
Workplace Health and Safety Worker Training Materials: An Electronic Multilingual Resource List

Prepared by

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For

The Commission on Health and Safety and Workers'
Compensation

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Background and Purpose

The Commission on Health and Safety and Workers' Compensation (CHSWC) is overseeing the development of a <state-wide worker training program> that promotes injury and illness prevention and prepares California workers to take leadership roles in implementing effective workplace health and safety programs. As part of this effort, CHSWC is creating a web based list of training materials, including fact sheets, checklists, and other educational resources, that are available on-line and can be distributed to workers participating in health and safety prevention activities and training programs. All the resources can be downloaded by clicking on the links provided. Because of the high numbers of immigrant, non-English speaking workers in the state, a special emphasis has been placed on collecting materials in languages other than English.

This resource list is also designed to complement a standardized health and safety curriculum being developed by CHSWC. This curriculum will include five core modules that address topics that are relevant to workers in a variety of California workplaces, as well as a series of <supplemental modules> covering specific industries and hazards. The educational materials included on this list are organized by these core and supplemental topics and can be used to support worker training activities in these areas.

Sources of Materials

In the creation of the resource list, a search was conducted for training materials that reflect the variety of viewpoints available on the web. Training materials were collected from the web pages of state, national and international government agencies, universities, committees on occupational safety and health, unions, and other established and recognized organizations and agencies concerned with occupational safety and health. We have provided links to these sites because they have information that may be useful and/or of interest to you. Please review each document before using it to be sure it's appropriate for your audience.

This list is a work in progress. With additional funding, it will be expanded to include additional sites and topics.

CHSWC does not necessarily endorse the views, information, interpretation, comments or opinions expressed in any of the Web sites presented here. Any comments or inquiries regarding the linked Web sites are to be directed to the particular organization for which their Web site is being operated. Furthermore, CHSWC does not endorse any commercial products or information that may be presented or advertised on the sites in the resource list.

Users Guide

The training materials included below have been selected as examples of worker training materials available online. They are arranged in two ways to assist employers and workers in quickly finding appropriate training aids for their organization: by topic and by language.

When searching by **topic**, you'll find the materials divided into two categories: the first lists common general <core training materials> that address basic health and safety information relevant to most workers, such as <Injury and Illness Prevention Programs> and <Identifying and Controlling Hazards>. The second category is a listing of <supplemental materials> addressing specific hazards such as <ergonomics>, <extreme temperatures> and <noise>. Both sections list English language resources followed by resources in other languages where available.

When searching by **language**, you can browse an index of the titles arranged by language, with the Spanish language materials listed first followed by an alphabetical listing of other languages.

At the end of the resource list, you'll find a guide to <**multilingual web sites**> which contain additional safety and health information and resources in other languages.

Please click on the table of contents below to go to a specific section. Or click <here> for the complete list of electronic resources.

Electronic Resource List of Multilingual Training Materials: Table of Contents

Topics

Core Subjects:

- Injury and Illness Prevention Programs (IIPP)
- Identifying and Controlling Hazards
- Legal Rights and Responsibilities/Introduction to Cal/OSHA
- Introduction to Workers' Compensation and Return to Work
- Resources and Strategies for Taking Action

Supplemental Subjects:

- Accident Prevention/Accident Investigation
 - Back Injury Prevention
 - Biological Hazards (Including Infectious Disease Control)
 - Ergonomics
 - Extreme Temperatures
 - Hazard Communication (Chemical Health Effects, Labels, and MSDS)
 - Human Factors (Looking at Underlying Causes of Accidents and Injuries)
 - Indoor Air Quality
 - Industry-Specific Health and Safety Information [will be expanded to other industries]
 - Agriculture
 - Construction
 - Garment Manufacturing
 - Office Hazards
 - Joint Labor-Management Health and Safety Committees: Roles and Responsibilities
 - Noise
 - Stress Management
 - Vibration
 - Violence Prevention
-

Language Index

Spanish
Arabic
Chinese
Croatian
English
Haitian/Creole
Hmong
Japanese
Khmer/Cambodian
Korean
Polish
Portuguese
Russian
Serbian
Swahili
Tagalog
Thai
Vietnamese

Multilingual Websites

Workplace health and safety
worker training materials:
An Electronic MultiLingual Resource List

TOPICS

CORE SUBJECTS

Injury and Illness Prevention Programs (IIPP)

Employer Duties Regarding Hazard Communication

- *Worksafe!*

<http://www.worksafe.org/Training/>

Scroll down to "Injury and Illness Programs" to find a fact sheet for employees on IIPP.

Basic Occupational Health & Safety Program Elements

- *Canadian Centre for Occupational Health and Safety*

<http://www.ccohs.ca/oshanswers/hsprograms/basic.html?print>

Workplace Safety Pays Off

- *Vermont Labor and Industry, Workers' Compensation Division*

<http://www.state.vt.us/labind/wcomp/wcfactApril02.htm>

An article looking at suggestions for reducing injuries in the workplace, which then reduces workers' comp costs.

