

## H&S TRAINING MATRIX (Major 1910 OSHA Standards)

H&S Training Course	Frequency	Who's Required To Take The Course	Regulation
ACCIDENT / ROOT CAUSE INVESTIGATION	One-time - implied	Mgrs, Supv, and other personnel who are responsible to investigate accidents for their department	OSHA General Duty Clause
ASBESTOS AWARENESS	annual	Anyone potentially exposed to asbestos--all maintenance and janitorial employees (and their supervisors) who work at a site that contains asbestos (including floor tiles).	29CFR-1910.1001
BENZENE	One-time	Anyone potentially exposed to benzene	29 CFR 1910.1028
BLOODBORNE PATHOGENS	annual	AED/CPR/1st Aid volunteers	29CFR-1910.1030
CONFINED SPACE	One-time except duty or hazard change	Certain maintenance personnel who need to enter manholes	29 CFR 1910.146
CPR/AED &/or FIRST AID	Annual (red cross) or biannual (AHA)	Volunteers only: 4 hrs for CPR/AED; 4 hrs for First Aid	29CFR-1910.151
CRANE/HOIST OPERATION	one-time	Operators of cranes, hoists, or chain falls	29CFR-1910.179-180
EH&S AWARENESS & SIGNS (GET)	One-time - implied	All new/transferred employees	29CFR-1910.145
ELECTRICAL SAFETY	One-time	Anyone who works on electricity	29 CFR 1910.332
EMERGENCY PROCEDURES AND FIRE	One-time unless change in duty or plan	All employees, covering fire, medical, chemical spill, natural disasters	29 CFR 1910.38
EMERGENCY RESPONSE	Annual	Responders to emergencies	29 CFR 1910.120
ERGONOMICS for the OFFICE	one-time - implied	PC/laptop users	OSHA General Duty Clause
FALL PROTECTION (ladders, scaffolds, personnel lifts)	one-time	Anyone who works on platforms, scaffolds, ladders, boomlifts, etc.	29CFR-1910.66 & .67; 29CFR-1926.1060
FIRE BRIGADES	annual	Members of the fire brigade	29 CFR 1910.156
FIRE EXTINGUISHER	annual	Anyone handling small,	29CFR-

		beginning fires only.	1910.157
FORMALDEHYDE	annual	Anyone potentially exposed to formaldehyde	29 CFR 1910.1048
HAZCOM (Hazard Communication)	One-time unless hazards change	Anyone who handles/uses/stores chemicals	29 CFR 1910.1200
HAZARDOUS WASTE	Annual (8-hour course also)	Anyone who handles/uses/stores chemicals and/or wastes (hazardous or non-regulated)	29 CFR 1910.1200
HEARING CONSERVATION	annual	Anyone exposed to noise levels 85 dB or more over an 8-hour time-weighted average (TWA) (conducted w/ annual hearing test)	29 CFR-1910.95
IONIZING RADIATION	One-time	Anyone who works with ionizing radiation	29 CFR 1910.1096
LABORATORY SAFETY	One-time	All laboratory personnel	29 CFR 1450
LASER SAFETY	one-time - implied	Anyone who operates laser equipment or is exposed to laser radiation (imagesetters, Denex counters, etc.)	29 CFR 1910.1200
LEAD	Annually	Anyone who works with lead	29 CFR 1910.1025
LIFT TRUCK (FORKLIFT) SAFETY	One-time for class and operator evaluation every 3 years	Anyone required to operate forklift trucks/electric pallet jacks	29 CFR-1910.178
LOCKOUT/TAGOUT & ELECTRICAL SAFETY	One-time, unless changes in duties, procedures, or machines	Anyone who repairs/installs/ removes/ tests/troubleshoots energized equipment, & those who operate the equipment	29 CFR-1910.147 & 1910.332
MACHINE GUARDING	one-time - implied	Operators & supervisors of various equipment in the plant such as press/reelroom, mailroom, and machine shop equipment	29CFR-1910.213
MECHANICAL POWER PRESSES	One-time - implied	Anyone who works with mechanical power presses	29 CFR 1910.217

PERSONAL PROTECTIVE EQUIPMENT (PPE)	one-time, unless changes	Anyone who is required to wear protection against potential hazards	29CFR-1910.132-138
POWERED INDUSTRIAL TRUCKS	One-time - implied	Anyone who works with powered industrial trucks	29 CFR 1910.178
POWERED PLATFORMS	one-time	Anyone who is required to operate a powered platform	29 CFR 1910.66
PROCESS SAFETY MANAGEMENT	One-time	Anyone who is required to operate a process	29 CFR 1910.119
RF RADIATION SAFETY	one-time - implied	Anyone who uses, maintains, or is around equipment that emits Radio Frequency (RF) radiation (Antennas, roof dishes, etc.)	29 CFR 1910.1200
RESPIRATORY PROTECTION	annual	Anyone who is required to wear protection against respiratory hazards	29 CFR 1910.134
SIGNS AND TAGS	One-time - implied	All Employees	29 CFR 1910.145
WELDING/HOT WORK SAFETY	one-time	Operators, installers, servicers of Oxy-fuel, etc. welding/cutting equipment	29CFR-1910.252-255
WORKPLACE VIOLENCE	one-time - implied	All employees	10CFR851