

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****BACK INJURY PREVENTION / LIFTING / MATERIAL HANDLING**

Back Exercises	E	H	24
Back Injury Prevention	E/S	TP	25
Back Injury Prevention	E/S	ES	26
Do Push It – Don't Pull It	E	P	27
Empty Skids and Pallets	E/S	ST	28
Get Help With Heavy Loads	E	P	29
Lifting Awkward Loads	E	H	30
Lifting Basics	E	H	31
Lift with Your Legs	E	P	32
Material Handling: Dollies and Hand Trucks	E	H	33
Material Handling: Powered Hand Trucks	E	H	34
Safe Lifting Techniques	E/S	ST	35
The Mechanics of Lifting	E	H	36

COMPRESSED GAS & WELDING HAZARDS

Compressed Gas Cylinders	E/S	ST	37
Hazardous Chemical Categories: Compressed Gases	E	H	38
Welding Hazards	E	H	39

CONFINED SPACES

Confined Space Atmospheric Controls	E	H	40
Confined Space Entries are Never Routine	E	P	41
Confined Space Entry Permit	E	H	42
Confined Space Personnel Rules:			
Entrant	E	H	43
Attendant	E	H	44
Supervisor	E	H	45
Rescue Team	E	H	46
Confined Spaces	E/S	TP	47
Engulfment	E	H	48
Explosive or Combustible Atmosphere	E	H	49
Oxygen Deficiency or Enrichment	E	H	50
Physical Conditions	E	H	51
Testing & Monitoring the Atmosphere of Confined Space	E	H	52
Toxic Contaminants	E	H	53
What is a Confined Space?	E	H	54

ELECTRICAL SAFETY

Bad Wires Can Cause Fires	E	P	55
Electrical Safety	E/S	TP	56
Electrical Safety	E/S	ES	57
Electric Shock	E/S	ST	58
Hazards of Electrical Shock	E	H	59
Respect Electricity	E	P	60
Responding to an Electrical Emergency	E	H	61
Working Near Overhead Powerlines	E	H	62
Working Safely with Electricity	E	H	63

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****ERGONOMICS**

Carpal Tunnel Syndrome	E	OTHER	64
General Ergonomics	E/S	OTHER	65
Introduction to Ergonomics	E/S	ST	66
Preventing Repetitive Motion Injuries	E	H	67
Preventing Shoulder Injuries	E	FS	68
Workstation Adjustments for Comfort and Safety	E	OTHER	69

FIRE SAFETY

A Guide to Worksite Fire Safety	E	H	70
Caution: Gasoline	E/S	ST	71
Do You Know Where the Fire Extinguisher Is?	E	P	72
Emergencies Involving Flammables	E	H	73
Fire Danger of Flammable & Combustible Liquids	E	H	74
Fire Extinguishers: Choosing the Right Extinguisher	E	H	75
Fire Safety: Flammable Liquids	E/S	ST	76
First Things First! Call for Help	E	P	153
Hazardous Chemical Categories:			
Flammable Liquids	E	H	77
Flammable Solids	E	H	78
House and Building Fires	E/S	FS	79
Portable Fire Extinguishers	E/S	TP	80
Preventing Explosions: Tips for Worksite Safety	E	H	81
Store Flammables Properly	E	P	82
The Fire Triangle	E	H	83
Worksite Fire Emergencies	E	H	84

FIRST AID

Basic First Aid	E/S	ES	85
Bloodborne Pathogens: HIV and Hepatitis B	E	H	86
Bloodborne Pathogens: Universal Precautions	E	H	87
Common Cold	E	FS	88
First Aid For:			
Adults Who Stop Breathing	E	H	89
Burns	E/S	ST	90
Choking Adult	E	H	91
Eye Injuries	E	H	92
Heart Attack	E	H	93
Heat Stroke	E	H	94
Minor Burns	E	H	95
Minor Wounds	E	H	96
Punctures and Impaled Objects	E	H	97
Severe Bleeding	E/S	ST	98
Shock	E	H	99
Strains & Sprains	E	H	100
First Aid Kits	E/S	ST	101
Recognizing Medical Conditions	E	H	102
The Hazards of Cold	E	H	103
The Hazards of Heat	E	H	104