Identifying and Controlling Hazards

Self-Inspection Checklists

- *OSHA*

<http://www.osha.gov/SLTC/smallbusiness/chklist.html>

Hazard Recognition & Control

- *Transport Workers Union of America*

<http://www.twu.com/HealthSfty/chapters/HlthSfty.ImmDgr.Haz.html>

from TWU's Imminent Danger Manual

Self Directed Safety Program Check List

- *Vermont Safety Information Resources, Inc. (SIRI)*

<http://siri.org/library/checklist.html>

A general safety checklist adaptable to many workplaces by Span Corporation.

Manual Handling Identification

-The University of Melbourne

http://www.unimelb.edu.au/ehsm/Man_Hand_RA2.pdf

Checklist for hazard identification, risk assessment, and risk control of manual handling tasks.

Hazard Identification Checklist for Industrial Plants

-La Trobe University

http://www.latrobe.edu.au/personnel/forms/Plant_Hazard_Checklist.PDF

A comprehensive checklist addressing physical, electrical, and ergonomic hazards.

Legal Rights and Responsibilities/Introduction to Cal/OSHA

Job Safety: What You Should Know

-Cal/OSHA

English:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_E.pdf

Chinese:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_C.pdf

Korean:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_K.pdf

Spanish:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_S.pdf

Tagalog:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_T.pdf

Vietnamese:

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_V.pdf

Workers Rights

-Cal/OSHA

<http://www.dir.ca.gov/dosh/workersrights.htm>

Todos Los Trabajadores Tienen Derechos

-California Dept. of Industrial Relations, Division of Labor Standards Enforcement

Spanish

<http://www.dir.ca.gov/dlse/GeneralRightsSP.pdf>

Worker Responsibilities

-Cal/OSHA

<http://www.dir.ca.gov/dosh/workersrResponsibilities.htm>

How to File a Complaint with Cal/OSHA

- Cal/OSHA

<http://www.dir.ca.gov/dosh/Complaint.htm>

Whistleblower Complaints

- *Cal/OSHA*

<http://www.dir.ca.gov/dosh/WhistleblowerComplaint.htm>

Worker Rights Bulletin Inserts

-*National Interfaith Committee for Worker Justice*
English

<http://nicwj.org/bulletinPDFs/ENGLISHFINAL.pdf>

Chinese (simplified)

<http://nicwj.org/bulletinPDFs/simplifiedchinese.pdf>

CHINESE (traditional)

<http://nicwj.org/bulletinPDFs/traditionalchinese.pdf>

Korean

<http://nicwj.org/bulletinPDFs/KOREANFINAL.pdf>

Polish

<http://nicwj.org/bulletinPDFs/POLISHFINAL.pdf>

Russian

<http://nicwj.org/bulletinPDFs/RUSSIANFINAL.pdf>

Haitian/Creole

<http://nicwj.org/bulletinPDFs/HAITIANFINAL.pdf>

Spanish

<http://nicwj.org/bulletinPDFs/SPANISHFINALb.pdf>

Hmong

<http://nicwj.org/bulletinPDFs/HMONGFINAL.pdf>

Vietnamese

<http://nicwj.org/bulletinPDFs/VIETNAMESEFINAL.pdf>

The Worker Rights bulletin series is the result of a new partnership between NICWJ and the U.S. Department of Labor (USDOL) and is a guide to basic workers' rights, including health and safety, minimum wage, youth work, and discrimination. Although these are intended to help educate workers, they can also be helpful for employers who are unsure about federal workplace laws.

It's the Law

-*National COSH Network*

Vietnamese

<http://www.bpsos.org/CACOS/OSHA%20Materials/OSHA%20Poster%208.5x11.pdf>

Translation of full color OSHA poster explaining the basic protections provided by OSHA law.

Your Right to an OSHA Inspection and other OSHA Rights

-National COSH Network

English

<http://www.coshnetwork.org/PWVEROSHARightInspect.pdf>

Portuguese

http://www.coshnetwork.org/portuguese_inspection.htm

Polish

http://www.coshnetwork.org/materials_in_other_languages.htm

Know Your Rights--Your Legal Rights in the Workplace

-National COSH Network

English

<http://www.coshnetwork.org/englishrights.pdf>

Portuguese

http://www.coshnetwork.org/portuguese_know_rights.htm

Are You a Working Teen?

