2020 Safety Training Plan – Health Services

Safety-oriented organizations learn from accidents and illnesses that affect workers' health. They study each incident, then make any necessary changes to policies and procedures to prevent similar accidents or illnesses in the future.

It is a duty and moral responsibility of your company to look after the employee’s protection.

Workplace safety is very important for every employee because all workers desire to work in a safe and protected atmosphere. Health and safety are the key factors for all industries, in order to promote the wellness of both employees and employers.

Thousands of workplace deaths each year can be attributed to one main issue, a lack of proper safety training.

Safety training isn’t just a good idea; regulations require that your employees are trained.

Often, it is argued that training is unnecessary because the employee in question had many years of experience with the given work, but years of experience will mean that they most likely know how to perform a task, but do they know how to perform it safely?

To maintain your safety compliance while building a leading-edge safety culture, our certified experts, trainers and OHS/EHS lawyers have evaluated seasonal hazards, incident statistics, regulatory inspection schedules, and more to develop the following SafetyNow 2020 Safety Training Plan.

Click on the links below to access an instructor-led meeting kit that you can use to train your employees in minutes – or go to [SafetyNow.com](http://www.safetynow.com/) to explore online training courses and programs for your organization.

Use one each week, pick two relevant hazards and train bi-weekly, or pick the most relevant and train once/month – the choice is yours. You can rest assured that the materials are compliant to the highest regulatory standards. What’s more, you can download and edit the materials any way you see fit to make them more reflective of your workplace.

Imagine the time you’ll save, and the impact on your accident and incident rates!

JANUARY

**Incident Investigation**If a workplace incident results in an injury, or could have caused a serious injury, both employers and regulators have certain responsibilities. Incident investigations help identify the cause and hazards while finding ways to prevent similar incidents from happening in the future.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/dont-mess-with-an-incident-scene/)

**Cold Stress**Severe cold stress can lead to hypothermia, which can be fatal. Cold stress can affect people working in cold or wet environments and workers may show symptoms ranging from shivering to loss of consciousness. Reducing the risks is an important step in keeping workers safe. Cold Stress training creates awareness of the hazards inherent to working in cold environments and highlights precautions employees should take to protect themselves.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/layer-on-your-cold-weather-clothing/)

**Fall Protection**The construction industry has an average of over 360 fatal falls per year. Falls from heights, even relatively low elevations, can result in serious injuries. Fall Protection brings awareness to the equipment, planning, supervision, and training used which can reduce or eliminate the risk of falling.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/your-fall-protection-equipment-your-lifeline/)

**Drugs & Alcohol at Work**The costs of substance abuse are high. It can create a significant risk of injury and death to the impaired worker, co-workers, and members of the public and workers and employers share responsibility for managing impairment in the workplace.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/is-substance-abuse-a-problem-in-your-workplace/)

FEBRUARY

**Sharps**Sharps -Hundreds of thousands of workers a year sustain an injury by used hypodermic needles and other sharp instruments. Such injuries are of concern because they can expose you to foreign, infectious materials. Injuries of this nature require blood tests and can be life altering. It is still important you know how to use and dispose of them correctly and keep yourserlf and others safe around sharps.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/healthcare-preventing-injury-from-needlesticks-and-sharps/)

**Sexual Harassment**Sharps -Hundreds of thousands of workers a year sustain an injury by used hypodermic needles and other sharp instruments. Such injuries are of concern because they can expose you to foreign, infectious materials. Injuries of this nature require blood tests and can be life altering. It is still important you know how to use and dispose of them correctly and keep yourserlf and others safe around sharps.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/healthcare-preventing-injury-from-needlesticks-and-sharps/)

**First Aid - Burns**Burns can be serious and even life-threatening, reduce the risks by learning how to respond to the trauma and identify the hazards.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/fundamentals-of-first-aid-chemical-burns-and-liquid-gas-burns/)

**Bloodborne Pathogens**Bloodborne pathogens are infectious microorganisms in human blood that can cause disease in humans. Teach your employees how to identify common bloodborne pathogens in the workplace, how they are transmitted, engineering and work practice controls used to prevent contact with, and infection from, body fluids, and what to do if exposure occurs.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/maintenance-and-safety-go-hand-in-hand/)

MARCH

**PPE Eye Protection**According the BLS, only 1% of approximately 770 workers who suffered face injuries in a recent year, were wearing face protection. Cover your workplace by using PPE used to protect against them, and proper fit and care of PPE.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/keep-a-lookout-for-eye-injuries/)

**Poison & Carcinogens**Cancer is caused by exposure to harmful materials and certain types of radiation. Workers in some jobs are at more risk of being exposed to these cancer-causing agents. It’s the responsibility of both employers and workers to make sure everyone stays safe. We help you recognize and respond to these hazards.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/fundamentals-of-first-aid-poisoning/)

**Slips, Trips & Falls**Slips, trips, and falls put workers at risk of sprains, strains, bruises, concussion, and fractures and are often avoidable. This course will address avoiding falls by practicing good housekeeping, identifying and reporting hazards, and recognizing safety requirements for walking and working surfaces, ladders, scaffolds and other elevated work surfaces.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/seven-ways-to-avoid-slips-trips-and-falls/)

