

For more info or to schedule a session complete a Loss Control Request for Assistance and submit the information to:

Johnny Nugent  
Risk Management Specialist  
804-225-2168  
[johnny.nugent@dhrm.virginia.gov](mailto:johnny.nugent@dhrm.virginia.gov)

To request specific loss control assistance call or e-mail  
Aubrey Chigwada, Director  
Office of Workers' Compensation  
[aubrey.chigwada@dhrm.virginia.gov](mailto:aubrey.chigwada@dhrm.virginia.gov)  
804-786-0362



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 Learning Center](#) or contact us for additional information.



## **F.O.C.U.S. CATALOG OF SAFETY TOPICS**

Fundamental Opportunities Centered  
around Understanding Safety

The following topics are available through the [COV Learning Center](#) or the Office of Workers' Compensation.

[www.dhrm.virginia.gov/workerscomp](http://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.
- **Teleworking**  
This program addresses safety issues and prevention strategies teleworking 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.....*