-LOHP

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/ywfs2002.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/ywsp2002.pdf>

Introduction to Workers Compensation and Return to Work

Workers' Compensation in California—A Guidebook for Injured Workers (2002)

-Labor Occupational Health Program

http://socrates.berkeley.edu/~lohp/Publications/Factsheets_And_More/factsheets_and_more.html#wcg

What Every Worker Should Know (1998)

-Labor Occupational Health Program

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/1SPAN.PDF>

The California Workers' Compensation System

-California Department of Industrial Relations, Division of Workers' Compensation

<http://www.dir.ca.gov/DWC/basics.htm>

A basic introduction to California's workers' compensation system

Trabajadores con lesiones

-Department of Industrial Relations, Division of Workers' Compensation

Spanish

<http://www.dir.ca.gov/DWC/InjWkrSp.pdf>

Guide to Worker's Compensation

- *National COSH Network*

Haitian Creole

<http://www.coshnetwork.org/creolewc.pdf>

Guide to Workers' Rights Under OSHA

- *National COSH Network*

Haitian Creole

<http://www.coshnetwork.org/creoleosha.pdf>

Resources and Strategies for Taking Action

Health and Safety Action Plan Fact Sheet

- *Transport Workers Union of America*

<http://www.twu.com/HealthSfty/HlthSfty.Fact3.html>

Occupational Health & Safety Action Plans

- *Charles Sturt University, AU*

<http://www.csu.edu.au/division/healsafe/webpages/pols/policy05.htm>

Health and Safety Action Plan Chart

- *Industrial Accident Prevention Association*

<http://www.iapa.ca/pdf/H&SActionPlan.pdf>

A handy chart to track the implementation of action plans

SUPPLEMENTAL SUBJECTS

Accident Prevention/Accident Investigation

Accident Investigation

- *OR-OSHA*

<http://www.cbs.state.or.us/external/osha/pdf/safetyforsb/mod05.pdf>

A module in their Safety for Small Business: Instructor and Training Manual.

Includes a sample accident investigation form.

Accident Investigation

- *OSHA*

<http://www.osha-slc.gov/SLTC/smallbusiness/sec6.html>

Includes overheads and student hand-outs (link at bottom of page)

Back Injury Prevention

Hazard Alert: Back Injuries

-CPWR

English

<http://www.cpwr.com/hazpdfs/hazback.pdf>

Spanish

<http://www.cpwr.com/hazpdfs/kfspback.pdf>

Preventing Low Back Pain

-National Ag Safety Database

<http://www.cdc.gov/nasd/docs/d000901-d001000/d000956/d000956.html>

Biological Hazards (Including Infectious Disease Control)

Hazard Alert : Biological Hazards in Sewage and Wastewater Treatment Plants

-eLCOSH

<http://www.cdc.gov/niosh/elcosh/docs/d0200/d000283/d000283.pdf>

Spanish

<http://www.cdc.gov/niosh/elcosh/docs/d0200/d000283/d000283-s.pdf>

Hazard Alert: Lyme Disease in Construction

-eLCOSH

<http://www.cdc.gov/niosh/elcosh/docs/d0100/d000001/d000001.PDF>

Spanish

<http://www.cdc.gov/niosh/elcosh/docs/d0100/d000001/d000001-s.html>

Control sanitario de los trabajadores expuestos a agentes biológicos

-Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)

Spanish

www.mtas.es/insht/practice/f_sani.htm

Ergonomics

You should know about work-related musculoskeletal disorders

-DoD Ergonomics Working Group

<http://chppm-www.apgea.army.mil/ergowg/Factsheets/FS2.pdf>

This site also has many other fact sheets on work-related musculoskeletal disorders at:

<http://chppm-www.apgea.army.mil/ergowg/Factsheets/index.PDF>

Ergonomics Awareness

-OR-OSHA

<http://www.cbs.state.or.us/external/osha/pdf/safetyforsb/mod07.pdf>

A module in their Safety for Small Business: Instructor and Training Manual.

Musculoskeletal Disorders (MSDs)--Repetitive Stress Injuries

-UFCW

English

http://www.ufcw.org/issues/internal.cfm?subsection_id=64&internal_id=142

Spanish

http://www.ufcw.org/issues/internal.cfm?subsection_id=64&internal_id=93

A fact sheet describing job risk factors, causes and some of the kinds of disorders workers can experience. Includes brief job evaluation.

