



OSHA 10 Construction: Construction Outreach Exam Preparation

International Certification Preparation

QGT-CRT-128 | Certification prep | 5 or 10 days | Online, classroom, in-house

Course overview

A structured exam preparation programme for OSHA 10 Construction. You work through the body of knowledge, the referenced codes and standards, timed practice questions and exam technique, with an instructor who has prepared candidates across the Gulf and Africa. Eligibility, exam booking and the certificate itself are handled by OSHA.

What participants will be able to do

- Understand the OSHA 10 Construction exam format, eligibility rules and body of knowledge
- Navigate the referenced codes and standards quickly and accurately
- Solve the calculation and look-up questions that appear most often
- Manage exam time with a tested question strategy
- Leave with a personal study plan for the weeks before the exam

Who should attend

Professionals planning to sit the OSHA 10 Construction exam within the next six months, and supervisors who want their teams certified.

Course outline (5 days)

Day 1: Exam scope and eligibility

Body of knowledge, exam format, eligibility and booking

Day 2: Core references, part 1

Close reading of the referenced codes and standards

Day 3: Core references, part 2

Remaining references, tables, formulas and look-ups

Day 4: Calculations and practice questions

Timed question banks with worked solutions

Day 5: Mock exam and review

Full-length mock exam, scoring and personal study plan

What the 10-day edition adds

Day 6: Applied project, part 1 – Apply the week-one methods to a case from your organisation

Day 7: Data and digital tools – Software, spreadsheets and digital tools used in practice

Day 8: Lessons from incidents and audits – What investigations and audit findings teach

Day 9: Applied project, part 2 – Complete, test and refine your solution

Day 10: Presentations and final assessment – Present to the group and complete the final assessment

Fees (USD per participant)

Duration	Live online	Classroom	In-house
5 days	\$3,000	\$5,500	On quote
10 days	\$5,500	\$9,900	On quote

Fees include course material and certificate of completion; classroom fees include refreshments and lunch. In-house training is priced per group.

Dates and cities 2027–2030

Dates	City	Format	Duration	Fee
1–5 Feb 2027	Frankfurt	Classroom	5 days	\$5,500
26 Apr – 7 May 2027	Nairobi	Classroom	10 days	\$9,900
30 May – 3 Jun 2027	Kuwait City	Classroom	5 days	\$5,500
23 Aug – 3 Sep 2027	Abu Dhabi	Classroom	10 days	\$9,900
29 Nov – 3 Dec 2027	Online (live)	Online (live)	5 days	\$3,000
5–9 Mar 2028	Salalah	Classroom	5 days	\$5,500
8–19 May 2028	Abu Dhabi	Classroom	10 days	\$9,900
20–24 Aug 2028	Riyadh	Classroom	5 days	\$5,500
23 Oct – 3 Nov 2028	Bangkok	Classroom	10 days	\$9,900
27 Nov – 1 Dec 2028	Online (live)	Online (live)	5 days	\$3,000
22–26 Jan 2029	Paris	Classroom	5 days	\$5,500
26 Aug – 6 Sep 2029	Al Khobar	Classroom	10 days	\$9,900
8–12 Oct 2029	Sharjah	Classroom	5 days	\$5,500
11–22 Nov 2029	Riyadh	Classroom	10 days	\$9,900
26–30 Nov 2029	Online (live)	Online (live)	5 days	\$3,000
22–26 Apr 2030	Paris	Classroom	5 days	\$5,500
19–30 May 2030	Cairo	Classroom	10 days	\$9,900
21–25 Jul 2030	Salalah	Classroom	5 days	\$5,500
2–13 Sep 2030	Lagos	Classroom	10 days	\$9,900
11–15 Nov 2030	Online (live)	Online (live)	5 days	\$3,000

How to register

Register online or scan the code

<https://qimmatrainig.com/courses/osha-10-construction-construction-outreach-exam-preparation>

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