**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* | *Related Resources* |
| *January* | **Weekly Safety Talks:**Personal Protective EquipmentEmergency PlanningDrivingNarrow Frame Scaffold | * [Personal Protective Equipment Safety Talk](https://www.compsourcemutual.com/resources/safety-library/personal-protective-equipment-2/)
* [Emergency Planning Safety Talk](https://www.compsourcemutual.com/resources/safety-library/emergency-planning-safety-talk/)
* [Distracted Driving Safety Talk](https://www.compsourcemutual.com/resources/safety-library/distracted-driving-safety-talk/)
* [Narrow Frame Scaffold Safety Talk](https://www.compsourcemutual.com/resources/safety-library/narrow-frame-scaffolding/)
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| **Safety Training Videos:**DrivingSilica | * [Distracted Driving: A Real Story Video](https://compsource-mutual-training-library.safetysourceonline.com/video/dangers-of-distracted-driving-ss0626/)
* [Crystalline Silica Safety Video](https://compsource-mutual-training-library.safetysourceonline.com/video/crystalline-silica-safety/)
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| *February* | **Weekly Safety Talks:**Emergency PreparednessTable SawHearing ProtectionPortable Ladders | * [What to do in Case of an Emergency Safety Talk](https://www.compsourcemutual.com/resources/safety-library/what-to-do-in-case-of-an-incident-safety-talk/)
* [Table Saw Safety Talk](https://www.compsourcemutual.com/resources/safety-library/table-saw-safety-talk/)
* [Hearing Conservation Safety Talk](https://www.compsourcemutual.com/resources/safety-library/hearing-conservation-2/)
* [Portable Ladder Safety Talk](https://www.compsourcemutual.com/resources/safety-library/portable-ladder-safety/)
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| **Safety Training Videos:** Hand and Power ToolsFall Protection | * [Hand and Power Tool Safety Video](https://www.compsourcemutual.com/resources/safety-library/hand-and-power-tool-safety/)
* [Fall Protection Safety Video](https://compsource-mutual-training-library.safetysourceonline.com/video/fall-protection/)
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| *March* | **Weekly Safety Talks:**Masonry SawLane MergingSlips, Trips and FallsSafe Lifting | * [Masonry Saw Safety Talk](https://www.compsourcemutual.com/resources/safety-library/masonry-saw/)
* [Safe Lane Merging Safety Talk](https://www.compsourcemutual.com/resources/safety-library/safe-lane-merging-safety-talk/)
* [Falls from the Same Level Safety Talk](https://www.compsourcemutual.com/resources/safety-library/falls-on-the-same-level/)
* [Save Your Back Safety Talk](https://www.compsourcemutual.com/resources/safety-library/save-your-back-toolbox-talk/)
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| **Safety Training Videos:**DrivingHazardous Material | * [Choices Safe Driving Video](https://www.compsourcemutual.com/resources/safety-library/choices-safe-driving/)
* [GHS: Hazardous Material Labels Video](https://compsource-mutual-training-library.safetysourceonline.com/video/ghs-labels-ss2001fe/)
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| *April* | **Weekly Safety Talks:**Heat StressFall ProtectionSafe LiftingSilica | * [Heat Stress Safety Talk](https://www.compsourcemutual.com/resources/safety-library/heat-stress-safety-talk-3/)
* [Fall Protection Safety Talk](https://www.compsourcemutual.com/resources/safety-library/fall-protection-safety-talk-2/)
* [Tips for Safe Lifting Safety Talk](https://www.compsourcemutual.com/resources/safety-library/tips-for-safe-lifting-3/)
* [Silica Safety Talk](https://www.compsourcemutual.com/resources/safety-library/silica-safety-talk/)
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| **Safety Training Videos:**LaddersHeat Stress | * [Ladder Safety Video](https://www.compsourcemutual.com/resources/safety-library/ladder-safety/)
* [Heat Stress: Facts and Prevention Video](https://www.compsourcemutual.com/resources/safety-library/heat-stress-facts-prevention/)
