

## OSHA ELECTRIC POWER STANDARDS BREAKDOWN

**TOTAL COURSE TIME: 10 HOURS (9:45:45)**

INTRODUCTORY/INSTRUCTIONAL SECTION		
SECTION/TITLE	CONTENT TYPE	ESTIMATED TIME
How to Navigate this Course & Get the Most Out of It	VIDEO	1:19
Downloadable Materials	DOWNLOAD	2:00
	<b>TOTAL TIME</b>	<b>3:19</b>

ELECTRIC POWER APPLICATION		
SECTION/TITLE	CONTENT TYPE	ESTIMATED TIME
Introduction to Electric Power Standards	VIDEO	6:37
Introduction to Electric Power Standards Knowledge Check	QUIZ	1:00
Overview of OSHA Electric Power Standards	VIDEO	3:45
Overview of OSHA Electric Power Standards Knowledge Check	QUIZ	2:00
General Industry or Construction	VIDEO	3:44
General Industry or Construction Knowledge Check	QUIZ	1:00
Covered Work and Electrical System Hazards	VIDEO	10:31
Covered Work and Electrical System Hazards Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>29:37</b>

TRAINING REQUIREMENTS IN ELECTRIC POWER STANDARDS		
SECTION/TITLE	CONTENT TYPE	ESTIMATED TIME
Training & Worker Qualification	VIDEO	7:21

Training & Worker Qualification Knowledge Check	QUIZ	1:00
Electric Power Training	VIDEO	6:32
Electric Power Training Knowledge Check	QUIZ	1:00
Qualified Versus Unqualified	VIDEO	3:04
Qualified Versus Unqualified Knowledge Check	QUIZ	1:00
Annual Inspections & Retraining	VIDEO	3:26
Annual Inspections & Retraining Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>24:23</b>

<b>2-PERSON RULE</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to the 2-Person Rule	VIDEO	4:07
2-Person Rule	VIDEO	9:02
2-Person Rule Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>14:09</b>

<b>MINIMUM APPROACH DISTANCE (MAD) REQUIREMENTS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to MAD	VIDEO	1:40
Purpose of MAD	VIDEO	6:51
Purpose of MAD Knowledge Check	QUIZ	1:00
Determining MAD	VIDEO	5:59
Determining MAD Knowledge Check	QUIZ	1:00
MAD Requirements	VIDEO	9:02

MAD Requirements Knowledge Check	QUIZ	1:00
Exposure Types and Insulation	VIDEO	7:24
Exposure Types and Insulation Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>34:56</b>

<b>FLAMES &amp; ELECTRIC ARCS REQUIREMENTS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Flames & Electric Arcs	VIDEO	4:04
The Hierarchy of Controls	VIDEO	1:48
The Hierarchy of Controls Knowledge Check	QUIZ	1:00
Principle Requirements for Flames & Electric Arc Protection	VIDEO	9:39
Principle Requirements for Flames & Electric Arc Protection Knowledge Check	QUIZ	1:00
Flames & Electric Arc Assessments	VIDEO	4:09
Flames & Electric Arc Assessments Knowledge Check	QUIZ	1:00
Estimating Available Heat Energy	VIDEO	9:31
Estimating Available Heat Energy Knowledge Check	QUIZ	1:00
Flame Resistant Clothing	VIDEO	2:42
Flame Resistant Clothing Knowledge Check	QUIZ	1:00
FR / AR Protection	VIDEO	5:06
FR / AR Protection Knowledge Check	QUIZ	1:00
PPE & Clothing Requirements	VIDEO	6:00
PPE & Clothing Requirements Knowledge Check	QUIZ	1:00
Care & Maintenance of PPE and Clothing	VIDEO	1:36
Care & Maintenance of PPE and Clothing Knowledge Check	QUIZ	1:00

