

OSHA 10 vs OSHA 30

OSHA 10-hour

OSHA 30-hour

What is it?

The 10-hour safety awareness course covers general safety and health hazards for all workers. It provides awareness of potential dangers and how to avoid, prevent, or mitigate them.

The 30-hour safety awareness course covers a greater variety of safety subjects and provides in-depth, industry-specific safety training. It is intended for supervisors and workers with safety and health responsibility.

Who should take a 10-hr or 30-hr course?

OSHA 10 provides basic occupational safety and health information for workers. If your job requires OSHA Outreach Training and you don't have supervisory responsibilities, take an OSHA 10-hour class.

OSHA 30 is appropriate for supervisors, department heads, keys, leads, and forepersons. If your job requires OSHA Outreach Training and you have supervisory responsibility for worker safety, you should take an OSHA 30-hour class.

Which course should I take?

Some employers, states, cities, municipalities, or local unions may require OSHA 30 for all employees regardless of their level of responsibility and may specify whether an OSHA General Industry or Construction card is required. You should check with your employer and/or local union to help you determine which course you should take.

How long is the course?

OSHA requires a minimum of 10 hours of instructional time, and training is limited to a maximum of 7.5 student contact hours daily. Therefore, 10-hour classes must take a minimum of two calendar days.

OSHA requires a minimum of 30 hours of instructional time, and training is limited to a maximum of 7.5 student contact hours daily. Therefore, 30-hour classes must take a minimum of four calendar days.

Do I need both OSHA 10 and OSHA 30?

You should take the course that best aligns with your job description and safety responsibilities. OSHA 30 is not the next step after taking the OSHA 10. OSHA 30 is intended for supervisors and those in charge of crews. All the material covered in OSHA 10 is included in OSHA 30. If you take an OSHA 30 course, you don't need to take an OSHA 10 course.

Should I take OSHA General Industry or Construction courses?

The entertainment industry follows both the General Industry and Construction rules and regulations. Which industry courses you take could be determined or required by your employer, state, city, municipality, or local union. If none of those entities require you to take a specific industry course, take the one that pertains the most to your craft. Those who build sets—like propmakers, carpenters, and painters—may want to consider taking OSHA Construction 10 or 30 courses. Those whose craft does not involve construction elements—like camera operators, sound mixers, and makeup artists—may want to consider OSHA General Industry 10 or 30 courses. You should always check with your local union first to see what they recommend or require.

Does my OSHA 10 or OSHA 30 card expire?

No. Student course completion cards do not have an expiration date, but the IATSE TTF suggests taking an OSHA Outreach Training every few years as a safety refresher. The date on the card is the last day of your class. If your card is lost, stolen, or destroyed, you can get a replacement card for a fee within five years from the date on your card. Even though OSHA cards do not expire, certain employers, states, cities, municipalities, or local unions may require that you renew your OSHA card after a period of years. You should check with your employer and/or local union for renewal requirements.

What OSHA courses should I take if I want to become an OSHA Outreach Trainer?

Neither the OSHA 10 nor the OSHA 30 are the courses you need to take to become an OSHA Outreach Trainer. If you are interested in becoming a trainer, please contact your local and have them contact the IATSE Training Trust Fund at info@iatsettf.org. We are always looking to support the creation of new OSHA trainers and have a program that assists locals that want to develop their own OSHA trainers.