**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* | Welding | 29 CFR 1910.252 to 1910.255 | * Safe welding practices such as inspection, how to ventilate, flammables, etc. * Personal protective equipment to be worn | * [Tips for welding safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-welding-safety/) * [Safe soldering](https://www.compsourcemutual.com/resources/safety-library/safe-soldering/) * [Torching and welding](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.compsourcemutual.com%2Fwp-content%2Fuploads%2F2021%2F05%2FTorching-and-welding-safety-talk.docx&wdOrigin=BROWSELINK) |
| Lockout- tagout | 29 CFR 1910.147 | * Training on expected procedures * Identify what should be locked and tagged and when * Process of using locks and tags | * [Lockout tagout safety talk](https://www.compsourcemutual.com/knowledge-center/lockout-tagout/) * [Lockout/Tagout: The Basics (English)](https://safetysourceonline.com/video/lockout-tagout-ss1037ae-14-mins/) * [Lockout/Tagout: The Basics –(Spanish)](https://safetysourceonline.com/video/lockout-tagout-the-basics-ss1037as-14-mins-spanish/) |
| *February* | 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. | * [Dollies safety talk](https://www.compsourcemutual.com/knowledge-center/dollies-safety-talk/) * [Tips for safe lifting safety talk](https://www.compsourcemutual.com/resources/safety-library/tips-for-safe-lifting-safety-talk/) * [Moving Materials and Equipment](https://www.compsourcemutual.com/resources/safety-library/moving-materials-and-equipment/) |
| *March* | 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/) * [Eye Wash Station safety talk](https://www.compsourcemutual.com/resources/safety-library/eye-wash-station/) |
| Emergency action 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](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* | Machines | Risk based | * Proper use of machines * Inspections * Specific safety precautions | * [Plasma Pipe Cutting Machines with Conveyors](https://www.compsourcemutual.com/resources/safety-library/plasma-pipe-cutting-machines-with-conveyors/) * [Pipe Threading Machines](https://www.compsourcemutual.com/resources/safety-library/pipe-threading-machines/) * [Lathe Safety Talk](https://www.compsourcemutual.com/resources/safety-library/lathe-safety-talk/) * [Drill Press](https://www.compsourcemutual.com/resources/safety-library/10783/) |
| Cranes | 29 CFR | * Steps to take prior to operation * Training specific to equipment being used * Safety expectations while operating lifts | * [Overhead Crane Daily Inspection Checklist](https://www.compsourcemutual.com/resources/safety-library/overhead-crane-daily-inspection-checklist/) * [Gantry Cranes](https://www.compsourcemutual.com/resources/safety-library/gantry-cranes/) |
| *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 & 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 | * Proper ladder use * Inspections * Setting up a ladder * Anchoring * Safe positioning * Considering ground or surface conditions etc. | * [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/) * [Ladder Safety (Spanish)](https://safetysourceonline.com/video/ladder-safety-8019a-10-min-spanish/) |
| *July* | Powered industrial trucks (Forklift) and pallet jacks | 29 CFR 1910.178 | * Training specific to equipment being used * Include training on securing, stacking, leveling, traveling with loads etc. * Safety expectations while operating the equipment such as seat belt, speed, how to notify others while traveling, etc. | * [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/) |
| *August* | Hazard Communication | 29 CFR 1910.1200 | * 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/) * [Hazard Communications (English)](https://safetysourceonline.com/video/hazard-communications-ss5028ae-10-min/) * [Hazard Communications (Spanish)](https://safetysourceonline.com/video/hazard-communications-5028a-10-min-spanish/) |
| Personal protection equipment (PPE) | 29 CFR 1920.132 | * Specific PPE utilized by employees during work tasks | * [PPE – It’s Your Choice (English)](https://safetysourceonline.com/video/ppe-its-your-call-5046a/) * [PPE- It’s Your Choice (Spanish)](https://safetysourceonline.com/video/ppe-its-your-call-8-min-5046a-spanish/) * [Proper PPE for Auto Repair Shops](https://www.compsourcemutual.com/resources/safety-library/proper-ppe-for-auto-repair-shops/) |
| *September* | Slips, trips, falls- same level | Risk based | * 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/) * [Slips trips and falls safety talk](https://www.compsourcemutual.com/resources/safety-library/slips-trips-and-falls-safety-talk/) |
| *October* | Hand and power tools | 29 CFR 1910.242 | * Inspection of equipment * Maintenance * Lockout/tagout procedures * Personal protective equipment | * [Hand and power tools safety talk](https://www.compsourcemutual.com/knowledge-center/hand-and-power-tools/) * [Power Hand Tools PowerPoint Training](https://www.compsourcemutual.com/resources/safety-library/power-hand-tools-powerpoint-training/) |
| Machine guarding | 29 CFR 1910.217 and 29 CFR 1920.218 | * Effective use of guarding on power tools and equipment such as air nail guns and power saws | * [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/) |
| *November* | Housekeeping | Risk based | * Maintaining a clean workplace * Good safety practices start with housekeeping | * [Housekeeping for Auto Repair Shops](https://www.compsourcemutual.com/resources/safety-library/housekeeping-for-auto-repair-shops/) * [Severe weather safety talk](https://www.compsourcemutual.com/knowledge-center/severe-weather-safety-talk-2/) * [General Safety for Machine Shops](https://www.compsourcemutual.com/resources/safety-library/general-safety-for-machine-shops/) |
| *December* | Compressed air | 29 CFR 1910.242 | * Inspection of equipment * Maintenace * Safety expectations when using compressed air | * [Compressed Air](https://www.compsourcemutual.com/resources/safety-library/compressed-air/) * [Compressed Air Safety (Spanish)](https://safetysourceonline.com/video/compressed-air-safety-e2131s-17-mins-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. | | | | |