

## 2023 SAFETY TRAINING PLAN - ENERGY

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 2023 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](https://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.

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### 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.

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### 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.

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### 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.

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## FEBRUARY

### Sexual Harassment

Everyone should be able to work in a safe and healthy workplace. Sexual Harassment training covers the two main types of sexual harassment and identifies your rights and responsibilities.

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### Confined Spaces

Confined spaces in the workplace pose a significant risk of injury and death. Hazards in confined spaces can result in fire, explosion, unconsciousness, asphyxiation, or drowning. Confined space incidents can happen suddenly, often without any warning that something is wrong. We help to ensure worker safety around confined spaces.

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### 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.

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### 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.

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## MARCH

### PPE Eye Protection

According to 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.

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### 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.

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### 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.

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### 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.

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## 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.

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### Machine Guarding

Moving machine parts have the potential to cause severe workplace injuries, such as crushed fingers or hands, amputations, burns, or blindness. Safeguards are essential for protecting workers from these preventable injuries. Machine guarding defines hazards of machinery, identifies requirements, Methods and types of guarding and recall the rights and responsibilities of an employee working

around guarded machinery.

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**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.

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**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.

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## 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.

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**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.

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**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.

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**Emergency Preparedness**

Emergency preparedness includes all activities, such as plans, procedures, contact lists and exercises, undertaken in anticipation of a likely emergency.

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## JUNE

**LOTO**

Workers injured on the job from exposure to hazardous energy lose an average of 24 workdays for recuperation. We cover the purpose of LOTO, locks and tags and their use, and the differences between authorized, affected and other employees.

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**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.

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### 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.

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### 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. Learn the Hazards and recognise the requirements for each scenario.

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## 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.

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### First-Aid: Cuts

First-Aid: Cuts - You can't always see how serious a cut or wound is just by the amount it bleeds. Knowing the steps to provide first aid for bleeding, cuts, and wounds can control blood loss and minimize the risks.

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### Powered Industrial Trucks

There are many types of powered industrial trucks. Each type presents different operating hazards. Powered Industrial Trucks helps drivers identify safe/unsafe operating behaviors and hazardous conditions.

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### Hot Work

Certain kinds of work are more likely to cause a fire than other jobs. Hot Work covers the potential hazards, and goes over the equipment and precautions to ensure the safety of hot work employee.

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## 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.

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### 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.

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### 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.

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### 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.

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## 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.

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### Recognized Versus Unrecognized Hazards

There are many hazards in our workplaces that can cause great harm if exposed to them. While it is often thought that new employees of a company who may not understand the hazards of the job are most at risk for injury, a case can also be made for those experienced employees who have become complacent with the hazards of their work. A question to consider: Which are more dangerous- the hazards we recognize or the ones we do not?

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### PPE Head Protection

According to the BLS, hard hats were worn by 16% of workers who sustained head injuries, even though 40% were required to wear them. This course covers workplace head hazards, types of PPE for the head, and proper fit and care for head protection.

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### 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.

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## 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.

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### 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.

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### 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.

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### 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.

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## 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.

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### 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.

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### 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.

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### Housekeeping

Avoid Falls and near misses by practicing good housekeeping. Identify and report the hazards before anything happens.

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## 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.

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### 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 reduce the risk and liability.

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### Combustible Dust

Many dusts are combustible, which means they can catch fire and burn. When fine dust particles catch fire while they're suspended in the air, known as deflagration, fire can spread rapidly and sometimes leads to an explosion. Combustible dust presents a serious workplace hazard. You can help prevent a catastrophic explosion by helping to identify potentially hazardous processes and work areas and following safe work practices and housekeeping policies.

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### 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.

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