

Recommended Construction Worker Training	
Initial Training 46 Hours	<p>30-hour OSHA: <i>addresses the four main causes of fatality: crushed by, struck by, electrocution, and fall</i></p> <p>8-hour NYC Site Safety Training: <i>addresses NYC hazards, rules and regulations</i></p> <p>4-hour Scaffold User: <i>focuses on supported scaffolds</i></p> <p>4-hour Fall Protection: <i>provides review of how to prevent injury-by and death-by falling</i></p>
Continuing Education 26 Hours	<p><i>Continuing Education courses are recommended to be completed within a four-year period:</i></p> <p>10-hour OSHA as a Refresher</p> <p>8-hour NYC Site Safety Training</p> <p>4-hour Supported Scaffold User & Refresher</p> <p>4-hour Fall Protection Refresher</p>
Recommended Construction Supervisor Training	
Initial Training 82 Hours	<p>30-hour OSHA: <i>addresses the four main causes of fatality: crushed by, struck by, electrocution, and fall</i></p> <p>40-hour Site Safety: <i>a comprehensive review of Chapter 33 and the Rules of the City of New York in order to initiate prospective candidates with safe job practices</i></p> <p>4-hour Scaffold User: <i>focuses on supported scaffolds</i></p> <p>4-hour First Aid/CPR: <i>provides standard emergency aid training</i></p> <p>4-hour Fall Protection: <i>provides review of how to prevent injury-by and death-by falling</i></p>
Continuing Education 26 Hours	<p><i>Continuing Education courses are recommended to be completed within a four-year period:</i></p> <p>10-hour OSHA as a Refresher: <i>reviews the four main causes of fatality and how to prevent them</i></p> <p>8-hour Site Safety Refresher: <i>a refresher to the 40-hour Site Safety Manager course which is a comprehensive review of Chapter 33 and the Rules of the City of New York. Students review the hazards of NYC construction and methods and work practices that are necessary on an urban construction site.</i></p> <p>4-hour Supported Scaffold User & Refresher</p> <p>4-hour Fall Protection Refresher</p> <p>CPR/First Aid refresher: <i>Training meeting OSHA Guidelines for First Aid & CPR</i></p>