**This document is a reference for monthly risk-based and OSHA required training topics to provide to your employees.**

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| *Month* | *Training topic* | *Reference* | *Training to include* |
| *January* | Hand and power tools | 29 CFR 1910.242 | * Inspection of equipment
* Maintenance
* Lockout/tagout procedures
* Personal protective equipment
 |
| Machine guarding | 29 CFR 1910.217 and 29 CFR 1920.218 | * Effective use of guarding on power tools and equipment such as air nail guns and power saws
 |
| *February* | First aid and CPR | 29 CFR 1910.151 | * Assessing the situation and recognizing an emergency
* Different scenarios that may be faced
* Steps to be taken and determining treatment
* Standard precautions
* Performing CPR
 |
| Emergency evacuation plan | 29 CFR 1910.38 | * Identifying a primary individual to monitor weather conditions and inform employees of potential hazards
* Identifying a local storm shelter (with directions provided) in the event of anticipated hazardous weather
 |
| Hearing conservation | 29 CFR 1910.95 | * When hearing protection should be worn while operating air nail guns
* Types of hearing protection and how to wear it properly
 |
| *March* | Lifting mechanics | Risk based | * Manual lifting is a last resort
* Lifting devices and machinery should be used when possible
* If manual lifting is necessary address proper lifting mechanics, team lifting, etc.
 |
| Ergonomics | 29 CFR 1910-10.2 | * Avoiding bending and stooping
* Holding tools in a proper manner or angle
* Not working in an awkward posture when unnecessary
* Taking breaks from a repetitive task or activities that cause vibration to do other necessary tasks
 |
| *April* | Personal fall arrest systems (PFAS) | 29 CFR 1926.503 | * When to use PFAS
* Effective use of equipment
* Inspecting equipment
* Maintenance and repair of defective or damaged equipment or PFAS that may have sustained a fall
 |
| Slips, trips, falls- same level | Risk based | * Effective footwear for the job
* Using appropriate housekeeping practices
* Considering weather conditions that can cause jobsite terrain to be hazardous
 |
| *May* | Falling/flying objects/struck by | Risk based | * Keeping out of the line of fire while on jobsites (ex. Overhead fall objects, vehicles on jobsite, street traffic near jobsite)
* Emphasize the importance of each employee watching out for themselves
* Effectively communicating with fellow workers
 |
| Extreme temperatures | Risk based | * Include hazards and controls related to working in extreme heat conditions
 |
| *June* | Ladders  | 29 CFR 1926.1053 | * Proper ladder use
* Inspections
* Setting up a ladder
* Anchoring
* Safe positioning
* Considering ground or surface conditions etc.
 |
| Personal protection equipment (PPE) | 29 CFR 1920.132 | * General and specific PPE utilized by employees during work tasks
 |
| *July* | Hand and power tools | 29 CFR 1910.242 | * Using the appropriate tool for the job
* Inspection of equipment
* Maintenance
* Lockout/tagout procedures
* Personal protective equipment (PPE)
 |
| Machine guarding | 29 CFR 1910.217 and 29 CFR 1920.218 | * Effective use of guarding on power tools and equipment such as air nail guns and power saws
 |
| *August* | First aid and CPR | 29 CFR 1910.151 | * Assessing the situation and recognizing an emergency
* Different scenarios that may be faced
* Steps to be taken and determining treatment
* Standard precautions
* Performing CPR
 |
| Emergency Evacuation Plan | 1. FR 1910.38
 | * Identifying a primary individual to monitor weather conditions and inform employees of potential hazards
* Identify a local storm shelter to be used in the event of anticipated hazardous weather conditions (ex. tornado), and provide employees with directions
 |
| Hearing conservation | 29 CFR 1910.95 | * When hearing protection should be worn (ex. when operating power tools and equipment such as air nail guns and power saws)
* Types of hearing protection and how to wear it properly
 |
| *September* | Lifting mechanics | Risk based | * Manual lifting is a last resort
* Lifting devices and machinery should be used when possible
* If manual lifting is necessary address proper lifting mechanics, team lifting, etc.
 |
| Ergonomics | 29 CFR 1910-10.2 | * Avoiding bending and stooping
* Holding tools in a proper manner or angle
* Not working in an awkward posture when unnecessary
* Taking breaks from a repetitive task or activities that cause vibration to do other necessary tasks
 |
| *October* | Personal fall arrest systems (PFAS) | 29 CFR 1926.503 | * When to use PFAS
* Effective use of equipment
* Inspecting equipment
* Maintenance and repair of defective or damaged equipment or PFAS that may have sustained a fall
 |
| Slips, trips, falls- same level | Risk based | * Effective footwear for the job
* Using appropriate housekeeping practices
* Considering weather conditions that can cause jobsite terrain to be hazardous
 |
| *November* | Falling/flying objects/struck by | Risk based | * Keeping out of the line of fire while on jobsites (ex. Overhead fall objects, vehicles on jobsite, street traffic near jobsite).
* Emphasize the importance of each employee watching out for themselves
* Effectively communicating with fellow workers
 |
| Extreme temperatures | Risk based | * Include hazards and controls related to working in extreme heat conditions
 |
| *December* | Ladders  | 29 CFR 1926.1053 | * Proper ladder use
* Inspections
* Setting up a ladder
* Anchoring
* Safe positioning
* Considering ground or surface conditions etc.
 |
| Personal protection equipment (PPE) | 29 CFR 1920.132 | * General and specific PPE utilized by employees during work tasks
 |
| This list is not comprehensive - additional OSHA standards may apply to your workplace. Be sure to review OSHA's general industry standards (29 CFR 1910) for other requirements. In addition, section 5(a)(1) of the Occupational Safety and Health Act, known as the General Duty Clause, requires employers to provide their employees with a workplace that is free of recognized hazards likely to cause death or serious physical harm. |