

OSHA Outreach 10-Hour Construction Training Course

Complete your course and receive an official OSHA DOL card

- Available for employees under Occupational Safety and Health Administration's (OSHA's) jurisdiction
- The OSHA 10 Hour Construction training takes 10 hours to complete and can be done at your own pace.
- 180 days allocated to complete the training
- 24/7 access to OSHA course material, support and OSHA trainers
- Printable/savable job aids available with each session
- Printable certificate immediately available upon successful completion
- OSHA DOL card provided by the U.S. Department of Labor
- Ability to earn International Accreditors for Continuing Education and Training (IACET)-approved continuing education units (CEUs): 1.0 (10-hour course)

Course Overview

The OSHA 10-Hour Construction course is designed to provide entry-level construction workers with essential knowledge of job site hazards, OSHA standards, and worker rights. This online course covers critical topics such as fall protection, ladder and scaffold safety, electrical hazards, and personal protective equipment (PPE). Ideal for laborers, apprentices, and new hires, the training promotes awareness and helps reduce workplace incidents. Upon successful completion, participants will receive an official **OSHA 10-Hour Construction DOL (Department of Labor) card**.

Who Should Take This Course:

- Construction laborers and workers
- New hires on construction sites
- Safety-conscious employers seeking OSHA training

Time to Completion

You have 180 calendar days from the date of enrollment to complete the 10-hour Construction Outreach Training. If the course is not completed within this period, your account will expire, and you will need to repurchase the course to continue.

Lesson Quizzes

After completing each lesson, you'll be required to take a brief quiz to test your understanding of the material. A passing score is necessary in order to unlock and proceed to the next lesson.

Final Exam

After completing all modules, you must take a final exam to earn full credit for the course. This exam consists of 20 questions and covers material from the entire course. A passing score is 70% or higher. You have three chances to pass the final exam. If you do not pass after the third attempt, you will be locked out and unable to complete your outreach training.

DOL Card

Upon successfully completing the course, you can immediately print a temporary certificate with a QR code. This serves as proof of completion until you receive your official OSHA DOL Card. The DOL card is typically mailed within two weeks.

To receive your official DOL Card, you must complete the end-of-course survey.

FAQ's

[View our frequently asked questions here.](#)