

Core Safety Trainings (Applicable to Most Workplaces)

1. **General Workplace Safety Orientation**
 - Emergency procedures (evacuation, fire safety, alarms)
 - Accident reporting procedures
 - First aid basics & location of kits
2. **Hazard Communication (HazCom)**
 - Understanding Safety Data Sheets (SDS)
 - Proper labeling of chemicals and materials
3. **Ergonomics Training**
 - Proper lifting techniques
 - Desk/workstation setup (especially for office workers)
4. **Fire Safety & Fire Extinguisher Use**
 - Types of extinguishers
 - When/how to use them safely
5. **Slips, Trips, and Falls Prevention**
 - Housekeeping best practices
 - Safe footwear, especially in industrial or food environments

Industry-Specific or Role-Specific Trainings

Depending on the type of work, these may be required:

Construction, Manufacturing, or Industrial Work

- Lockout/Tagout (LOTO) for machinery
- Personal Protective Equipment (PPE)
- Forklift or heavy machinery operation
- Fall protection
- Confined space entry
- Electrical safety (Arc Flash, NFPA 70E)
- Hot work (welding, cutting, grinding)

Office or Tech Environments

- Ergonomic workstation setup
- Mental health & stress management
- Cybersecurity (for data safety)

Healthcare or Laboratory Settings

- Bloodborne pathogens
- Infection control
- Biohazard disposal
- Needle safety

Other Important Trainings

1. **Workplace Violence Prevention**
 - De-escalation tactics
 - Reporting procedures
2. **Sexual Harassment & Discrimination Prevention**
 - Often legally required
3. **Mental Health Awareness & Wellness**
 - Recognizing burnout
 - Promoting healthy work culture
4. **Driver Safety (if driving is part of the job)**
 - Defensive driving
 - Vehicle inspection

Compliance & Certification

- OSHA-required training (U.S.)
- WHMIS (Canada)
- HSE compliance (UK)
- Industry certifications (e.g., ISO, ANSI, MSHA)