**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 | * 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-tools/)
* [Hand and power tool safety video](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/)
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| Heavy equipment | Risk based | * Safe operation and safety features of equipment
* Inspection and maintenance
 | * [Heavy equipment safety talk](https://www.compsourcemutual.com/wp-admin/post.php?post=1246&action=edit)
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| *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 safety video](https://safetysourceonline.com/video/emergency-first-aid-1058i-19-min-2/)
* [First aid safety video (Spanish)](https://safetysourceonline.com/video/first-aid-ss1058is-9-min-spanish/)
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| 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/)
* [Emergency preparedness: An employees' responsibility video](https://safetysourceonline.com/video/emergency-preparedness-an-employees-responsibility-1051i-25-min-2/)
* [Emergency response: An employees' responsibility video (Spanish)](https://safetysourceonline.com/video/emergency-preparedness-an-employees-responsibility-spanish-ss1051is/)
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| *March* | Driving | Risk based | * Defensive based training covering driving hazards
 | * [Defensive driving safety talk](https://www.compsourcemutual.com/knowledge-center/defensive-driving/)
* [Defensive driving video](https://safetysourceonline.com/video/defensive-driving-1067i-20-min/)
* [Defensive driving video (Spanish)](https://safetysourceonline.com/video/defensive-driving-ss1067is-20-min-spanish/)
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| Spotter or flagger | Risk based | * Safe work around heavy equipment and trucks
* Safety while spotting/flagging
 | * [Spotters safety talk](https://www.compsourcemutual.com/knowledge-center/spotters-2/)
* [Traffic control work zone safety: Flagger safety video](https://safetysourceonline.com/video/traffic-control-flagger-safety-ss9911e/)
* [Traffic control work zone safety: Flagger safety](https://safetysourceonline.com/video/traffic-control-work-zone-safety-flagger-safety-ss21003as-spanish/)
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| *April* | 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
 | * [Falls from trucks and trailers safety talk](https://www.compsourcemutual.com/knowledge-center/falls-from-trucks-and-trailers/)
* [Employee slips trips and falls video](https://safetysourceonline.com/video/employee-slips-trips-and-falls-1018d-10-min/)
* [Employee slips trips and falls video spanish](https://safetysourceonline.com/video/employee-slips-trips-and-falls-ss1018ds-10-min/)
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| *May* | 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](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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| *June* | Personal protection equipment (PPE) | 29 CFR 1920.132 | * Training should include hazards associated with hot oil, chemicals and how to control exposure.
* Training should include the appropriate use of personal protective equipment.
 | * [Personal protective equipment: Asphalt paving safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-asphalt-paving-safety-talk/)
* [Personal protective equipment video](https://safetysourceonline.com/video/personal-protective-equipment-1020d-7-min/)
* [Personal protective equipment video (Spanish)](https://safetysourceonline.com/video/personal-protective-equipment-ss1020ds-7-min/)
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| *July* | Lockout tagout (LOTO) | 29 CFR 1910.147 | * Employees responsible for operating or servicing equipment must be trained in the proper LOTO procedures to be taken for specific equipment used
 | * [Lockout tagout safety talk](https://www.compsourcemutual.com/knowledge-center/lockout-tagout/)
* [Lockout tagout safety video](https://safetysourceonline.com/video/lockouttagout-procedures-1036a-14-min/)
* [Lockout tagout safety video (Spanish)](https://safetysourceonline.com/video/lockouttagout-1036a-14-min-spanish/)
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| *August* | 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](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015de-16-min/)
* [Back safety: Proper lifting procedures video (Spanish)](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015ds-16-min-spanish/)
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| *September* | Cuts and Burns | Risk based | * Cover importance of proper PPE to be worn
* How to address minor and major cuts and burns
 | * [Cuts and burns safety talk](https://www.compsourcemutual.com/knowledge-center/cuts-and-burns/)
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| *October* | Hazard Communication | 29 CFR 1910.1200 | * Training should include the use of safety data sheets (SDS) and reading labels, tags or signs
* Chemicals used in the workplace and appropriate precautions to take
 | * [Chemical handling safety talk](https://www.compsourcemutual.com/knowledge-center/chemical-handling-safety-talk/)
* [GHS-Hazard communications video](https://safetysourceonline.com/video/ghs-hazard-communications-ss5049ae-17-min-2/)
* [GHS-Hazard communications video (Spanish)](https://safetysourceonline.com/video/ghs-hazard-communications-ss5049as-17-min-spanish-2/)
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| *November* | Fire and explosion | Risk based | * Training should include actions to take for fire and explosion prevention and how to react if an incident occurs
 | * [Fire and explosion safety talk](https://www.compsourcemutual.com/knowledge-center/fire-and-explosion-safety-talk/)
* [Fire prevention video](https://safetysourceonline.com/video/fire-prevention-ss1019de-6-min/)
* [Fire prevention video (Spanish)](https://safetysourceonline.com/video/fire-prevention-ss1019ds-6-min/)
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| *December* | Ergonomics | 29 CFR 1910-10.2 | * Avoiding bending and stooping
* Holding tools in a proper manner or angle
* Not working and 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/)
* [Industrial ergonomics video](https://safetysourceonline.com/video/ergonomics-industrial-ergonomics/)
* [Industrial ergonomics video (Spanish)](https://safetysourceonline.com/video/industrial-ergonomics-ss1082is-9mins-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. |