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

Prepared by

Labor Occupational Health Program
Center for Occupational and Environmental Health
University of California at Berkeley

For

The Commission on Health and Safety and Workers’ Compensation
Workplace Health and Safety Worker Training Materials: An Electronic Multilingual Resource List

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.
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 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/HealthSfty.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
  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/WhisteblowerComplaint.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
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
Spanish

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

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

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
  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
  Includes a sample accident investigation form.

Accident Investigation
- OSHA
  Includes overheads and student hand-outs (link at bottom of page)
Back Injury Prevention

Hazard Alert: Back Injuries
-CPWR

\[\text{English}\]
http://www.cpwr.com/hazpdfs/hazback.pdf

\[\text{Spanish}\]
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

\[\text{Spanish}\]
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

\[\text{Spanish}\]
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)

\[\text{Spanish}\]
www.mtas.es/insht/practice/f_sani.htm

Ergonomics

You should know about work-related musculoskeletal disorders
-DoD Ergonomics Working Group

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

Ergonomics Awareness
-OR-OSHA
http://www.cbs.state.or.us/external/oshaforsb/pdf/safetyforsb/mod07.pdf

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**

**Spanish**

**Protecting Workers In Hot Environments**
- OSHA

- OSHA, Protecting Yourself Against Harmful Sunlight

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

**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/ipesnspn/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

Spanish

Construction

Tailgate Training for California Construction Workers
-LOHP

Backs & Lifting

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

Spanish

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


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
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

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
A general checklist applicable for the office environment.

Keyboard Workstation Assessment Inspection Checklist
- The University of Melbourne
Checklist for the computer workstation.

Safety with Video Display Terminals
-National COSH Network
Vietnamese

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

Prevention Fact Sheet: Joint Health and Safety Committees and Health and Safety Representatives
- Workplace Safety and Insurance Board
http://www.cfib.ca/worksafety/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
Hazard Alert: Construction Noise
-CPWR

Noise Damages Hearing
-Occupational Health Clinics for Ontario Workers Inc.

Select the Handout Topic from the list.

Stress Management

What is workplace stress?
-International Labour Organization (ILO)

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

How to Cope With Stress
-NSW Health (AU)
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
  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

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**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

**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

**International Chemical Safety Cards (ICSC’s)**
- International Programme On Chemical Safety
http://www.mtas.es/insht/ipcsnspoken/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**
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
-UF CW
http://www.ufcw.org/issues/internal.cfm?subsection_id=64&internal_id=93
Hazard Alert: Construction Noise
-C PWR
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)
Violence in the Workplace
-NIOSH
http://www.cdc.gov/spanish/niosh/fact-sheets/fact-sheet-705003.html

A r ä b i c e
How to Cope With Stress
-NSW Health (AU)

Č h i n e s e
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)

Č r o a t i a n
How to Cope With Stress
-NSW Health (AU)
Haitian/Creole
Worker Rights Bulletin Inserts
-National Interfaith Committee for Worker Justice
http://nicwj.org/bulletinPDFs/HAITIANTFINAL.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)

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)

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)

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)

Serbian
How to Cope With Stress
- NSW Health (AU)

Swahili
International Chemical Safety Cards (ICSC’s)
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*
  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**
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/nc EH/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/ehoh/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
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.