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****FORKLIFT SAFETY**

Basic Rules for Forklift Operation	E	H	105
Forklift Safety – Proper Load Handling	E/S	ST	106
Forklift Safety – Rules of the Road	E/S	ST	107
Lift Truck Safety	E	ST	108
Watch Out Around Corners	E	P	109
Working Safely Around Forklifts	E	H	110
Working Safely on Loading Docks	E	H	111

GENERAL SAFETY INFORMATION

101 Stress Relievers	E	H	112
Accident Prevention Plan for Non-dealers	E	OTHER	113
Accidents Cost Everyone	E	H	114
Accidents Don't Just Happen	E	P	115
Assess Your Stress	E	H	116
Attitude is Everything	E	H	117
“But they were just horsing around...”	E	P	118
Communication Tips	E	H	119
Expect the Unexpected	E	P	120
Focus on Leadership Skills	E	H	121
Hurry Up Can Hurt	E/S	ST	122
Inexperienced Workers	E	TP	123
Managing Work Stress	E	H	124
On or Off the Job, Keep Safety in Mind	E	P	125
On the Job Safety Factsheet	E/S	FS	126
Protect Yourself Against Violence	E	H	127
Safety is Everyone's Job	E	P	128
Safety Means No Fooling Around	E	H	129
Self-Inspection Checklist – Checklist A	E	OTHER	22
Teen Workplace Safety	E	TP	131
The Hazards of Fatigue	E	H	132
What's Your Safety Score?	E	H	133
You Can't Follow Safety Rules in Your Sleep	E	P	134

HAND & POWER TOOLS

Basic Rule of Thumb: Leave Guards in Place	E	P	135
Basic Rules for Hand Tools	E	H	136
Basic Rules for Portable Power Tools	E	H	137
Carbon Monoxide Hazards from Small Gasoline Powered Engines	E/S	FS	138
Guard Against Machine Injuries	E	H	139
Hand & Portable Power Tools	E/S	ST	140
Hand & Power Tools	E/S	TP	141
Machine Guarding	E/S	ST	142
OUCH! Watch Out for Pinch Points	E	P	143
Powder Actuated Tools	E/S	ST	144
Use the Right Tool for the Job	E	P	145
Watch Out for Pinch Points	E	H	146
Working Safely with Grinders	E	H	147

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****HAZARDOUS MATERIALS**

Chemical Safety	E/S	FS	148
DOT Labels and Placards	E	H	149
Emergencies Involving Corrosives	E	H	150
Emergencies Involving Flammables	E	H	73
Emergencies Involving Solvents	E	H	152
Hazardous Chemical Categories:			
Compressed Gases	E	H	38
Corrosive Materials	E	H	154
Oxidizers	E	H	155
Poisonous Materials	E	H	156
Hazard Communications	E/S	FS	157
Hazardous Material Identification System			
Labels	E	H	158
Lead Hazards	E	H	159
Manufacturer's Warning Labels	E	H	160
Material Safety Data Sheets	E	P	161
NFPA Diamond	E	H	162
Pay Attention to Chemical Warnings	E	P	163
Prevent Chemical Spills and Leaks	E	P	164
Prevent Chemical Burns	E	P	165
Properties of Hazardous Materials	E	H	166
Protecting Against Chemical Hazards	E	H	167
Protecting Hands from Chemical Exposure	E/S	TP	168
Reactivity of Hazardous Materials	E	H	169
Reading Material Safety Data Sheets	E	H	170
Responding to a Chemical Spill	E	H	171
Sample Hazard Communications Program	E	OTHER	172
Storing Hazardous Chemicals	E	H	173
Watch Out for Incompatible Chemicals	E	H	174
Weekly/Monthly Identification Checklist	E	OTHER	175

