

Hands-On

# Hands-On Customized OSHA 10 for Telecom:



Electrical, Vehicle / Traffic, Boom Lift, Manhole / Confined Space, Trench, RF, Hazardous, PPE Safety and Central Office AC/DC Power

## Course Description

This extensive Hands-On course not only covers OSHA 10 Competent Person but is geared toward the telecommunications industry which will also include Manhole Safety, Trench Safety, Electrical Safety, Central Office AC and DC Power, Fall Protection with Boom Trucks, Microwave Radio (RF) Safety and PPE (Personal Protective Equipment).

This course has been specifically developed for the telecommunications industry and is not construction industry focused. This course will be tailored to your specific needs and requirements prior to scheduling at no additional charge.



## Students Will Learn

- **OSHA 10 Competent Person for Telecom**
- **Electric Safety**
- **Vehicle / Traffic Safety**
- **Boom Lift Safety**
- **Manhole / Confined Spaces**
- **Trench Safety**
- **Hazardous Materials**
- **Personnel Protective Equipment (PPE)**
- **Central Office AC / DC Power**
- **Radio Frequency (RF) Awareness**

## Target Audience

Technicians, contractors, union craftsman, electricians, technicians, installers, managers, administrators, engineers, facilities

managers, architects and developers, systems engineers, telecom managers and anyone that is working in and or around the Telecommunications Industry.

## Prerequisites

None.

## Course Outline

### Overview / in-class learning:

**Module 1:** Fall Protection Boom Truck Refresher. (1-Day)

**Module 2:** Vehicle/Traffic Safety (1/2 Day to review work site set-up per DOT regulations)

**Module 3:** Radio Frequency (RF) Safety. (1/2 Day)

**Module 4:** Hazardous Materials / Chemicals. (1/4 Day)

**Module 5:** Personnel Protective Equipment (PPE) (1/4 Day)

### Hands-On learning:

**Module 6:** Manhole / Confined Spaces. (1-Day. This will be on-site with a manhole)

**Module 7:** Trench Safety. (1/2 Day)

**Module 8:** Electric Safety. In the Central Office (CO) on both AC and DC Power (1-Day)

**Total Days: 5** (40 Hours)

Note: We will do Hands-On learning with covering both classroom and on-site demonstration, and in-the-field labs depending on the access to equipment and facilities, please discuss with your BTS training coordinator.)

## Delivery Method

Instructor led with numerous In-Field Hands-On labs and exercises.

## Equipment Requirements

**(This apply's to our hands-on courses only)**

A classroom with appropriate seating, writing surface and enough space for the class and the lab equipment. A data projector with screen and a whiteboard with markers provided by the client.

NOTE Access to a Manhole and any other feild space for demonstrations and lab exercises would be required to provide the best training possible, if not available the Hands-On portion of this course will be limited.

BTS always provides equipment to have a very successful Hands-On course. BTS also encourages all attendees to bring their own equipment to the course. This will provide attendees the opportunity to incorporate their own gear into the labs and gain valuable training using their specific equipment.

## Course Length

5 Days