Extreme Temperatures

Heat Stress Card

-OSHA

English

<http://www.osha-slc.gov/Publications/osha3154.pdf>

Spanish

<http://www.osha-slc.gov/Publications/osha3155.pdf>

Protecting Workers In Hot Environments

-OSHA

http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=FACT_SHEETS&p_id=167

-OSHA, Protecting Yourself Against Harmful Sunlight

<http://www.osha-slc.gov/Publications/osha3166.pdf>

- Transport Workers Union of America, Protecting Workers in Cold Environments

<http://www.twu.com/HealthSfty/HlthSfty.Fact10.html>

Cold Stress Card

-OR-OSHA

English

<http://www.cbs.state.or.us/external/osha/pdf/pubs/3336.pdf>

Spanish

<http://www.cbs.state.or.us/external/osha/pdf/pubs/3336s.pdf>

Hazard Communication (Chemical Health Effects, Labels, and MSDS)

How To Read a Material Safety Data Sheet Fact Sheet

-AFSCME

<http://www.afscme.org/health/faq-msds.htm>

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety

English

<http://www.cdc.gov/niosh/ipcs/icstart.html>

Chinese

<http://www.brici.ac.cn/icsc/>

Japanese

<http://www.nihs.go.jp/ICSC/>

Korean

www.nier.go.kr

Russian

http://www.safework.ru/ILO/ILO_project_ICSC.shtm

Spanish

<http://www.mtas.es/insht/ipcsnspn/spanish.htm>

Swahili

<http://www.cdc.gov/niosh/ipcs/swahili.html>

Summarizes essential health and safety information on chemicals, offering a basic tool to supply workers with information on the properties of the chemicals that they use. Produced by the United Nations Environment Programme (UNEP), the International Labour Office (ILO) and the World Health Organization (WHO).

Right to Know Hazardous Substance Fact Sheets (similar to MSDS's)

-New Jersey Department of Health and Senior Services

<http://www.state.nj.us/health/eoh/rtkweb/rtkhsfs.htm>

Many are available in Spanish

Understanding Pesticide Labels

-National Ag Safety Database

<http://www.cdc.gov/nasd/docs/d001201-d001300/d001291/d001291.html>

SIRI MSDS Index

-SIRI (Vermont Safety Information Resources, Inc.)

<http://hazard.com/msds/index.php>

One of the best general sites to start a search. Either select a letter A-Z to browse manufacturers alphabetically (for sheets not in the SIRI collection) or do a full-text keyword search in the SIRI MSDS database. Lots of additional safety links and info.

Working in a Lead-Safe School

-LOHP

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/LEADSAFE.PDF>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/LEADSPA2.PDF>

Booklet describing the hazards that lead presents for both workers and school children, and explains safe work practices

HazMap

-*National Institutes of Health, U.S. Department of Health and Human Services*

<http://hazmap.nlm.nih.gov/>

Information on hazardous chemicals and occupational diseases. Can search by hazardous agent (by type of agent or adverse effects), occupational diseases (by types of diseases or jobs and symptoms), and by types of high risk jobs.

Human Factors (Looking at Underlying Causes of Accidents and Injuries)

What is Human Factors?

- *University of Idaho Human Factors and Ergonomics Student Chapter*

<http://www.uidaho.edu/human-factors/HFESstudentChapter/HFESWhatIs.html>

Fact sheet describing human factors.

Determining Surface And Root Causes

-*OR-OSHA*

<http://www.cbs.state.or.us/external/osha/educate/training/pdf/102xm5.pdf>

From the Safety for Small Business Resources: Getting the Basics with 14 modules at: <http://www.cbs.state.or.us/external/osha/educate/smallbsr/basics.html>

Indoor Air Quality

Indoor Air Quality Fact Sheet

-*American Federation of Government Employees*

<http://www.afge.org/Index.cfm?Page=IndoorAirQuality>

An Office Building Occupant's Guide to Indoor Air Quality

-*EPA*

<http://www.epa.gov/iaq/pubs/occupgd.html>

Indoor Environmental Quality (IEQ) Fact Sheet

-*NIOSH*

English

<http://www.cdc.gov/niosh/ieqfs.html>

Spanish

<http://www.cdc.gov/spanish/niosh/fact-sheets/fact-sheet-705002.html>

Indoor Air Quality Fact Sheet

-*NYCOSH*

<http://www.NYCOSH.org/IndoorAirQualityFactsheet.pdf>

Industry-Specific

[under construction: will be expanding to other industries when additional funding becomes available]

Agriculture

Are You a Teen Working in Agriculture?

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/ywfs2002.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/agsp2001.pdf>

Construction

Tailgate Training for California Construction Workers

-LOHP

Backs & Lifting

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gBACKS.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-01B.pdf>

Fall Protection

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gFALLOFF.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-02B.pdf>

Guardrails

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gGUARDRA.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-03B.pdf>

Hand - Arm Vibration

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gHANDARM.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-04B.pdf>

Hand Tools

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gHANDTOO.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-05B.pdf>

High Voltage Lines

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gHIGHVOL.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-06B.pdf>

Housekeeping

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gHIGHVOL.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-07B.pdf>

Portable Ladders

English

<http://socrates.berkeley.edu/~lohp/graphics/pdf/gPORTLAD.pdf>

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-08B.pdf>

Portable Power Tools

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-09B.pdf>

Scaffolds

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-10B.pdf>

Temporary Power

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-11B.pdf>

Trenches & Excavations

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-12B.pdf>

Underground Service Alert

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-13B.pdf>

Vehicles & Heavy Equipment

English

Spanish

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-14B.pdf>

EL-COSH: The Electronic Library of Construction Safety and Health

-NIOSH/CPWR

English

<http://www.cdc.gov/niosh/elcosh/>

Spanish

<http://www.cdc.gov/niosh/elcosh/Spanish/index.html>

Provides a wide range of materials on construction safety and health, including pocket cards, brochures and training manuals. Also includes some materials in Creole, French, Italian, Polish and Portuguese.