	<b>TOTAL TIME</b>	<b>52:35</b>
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<b>JOB BRIEFINGS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Job Briefings	VIDEO & ARTICLE	17:25
Introduction to Job Briefings Knowledge Check	QUIZ	1:00
Job Briefing Responsibilities & Requirements	VIDEO	8:50
Job Briefing Responsibilities & Requirements Knowledge Check	QUIZ	1:00
Number of Briefings & Lone Workers	VIDEO	5:03
Number of Briefings & Lone Workers Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>34:18</b>

<b>RISK ASSESSMENTS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Overview of Hazard Identification	VIDEO	3:11
Electrical Hazards	VIDEO	4:07
Electrical Hazards Knowledge Check	QUIZ	1:00
Risk Assessment	VIDEO	4:03
Risk Assessment Knowledge Check	QUIZ	1:00
Overview of Hazard Control	VIDEO	7:19
Overview of Hazard Control Knowledge Check	QUIZ	1:00
Practical Application of Hazard Control	VIDEO	1:39
Practical Application of Hazard Control Knowledge Check	QUIZ	2:30

	<b>TOTAL TIME</b>	<b>25:49</b>
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<b>FALL PROTECTION &amp; PERSONAL FALL ARREST SYSTEMS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Fall Protection	VIDEO	11:18
Introduction to Fall Protection Knowledge Check	QUIZ	1:00
Fall Restraint	VIDEO	3:24
Fall Restraint Knowledge Check	QUIZ	1:00
Work Positioning	VIDEO	7:52
Work Positioning Knowledge Check	QUIZ	1:00
Fall Arrest	VIDEO	5:37
Fall Arrest Knowledge Check	QUIZ	1:00
Harnesses & Lanyards	VIDEO	10:20
Harnesses & Lanyards Knowledge Check	QUIZ	1:00
Fall Protection	VIDEO	6:47
Fall Protection Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>51:18</b>

<b>GROUNDING FOR EMPLOYEE PROTECTION</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Grounding	VIDEO	6:33
Introduction to Grounding Knowledge Check	QUIZ	1:00
Energization, Induced Current & Static Charges	VIDEO	6:50
Energization, Induced Current & Static Charges Knowledge Check	QUIZ	1:00

OSHA Requirements for Grounding	VIDEO	8:08
OSHA Requirements for Grounding Knowledge Check	QUIZ	1:00
Worker Protection	VIDEO	12:46
Worker Protection Knowledge Check	QUIZ	1:00
Protective Grounding Equipment & Testing	VIDEO	5:38
Protective Grounding Equipment & Testing Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>44:55</b>

<b>MECHANICAL EQUIPMENT</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Mechanical Equipment	VIDEO	5:53
Mechanical Equipment Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>6:53</b>

<b>LOCKOUT/TAGOUT (LOTO), DEENERGIZING LINES &amp; EQUIPMENT FOR EMPLOYEE PROTECTION</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Lockout/Tagout (LOTO) Introduction & Objectives	VIDEO	4:20
Purpose of LOTO	VIDEO	6:18
Purpose of LOTO Knowledge Check	QUIZ	1:00
LOTO in Generation	VIDEO	6:07
LOTO in Generation Knowledge Check	QUIZ	1:00
Deenergizing Lines & Equipment for Employee Protection	VIDEO	10:45
Deenergizing Lines & Equipment for Employee Protection Knowledge Check	QUIZ	1:00

Requesting Clearances	VIDEO	7:27
Requesting Clearances Knowledge Check	QUIZ	1:00
Tags	VIDEO	6:04
Tags Knowledge Check	QUIZ	1:00
Transferring and Releasing Clearances	VIDEO	3:29
Transferring and Releasing Clearances Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>50:30</b>

