

# CATALOG OF SAFETY TOPICS

<u>Fundamental</u> <u>Opportunities</u> <u>Centered</u> around <u>Understanding</u> <u>Safety</u>

## **Available Safety Topics:**



#### **Confined Space Awareness**

This program covers the characteristics of confined spaces and considerations for working safely around them.



## **Driver Safety & Crash Prevention**

Discover essential safe driving tips, effective strategies for staying alert, and practical guidance for handling unexpected scenarios and emergencies on the road.



#### Ergonomics

Gain insight into the principles of ergonomics and how they impact comfort, productivity, and safety in daily work activities.



## Hand Tools & Machine Guards

Explore key safety practices for using hand and power tools, along with a foundational overview of machine guarding principles to help prevent workplace injuries.



### **Outdoor Worker Safety**

Learn about common hazards associated with outdoor work, operating equipment, and working in or near active work zones — plus the safeguards that help keep workers protected.



#### Safety Issues in Return-to-Work (RTW)

Discover strategies to protect injured employees and prevent the recurrence of injuries as they transition back into the workplace.



## Slips, Trips & Falls (STF)

Learn effective strategies to identify risks and take proactive steps to avoid slip, trip, and fall injuries in the workplace.



For more information or to request a class, please reach out to:

The Risk Management Team <u>DHRMRiskManagement@</u> <u>dhrm.virginia.gov</u>

The FOCUS training program topics are designed to be delivered in less than 1 hour but may be customized to meet your agency's needs.

These topics may also be delivered in the full 3-hour format.

Sign up for courses through the <u>COV Learning Center</u> or contact us for additional information.

FOCUS training topics can be selected from the COV Learning Center, keyword search DHRM-OWC, or submitted by the agency requesting training.



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