



OSHAcademy 10- and 30-Hour Training

OSHA-Equivalent Learning for Every Role

Safety training is essential at every level of the workforce. OSHAcademy's 10- and 30-hour programs deliver the same key learning objectives as OSHA's Outreach courses—helping workers and supervisors recognize, avoid, and prevent workplace hazards. These programs also give organizations the knowledge and flexibility they need to strengthen their overall safety culture.

	OSHA 10-Hour	VS	OSHA 30-Hour
 Audience	Entry-level workers needing a basic intro to workplace and OSHA rules.		Supervisors, foreman, and team leads needing a deeper understanding of safety management.
 Duration	At least 10 instructional hours.		At least 30 instructional hours.
 Focus	Builds awareness of hazard identification, prevention, and worker rights.		Expands on 10-hour topics with greater emphasis on management and leadership.
 Topics	Covers Intro to OSHA, PPE, Hazard Identification and Prevention, and other key safety areas.		Includes all 10-hour topics plus management-level hazard control and program development.
 Outcome	Awareness of hazards, rights, and responsibilities.		Deeper understanding of hazard prevention, safety coordination, and leadership.



While OSHA Outreach and OSHA Academy training share many similarities, there are important differences to consider. The chart below highlights how OSHA Academy's training offers the same OSHA-recognized learning objectives, with added flexibility, accessibility, and resources that make it a great choice for workers and employers worldwide.

			vs	OSHA Outreach Classroom Training
	Available Worldwide			
	Required Topics			
	Self-Paced			
	Transcript			
	Download Documents			
	Training Card			
	Verify Online			
	Certificate			

OSHAcademy Expands Safety Training Options

Flexible programs that go further than basic OSHA Outreach training.



OSHA-Equivalent Education

Meets the same learning objectives as OSHA Outreach.



Recognized by OSHA

Equivalent training recognized for safety and awareness education.



Flexible & Accessible

100% online, self-paced, and available worldwide.



Comprehensive Curriculum

Includes more than 200 additional courses that go beyond basic OSHA Outreach training.



Career-Ready Learning

Real-world applications that improve safety leadership and hazard awareness.

Disclaimer: OSHAcademy is not an OSHA-authorized Outreach provider and does not issue the DOL/OSHA wallet card. However, our 10- and 30-hour programs are recognized as equivalent in content and learning outcomes. If your job, state, or contract specifically requires a DOL card, you must complete an OSHA Outreach course. For all other learners, OSHAcademy offers the same knowledge, flexibility, and real-world value.

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I've learned a lot about so many different topics in the construction industry during the program (10-hour Construction Safety and Health Program) that I know will save the life of mine and many others.

Issiah L., United States

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I completed the 30-Hour General Safety and Health program from OSHAcademy and found it highly valuable. The program was comprehensive, well-organized, and user friendly. It provided practical insights and real-world examples, making complex topics easy to understand. The flexibility to learn at my own pace was a major plus. Highly recommended for anyone looking to improve their workplace safety knowledge.

Blessing A., United States

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Contact Us Today



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