**Incident Reporting**All incidents – regardless of size or impact – need to be investigated, including near misses. The time spent, and the detail involved will vary depending on how complex the incident is. Investigating incidents helps you and your organization save money and lives.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/focus-on-how-to-conduct-meaningful-incident-investigations/)

APRIL

**Distracted Driving**Employers are responsible for preventing the use of cellphones and other electronic devices while their workers are driving on the job. Distracted Driving Course helps identify the types, reasons, consequences of distracted driving, and identify techniques for driving safely.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/driven-to-distraction-the-dangers-of-distracted-driving/)

**RMDs (Repetitive Muscular Disorder/Strain)**----  
**Download Safety Meeting Kit**

**Near Miss & Safety Awareness**A near miss is a chain of events that very nearly results in property damage, serious injury, or death, but not quite. Seize the moment! Use this course to take close calls seriously, but more importantly, use them as learning opportunities to prevent incidents.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/a-near-miss-is-not-a-lucky-break-close-calls/)

**Workplace Inspection**Workplace inspections are an essential element of your health and safety program. It’s the responsibility of both employers and workers to make sure everyone stays safe. We help you recognise and respond to these hazards.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/tool-workplace-safety-inspection-checklist/)

MAY

**Electrical Hazards**Working unsafely around electricity can result in serious injuries, ranging from shock to severe burns. Injuries and fatalities can result from contact with low-voltage (up to 750 V) as well as high-voltage electricity. Our Electrical Hazards course gives you the tools to follow safe work practices.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/10-electrical-safety-tips-for-every-worker/)

**Respiratory Protection**When employees must work in environments that require respiratory protection, they should know the hazards, health effects to maximize their chances of reducing risk.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/respiratory-protection-safety-video/)

**Mental Health & Wellness**A lack of physical activity is hazardous to your overall health and wellness. Protect yourself and your employees by developing good daily habits and incorporating physical activity.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/get-moving-why-health-and-wellness-matters/)

**Emergency Preparedness**Emergency preparedness includes all activities, such as plans, procedures, contact lists and exercises, undertaken in anticipation of a likely emergency.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/workplace-emergency-preparedness-checklist/)

JUNE

**Sprains & Strains**Lost workdays, pain, and missed deadlines can be the result of on-the-job injuries. The most common of these are strains and sprains. Unfortunately, in some professions, strains and sprains are part of the job. Most workers, though, would rather live without this “job perk.” We will learn about the difference between strains and sprains, discover the risk factors that increase the likelihood of a strain or sprain, and discuss how these injuries can be prevented  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/heavy-work-means-strains-and-sprains/)

**General PPE**Wearing PPE is sometimes the only control for specific hazards. We Help employees identify types of PPE and the hazards they protect against, explain characteristics of PPE and worker and employer PPE responsibilities.   
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/size-matters-when-it-comes-to-ppe/)

**Heat Stress & Exposure**Our bodies naturally maintain a temperature between 36°C and 38°C. What happens when the environment pushes our bodies? Learn to identify the causes and put into place procedures to help reduce the risks.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/if-you-cant-take-the-heatspeak-up/)

**Ladder Safety**Ladders are common work tools in the construction industry. There are many options available including height and style that adapt to different job requirements. Larn the Hazards and recognise the requirements for each scenario.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/straight-talk-about-straight-ladder-safety/)

JULY

**Spill Prevention**Get help understand the harmful effects of spilled oil and regulations for oil pollution prevention. The purpose and requirements of a SPCC Plan, procedures to prevent spills, and measures for stopping a spill from reaching the environment.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/workplace-spills-seven-sources-and-seven-methods-of-prevention-and-control/)

**Off-The-Job**How safety-conscious are you when you are off-the-job? You can do a lot to increase your safety just by paying attention to your attitude and habits. You may be relaxing, but you can still relax safely!  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/be-safety-conscious-off-the-job-too/)

**Shiftwork**Shiftwork and shiftworkers are necessary and instrumental in keeping so many vital operations going 24 hours a day, seven days a week. This could mean working nights or alternating days, nights and afternoons, or other irregular shifts. Twenty-five percent of workers in North America are shiftworkers. Shiftwork has been associated with health and safety risks, both in and out of work.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/adapting-to-the-rhythm-of-shiftwork/)

**Recordkeeping**-  
**Download Safety Meeting Kit**

AUGUST

**Back Injury**Injuries from lifting and handling of loads can occur in many occupations. Workers are exposed to risk when they lift, lower, or carry objects. Safe Lifting covers back safety principles, risk factors for back injury, and tips for maintaining a healthy back, including stretching techniques, to help reduce or prevent work-related back injuries, unnecessary pain and mobility issues.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/back-injury-prevention-safety-video/)

**Safe Lifting**Injuries from lifting and handling of loads can occur in many occupations. Workers are exposed to risk when they lift, lower, or carry objects. Safe Lifting covers back safety principles, risk factors for back injury, and tips for maintaining a healthy back, including stretching techniques, to help reduce or prevent work-related back injuries, unnecessary pain and mobility issues.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/steer-clear-of-heavy-lifting/)

