



AMERICAN INSTITUTE  
OF SAFETY PROFESSIONALS

● PROFESSIONAL PROGRAM



PROGRAM CODE • 3001

# 10-HOUR CONSTRUCTION SAFETY & HEALTH

**AWARENESS LEVEL**

Build the hazard awareness every construction worker needs before stepping onto site.

**7**

Courses in one program

**10**

Contact hours

**70%**

Pass mark, final online exam

# COURSE OVERVIEW

A foundational program that gives workers a structured awareness of the safety and health risks most common on construction sites.

The program introduces regulatory awareness, hazard recognition and preventive controls for everyday construction work involving tools, equipment, materials handling, lifting operations and excavations. Scenario-based eLearning focuses on the physical hazards, health exposures and high-risk activities that most often lead to serious injury, including the OSHA Focus Four.

Aligned at an awareness level with the construction principles of OSHA 29 CFR 1926, the program reinforces personal protection, safe equipment use and adherence to site procedures. It complements employer orientation and task-specific training and provides a strong foundation for further construction safety study.

## CORE COMPETENCIES

|                                                                                                                                                                                |                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Understand OSHA basics</b><br>Worker rights, employer duties and construction standards |  <b>Recognize Focus Four hazards</b><br>Falls, struck-by, caught-in and electrocution |
|  <b>Use tools safely</b><br>Hand and power tool hazards and controls                        |  <b>Work near cranes &amp; trenches</b><br>Lifting, excavation and cave-in awareness  |
|  <b>Protect yourself</b><br>PPE and lifesaving equipment                                    |  <b>Report &amp; respond</b><br>Spot unsafe conditions and report them promptly       |

## WHO IT'S FOR

Construction workers

Skilled trades

Apprentices

Subcontractors

Site support staff

New entrants

Ideal for anyone who needs introductory construction safety awareness without supervisory responsibility.

## AT A GLANCE

**7**  
Courses

**10**  
Contact hours

**70%**  
Pass mark

## PROGRAM OUTCOMES

**Builds**  
hazard awareness

**Reinforces**  
safe work habits

**Reduces**  
jobsite injuries

**Prepares**  
you for further training



# WHAT YOU'LL LEARN

Seven focused courses build a foundational understanding of the hazards, controls and safe work behaviors that matter most on construction sites.

7

Courses

3

Learning tracks

10

Contact hours

| #                                                                                 | COURSE TITLE                                           | CODE                    | DURATION      |
|-----------------------------------------------------------------------------------|--------------------------------------------------------|-------------------------|---------------|
|  | <b>SITE SAFETY FOUNDATIONS</b>                         | <b>TRACK 01 • 2 HRS</b> |               |
|                                                                                   | <b>01</b> Introduction to OSHA                         | 2033                    | <b>1 hr</b>   |
|                                                                                   | <b>02</b> Personal Protective and Lifesaving Equipment | 2075                    | <b>30 min</b> |
|  | <b>03</b> Health Hazards in Construction               | 2040                    | <b>30 min</b> |
|                                                                                   | <b>FOCUS FOUR HAZARDS</b>                              | <b>TRACK 02 • 4 HRS</b> |               |
|  | <b>04</b> OSHA Focus Four Hazards                      | 2034                    | <b>4 hrs</b>  |
|                                                                                   | <b>TOOLS, LIFTING &amp; EXCAVATION</b>                 | <b>TRACK 03 • 4 HRS</b> |               |
|                                                                                   | <b>05</b> Hand and Power Tools Safety                  | 2036                    | <b>2 hrs</b>  |
|                                                                                   | <b>06</b> Crane and Derrick Safety                     | 2039                    | <b>1 hr</b>   |
|                                                                                   | <b>07</b> Trench and Excavation Safety                 | 2079                    | <b>1 hr</b>   |

# INSTRUCTIONAL DESIGN

Structured eLearning with clear explanations, visual illustrations and scenario-based examples, supported by official reference books you keep after completion.