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| *May* | **Weekly Safety Talks:**Hand and Power ToolErgonomicsHazard AwarenessProper Lighting | * [Hand and Power Tool Guarding Safety Talk](https://www.compsourcemutual.com/resources/safety-library/hand-and-power-tool-guarding/)
* [Jobsite Ergonomics Safety Talk](https://www.compsourcemutual.com/resources/safety-library/jobsite-ergonomics-safety-talk/)
* [Hazard Awareness Safety Talk](https://www.compsourcemutual.com/resources/safety-library/hazard-awareness-toolbox-talk/)
* [Proper Lighting Safety Talk](https://www.compsourcemutual.com/resources/safety-library/proper-lighting-safety-talk/)
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| **Safety Training Videos:**DrivingHeat Stress | * [Company Owned Vehicles: Safe Driving Video](https://www.compsourcemutual.com/resources/safety-library/company-owned-vehicles-safe-driving/)
* [Heat Stress: Tips for a Cool Summer Video](https://compsource-mutual-training-library.safetysourceonline.com/video/heat-stress-tips-for-a-cool-summer-ss2223ar/)
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| *June* | **Weekly Safety Talks:**Extension CordsPortable Fire ExtinguishersDrivingRepetitive Motion | * [Extension Cord Safety Talk](https://www.compsourcemutual.com/resources/safety-library/extension-cord-safety/)
* [Portable Fire Extinguisher Safety Talk](https://www.compsourcemutual.com/resources/safety-library/portable-fire-extinguishers-safety-talk/)
* [Tailgating Safety Talk](https://www.compsourcemutual.com/resources/safety-library/tailgating-safety-talk/)
* [Repetitive Motion Safety Talk](https://www.compsourcemutual.com/resources/safety-library/repetitive-motion-toolbox-talk/)
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| **Safety Training Videos:**HousekeepingFall Protection | * [Housekeeping: Slip, Trip and Fall Prevention Video](https://www.compsourcemutual.com/resources/safety-library/housekeeping-slips-trips-and-fall-prevention/)
* [Fall Protection Equipment and Safe Practices Video](https://compsource-mutual-training-library.safetysourceonline.com/video/workplace-falls-causes-and-prevention-ss0626/)
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| *July* | **Weekly Safety Talks:**SawsElectricalStretchingSafety Data Sheets | * [Tips for Saw Safety](https://www.compsourcemutual.com/resources/safety-library/tips-for-saw-safety/)
* [Electrical Shock Safety Talk](https://www.compsourcemutual.com/resources/safety-library/electrical-shock-safety/)
* [The Importance of Stretching Safety Talk](https://www.compsourcemutual.com/resources/safety-library/the-importance-of-stretching-toolbox-talk/)
* [Safety Data Sheet (SDS) Safety Talk](https://www.compsourcemutual.com/resources/safety-library/safety-data-sheets-safety-talk/)
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| **Safety Training Videos:**Safe LiftingOverexertion | * [Back Safety: The Basics Video](https://www.compsourcemutual.com/resources/safety-library/back-safety-the-basics/)
* [Overexertion Prevention Safety Video](https://compsource-mutual-training-library.safetysourceonline.com/video/overexertion-prevention-construction-ssc018g-14-min/)
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| *August* | **Weekly Safety Talks:**Overhead workEye WashHousekeepingAwareness | * [Doing Work Overhead Safety Talk](https://www.compsourcemutual.com/resources/safety-library/doing-work-overhead/)
* [Eye Wash Safety Talk](https://www.compsourcemutual.com/resources/safety-library/eye-wash-station/)
* [Keeping Isles and Passageways Clear Safety Talk](https://www.compsourcemutual.com/resources/safety-library/keeping-isles-and-passageways-clear-safety-talk/)
* [Safety Awareness Safety Talk](https://www.compsourcemutual.com/resources/safety-library/safety-awareness/)
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| **Safety Training Videos:**ScaffoldHearing Protection | * [Scaffold Safety Video](https://compsource-mutual-training-library.safetysourceonline.com/video/scaffolding-safety/)
* [Hearing Conservation: The Facts Video](https://compsource-mutual-training-library.safetysourceonline.com/video/hearing-conservation-the-facts-1025b-11-min/)