**Materials Handling**Many workers must move or otherwise handle various materials as part of their everyday duties. But while lifting, carrying or moving materials, workers are at risk of getting hurt—especially when they do so by hand. We will tell you the steps to take to comply with the manual materials handling requirements and keep your workers healthy and safe.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/safely-handling-materials/)

**Injury & Illness Prevention**Injury and illness cost business time and money and are even more devastating to employees. We will provide you the training to keep workers safe and healthy.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/checklist-injury-and-illness-prevention-plan-self-assessment/)

SEPTEMBER

**Struck By Caught Between**Struck-by and caught between injuries are one of the top four causes of fatal injuries in the construction industry. This program will cover common struck-by and caught-between hazards and strategies for preventing incidents and injuries.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/avoiding-caught-incaught-between-incidents/)

**Food Safety**Employees working in food or beverage services must have training in sanitation, bacteria growth, temperature controls, personal hygiene, food handling, and insect/rodent control. Here you can outline steps employees can take to comply with laws and regulations and maintain a safe & healthful work environment.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/sanitation-hygiene-for-food-service-employees-ss5004ae-13-min/)

**Discrimination**Discrimination - Discrimination is a serious matter. A distressed worker may be unable to concentrate on the job and stay alert to hazards. Harassment can also lead to workplace violence. This course will help employees become familiar with discrimination laws and recognize the importance of a discrimination-free workplace.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/resolve-conflict-before-it-escalates-into-violence/)

**Ergonomics**Poor ergonomics can cause pain and injury. This course covers the purpose of ergonomics, common ergonomic problems and their signs and symptoms, and how changes in habits and workspace arrangement can reduce ergo related problems.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/ergonomics-recognizing-potential-problems/)

OCTOBER

**Emergency Response**Poor ergonomics can cause pain and injury. This course covers the purpose of ergonomics, common ergonomic problems and their signs and symptoms, and how changes in habits and workspace arrangement can reduce ergo related problems.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/workplan-emergency-planning-and-response/)

**Hearing & Noise Prevention**Learn how to identify noise hazards that could damage hearing, factors that determine the extent of hearing loss, when hearing protection is required, and steps to take to reduce potential hearing damage.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/are-you-listening-preventing-noise-induced-hearing-loss/)

**Fire Prevention**This course covers, the elements and dangers of fire, regulatory requirements for fire prevention plans, housekeeping guidelines for fire prevention, emergency exits and their components, and actions to take in response to a fire alarm.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/the-pass-word-to-fire-extinguisher-use/)

**Workplace Violence**Workplace Violence is the violence or the threat of physical violence against workers. By identify types of behaviors and helps you set out policies to help keep your employees safe.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/workplace-violence-legal-obligations-avoiding-liability/)

NOVEMBER

**Workplace Stress**Work-related stress has been around for as long as workplaces themselves. But recognition of stress as an occupational hazard is a product of modern times. Unfortunately, not all companies have gotten the message. Learn how to identify the costs and manage the risks.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/workplace-stressgetting-management-to-take-it-seriously/)

**Working Alone**Working alone means working where you cannot be seen or heard by another person and where you cannot expect a visit from another person. Minimize the hazards and come up with solutions to help keep your isolated employees safe with this course.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/safety-when-working-alone/)

**GHS/WHMIS/HAZWOPER/HAZMAT**This course details the purpose of a hazard communication program and Safety Data Sheets, physical and health hazards of chemicals, labels and warnings used to identify chemical hazards, and information and training that should be supplied by an employer.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/ghs-hazard-communications-ss5049ae-17-min/)

**Housekeeping**Avoid Falls and near misses by practicing good housekeeping. Identify and report the hazards before anything happens.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/housekeeping-at-work-dont-sweep-it-under-the-rug/)

DECEMBER

**Chemical Safety**Chemical and liquid gas burns may make only a small mark on the skin; however, they are very serious. 'Chemical Safety' will show safe practices for chemical storage and waste disposal, and emergency response to chemical spills.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/fundamentals-of-first-aid-chemical-burns-and-liquid-gas-burns/)

**Seasonal Safety**Anyone working in the cold should know the warning signs of cold exposure. The three most serious conditions are trench foot, frostbite, and hypothermia. Keep your employees safe while outside to reduse the risk and liability.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/working-in-a-winter-wonderland/)

**Internet & Computer Use**Internet & Computer Use - Workers spend an average of 2.5 hours a day at work sorting emails and focusing on a stationary object like a screen for a long period of time can have health consequences. Combat Computer Vision Syndrome by understanding the risks and taking the appropriate actions.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/avoid-the-discomfort-of-computer-vision-syndrome/)

**Fatigue**Fatigue impacts work performance and safety and can cause health problems. In the most extreme cases, fatigue has been linked to environmental disasters, plane and train crashes, nuclear disasters and the explosion of the Challenger space shuttle. Fatigue helps identify causes and shares tips to help keep the impact of fatigue to a minimum.  
[**Download Safety Meeting Kit**](https://ilt.safetynow.com/fatigue-at-work-a-safety-nightmare-in-the-making/)