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| *Month* | *Training topic* | *Reference* | *Related resources*  **This document is a reference for monthly risk-based and OSHA required training topics to provide to your employees.** |
| *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/) |
| Dolly Use | Risk Based | * [Dollies safety talk](https://www.compsourcemutual.com/knowledge-center/dollies-safety-talk/) |
| *February* | Lifting mechanics | Risk based | * [Tips for safe lifting safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-safe-lifting-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/) |
| Emergency action plan | 29 CFR 1910.38 | * [Emergency planning](https://www.compsourcemutual.com/knowledge-center/emergency-planning-safety-talk/) * [Fire Extinguisher Training](https://safetysourceonline.com/video/fire-extinguisher-training-ss5072ae/) |
| *April* | Fall protection | 29 CFR 1926.503 | * [Fall protection safety talk](https://www.compsourcemutual.com/knowledge-center/fall-protection-safety-talk-2/) * [Fall Protection](https://safetysourceonline.com/video/fall-protection/) |
| Basic Warehouse Safety | Risk Based | * [Warehouse Safety: The Basics](https://safetysourceonline.com/video/warehouse-safety-the-basics-ss1099a/) |
| *May* | Extreme temperatures | Risk based | * [Heat stress safety talk](https://www.compsourcemutual.com/knowledge-center/heat-stress-safety-talk-3/) * [Heat Stress: Facts & Prevention](https://safetysourceonline.com/video/heat-stress-facts-and-prevention/) |
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| *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](https://safetysourceonline.com/video/ladder-safety-8019a-10-min/) |
| Lift Gates | Risk Based | * [Lift gate safety talk](https://www.compsourcemutual.com/resources/safety-library/lift-gate-safety/) |
| *July* | Powered industrial trucks (Forklift) | 29 CFR 1910.178 | * [Tips for forklift safety talk](https://www.compsourcemutual.com/knowledge-center/tips-for-forklift-safety-2/) * [Forklift Operator Training](https://safetysourceonline.com/video/forklift-operator-training-ss1024ge-18-min/) |
| Pallet Jacks | Risk Based | * [Pallet jack safety talk](https://www.compsourcemutual.com/knowledge-center/pallet-jack-safety-talk/) |
| *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/) |
| 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](https://safetysourceonline.com/video/ppe-its-your-call-5046a/) |
| *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/) |
| Wet and Slippery Surfaces | Risk based | * [Wet and Slippery Surfaces Safety Talk](https://www.compsourcemutual.com/wp-admin/post.php?post=3031&action=edit) |
| *October* | Overhead Lifting | Risk based | * [Doing work overhead safety talk](https://www.compsourcemutual.com/resources/safety-library/doing-work-overhead/) |
| Repetitive Motion | Risk Based | * [Repetitive Motion safety talk](https://www.compsourcemutual.com/resources/safety-library/repetitive-motion-safety-talk/) |
| *November* | Spotters | Risk based | * [Spotters safety talk](https://www.compsourcemutual.com/resources/safety-library/spotters-2/) |
| Tire and Wheel Safety | Risk Based | * [Tire and wheel safety talk](https://www.compsourcemutual.com/resources/safety-library/tire-and-wheel-safety-talk/) |
| *December* | Housekeeping | Risk Based | * [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/) |
| Working in the Cold | Risk Based | * [Working in the cold safety talk](https://www.compsourcemutual.com/knowledge-center/working-in-the-cold-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. | | | |