

**Virginia Ship Repair Association**  
**OSHA 10-Hour Maritime**

The OSHA 10-hour course awards the 10-hour certification card and meets all of the mandated regulations for Maritime Industry (OSHA Code of Federal Regulations 29 CFR 1915) course 7615 in a format that specifically addresses the challenges and environmental conditions specific to shipyards.

Mandatory:

**TWO Hour:**

Introduction to OSHA, OSH Act/General Duty Clause 5(a)(1). Inspection, Citations, Penalties (29 CFR 1903), Recordkeeping (29 CFR 1904)

**One Hour:**

Subpart E: Scaffold, Ladders and other Walking and Working Surfaces

**One Hour:**

Subparts P: Fire Protection in shipyard employment, and Fire Prevention Plans  
Means of Egress, Evacuation, Disasters, Preparing for Emergency Preparedness, Fire Prevention

**One Hour:**

Subpart S: Electrical  
Electrical Safety, Grounding

**One Hour:**

Subpart I: Personal Protective Equipment  
Eye and Face Protection, Foot Protection, Hand Protection, Head Protection, Hearing Protection, Personal Protective Equipment, Respiratory Protection, Respirator Fit Testing

**One Hour:**

Fall Protection

**One Hour:**

Subpart Z: Hazard Communication  
Chemicals (Specific), Chemical Health Hazards, Hazard Communication, MSDS

Additional:

**One Hour:**

Sub part B: Confined and Enclosed Spaces and other Dangerous Atmospheres in Shipyard Employment

**One Hour:**

Sub part F: Lockout/Tagout