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

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| *Month* | *Training topic* | *Training to include* | *Related resources* |
| *January* | Lifting mechanics | * 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/) * [Dollies safety talk](https://www.compsourcemutual.com/knowledge-center/dollies-safety-talk/) * [Proper storage-Custodian safety talk](https://www.compsourcemutual.com/knowledge-center/proper-storage-custodian-safety-talk/) |
| *February* | First aid and CPR | * Assessing the situation and recognizing an emergency * Different scenarios that may be faced * Steps to be taken and determining treatment * Standard precautions * Performing CPR | * [Safety awareness safety talk](https://www.compsourcemutual.com/knowledge-center/safety-awareness/) * [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/) |
| *March* | Emergency action plan | * Identifying a primary individual to monitor weather conditions and inform employees of potential hazards * Identifying a shelter location in the event of anticipated hazardous weather | * [Emergency planning safety talk](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/) |
| *April* | Personal protection equipment (PPE) | * General and specific PPE utilized by employees during work tasks * Respiratory protection requirements and use | * [Personal protective equipment safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-safety-talk/) * [Respiratory protection safety talk](https://www.compsourcemutual.com/knowledge-center/respiratory-protection-safety-talk/) |
| *May* | Extreme temperatures | * 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/) |
| *June* | *Summer break* | | |
| *July* | *Summer break* | | |
| *August* | Hazard Communication | * Training should include the use of safety data sheets (SDS) * Personal protective equipment   Reading labels, tags or signs   * Safe handling and use of material | * [Chemical handling safety talk](https://www.compsourcemutual.com/knowledge-center/chemical-handling-safety-talk/) * [Reading safety data sheets safety talk](https://www.compsourcemutual.com/knowledge-center/reading-safety-data-sheets-safety-talk/) |
| *September* | Hand and power tools | * 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/) |
| Machine guarding | * Effective use of guarding on power tools and equipment | * [Machine guarding safety talk](https://www.compsourcemutual.com/knowledge-center/hvac-machine-guarding/) * [Hand and power tool guarding safety talk](https://www.compsourcemutual.com/knowledge-center/hand-and-power-tool-guarding/) |
| *October* | Ladders | * Proper ladder use * Inspections * Setting up a ladder * Safe positioning * Considering ground or surface conditions etc. | * [Stepping up your portable ladder safety talk](https://www.compsourcemutual.com/knowledge-center/stepping-up-your-portable-ladder-safety/) |
| Slips, trips, falls- same level | * Effective footwear for the job * Using appropriate housekeeping practices * Considering weather conditions that can cause hazardous terrain | * [Common slip trip and fall hazards safety talk](https://www.compsourcemutual.com/knowledge-center/common-slip-trip-and-fall-hazards-safety-talk-2/) |
| *November* | Driving | * Defensive based training to cover hazards such as cell phone use, inclement weather, distracted driving etc. | * [Cell phone use while driving safety talk](https://www.compsourcemutual.com/knowledge-center/cell-phone-use-while-driving-safety-talk/) * [Defensive driving safety talk](https://www.compsourcemutual.com/knowledge-center/defensive-driving/) * [Severe weather safety talk](https://www.compsourcemutual.com/knowledge-center/severe-weather-safety-talk-2/) |
| *December* | Bloodborne pathogens | * Risk and routes of exposure * Personal protective equipment * Following universal precautions * Reporting procedures | * [Bloodborne pathogens safety talk](https://www.compsourcemutual.com/knowledge-center/bloodborne-pathogens-safety-talk-2/) |
| 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. | | | |