**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/)
 |
| Driving | Risk based | * Training should be defensive based
 | * [Defensive driving safety talk](https://www.compsourcemutual.com/knowledge-center/defensive-driving/)
* [Defensive driving video (English)](https://safetysourceonline.com/video/defensive-driving-1067i-20-min/)
* [Defensive driving video (Spanish)](https://safetysourceonline.com/video/defensive-driving-ss1067is-20-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/)
 |
| Aerial lift work platform | 29 CFR 1910.67 | * Having only trained operators working in lift
* Training requirements
 | * [Aerial lift safety talk](https://www.compsourcemutual.com/knowledge-center/aerial-lift-safety-talk/)
* [Aerial lift work platform video (English)](https://safetysourceonline.com/video/aerial-lift-work-platform-1025g-15-min-2/)
* [Aerial lift work platform video (Spanish)](https://safetysourceonline.com/video/aerial-lift-work-platform-1025g-spanish-2/)
 |
| *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/)
 |
| Slips, trips, falls | Risk based | * Effective footwear for the job
* Using appropriate housekeeping practices
* Considering weather conditions that can cause jobsite terrain to be hazardous
 | * [Housekeeping safety talk](https://www.compsourcemutual.com/knowledge-center/housekeeping-safety-talk-2/)
* [Slips, trips and falls video (English)](https://safetysourceonline.com/video/slips-trips-and-falls-1064i-12-min/)
* [Slips, trips and falls video (Spanish)](https://safetysourceonline.com/video/slips-trips-and-falls-1064i-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/)
 |
| Grinding and abrasive wheels | Risk based | * How to use equipment safely
* Having appropriate guarding and PPE in place
 | * [Safety glasses safety talk](https://www.compsourcemutual.com/knowledge-center/safety-glasses/)
* [Grinding and abrasive wheels video (English)](https://safetysourceonline.com/video/grinding-and-abrasive-wheels-ss040789/)
* [Grinding and abrasive wheels video (Spanish)](https://safetysourceonline.com/video/grinding-and-abrasive-wheels-ss1097is-10-min-spansih/)
 |
| *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 basic training video (English)](https://safetysourceonline.com/video/ppe-basic-training-ss1028be-5-concise-version/)
* [PPE basic training video (Spanish)](https://safetysourceonline.com/video/ppe-basic-training-ss1028be-5-spanish-concise-version/)
 |
| Respiratory protection | 29 CFR 1910.134 | * Respiratory requirements
* Fitting
* Maintenance and care
 | * [Respiratory protection safety talk](https://www.compsourcemutual.com/knowledge-center/respiratory-protection-safety-talk/)
* [Respiratory protection: The facts video (English)](https://safetysourceonline.com/video/respiratory-protection-the-facts-ss1030be/)
* [Respiratory protection: The facts video (Spanish)](https://safetysourceonline.com/video/ss1030bs_respiratory_protection_the_facts/)
 |
| *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: The basics video (English)](https://safetysourceonline.com/video/back-safety-the-basics-ss1014de-11-min/)
* [Back safety: The basics video (Spanish)](https://safetysourceonline.com/video/back-safety-the-basics-ss1014ds-11-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/)
 |
| *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
 | * [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 | 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/)
 |
| *November* | Driving | Risk based | * Include hazards such as inclement weather and talking and texting while driving
 | * [Severe weather safety talk](https://www.compsourcemutual.com/knowledge-center/severe-weather-safety-talk-2/)
* [Winter driving in extreme weather conditions video (English)](https://safetysourceonline.com/video/winter-driving-safety/)
* [Winter driving in extreme weather conditions video (Spanish)](https://safetysourceonline.com/video/winter-driving-safety-ss1088s-10-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/)
 |
| *December* | Safety awareness | Risk based | * Following general safety protocol
* Being aware of surroundings
* Wearing appropriate PPE
 | * [Safety awareness safety talk](https://www.compsourcemutual.com/knowledge-center/safety-awareness/)
* [A million excuses video (English)](https://safetysourceonline.com/video/a-million-excuses-1055i-10-min/)
* [A million excuses video (Spanish)](https://safetysourceonline.com/video/a-million-excuses-ss1055is-10-min-spanish/)
 |
| Scissor lifts | 29 CFR 1910.67 | * Having only trained operators working in lift
* Training requirements
 | * [Scissor lift safety talk](https://www.compsourcemutual.com/knowledge-center/scissor-lift-safety-talk/)
* [Scissor lifts safety video (English)](https://safetysourceonline.com/video/scissor-lift/)
* [Scissor lifts safety video (Spanish)](https://safetysourceonline.com/video/scissor-lifts-safety-ssc0021s-8-min-spanish/)
 |
| 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. |  |