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

Fundamental **O**pportunities **C**entered around **U**nderstanding **S**afety

For more information or to request a class, please reach out to:

The Risk Management Team
DHRMRiskManagement@dhrm.virginia.gov

Available Safety Topics:

Confined Space Awareness
This program covers the characteristics of confined spaces and considerations for working safely around them.

Driver Safety & Crash Prevention
Discover essential safe driving tips, effective strategies for staying alert, and practical guidance for handling unexpected scenarios and emergencies on the road.

Ergonomics
Gain insight into the principles of ergonomics and how they impact comfort, productivity, and safety in daily work activities.

Hand Tools & Machine Guards
Explore key safety practices for using hand and power tools, along with a foundational overview of machine guarding principles to help prevent workplace injuries.

Outdoor Worker Safety
Learn about common hazards associated with outdoor work, operating equipment, and working in or near active work zones — plus the safeguards that help keep workers protected.

Safety Issues in Return-to-Work (RTW)
Discover strategies to protect injured employees and prevent the recurrence of injuries as they transition back into the workplace.

Slips, Trips & Falls (STF)
Learn effective strategies to identify risks and take proactive steps to avoid slip, trip, and fall injuries in the workplace.

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

FOCUS training topics can be selected from the COV Learning Center, keyword search DHRM-OWC, or submitted by the agency requesting training.

Teamwork Results

OFFICE OF WORKERS' COMPENSATION