Silicosis Alert

-EL-COSH/ International Union of Bricklayers and Allied Craftworkers

English

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487.html>

Spanish

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-s.html>

Polish

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-pol.html>

Portuguese

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-por.html>

Construction Ergonomics Checklist

-The Center to Protect Workers' Rights

<http://www.cpwr.com/publications/kcheck.PDF>

Designed to be filled out and updated jointly by contractors and union reps every 2 weeks or as a site changes. This document is intended to help develop an “eye” for ergonomic problems and prevent injuries.

Hazard Alert: Electric Safety in Construction For Non-Electricians

-Center to Protect Workers Rights

<http://www.cpwr.com/publications/kfelectrocutions.pdf>

Fact sheet on electric safety.

Garment Manufacturing

Los trabajadores que hacen prendas de vestir tienen derechos

-Department of Industrial Relations, Division of Workers' Compensation

Spanish

<http://www.dir.ca.gov/dlse/GarmentRightsSP.pdf>

Office Hazards

Office/Workstation Environment Safety Checklist

-The University of Melbourne

http://www.unimelb.edu.au/ehsm/Wrk_chklst2.pdf

A general checklist applicable for the office environment.

Keyboard Workstation Assessment Inspection Checklist

-The University of Melbourne

http://www.unimelb.edu.au/ehsm/Keyboard_assess.pdf

Checklist for the computer workstation.

Safety with Video Display Terminals

-National COSH Network

Vietnamese

<http://www.bpsos.org/CACOS/OSHA%20Materials/AnToanKhiSuDungManHinh.pdf>

Joint Labor-Management Health and Safety Committees: Roles and Responsibilities

Health and Safety Committees

-International Brotherhood of Teamsters

<http://www.teamster.org/sh/FactSheets/H&S%20Committees.pdf>

Health and Safety Committees: Getting Started Fact Sheet

-Transport Workers Union of America

<http://www.twu.com/HealthSfty/HlthSfty.Fact4.html>

Prevention Fact Sheet: Joint Health and Safety Committees and Health and Safety Representatives

-Workplace Safety and Insurance Board

<http://www.cfib.ca/workersafety/resources/jhsc.asp>

While the laws mentioned are Canadian, this page is still a good overview of the purpose, function, composition, and benefits of a JHSC.

Noise

General Estimates of Work-Related Noises

-NIOSH

<http://www.cdc.gov/niosh/01-104.html>

Great diagram including sound levels for some common noises experienced in everyday life and in the work environment.

Work-related hearing loss

-NIOSH

<http://www.cdc.gov/niosh/hpworkrel.html>

Noise on the Job

-UCFW

http://www.ufcw.org/issues/internal.cfm?subsection_id=64&internal_id=57

Hazard Alert: Construction Noise

-CPWR

English

<http://www.cpwr.com/hazpdfs/kfnoise.PDF>

Spanish

<http://www.cpwr.com/hazpdfs/Kfspanno.pdf>

Noise Damages Hearing

-Occupational Health Clinics for Ontario Workers Inc.

http://www.ohcow.on.ca/english/handbook_mf.htm

Select the Handout Topic from the list.

Stress Management

What is workplace stress?

-International Labour Organization (ILO)

<http://www.ilo.org/public/english/protection/safework/stress/whatis.htm>

Trabajemos contra el estrés

-Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)

Spanish

http://www.mtas.es/insht/practice/f_doc_estres.htm

How to Cope With Stress

-NSW Health (AU)

English

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/3285.html>

Arabic

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-ARA.pdf>

Chinese

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-CHI.pdf>

Croatian

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SCR.pdf>

Khmer/Cambodian

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-KHM.pdf>

Korean

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-KOR.pdf>

Portuguese

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-POR.pdf>

Russian

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-RUS.pdf>

Serbian

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SCC.pdf>

Spanish

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SPA.pdf>

Thai

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-THA.pdf>

Vietnamese

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-VIE.pdf>

Stress Fact Sheet

- *Transport Workers Union of America*

<http://www.twu.org/HealthSfty/HlthSfty.Fact8.html>

Vibration

Whole Body Vibration and Hand-Arm Vibration Syndrome

- *Occupational Health Clinics for Ontario Workers Inc.*

http://www.ohcow.on.ca/english/handbook_mf.htm

Select the Handout Topic from the list.

