**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* | *Related resources* |
| *January* | Electrical safety | 29 CFR 1910.333 and 29 CFR 1910.332 | * [Tips for electrical safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-electrical-safety-2/)
 |
| *February* | Lifting mechanics | Risk based | * [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/)
* [Back Safety: Proper Lifting Procedures](https://safetysourceonline.com/video/back-safety-proper-lifting-procedures-ss1015de-16-min/)
 |
| Importance of stretching  | Risk based | * [The Importance of Stretching Toolbox Talk](https://www.compsourcemutual.com/resources/safety-library/the-importance-of-stretching-toolbox-talk/)
* [Upper body stretching exercises](https://www.compsourcemutual.com/resources/safety-library/upper-body-stretching-exercises/)
 |
| *March* | Stockroom safety tips | Risk based  | * [Stockroom Safety Tips](https://www.compsourcemutual.com/resources/safety-library/stockroom-safety-tips/)
* [Warehouse Safety: The Basics](https://safetysourceonline.com/video/warehouse-safety-the-basics-ss1099a/)
 |
| Emergency action plan | 29 CFR 1910.38 | * [Emergency planning](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/)
* [Fire Extinguisher Training (English)](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072ae/)
* [Fire Extinguisher Training (Spanish)](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072as-5-mins-spanish/)
 |
| *April* | Fall protection | 29 CFR 1926.503 | * [Fall protection safety talk](https://www.compsourcemutual.com/knowledge-center/fall-protection-safety-talk-2/)
* [Fall Protection (English)](https://safetysourceonline.com/video/fall-protection/)
* [Fall Protection (Spanish)](https://safetysourceonline.com/video/fall-protection-ssc0023as-10-min-spanish/)
 |
| *May* | Extreme temperatures | Risk based | * [Heat stress safety talk](https://www.compsourcemutual.com/knowledge-center/heat-stress-safety-talk-3/)
* [Heat Stress: Facts & Prevention (English)](https://safetysourceonline.com/video/heat-stress-facts-and-prevention/)
* [Heat Stress: Facts & Prevention (Spanish)](https://safetysourceonline.com/video/heat-stress-the-facts-1007i-12-min-spanish/)
 |
| *June* | Ladders  | 29 CFR 1926.1053 | * [Stepping up portable ladder safety talk](https://www.compsourcemutual.com/knowledge-center/stepping-up-your-portable-ladder-safety/)
* [Ladder Safety (English)](https://safetysourceonline.com/video/ladder-safety-8019a-10-min/)
* [Portable ladder safety](https://www.compsourcemutual.com/resources/safety-library/portable-ladder-safety/)
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| *July* | Powered industrial trucks (Forklift) and pallet jacks | 29 CFR 1910.178 | * [Pallet jack safety talk](https://www.compsourcemutual.com/knowledge-center/pallet-jack-safety-talk/)
* [Tips for forklift safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-forklift-safety-2/)
* [Forklift Operator Training (English)](https://safetysourceonline.com/video/forklift-operator-training-ss1024ge-18-min/)
* [Forklift Operator Training (Spanish)](https://safetysourceonline.com/video/forklift-operator-training-ss1024gs-18-min-spanish/)
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| *August* | Ergonomics | Risk Based | * [Back Injury: Exercise And Ergonomics](https://safetysourceonline.com/video/back-injury-exercise-and-ergonomics-ss1016de/)
* [Ergonomics](https://www.compsourcemutual.com/resources/safety-library/the-term-ergonomics/)
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| Personal protection equipment (PPE) | 29 CFR 1920.132 | * [Personal protective equipment safety talk](https://www.compsourcemutual.com/knowledge-center/personal-protective-equipment-safety-talk/)
* [Hearing conservation safety talk](https://www.compsourcemutual.com/knowledge-center/hearing-conservation-2/)
* [PPE – It’s Your Choice (English)](https://safetysourceonline.com/video/ppe-its-your-call-5046a/)
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| *September* | Slips, trips, falls- same level | Risk based | * [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 talk](https://www.compsourcemutual.com/resources/safety-library/slips-trips-and-falls-safety-talk/)
* [Preventing Slips, Trips & Falls](https://safetysourceonline.com/video/preventing-slips-trips-falls-ss2222ae-14-mins/)
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| *October* | Repetive & overhead lifting  | Risk based  | * [Doing work overhead safety talk](https://www.compsourcemutual.com/resources/safety-library/doing-work-overhead/)
* [Repetitive Motion safety talk](https://www.compsourcemutual.com/resources/safety-library/repetitive-motion-safety-talk/)
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| *November* | Lift Gates  | Risk based | * [Lift gate safety talk](https://www.compsourcemutual.com/resources/safety-library/lift-gate-safety/)
* [Spotters safety talk](https://www.compsourcemutual.com/resources/safety-library/spotters-2/)
* [Tire and wheel safety talk](https://www.compsourcemutual.com/resources/safety-library/tire-and-wheel-safety-talk/)
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| *December* | Housekeeping  | Risk Based | * [Working in the cold safety talk](https://www.compsourcemutual.com/knowledge-center/working-in-the-cold-safety-talk/)
* [Housekeeping: Slips, trips, and fall prevention](https://www.compsourcemutual.com/resources/safety-library/housekeeping-slips-trips-and-fall-prevention/)
* [Housekeeping safety talk](https://www.compsourcemutual.com/resources/safety-library/housekeeping-safety-talk/)
 |
| 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. |