**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* | Housekeeping | Risk-based | * Keeping walkways clear and clean
* Floor condition
* Removing obstructions
 | * [Housekeeping for retail, convenience stores, offices etc. safety talk](https://www.compsourcemutual.com/resources/safety-library/housekeeping-retail/)
* [Retail slips/trips/falls housekeeping video](https://safetysourceonline.com/video/retail-slips-trips-falls-housekeeping-ss11022ae/)
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| *February* | Lifting mechanics | Risk-based | * Material handling, including moving heavy products
* Use of mechanical aid such as a dollie
 | * [Dollies safety talk](https://www.compsourcemutual.com/knowledge-center/dollies-safety-talk/)
* [Tips for safe lifting safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-safe-lifting-safety-talk/)
* [Stockroom safety tips safety talk](https://www.compsourcemutual.com/resources/safety-library/stockroom-safety-tips/)
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| *March* | Knives/Boxcutters/Other sharps | Risk-based | * How to properly use and store sharp utensils
 | * [Kitchen safety video](https://safetysourceonline.com/video/kitchen-safety-5008a-13-min/)
* [Avoiding cuts in the kitchen safety talk - CompSource Mutual](https://www.compsourcemutual.com/resources/safety-library/avoiding-cuts-in-the-kitchen-safety-talk/)
* [Cutting tool safety talk](https://www.compsourcemutual.com/resources/safety-library/cutting-tool-safety/)
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| Ladders/ step stools | 29 CFR 1926.1060 | * Proper ladder use
* Inspections
* Setting up a ladder
* Considering ground or surface conditions etc.
 | * [Portable ladder safety talk](https://www.compsourcemutual.com/knowledge-center/portable-ladder-safety-2/)
* [Retail ladder safety video](https://safetysourceonline.com/video/retail-ladder-safety-ss11025ae/)
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| *April* | Workplace Violence | Risk-based | * How to react to and deal with a physical or verbal threat or disruptive behavior
 | * [Workplace violence safety talk](https://www.compsourcemutual.com/knowledge-center/workplace-violence-safety-talk/)
* [Workplace violence facts and prevention video](https://safetysourceonline.com/video/workplace-violence-facts-prevention-ss1081ie/)
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| Robbery | Risk-based | * Security of the building and parking lot safety
* Bank safety (money deposits)
 | * [Convenience store general safety video](https://safetysourceonline.com/video/convenience-store-safety-11009a-12-min/)
* [Convenience store robbery safety talk and poster](https://www.compsourcemutual.com/resources/safety-library/convenience-store-robbery-safety-talk-poster/)
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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/)
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| *June* | Appliances (ovens, stoves, deep fryers, freezers) | 29 CFR 1910.178 | * Training specific to equipment being used
 | * [Appliance guarding safety talk](https://www.compsourcemutual.com/resources/safety-library/appliance-guarding-safety-talk/)
* [Commercial deep fryer safety tips safety talk](https://www.compsourcemutual.com/resources/safety-library/commercial-deep-fryer-safety-tips/)
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| *July* | First aid and CPR | 29 CFR 1910.151 | * Assessing the situation and recognizing an emergency
* Steps to address
 | * [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/)
* [CPR and AED awareness video](https://safetysourceonline.com/video/cpr-aed-awareness-training-1070i-31-min/)
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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 and train on where to shelter
 | * [Emergency planning safety talk](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/)
* [Fire extinguisher training video](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072ae/)
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| *August* | Hazard Communication | 29 CFR 1910.1200 | * Training should include the use of safety data sheets (SDS)
 | * [Chemical handling safety talk](https://www.compsourcemutual.com/knowledge-center/chemical-handling-safety-talk/)
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| Personal protection equipment (PPE) | 29 CFR 1920.132 | * General and specific PPE utilized by employees during work tasks
* Gauging proper protective equipment
 | * [Personal protective equipment safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-safety-talk/)
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| *September* | Slips, trips, falls | Risk-based | * Appropriate footwear for the job
* housekeeping practices
 | * [Common slip trip and fall hazards safety talk](https://www.compsourcemutual.com/knowledge-center/common-slip-trip-and-fall-hazards-safety-talk-2/)
* [Slips, trips, and falls safety video](https://safetysourceonline.com/video/preventing-slips-falls-5025a-10-min/)
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| *October* | Ergonomics | 29 CFR 1910-10.2 | * Stocking coolers and moving heavy products
* Proper lifting techniques
 | * [Ergonomics for retail, convenience store etc. safety talk](https://www.compsourcemutual.com/resources/safety-library/ergonomics-retail/)
* [Back injury exercise and ergonomics video](https://safetysourceonline.com/video/back-injury-exercise-and-ergonomics-ss1016de/)
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| *November* | Forklift | Risk-based | * Forklift safety
* Knowing the risk associated with forklift operations
 | * [Tips for forklift safety talk](https://www.compsourcemutual.com/resources/safety-library/tips-for-forklift-safety-2/)
* [Forklift safety video](https://safetysourceonline.com/video/forklift-safety-ss1024ge-5-concise-version/)
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| *December* | Bloodborne pathogens | 29 CFR 1910.1030 | * Personal protective equipment
* Following universal precautions
* Reporting procedures
 | * [Bloodborne pathogens safety talk](https://www.compsourcemutual.com/knowledge-center/bloodborne-pathogens-safety-talk-2/)
* [Bloodborne pathogens safety video](https://safetysourceonline.com/video/bbp-know-the-risk-ss1027be/)
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| This list is not comprehensive - additional OSHA standards may apply to your workplace. 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 free of recognized hazards likely to cause death or serious physical harm. |