## Online eLearning

Delivered through the AISP Student Dashboard (LMS)



## 10 Hours

Contact hours



## Self-Paced

Study at your own pace with official reference books, downloadable from the Student Dashboard and yours to keep



## Lifetime Access

Your course materials remain available in your Student Dashboard after completion

 **Language:** All course materials, reference books and examinations are delivered in English, Spanish, German and Arabic. Reference books are provided as downloadable PDFs.

## FINAL EXAMINATION

1

### Score 70% or higher

Complete a timed, open-reference online examination taken through the Student Dashboard, drawn from a structured question bank.

2

### Retake if needed

If you do not pass first time, further attempts are available. A short review period applies between attempts so you can revisit the course material.

3

### Earn your certificate

A passing score confirms your eligibility for the Certificate of Completion. Once passed, the exam cannot be retaken to improve the score.

### ABOUT YOUR CERTIFICATE



Your Certificate of Completion confirms you have completed a structured safety training program informed by OSHA 29 CFR 1926. It is not OSHA-authorized training, licensure or regulatory approval, and it complements the site- and task-specific training your employer provides.



# WHAT YOU RECEIVE

Sample documents shown ·  
personal details redacted



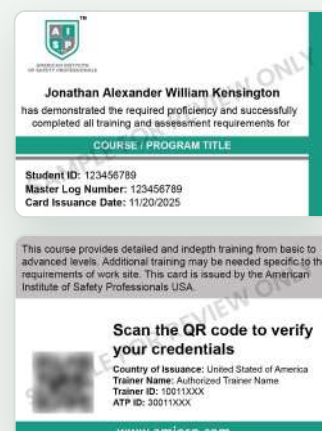
## Certificate of Completion

Issued as a digital certificate (PDF) with QR verification. If you select the Hardbound Certificate, a printed copy is also posted to you.



## Official Student Transcript

Records your course, training hours and result.



## Wallet Card

Portable proof of your credential on site, verifiable by QR code.

All three are issued by American Institute of Safety Professionals LLC, USA and can be verified by any employer at [amiosp.com/student-verifications](https://amiosp.com/student-verifications)

## COURSE FEES

Two certificate options

### Digital Certificate

Issued as a PDF, with QR verification

**Refer to website for prices →**

### Hardbound Certificate

Printed and posted to you, and includes the digital certificate

**Refer to website for prices →**

Shipping and handling for the hardbound option is not included in the course fee. It is calculated according to the delivery address and invoiced separately once the certificate is ready to dispatch.

Payment assistance  
[accounts@amiosp.com](mailto:accounts@amiosp.com)

## THE AISP ADVANTAGE WHY CHOOSE US?



### Employer-verifiable worldwide

Every credential carries a unique Master Log Number and QR code, verifiable online by any employer



### Fast-track online learning

Tailored for busy professionals



### Industry-relevant content

Aligned with current safety standards



### Expert-developed curriculum

Written by instructors with hands-on field experience



### Trusted by employers

Used by safety professionals across industries internationally

# YOUR CAREER IN NUMBERS

This program builds foundational safety awareness. The figures below show United States earnings for construction laborers in the construction industry, the role this training supports. They are published labor market data, not an indication of earnings following this program.

