

OSHA 30 Cheat Sheet 2026

The night-before summary, built like the exam.

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

The numbers to remember

- This is a voluntary training program — no exam, no passing score, no OSHA-set fee.
- 30 hours total instructional time minimum.
- 14 hours required topics.
- 12 hours minimum elective topics, across at least six topics.
- 4 hours optional topics.
- Max 7.5 student contact hours per day; max 10 consecutive hours per session.
- Videos capped at 25% of instructional time.
- Minimum 4 calendar days for a 30-hour class (vs. 2 days for a 10-hour class).
- Cards issued within 90 calendar days of class end; non-receipt reissue also capped at 90 days.
- Card replacement: contact the original trainer, within 5 years of completion.

Content domains and weights

- OSHA Focus Four Hazards — 6 hrs (largest single block): Falls (min. 1.5 hrs), plus Electrocution, Struck-By, and Caught-In or Between (min. 30 min each).
- Managing Safety and Health — 2 hrs
- Personal Protective Equipment — 2 hrs
- Health Hazards in Construction — 2 hrs
- Introduction to OSHA — 1 hr
- Stairways and Ladders — 1 hr
- Elective — 12 hrs min., 6+ topics, 30 min. min. each (except Foundations for Safety Leadership, min. 2.5 hrs)
- Optional — 4 hrs trainer's choice

High-yield review areas

- Falls — the single heaviest required minimum inside Focus Four; leading cause of construction fatalities.
- The other three Focus Four hazards (Electrocution, Struck-By, Caught-In/Between) — each gets only 30 minutes, so review fast facts before class.
- Foundations for Safety Leadership — the elective with its own extended minimum; highest payoff if you're moving into a supervisory role.
- PPE and Health Hazards — steady 2-hour blocks that pair well with real job-site scenarios.

Top traps

- Do not call this a "certification" or expect a pass/fail score — it's a completion card, not a credential test.
- Don't confuse the 10-hour and 30-hour tracks: 10-hour is general awareness, 30-hour is for workers with safety responsibilities.
- If your card doesn't arrive, act before the 90-day mark — reissue requests are not accepted after that window.

- Lost your card after five years from completion? The standard replacement path is closed — check with your trainer about alternatives.
- Video-heavy sessions have a hard ceiling: if videos exceed 25% of instructional time, the class isn't meeting Outreach Program requirements.

Night-before checklist

- Confirm your class runs at least four calendar days — a compressed schedule that skips this is a red flag.
- Expect to actively participate in the six-hour Focus Four block; it's the largest single chunk of required time.
- Upgrading from a 10-hour card? Confirm the extra 20 hours are with the same trainer and land within 180 days of your original class.
- Print this sheet — there's no exam to protect, so a printable quick reference is fair game for review before or during class.

Official sources

- U.S. Department of Labor — OSHA Outreach Training Program — 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 Requirements (Revised, effective October 01, 2024): https://www.osha.gov/sites/default/files/OTP_Requirements_2024.pdf
- U.S. Department of Labor — OSHA Outreach Training Program — Outreach Training Program | Occupational Safety and Health Administration: <https://www.osha.gov/training/outreach>

Free practice questions for this exam: www.everyexamprep.com/practice/exams/workplace/osha-30