<b>OVERHEAD &amp; UNDERGROUND REQUIREMENTS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Overhead Lines	VIDEO	6:06
Setting & Moving Poles	VIDEO	5:01
Setting & Moving Poles Knowledge Check	QUIZ	1:00
Installing & Removing Overhead Lines	VIDEO	8:32
Installing & Removing Overhead Lines Knowledge Check	QUIZ	1:00
Protective Measures Against Step & Touch Potentials	VIDEO	9:07
Protective Measures Against Step & Touch Potentials Knowledge Check	QUIZ	1:00
Tension Stringing Equipment	VIDEO	4:12
Tension Stringing Equipment Knowledge Check	QUIZ	1:00
Underground Electrical Installations	VIDEO	5:57
Underground Electrical Installations Knowledge Check	QUIZ	1:00
Duct Rods & Multiple Cables	VIDEO	4:50
Duct Rods & Multiple Cables Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>49:45</b>

<b>WORKING WITH CONTRACTORS &amp; INFORMATION SHARING</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Working with Contractors	VIDEO	8:17
Introduction to Working with Contractors Knowledge Check	QUIZ	1:00
Basics of Information Transfer	VIDEO	4:34
Basics of Information Transfer Knowledge Check	QUIZ	1:00
Host and Contract Employer Requirements	VIDEO	11:01
Host and Contract Employer Requirements Knowledge Check	QUIZ	1:00
System Characteristics	VIDEO	9:23
System Characteristics Knowledge Check	QUIZ	1:00
Installation Conditions	VIDEO	2:23
Installation Conditions Knowledge Check	QUIZ	1:00
Contractor Responsibilities	VIDEO	6:34
Contractor Responsibilities Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>48:12</b>

<b>MEDICAL SERVICES &amp; FIRST AID</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Medical Services	VIDEO	5:24
Medical Services Knowledge Check	QUIZ	1:00
First Aid	VIDEO	5:56
First Aid Knowledge Check	QUIZ	1:00
First Aid Training	VIDEO	5:46
First Aid Training Knowledge Check	QUIZ	1:00

	<b>TOTAL TIME</b>	<b>20:06</b>
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<b>LIVE LINE TOOLS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Introduction to Live Line Tools	VIDEO	4:24
Introduction to Live Line Tools Knowledge Check	QUIZ	1:00
Condition & Repairs	VIDEO	3:02
Condition & Repairs Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>9:26</b>

<b>TESTING &amp; TESTING FACILITIES</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>
Testing & Test Facilities Introduction	VIDEO	5:55
High Voltage Hazards & Power Sources	VIDEO	3:58
High Voltage Hazards & Power Sources Knowledge Check	QUIZ	1:00
Safe Work Practices	VIDEO	8:10
Safe Work Practices Knowledge Check	QUIZ	1:00
Safeguarding of Test Areas	VIDEO	8:30
Safeguarding of Test Areas Knowledge Check	QUIZ	1:00
Testing & Test Facilities Conclusion	VIDEO	6:14
Testing & Test Facilities Conclusion Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>36:47</b>

<b>SUBSTATIONS &amp; SPECIAL CONDITIONS</b>		
<b>SECTION/TITLE</b>	<b>CONTENT TYPE</b>	<b>ESTIMATED TIME</b>

Introduction to Substations	VIDEO	1:48
Substation Hazard Identification	VIDEO	5:57
Substation Hazard Identification Knowledge Check	QUIZ	1:00
Access & Working Space	VIDEO	7:27
Access & Working Space Knowledge Check	QUIZ	1:00
National Electrical Safety Code	VIDEO	6:55
National Electrical Safety Code Knowledge Check	QUIZ	1:00
Substation Fences and Grounding Grids	VIDEO	5:39
Substation Fences and Grounding Grids Knowledge Check	QUIZ	1:00
Guarding of Energized Parts	VIDEO	12:21
Guarding of Energized Parts Knowledge Check	QUIZ	1:00
Special Conditions	VIDEO	2:22
Special Conditions Knowledge Check	QUIZ	1:00
	<b>TOTAL TIME</b>	<b>48:29</b>