**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* | Hand and power tools | 29 CFR 1910.242 | * Choosing the appropriate tool for the job * Inspection of equipment * Maintenance * Lockout/tagout procedures * Personal protective equipment | * [Hand and power tool safety talk](https://www.compsourcemutual.com/knowledge-center/hand-and-power-tool-safety/) * [Hand and power tool safety video (English)](https://safetysourceonline.com/video/hand-power-tool-safety-ss1094ie-10-min/) * [Hand and power tool safety video (Spanish)](https://safetysourceonline.com/video/hand-power-tool-safety-ss1094is-10-min-spanish/) |
| 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 | * [Hand and power tool guarding safety talk](https://www.compsourcemutual.com/knowledge-center/hand-and-power-tool-guarding/) * [Nail gun safety video (English)](https://safetysourceonline.com/video/nail-gun-safety-ss0626/) * [Nail gun safety video (Spanish)](https://safetysourceonline.com/video/nail-gun-safety-ssc0024s-11-min-spanish/) |
| *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 | * [What to do in case of an incident safety talk](https://www.compsourcemutual.com/knowledge-center/what-to-do-in-case-of-an-incident-safety-talk/) * [First aid video (English)](https://safetysourceonline.com/video/emergency-first-aid-1058i-19-min-2/) * [First aid video (Spanish)](https://safetysourceonline.com/video/first-aid-ss1058is-9-min-spanish/) |
| 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 | * [Emergency planning safety talk](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/) * [Fire extinguisher training video (English)](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072ae/) * [Fire extinguisher training video (Spanish)](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072as-5-mins-spanish/) |
| *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. | * [Tips for safe lifting safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-safe-lifting-safety-talk/) * [Back safety-proper lifting procedures video (English)](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015de-16-min/) * [Back safety proper lifting procedures (Spanish)](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015ds-16-min-spanish/) |
| 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 | * [Jobsite ergonomics safety talk](https://www.compsourcemutual.com/knowledge-center/jobsite-ergonomics-safety-talk/) * [Back injury exercise and ergonomics video (English)](https://safetysourceonline.com/video/back-injury-exercise-and-ergonomics-ss1016de/) * [Back injury exercise and ergonomics (Spanish)](https://safetysourceonline.com/video/back-injury-exercise-and-ergonomics-ss1016ds-15-min-spanish/) |
| *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 | * [Residential fall protection safety talk](https://www.compsourcemutual.com/knowledge-center/residential-fall-protection-safety-talk/) * [Fall protection video (English)](https://safetysourceonline.com/video/fall-protection/) * [Fall protection video (Spanish)](https://safetysourceonline.com/video/fall-protection-ssc0023as-10-min-spanish/) |
| 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 | * [Common slip trip and fall hazards safety talk](https://www.compsourcemutual.com/knowledge-center/common-slip-trip-and-fall-hazards-safety-talk-2/) * [Housekeeping slips trips and falls prevention (English)](https://safetysourceonline.com/video/housekeeping-slips-trips-and-falls-facts-prevention/) * [Housekeeping slips trips and falls prevention video (Spanish)](https://safetysourceonline.com/video/housekeeping-slips-trips-and-falls-prevention-sscn001s-6-mins-spanish/) |
| *May* | Electrical safety | 29 CFR 1910.333 and 29 CFR 1910.332 | * Basic electrical safety to include assessing the area for electrical hazards * Following appropriate procedures such as lockout tagout and wearing proper personal protective equipment | * [Residential electrical safety talk](https://www.compsourcemutual.com/knowledge-center/roofing-electrical-safety-talk/) * [Basic electrical safety video (English)](https://safetysourceonline.com/video/basic-electrical-safety-1085i-11-min/) * [Basic electrical safety (Spanish)](https://safetysourceonline.com/video/basic-electrical-safety-ss1085is-11-min-spanish/) |
