

OSHA 10 Cheat Sheet 2026

The night-before summary, built like the exam.

— Scored questions	— Time limit	No exam — OSHA does ... Passing score
— Exam fee	U.S. Department of Labo... Governing body	— Pass rate

The numbers to remember

- 10 hours total instructional time required for the course.
- 6 required / 2 elective / 2 optional hours make up the blueprint.
- Classes span a minimum of 2 calendar days.
- Class size: 3 to 40 students.
- Daily cap: 7.5 student contact hours per day.
- No test is required and there is no official passing score — completion is at the trainer's discretion.
- Cards never expire (Construction) and must be issued within 90 days of course completion.
- Replacement cards are available only if the class was completed within the last 5 years, and only one replacement is ever issued per student per class.

Content domains and hour weights

- Introduction to OSHA — 1 hour (rights, responsibilities, filing complaints).
- Focus Four Hazards — 4 hours total, with falls alone requiring a minimum of 1.5 hours and each of the other three hazards (electrocution, struck-by, caught-in/between) requiring a minimum of 30 minutes.
- Health Hazards in Construction — 30 minutes minimum.
- Personal Protective Equipment — 30 minutes minimum.
- Elective topics — at least 2 distinct topics, 2 hours total.
- Optional topics — 2 hours, trainer's choice of additional content.
- No single topic may exceed 4 hours; every topic covered has a 30-minute floor.

High-yield review areas

- Falls — why they get the largest single time allocation in the Focus Four block.
- PPE selection — matching the right gear to the right hazard, not just naming equipment.
- Workers' rights basics from the Introduction to OSHA segment — how and where to file a hazard complaint.
- The difference between required, elective, and optional topics, and why electives need at least two distinct subjects rather than one deep dive.

Top traps

- Assuming there's a numeric passing score to hit — there isn't one; OSHA leaves completion determination to the trainer.
- Confusing the 10-hour student course with the OSHA #500 Trainer Course, which does include a knowledge-based test — that test applies only to people becoming trainers, not to 10-hour students.
- Thinking the completion card expires — Construction cards never expire once issued.
- Forgetting that testing time (if a trainer gives a quiz) never counts toward the 10 required instructional hours.

Official sources

- U.S. Department of Labor — OSHA Outreach Training Program — OSHA Outreach Training Program Requirements (Revised July 01, 2024; Effective October 01, 2024):
https://www.osha.gov/sites/default/files/OTP_Requirements_2024.pdf
- U.S. Department of Labor — OSHA Outreach Training Program — OSHA Outreach Training Program — Construction Industry Procedures (Revised July 01, 2024; Effective October 01, 2024):
https://www.osha.gov/sites/default/files/OTP_Construction_Procedures_2024.pdf
- U.S. Department of Labor — OSHA Outreach Training Program — OSHA Outreach Training Program FAQs:
<https://www.osha.gov/training/outreach/faq>

Free practice questions for this exam: www.everyexamprep.com/practice/exams/workplace/osha-10