HEARING CONSERVATION

Choosing and Using Hearing Protection	E	H	176
Hearing Hazards	E	H	177
How Noise Affects Hearing	E	H	178

LADDER/SCAFFOLD SAFETY

Ladder Safety	E/S	ST	179
Watch Your Step on Scaffolds	E	H	180
Working Safely with Ladders	E	H	181

LAWN EQUIPMENT SAFETY

Decontaminating Pesticide-Exposed Clothing			
	E/S	ST	182
Lawn Equipment Safety	E/S	ST	183

LOCKOUT/TAGOUT

Before You Work on it...Lock it Out	E	P	184
Eight Steps to Lockout Hazardous Energy	E	H	185
Hazardous Energy Control	E/S	TP	186
Lock Out Tag Out	E/S	FS	187
Lockout/Tagout: De-energize for Safety	E	H	188
Sample Lockout/Tagout Program	E	OTHER	190

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****MISCELLANEOUS HAZARDS**

Aging in the Workplace	E/S	FS	191
Asphalt Safety	E/S	TP	192
Golf Cart Safety	E	FS	193
Insect Bites and Stings	E/S	FS	194
Kitchen Safety	E/S	TP	195
Poison Ivy, Oak, and Sumac	E	FS	196
Self-Inspection Checklist – Checklist A	E	OTHER	22
Wood Dust Hazards and Controls	E/S	ST	198

PERSONAL FALL ARREST

Personal Fall Protection Systems	E/S	ST	199
----------------------------------	-----	----	-----

PERSONAL PROTECTIVE EQUIPMENT

Avoiding Finger, Hand, and Wrist Injuries	E/S	ST	200
Choosing and Using:			
Eye Protection	E	H	201
Hearing Protection	E	H	176
Protective Headwear	E	H	203
Respiratory Protection	E	H	204
Work Gloves	E	H	205
Work Shoes	E	H	206
Eye Hazards	E	H	207
Eye Protection	E/S	TP	208
Footwear Safety	E/S	FS	209
Hand Hazards	E	H	210
Personal Protective Equipment	E/S	TP	211
Personal Protective Equipment	E/S	FS	212
Preventing Eye Injuries at Work	E/S	FS	213
Proper Use of a Respirator	E/S	ES	214
Protecting Hands from Chemical Exposures	E	TP	168
Protective Headgear	E/S	TP	216
Respiratory Hazards	E	H	217
Skin Hazards	E	H	218
Types of Respirators	E/S	TP	219
Use Eye Protection	E	P	220
Use Proper Head Protection	E	P	221
Use Proper Safety Shoes	E	P	222
Use Proper Work Gloves	E	P	223
Use Respiratory Protection	E	P	224

SLIPS AND FALLS

Clean Up Before You Slip Up	E	P	225
Do Your Part to PREVENT Slips and Falls	E	P	226
Preventing Slips and Trips	E/S	ES	227
Slips and Falls	E/S	ST	228
Slips, Trips and Falls	E	H	229
Watch Where You're Walking. Falls Hurt.	E	P	230

HANDOUT TITLE**LANGUAGE****TYPE****NUMBER****SUPERVISOR RESPONSIBILITIES**

Accident Investigations	E	TP	231
OSHA Record Keeping	E/S	FS	232
Safety Meetings	E/S	TP	233
Self-Inspection Checklists	E	OTHER	22
Tailgate/Toolbox Safety Meetings	E/S	ST	235
Training and the New Safety Supervisor	E	ST	236

WEATHER

Flash Flood Alert	E/S	ST	237
Heat Stress	E/S	TP	238
Lightning Safety	E/S	TP	239
Severe Weather Action Planning	E/S	TP	240
Sun Safety	E/S	ST	241
Tornado Safety	E/S	ST	242

updated May 2006