



CERTIFICATE OF COMPLETION

presented to

Benjamin Allen Gibeault

for successful completion of the
OSHA 10-Hour General Industry Course

Duration: 10 hours

Ricardo Baeza

Trainer



November 10, 2025

Date

Core Competencies

Given OSHA historical events and current information, the student will be able to:

- Explain the importance of OSHA in providing a safe and healthful workplace to workers covered by OSHA. *(Introduction to OSHA)*

Given current OSHA and industry information regarding worksite illnesses, injuries and/or fatalities, the student will be able to:

- Protect themselves from walking/working hazards including fall hazards. *(Walking-Working Surfaces)*
- Recognize electrocution hazards in general industry. *(Avoiding Electrocution Hazards)*
- Recognize hazards and best practices associated with emergency action plans, fire prevention plans, fire protection, and exit routes. *(Emergency Action Plans and Fire Protection)*
- Recognize responsibilities related to hazard communications, including Global Harmonizing System (GHS) requirements. *(Hazard Communication)*
- Select appropriate personal protective equipment for common industry hazards. *(Personal Protective Equipment)*
- Recognize how to protect themselves from hazards associated with material handling. *(Materials Handling, Storage, Use, and Disposal)*
- Recognize hazards associated with machinery that has improper or missing guards. *(Machine Guarding)*
- Recognize hazards associated with industrial hygiene. *(Industrial Hygiene)*
- Recognize hazards associated with driving. *(Safe Driving Practices)*
- Recognize hazards associated when working with bloodborne pathogens in the workplace. *(Bloodborne Pathogens)*
- Recognize ergonomic hazards and select solutions which prevent injuries from occurring. *(Ergonomics)*
- Recognize responsibilities related to safety and health in the workplace. *(Safety & Health Programs)*
- Recognize hazards associated with violence in the workplace. *(Preventing Workplace Violence)*