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| *September* | **Weekly Safety Talks:**Slips, Trips and FallsMasonry SawDrivingHand and Power Tool | * [Common Slip, Trip and Fall Hazards Safety Talk](https://www.compsourcemutual.com/resources/safety-library/common-slip-trip-and-fall-hazards-safety-talk/)
* [Masonry Saw Safety Talk](https://www.compsourcemutual.com/resources/safety-library/masonry-saw/)
* [Distracted Driving Safety Talk](https://www.compsourcemutual.com/resources/safety-library/distracted-driving-safety-talk/)
* [Hand and Power Tool Guarding Safety Talk](https://www.compsourcemutual.com/resources/safety-library/hand-and-power-tool-guarding/)
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| **Safety Training Videos:**Power SawsDriving | * [Power Saw Safety Video](https://www.compsourcemutual.com/resources/safety-library/power-saw-safety-video/)
* [10-4 Defensive Driving Video](https://compsource-mutual-training-library.safetysourceonline.com/video/10-4-defensive-driving-ss1087i-11-min/)
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|  *October* | **Weekly Safety Talks:**Chemical HandlingElectricalScissor LiftEnergy Drinks | * [Chemical Handling Safety Talk](https://www.compsourcemutual.com/resources/safety-library/chemical-handling-safety-talk/)
* [Tips for Electrical Safety Talk](https://www.compsourcemutual.com/resources/safety-library/tips-for-electrical-safety-2/)
* [Scissor Lift Safety Talk](https://www.compsourcemutual.com/resources/safety-library/scissor-lift-safety-talk/)
* [The Hazards of Energy Drinks Safety Talk](https://www.compsourcemutual.com/resources/safety-library/the-hazards-of-energy-drinks/)
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| **Safety Training Videos:**DrivingSafety Glasses | * [Cell Phone: Hands Free Driving Awareness Video](https://www.compsourcemutual.com/resources/safety-library/cell-phone-hands-free-driving-awareness/)
* [Safety Glasses Video](https://www.compsourcemutual.com/resources/safety-library/safety-glasses/)
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| *November* | **Weekly Safety Talks:**HousekeepingCutting ToolDrivingWorking in the Cold | * [Housekeeping Safety Talk](https://www.compsourcemutual.com/resources/safety-library/housekeeping-safety-talk/)
* [Cutting Tool Safety Talk](https://www.compsourcemutual.com/resources/safety-library/cutting-tool-safety-talk/)
* [Cell Phone Use While Driving Safety Talk](https://www.compsourcemutual.com/resources/safety-library/cell-phone-use-while-driving-safety-talk/)
* [Working in the Cold Safety Talk](https://www.compsourcemutual.com/resources/safety-library/working-in-the-cold-safety-talk/)
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| **Safety Training Videos:**Safety Data SheetsWalking and Working Surfaces | * [GHS: Safety Data Sheets-The Basics Video](https://compsource-mutual-training-library.safetysourceonline.com/video/ghs-safety-data-sheets-the-basics-ss2002fe/)
* [Walking and Working Surfaces Video](https://compsource-mutual-training-library.safetysourceonline.com/video/walking-and-works-surfaces-ss0626/)
 |
| *December* | **Weekly Safety Talks:**Safe LiftingHand and Power ToolsSilicaErgonomics | * [Save Your Back Safety Talk](https://www.compsourcemutual.com/resources/safety-library/save-your-back-toolbox-talk/)
* [Hand and Power Tools Safety Talk](https://www.compsourcemutual.com/resources/safety-library/hand-and-power-tools/)
* [Silica Safety Talk](https://www.compsourcemutual.com/resources/safety-library/silica-safety-talk/)
* [Jobsite Ergonomics Safety Talk](https://www.compsourcemutual.com/resources/safety-library/jobsite-ergonomics-safety-talk/)
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| **Safety Training Videos:**Hand SafetyFire Extinguishers | * [Hand Safety: You Control It Video](https://compsource-mutual-training-library.safetysourceonline.com/video/hand-safety-you-control-it-1063i-12-min/)
* [Fire Extinguisher Training Video](https://www.compsourcemutual.com/resources/safety-library/fire-extinguisher-training-video/)
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| 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. |