

For more info, to schedule a session,
or
to suggest topic ideas contact:

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

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

Sign up for courses through the COV Knowledge Center or contact us for additional information.



F.O.C.U.S.
(Fundamental Opportunities Centered
around Understanding Safety)
CATALOG OF SAFETY TOPICS

The following topics are available through
the COV Knowledge Center or
Workers' Compensation Services.

www.dhrm.virginia.gov/workerscomp

Available Safety Topics

- **Confined Space Awareness**
This program covers the characteristics of confined spaces and considerations for working safely around them.
- **Driver Safety and Crash Prevention**
This program covers safe driving tips and strategies as well as tips for handling various scenarios and emergencies.
- **Ergonomics**
This program provides an overview of ergonomics and the role it plays in the everyday work environment.
- **Hand Tools and Machine Guards**
This program covers general hand and power tool safety and provides an overview of machine guarding principles.
- **Hearing Conservation**
This program identifies signs and symptoms of high noise exposures and addresses controls available to prevent or reduce damaging exposure.
- **Identifying and Correcting Workplace Hazards**
Participants will learn to identify hazards and hazardous conditions in the workplace. Tools helpful for gathering incident information are also discussed.
- **Material Handling**
This program reviews basic causes of strains and sprains, injury prevention tips, and covers proper lifting techniques.

Available Safety Topics

- **Outdoor Worker Safety**
This program discusses hazards inherent to working outdoors, working in and around work zones, and operating various types of equipment as well as the safeguards.
- **Safety Issues in Return-to-Work (RTW)**
This program is designed to help identify strategies to protect injured employees and to prevent recurrence of injury when returning to the workplace.
- **Slips, Trips, and Falls (STF)**
This program will help with identifying strategies to avoid and prevent slip, trip, and fall injuries.
- **Telecommuting**
This program addresses safety issues and prevention strategies telecommuting employees should consider implementing to prevent injuries while working from home.
- **Workplace Violence Prevention (WPV)**
The various types of workplace violence, the potential causes, and WPV prevention tips are covered in this program.
- **Blood-borne Pathogens (BBP)**
This topic is divided into two parts: General Overview information and Decontamination Techniques. Each program provides information for working safely with or around potentially infectious materials.
- *And much more to come.....*