## \$52,810

Mean annual wage,  
construction

## \$47,430

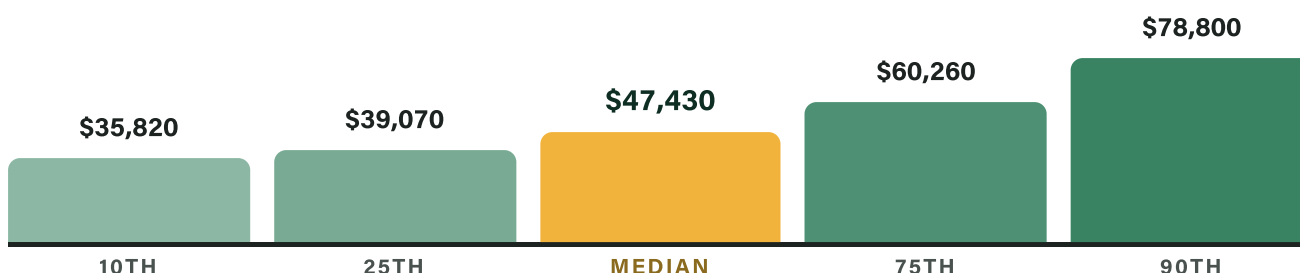
Median annual wage,  
construction

## 929,760

Employed in construction



### ANNUAL WAGE RANGE IN CONSTRUCTION



### MEAN PAY BY CONSTRUCTION SEGMENT

|                                        |          |
|----------------------------------------|----------|
| Heavy & civil engineering construction | \$55,250 |
| Construction of buildings              | \$52,160 |
| All industries                         | \$52,030 |
| Specialty trade contractors            | \$51,700 |



### HOURLY WAGE RANGE, CONSTRUCTION

|                 |         |
|-----------------|---------|
| 10th percentile | \$17.22 |
| 25th percentile | \$18.78 |
| Median          | \$22.80 |
| 75th percentile | \$28.97 |
| 90th percentile | \$37.89 |



### TOP-PAYING INDUSTRIES NATIONALLY

|                                         |          |
|-----------------------------------------|----------|
| Other professional & technical services | \$61,060 |
| Wholesale trade agents and brokers      | \$59,330 |
| Highway, street, & bridge construction  | \$58,920 |
| Rental and leasing services*            | \$58,180 |
| Remediation & waste management services | \$56,910 |

\* Rental and leasing services: NAICS 5322, 5323 and 5324 only.

Source: U.S. Bureau of Labor Statistics, Occupational Employment and Wage Statistics, May 2025 (SOC 47-2061), national industry-specific estimates. United States only; excludes self-employed workers. Earnings vary by experience, location and employer; no salary is guaranteed.

# FREQUENTLY ASKED QUESTIONS

Quick answers about the program, the final exam and your certificate.



## STILL HAVE QUESTIONS?

GENERAL  
[info@amiosp.com](mailto:info@amiosp.com)

PAYMENTS  
[accounts@amiosp.com](mailto:accounts@amiosp.com)

CALL  
**+1 (689) 286-3561**



## ABOUT THE PROGRAM

### Q01

#### Who is this program for?

Construction workers, apprentices, subcontractors, site support staff and new entrants to the industry.

### Q02

#### How is the program delivered?

Online through the AISP Student Dashboard (LMS), with official reference books to download and keep, and lifetime access to your course materials.

### Q03

#### How long does it take?

10 contact hours across 7 courses, studied at your own pace.



## EXAM & RESULTS

### Q04

#### What score do I need to pass?

A minimum of 70% on a timed, open-reference online examination taken through the Student Dashboard.

### Q05

#### What if I don't pass first time?

Further attempts are available. A short review period applies between attempts so you can revisit the course material.

### Q06

#### Is this OSHA-authorized training?

No. The program is informed by OSHA 29 CFR 1926 for education only. It is not OSHA authorization or a compliance certification.



## CERTIFICATE & FEES

### Q07

#### What do I receive?

A Certificate of Completion, an official Student Transcript and a wallet card, all with QR verification. The Hardbound Certificate includes a printed copy posted to you in addition to the digital certificate.

### Q08

#### Can employers verify my certificate?

Yes. Every certificate carries a unique Master Log Number and QR code, and can be verified at [amiosp.com/student-verifications](https://amiosp.com/student-verifications)

### Q09

#### How much does it cost?

Prices for the Digital and Hardbound Certificate are on the [program page](#). Hardbound shipping is calculated by delivery address and invoiced separately.



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ENROLL TODAY

# READY TO BEGIN?

Start your construction safety journey with confidence. Enroll in the 10-Hour Construction Safety and Health program and build the awareness to work safer every day.

**Next step:** the 30-Hour Construction Safety and Health program.

ENROLL AT [AMIOSP.COM](https://amiosp.com) →

## CONTACT US

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