Violence Prevention

Workplace Violence Fact Sheet

- *AFSCME*

<http://www.afscme.org/health/faq-viol.htm>

Violence in the Workplace

- *NIOSH*

English

<http://www.cdc.gov/niosh/violfs.html>

Spanish

<http://www.cdc.gov/spanish/niosh/fact-sheets/fact-sheet-705003.html>

This fact sheet provides basic information on workplace violence including risk factors and prevention strategies.

Workplace Violence

- *OSHA*

http://www.osha-slc.gov/OshDoc/data_General_Facts/factsheet-workplace-violence.pdf

Provides basic information about vulnerable occupations, employer/employee roles in prevention and protection, and recommendations for response to violent incidents.

Workplace Violence Fact Sheet

- *Transport Workers Union of America*
<http://www.twu.com/HealthSfty/HlthSfty.Fact6.html>

LANGUAGE INDEX

Spanish

Job Safety: What You Should Know

-*Cal/OSHA*

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_S.pdf

Worker Rights Bulletin Inserts

-*National Interfaith Committee for Worker Justice*

<http://nicwj.org/bulletinPDFs/SPANISHFINALb.pdf>

Trabajadores con lesiones

-*Department of Industrial Relations, Division of Workers' Compensation*

<http://www.dir.ca.gov/DWC/InjWkrSp.pdf>

Todos Los Trabajadores Tienen Derechos

-*California Dept. of Industrial Relations, Division of Labor Standards Enforcement*

<http://www.dir.ca.gov/dlse/GeneralRightsSP.pdf>

What Every Worker Should Know (1998)

-*Labor Occupational Health Program*

<http://socrates.berkeley.edu/~lohp/graphics/pdf/1SPAN.PDF>

Are You a Working Teen?

-*LOHP*

<http://socrates.berkeley.edu/~lohp/graphics/pdf/ywsp2002.pdf>

International Chemical Safety Cards (ICSC's)

-*International Programme On Chemical Safety*

<http://www.mtas.es/insht/ipcsnspn/spanish.htm>

Working in a Lead-Safe School

-*LOHP*

<http://socrates.berkeley.edu/~lohp/graphics/pdf/LEADSPA2.PDF>

Hazard Alert: Back Injuries

-*CPWR*

<http://www.cpwr.com/hazpdfs/kfspback.pdf>

Indoor Environmental Quality (IEQ) Fact Sheet

-*NIOSH*

<http://www.cdc.gov/spanish/niosh/fact-sheets/fact-sheet-705002.html>

Hazard Alert : Biological Hazards in Sewage and Wastewater Treatment Plants

-eLCOSH

<http://www.cdc.gov/niosh/elcosh/docs/d0200/d000283/d000283-s.pdf>

Are You a Teen Working in Agriculture?

<http://socrates.berkeley.edu/~lohp/graphics/pdf/agsp2001.pdf>

Tailgate Training for California Construction Workers

-LOHP

Backs & Lifting

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-01B.pdf>

Fall Protection

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-02B.pdf>

Guardrails

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-03B.pdf>

Hand - Arm Vibration

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-04B.pdf>

Hand Tools

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-05B.pdf>

High Voltage Lines

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-06B.pdf>

Housekeeping

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-07B.pdf>

Portable Ladders

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-08B.pdf>

Portable Power Tools

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-09B.pdf>

Scaffolds

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-10B.pdf>

Temporary Power

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-11B.pdf>

Trenches & Excavations

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-12B.pdf>

Underground Service Alert

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-13B.pdf>

Vehicles & Heavy Equipment

<http://socrates.berkeley.edu/~lohp/graphics/pdf/TGSP-14B.pdf>

EI-COSH: The Electronic Library of Construction Safety and Health

-NIOSH/CPWR

<http://www.cdc.gov/niosh/elcosh/Spanish/index.html>

Silicosis Alert

-EL-COSH/ International Union of Bricklayers and Allied Craftworkers

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-s.html>

Hazard Alert: Lyme Disease in Construction

-eLCOSH

<http://www.cdc.gov/niosh/elcosh/docs/d0100/d000001/d000001-s.html>

Control sanitario de los trabajadores expuestos a agentes biológicos

-Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)

www.mtas.es/insht/practice/f_sani.htm

Los trabajadores que hacen prendas de vestir tienen derechos

-Department of Industrial Relations, Division of Workers' Compensation

<http://www.dir.ca.gov/dlse/GarmentRightsSP.pdf>

Musculoskeletal Disorders (MSDs)--Repetitive Stress Injuries

-UFCW

http://www.ufcw.org/issues/internal.cfm?subsection_id=64&internal_id=93

Hazard Alert: Construction Noise

-CPWR

<http://www.cpwr.com/hazpdfs/Kfspanno.pdf>

Trabajemos contra el estrés

-Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)

