**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* | *Related resources* |
| *January* | Lifting mechanics and client transfers | Risk based | * Safe lifting mechanics
* Ergonomics regarding bed care
* Bathroom care
* Bedroom and changing care
* Helping clients from move place to place and in and out of vehicles
* Doing laundry etc.
 | * [Body mechanics video](https://safetysourceonline.com/video/home-health-care-body-mechanics-ss701/)
* [Repositioning patients safety talk](https://www.compsourcemutual.com/?post_type=article&p=1156)
 |
| Ergonomics | 29 CFR 1910-10.2 |
| *February* | Hazard communication (GHS) | 29 CFR 1910.1200 | * Safe use of chemical products such as cleaning products
* Reading and following safety labels such as safety data sheets (SDS)
* Appropriate handling of hazardous materials
* Wearing effective personal protective equipment
* Appropriate storage practices etc.
 | * [Chemical handling safety talk](https://www.compsourcemutual.com/knowledge-center/chemical-handling-safety-talk/)
 |
| *March* | Emergency evacuation planning | 29 CFR 1910.38 | * Evacuation plans, alarm systems, reporting procedures for personnel, shutdown procedures and types of potential emergencies (ex. fire, tornado).
* Evacuation drill and training
 | * [Emergency planning safety talk](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/)
 |
| *April* | Slips, trips and falls | Risk based | * Footwear
* Housekeeping
* Slippery walking surfaces
* Stairs and handrails
* Changes in elevation
* Defects in floor surface
* Deficient lighting etc.
 | * [Common slip, trip and fall hazards safety talk](https://www.compsourcemutual.com/knowledge-center/common-slip-trip-and-fall-hazards-safety-talk/)
 |
| *May* | Workplace violence | Risk based | * How to handle client aggression
* How to handle aggression from family members or anyone else present
 | * [Workplace violence safety talk](https://www.compsourcemutual.com/knowledge-center/workplace-violence-healthcare/)
 |
| *June* | Bloodborne pathogens | 29 CFR 1910.1030 | * Appropriate handling and disposal of sharps
* Wearing effective personal protective equipment based on the situation
* Hygiene etc.
 | * [Bloodborne pathogens video](https://safetysourceonline.com/video/bbp-know-the-risk-ss1027be/)
* [Bloodborne pathogens safety talk](https://www.compsourcemutual.com/knowledge-center/bloodborne-pathogens-healthcare-safety-talk/)
 |
| Cuts and lacerations | Risk based | * Best practices regarding handling sharp material, such as proper use and storage practices
 | * [Needlestick prevention video](https://safetysourceonline.com/video/needlestick-prevention-14016a/)
* [Preventing sharp and needlestick injuries safety talk](https://www.compsourcemutual.com/knowledge-center/preventing-sharps-and-needlestick-injuries/)
 |
| *July* | Lifting mechanics and client transfers | Risk based | * Safe lifting mechanics
* Ergonomics regarding bed care
* Bathroom care
* Bedroom and changing care
* Helping clients move from place to place and in and out of vehicles
* Doing laundry etc.
 | * [Body mechanics video](https://safetysourceonline.com/video/home-health-care-body-mechanics-ss701/)
* [Repositioning patients safety talk](https://www.compsourcemutual.com/?post_type=article&p=1156)
 |
| Ergonomics | 29 CFR 1910-10.2 |
| *August* | Personal protective equipment (PPE) | 29 CFR 1910.132 | * Proper work practices
* Universal precautions
* Effective use of PPE
* Proper cleanup and disposal techniques
 | * [Personal protective equipment safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-healthcare/)
 |
| *September* | Emergency evacuation planning | 29 CFR 1910.38 | * Evacuation plans, alarm systems, reporting procedures for personnel, shutdown procedures and types of potential emergencies (ex. fire, tornado).
* Evacuation drill and training
 | * [Emergency preparedness and safe evacuation video](https://safetysourceonline.com/video/emergency-evacuation-procedures/)
* [Emergency planning safety talk](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/)
 |
| *October* | Slips, trips and falls | Risk based | * Footwear
* Housekeeping
* Slippery walking surfaces
* Stairs and handrails
* Changes in elevation
* Defects in floor surface
* Deficient lighting etc.
 | * [Preventing slips, trips, and falls video](https://safetysourceonline.com/video/preventing-slips-trips-falls-ss2222ae-14-mins/)
* [Common slip trip and fall hazards safety talk](https://www.compsourcemutual.com/knowledge-center/common-slip-trip-and-fall-hazards-safety-talk-2/)
 |
| *November* | Workplace violence | Risk based | * How to handle client aggression
* How to handle aggression from family members or anyone else present
 | * [Workplace violence facts and prevention video](https://safetysourceonline.com/video/workplace-violence-facts-prevention-ss1081ie/)
* [Workplace violence in healthcare safety talk](https://www.compsourcemutual.com/?post_type=article&p=1159)
 |
| *December* | Bloodborne pathogens | 29 CFR 1910.1030 | * Appropriate handling and disposal of sharps
* Wearing effective personal protective equipment based on the situation
* Hygiene etc.
 | * [Bloodborne pathogens safety talk](https://www.compsourcemutual.com/knowledge-center/bloodborne-pathogens-healthcare-safety-talk/)
 |
| Cuts and lacerations | Risk based | * Best practices regarding handling sharp material, such as proper use and storage practices
 | * [Preventing sharp and needlestick injuries safety talk](https://www.compsourcemutual.com/knowledge-center/preventing-sharps-and-needlestick-injuries/)
 |
| 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. |