| Extreme temperatures | Risk based | * Include hazards and controls related to working in extreme heat conditions | * [Heat stress safety talk](https://www.compsourcemutual.com/knowledge-center/heat-stress-safety-talk-3/) * [Heat stress facts and prevention video (English)](https://safetysourceonline.com/video/heat-stress-facts-and-prevention/) * [Heat stress facts and prevention video (Spanish)](https://safetysourceonline.com/video/heat-stress-the-facts-1007i-12-min-spanish/) |
| *June* | Scaffolding | 29 CFR 1926.454 | * Identifying a competent person to monitor scaffolding erection and perform inspections | * [Narrow frame scaffold safety talk](https://www.compsourcemutual.com/knowledge-center/narrow-frame-scaffolding/) * [Scaffold safety video (English)](https://safetysourceonline.com/video/scaffolding-safety/) * [Scaffold safety video (Spanish)](https://safetysourceonline.com/video/scaffold-safety-ssc0015s-12-min-spanish/) |
| Ladders | 29 CFR 1926.1060 | * Proper ladder use * Inspections * Setting up a ladder * Anchoring * Safe positioning * Considering ground or surface conditions etc. | * [Portable ladder safety talk](https://www.compsourcemutual.com/knowledge-center/portable-ladder-safety-2/) * [Ladder safety video (English)](https://safetysourceonline.com/video/ladder-safety-8019a-10-min/) * [Ladder safety video (Spanish)](https://safetysourceonline.com/video/ladder-safety-8019a-10-min-spanish/) |
| *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) | * [Hand and power tool safety talk](https://www.compsourcemutual.com/knowledge-center/hand-and-power-tool-safety/) * [Pneumatic tool safety video (English)](https://safetysourceonline.com/video/ss1023he_pneumatic_tool_safety/) * [Pneumatic tool safety (Spanish)](https://safetysourceonline.com/video/pneumatic-tool-safety-ss1023hs/) |
| Power saw safety | Risk based | * Effective use of guarding and safe use of power saws | * [Tips for power saw safety](https://www.compsourcemutual.com/knowledge-center/tips-for-saw-safety/) * [Power saw safety video (English)](https://safetysourceonline.com/video/power-saw-safety-ss1021he-7-min/) * [Power saw safety video (Spanish)](https://safetysourceonline.com/video/power-saw-safety-ss1021hs-7-min-spanish/) |
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| *August* | Personal protection equipment (PPE) | 29 CFR 1920.132 | * General and specific PPE utilized by employees during work tasks (ex. Cougar paws) | * [Personal protective equipment safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-2/) * [PPE Its your call video (English)](https://safetysourceonline.com/video/ppe-its-your-call-5046a/) * [PPE Its your call video (Spanish)](https://safetysourceonline.com/video/ppe-its-your-call-8-min-5046a-spanish/) |
| 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 | * [Hearing conservation safety talk](https://www.compsourcemutual.com/knowledge-center/hearing-conservation-2/) * [Hearing conservation the facts video (English)](https://safetysourceonline.com/video/hearing-conservation-the-facts-1025b-11-min/) * [Hearing conservation video the facts (Spanish)](https://safetysourceonline.com/video/hearing-conservation-the-facts-ss1020bs-11-min/) |
| *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. | * [Tips for safe lifting safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-safe-lifting-safety-talk/) * [Back safety-proper lifting procedures video (English)](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015de-16-min/) * [Back safety proper lifting procedures (Spanish)](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015ds-16-min-spanish/) |
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| Extreme temperatures | Risk based | * Include hazards and controls related to working in extreme heat conditions | * [Heat stress safety talk](https://www.compsourcemutual.com/knowledge-center/heat-stress-safety-talk-3/) * [Heat stress facts and prevention video (English)](https://safetysourceonline.com/video/heat-stress-facts-and-prevention/) * [Heat stress facts and prevention video (Spanish)](https://safetysourceonline.com/video/heat-stress-the-facts-1007i-12-min-spanish/) |
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| 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. | | | |  |