



# CONSTRUCTION & GENERAL INDUSTRY DUAL "QUIK-TRAC" CHECKLIST



You can now begin your CSHO certification by completing "dual" tracks, one right after the other, in 3 simple steps:

1. Start with either the Construction Industry or General Industry Trac (left or right box).
2. Then take the Common Courses shared by both (center box). This completes your first CSHO.
3. To achieve your dual CSHO, simply complete the courses remaining on the side in which you first started (left or right box).

## 1. Construction Industry Trac

Course	Course Title
<input type="checkbox"/> OSH510	Occupational Safety and Health Standards for the Construction Industry
<input type="checkbox"/> OSH309	Electrical Standards
<input type="checkbox"/> OSH301	Excavation, Trenching, and Soil Mechanics
<input type="checkbox"/> OSH226 or OSH730	Permit-Required Confined Space Entry or Understanding OSHA's Permit-Required Confined Space Standard
<input type="checkbox"/> OSH311	Fall Protection
<input type="checkbox"/> OSH750	Introduction to Safety and Health Management

OR

## General Industry Trac

Course	Course Title
<input type="checkbox"/> OSH511	Occupational Safety and Health Standards for General Industry
<input type="checkbox"/> OSH226	Permit-Required Confined Space Entry
<input type="checkbox"/> OSH225	Principles of Ergonomics
<input type="checkbox"/> OSH204	Machinery and Machine Guarding Standards
<input type="checkbox"/> OSH201	Hazardous Materials
<input type="checkbox"/> OSH784	Recordkeeping Rule Seminar

Up to 50% of total required course hours can be satisfied by completing the required courses at any OSHA Training Institute Education Center or at the OSHA Training Institute in Arlington Heights, Illinois. Proof of successful course completion is required.

## 2. Common Courses Trac

Course	Course Title
<input type="checkbox"/> OSH521	OSHA Guide to Industrial Hygiene
<input type="checkbox"/> OSH222	Respiratory Protection
<input type="checkbox"/> OSH755	Introduction to Accident [Incident] Investigation
<input type="checkbox"/> OSH725	Health Hazard Awareness
<input type="checkbox"/> OSH720	Bloodborne Pathogens Exposure Control for Healthcare Facilities
<input type="checkbox"/> OSH715	Introduction to Evacuation and Emergency Planning
<input type="checkbox"/> PRT256	MEDIC® First Aid and CPR Instructor



## 3. General Industry Trac

Course	Course Title
<input type="checkbox"/> OSH511	Occupational Safety and Health Standards for General Industry
<input type="checkbox"/> OSH226	Permit-Required Confined Space Entry
<input type="checkbox"/> OSH225	Principles of Ergonomics
<input type="checkbox"/> OSH204	Machinery and Machine Guarding Standards
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