http://www.mtas.es/insht/practice/f_doc_estres.htm

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SPA.pdf>

Violence in the Workplace

-NIOSH

<http://www.cdc.gov/spanish/niosh/fact-sheets/fact-sheet-705003.html>

Arabic

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-ARA.pdf>

Chinese

Job Safety: What You Should Know

-Cal/OSHA

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_C.pdf

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/simplifiedchinese.pdf>

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/traditionalchinese.pdf>

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety

<http://www.brici.ac.cn/icsc/>

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-CHI.pdf>

Croatian

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SCR.pdf>

Haitian/Creole

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/HAITIANFINAL.pdf>

Guide to Worker's Compensation

- National COSH Network

<http://www.coshnetwork.org/creolewc.pdf>

Guide to Workers' Rights Under OSHA

- National COSH Network

<http://www.coshnetwork.org/creoleosha.pdf>

Hmong

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/HMONGFINAL.pdf>

Japanese

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety

<http://www.nihs.go.jp/ICSC/>

Khmer/Cambodian

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-KHM.pdf>

Korean

Job Safety: What You Should Know

-Cal/OSHA

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_K.pdf

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/KOREANFINAL.pdf>

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety

www.nier.go.kr

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-KOR.pdf>

Polish

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/POLISHFINAL.pdf>

Your Right to an OSHA Inspection and other OSHA Rights

-National COSH Network

http://www.coshnetwork.org/materials_in_other_languages.htm

Silicosis Alert

-EL-COSH/ International Union of Bricklayers and Allied Craftworkers

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-pol.html>

Portuguese

Your Right to an OSHA Inspection and other OSHA Rights

-National COSH Network

http://www.coshnetwork.org/portuguese_inspection.htm

Know Your Rights--Your Legal Rights in the Workplace

-National COSH Network

http://www.coshnetwork.org/portuguese_know_rights.htm

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-POR.pdf>

Silicosis Alert

-EL-COSH/ International Union of Bricklayers and Allied Craftworkers

<http://www.cdc.gov/niosh/elcosh/docs/d0400/d000487/d000487-por.html>

Russian

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/RUSSIANFINAL.pdf>

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety

http://www.safework.ru/ILO/ILO_project_ICSC.shtm

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-RUS.pdf>

Serbian

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-SCC.pdf>

Swahili

International Chemical Safety Cards (ICSC's)

-International Programme On Chemical Safety
<http://www.cdc.gov/niosh/ipcs/swahili.html>

Tagalog

Job Safety: What You Should Know

-Cal/OSHA

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_T.pdf

Thai

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-THA.pdf>

Vietnamese

Job Safety: What You Should Know

-Cal/OSHA

http://www.dir.ca.gov/dosh/dosh_publications/JobSafety_V.pdf

Worker Rights Bulletin Inserts

-National Interfaith Committee for Worker Justice

<http://nicwj.org/bulletinPDFs/VIETNAMESEFINAL.pdf>

It's the Law

-National COSH Network

<http://www.bpsos.org/CACOS/OSHA%20Materials/OSHA%20Poster%208.5x11.pdf>

Safety with Video Display Terminals

-National COSH Network

<http://www.bpsos.org/CACOS/OSHA%20Materials/AnToanKhiSuDungManHinh.pdf>

How to Cope With Stress

-NSW Health (AU)

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/pdfs/3285/BHC-3285-VIE.pdf>

MULTILINGUAL WEB SITES

Work it out in Spanish

-California Department of Industrial Relations

<http://workitout.ca.gov/default.asp?id=107>

Information about workers rights on the job, how to make sure the workplace is safe and some facts about workers' compensation coverage.

OSHA in Spanish

- U.S. Department of Labor, Occupational Safety & Health Administration

<http://www.osha.gov/as/opa/spanish/index.html>

OSHA is responsible for creating and enforcing workplace safety and health regulations. Their Spanish Website features an overview of OSHA and its mission; how to file complaints electronically in Spanish; worker and employer rights and responsibilities; and a list of resources for employers and workers.

NIOSH in Spanish

-U.S. Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health

<http://www.cdc.gov/spanish/niosh/>

NIOSH is the Federal agency responsible for conducting research and making recommendations for the prevention of work-related disease and injury. This website includes Spanish-language versions of several NIOSH workplace safety and health documents relevant to industries and occupations in which large numbers of Spanish-speaking workers are employed. It also describes in Spanish how workers and employers can contact NIOSH and access basic services and provides links to other Spanish-language resources.

National COSH Network

-National Network of Committees/Coalitions on Occupational Safety and Health

<http://www.coshnetwork.org/paginaespanol.htm>

A network of non-profit organizations around the United States that advocate for worker safety and health. This website contains a listing of Spanish-language resources which includes fact sheets, conferences, reports and information on immigrant workers

Oregon OSHA

- Oregon Occupational Safety and Health Division

<http://www.orosha.org/>

Offers a Spanish link on their web page, including a Spanish-English/English-Spanish dictionary of health and safety terms online.

