

OSHA 10 - General Industry

Presented by the New Jersey Water Association

Course Description

To maintain a healthy and safe work environment, OSHA recommends employees in various industries participate in workplace safety training. **OSHA 10 General Industry** is designed to familiarize workers with OSHA Standards as well as safety and health hazards common to the workplace. This training is designed to be interactive with a goal to educate workers on identifying, avoiding, controlling, and preventing job site hazards.

Topics to be covered: Introduction to OSHA; Electrical Hazards; Walking and Working Surfaces (Slips, Trips and Fall Hazard Protection); Personal Protective Equipment; Confined Space Awareness; Hazardous Chemical Safety Awareness; Blood Borne Pathogens; Exit Routes, Emergency Action Plans, Fire Prevention Plans and Fire Protection; Materials Handling, Storage & Use; Lock Out/Tag Out; Machine Guarding; and Fixed and Portable Ladder Safety.

The material covered is presented over two (2) consecutive days: April 21 & April 22, 2026

Participants MUST attend both days to earn their TCH's, CPWM accreditation, Certificate of Completion and Certification Card for OSHA 10 General Industry

AGENDA:

8:00 - 8:30

8:30 - 10:15

10:15 - 10:30

10:30 - 12:00

12:00 - 12:30

12:30 - 2:30

2:30 - 3:00

LISTED AGENDA APPLIES TO BOTH DAYS

Sign-In

OSHA 10 Topics

BREAK

OSHA 10 Topics

LUNCH * Please bring your lunch.

Lunch will not be provided & there will not be time to go out.

OSHA 10 Topics

Wrap-up/Conclusion

INSTRUCTOR

Michael Manz, Safety Trainer, and Consultant – Mike has over 20 years of safety training, and OSHA compliance consulting experience, with extensive experience in a variety of industries, including manufacturing, fabrication, construction, woodworking, pipe & steel, distribution, water treatment, and other commercial and industrial settings. Mike's industry certifications include: OSHA 501 Authorized Trainer for General Industry 10 and 30-hour courses • Virginia Tech University Certified Hazard Communication Train-the-Trainer Instructor • American Heart Association Heartsaver Instructor (First Aid, CPR & AED for Adults, Children, and Infants) • NSC Certified First Aid, CPR & AED Instructor • American Heart Association BLS Instructor • NSC Train-the-Trainer for: Powered Industrial Trucks, Respiratory Protection and Fall Protection.

ACCREDITATION:

TCH: 10.0 Safety Training Contact Hours for NJ Licensed Water & Wastewater Operators. **TCH Course #: 04-032401-31**

CPWM: 10.0 CPWM (5 Tech, 3 Mgmt., 2 Govt) for NJ Certified Public Works Managers. **CPWM Course #: DLGS-NJWA-261**

DATE & LOCATION:

April 21 & 22, 2026–Monroe Township Utilities Department, 143 Union Valley Road, Monroe, NJ.

REGISTRATION:

Registration is required and is available at: www.njwater.org

Plan to arrive at 8:00 am. Class starts at 8:30am. Latecomers cannot be admitted.

Registration is limited. No more than four (4) registrants per employer.

If you register and cannot attend, please notify us so we can make room for someone else.

