



Understanding Your OSHA Training Options

Helping our Lowcountry community build safer workplaces — one training at a time.

	OSHA 10-Hour	OSHA 30-Hour
PURPOSE	Introduces workers to fundamental workplace safety and health hazards . Builds awareness of workers' rights, employer responsibilities, and how to identify and avoid common hazards.	Provides comprehensive safety and health training for those who oversee others . Covers not just hazard recognition but also how to manage, prevent, and communicate safety at a team or job site level.
WHO SHOULD ATTEND	Entry-level workers, new hires , and anyone responsible only for their own safety. Common in construction trades, general industry, landscaping, manufacturing, and warehousing.	Supervisors, foremen, site leads, project managers, safety officers , and anyone with responsibility for the safety of a crew or team. Ideal for employers, contractors, and safety professionals.
DEPTH OF CONTENT	10 contact hours covering OSHA introduction plus mandatory industry-specific hazard topics — fall protection, electrical safety, PPE, hazard communication, and more. Limited elective customization.	30 contact hours with broader and deeper coverage. Includes all core hazard topics <i>plus</i> elective topics <i>and</i> a mandatory Managing Safety & Health module covering inspections, accident prevention programs, hazard control, and supervisory communication.
OUTCOMES	Workers gain foundational knowledge to recognize and avoid workplace hazards. Demonstrates a baseline commitment to safety — valued by employers and often required on job sites.	Participants develop the skills and confidence to lead safety on the job. Equips supervisors to build safety cultures, conduct inspections, lead toolbox talks, and respond to incidents effectively.
CERTIFICATION	Completion card issued by the U.S. Department of Labor within approx. 2 weeks. No expiration date, though refresher training is encouraged. Card is wallet-sized and widely recognized .	Completion card issued by the U.S. Department of Labor within approx. 2 weeks. No expiration date, though refresher training is encouraged. Card carries greater weight for supervisory and management roles .

Not sure which course is right for you or your team? We're here to help. Lowcountry Safety & Compliance Group offers both OSHA 10-Hour and OSHA 30-Hour training tailored to your industry — with the personal, community-focused service you deserve. **Reach out today to schedule your training.**

Questions? Contact Lowcountry Safety & Compliance Group, LLC | (330) 705-8832 |
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Both programs are part of OSHA's voluntary Outreach Training Program. Certifications are issued by the U.S. Department of Labor.