

OSHA 10-HOUR ET&D CONSTRUCTION AGENDA

PRESENTED AUGUST 18 & 19, 2026

AT: Tennessee Electric Cooperative Association

2964 Sidco Dr
Nashville, TN 37224

DAY 1	TIME	HRS	TRAINER
WELCOME & REGISTRATION	9:00 – 9:15 A.M.	0	MICHAEL M. SIMMONS
INTRODUCTION TO OSHA	9:15 – 10:15 A.M.	1.0	MICHAEL M. SIMMONS
BREAK	10:15 – 10:30 P.M.	0	MICHAEL M. SIMMONS
PERSONAL PROTECTIVE EQUIPMENT	10:30 – 11:30 A.M.	1.0	MICHAEL M. SIMMONS
LUNCH	11:30 – 12:30 P.M.	0	MICHAEL M. SIMMONS
ELECTRICAL SAFETY	12:30 – 2:30 P.M.	2.0	MICHAEL M. SIMMONS
BREAK	2:30 – 2:45 P.M.	0	MICHAEL M. SIMMONS
GROUNDING	2:45 – 4:30 P.M.	1.75	MICHAEL M. SIMMONS
DAY 2			
GROUNDING	9:00 – 9:45 A.M.	0.75	MICHAEL M. SIMMONS
FALL PROTECTION	9:45 – 10:45 A.M.	1.0	MICHAEL M. SIMMONS
BREAK	10:45 – 11:00 A.M.	0	MICHAEL M. SIMMONS
FALL PROTECTION	11:00 – 11:30 A.M.	0.5	MICHAEL M. SIMMONS
TRENCHING & EXCAVATIONS	11:30 – 12:30 P.M.	1.0	MICHAEL M. SIMMONS
LUNCH	12:30 – 1:30 P.M.	0	MICHAEL M. SIMMONS
PRE-JOB BRIEFINGS	1:30 – 2:00 P.M.	0.5	MICHAEL M. SIMMONS
LIFTING AND RIGGING	2:00 – 3:00 P.M.	1.0	MICHAEL M. SIMMONS
BREAK	3:00 – 3:15 A.M.	0	MICHAEL M. SIMMONS
CONFINED/ENCLOSED SPACES	3:15 – 4:15 P.M.	1.0	MICHAEL M. SIMMONS
TOTAL TRAINING HRS:		11.50 hrs.	

PRESENTED BY: MICHAEL M. SIMMONS, CSP – OSHA AUTHORIZED CONSTRUCTION TRAINER #38-0107308
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AUTHORIZED BY: VOLUNTEER STATE COMMUNITY COLLEGE – OSHA TRAINING INSTITUTE EDUCATION CENTER
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