**
We'll tie everything together into a practical 90-day plan with milestones for auditing, training, documentation, and leadership engagement.

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