ATSDR in Spanish

-U.S. Department of Health and Human Services, Agency for Toxic Substances and Disease Registry

http://www.atsdr.cdc.gov/es/es_index.html

ATSDR's mission is to prevent exposure and adverse human health effects with exposure to hazardous substances. Their Spanish Website includes a fact sheet on exposure to chemicals as well as ToxFAQs, which provide easy-to-understand chemical information for the general public and contact information.

CDC in Spanish

- U.S. Centers for Disease Control and Prevention

<http://www.cdc.gov/spanish/default.htm>

CDC Information (and links to other health sites) in Spanish.

CDC en Español - Salud Ambiental

- *U.S. Centers for Disease Control and Prevention*

<http://www.cdc.gov/spanish/ambiental.htm>

Environmental health topics from various CDC agencies in Spanish.

NCEH in Spanish

- *U.S. Centers for Disease Control and Prevention, National Center for Environmental Health*

<http://www.cdc.gov/nceh/spanish/>

NCEH works to prevent illness, disability, and death from interactions between people and the environment.

EPA in Spanish

- *U.S. Environmental Protection Agency*

<http://www.epa.gov/espanol/>

Contains links to documents on various themes, divided into 5 sections: Vida Diaria, Vida Profesional, Protegiendo a los Niños, Emergencias en el Medio Ambiente, y Otros Recursos en Español.

Healthfinder in Spanish

- *U.S. Department of Health and Human Services*

<http://www.healthfinder.gov/espanol/>

Provides basic information on selected health topics from over 1700 government and nonprofit health and human services organizations. Special section for Spanish speakers and their families or health care providers.

Right to Know Hazardous Substance Fact Sheets (similar to MSDS's) - *New Jersey Department of Health and Senior Services*

<http://www.state.nj.us/health/eoh/rtkweb/rtkhsfs.htm>

Fact sheets for over 1600 chemicals, with many in Spanish.

National Ag Safety Database Spanish Materials Titles in English

- *NIOSH/ USDA-CSREES*

http://www.cdc.gov/nasd/menu/spanish/english_titles.html

NASD is a national central repository of agricultural health, safety, and injury prevention materials for the agricultural community and especially for agricultural safety specialists. This site is an English language titles list of their Spanish language materials.

Electronic Library of Construction Safety and Health

- *NIOSH/Center to Protect Workers' Rights*

<http://www.cdc.gov/niosh/elcosh/docs/nonenglish/nonenglish.html>

Materials in Spanish include pocket cards, brochures, training manuals and overheads, and summaries of CD-ROMs and videos among others. Materials in Creole, French, Italian, Polish, Portuguese include some fact sheets.

Virtual Library in Workers' Health

- *Pan American Health Organization (PAHO) and the Pan American Center for Sanitary Engineering and Environmental Sciences (CEPIS)*

<http://www.cepis.ops-oms.org/bvsast/e/home.htm>

Contains links to educational training materials in Spanish, Portuguese and English in a variety of formats such as, videos, manuals and fact sheets.

National Institute of Safety and Hygiene at Work/ Instituto Nacional de Seguridad e Higiene en el Trabajo

-*Spain's Ministry of Labor*

<http://www.mtas.es/insht/>

One of the INSHT's functions is the promotion and execution of activities such as training, information, research, study and dissemination of occupational risk prevention issues. Website includes guides, brochures and other short documents on occupational safety and health in Spanish, with limited amounts also available in English.

European Agency for Safety and Health at Work

http://agency.osha.eu.int/index_en.htm

The Agency is a tripartite European Union organization and brings together representatives from three key decision-making groups in each of the EU's Member States – governments, employers and workers' organizations. Website includes publications such as fact sheets, reports and newsletters, with some of the publications available in Spanish, Portuguese and English, among other European languages.

NSW Health, Australia

<http://www.health.nsw.gov.au/topics/index.html>

Information on common health topics available in various languages. 47 different languages are represented, but not all topics are available in all 47 languages.

Labor Occupational Health Program at UC Berkeley

www.lohp.org

Has free online fact sheets, booklets and reports on various occupational safety and health topics. Some fact sheets on young workers, workers' compensation and construction are available online in Spanish. Other basic training materials available for purchase in several languages from the LOHP catalog.

Labor Occupational Safety and Health Program at UCLA

<http://www.losh.ucla.edu/>

Offers various training aids such as curricula and videos, some materials and reports for free. See also an annotated bibliography of Spanish language workplace health and safety educational materials called La Fuente Obrera / A Workers' Sourcebook, accessed from the website's Spanish Resource Library's page.