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Workplace Safety Training- Why it is Important by [Julia Roger](#)

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Workplace safety training is an extremely sensitive and important area of employment. It is very important that rules and regulations bind this area, which government entities put in action. In the United States the Occupational Safety and Hazards Administration (OSHA) establishes these rules and policies to ensure compliance.

OSHA has set numerous laws in order to prevent workplace injuries and all companies are entitled to adhere to these laws. These rules are not only for companies that have employees, but for also small self-employed companies.

One of the most common workplace safety training that people need is the proper procedures for lifting. This training saves countless arm, back, and leg injuries. The employees are taught to lift by bending their knees, and not by their backs.

Another area that OSHA wants companies to give importance is wearing breathing equipment and protective clothing when working around dangerous substances. This also includes respirators, eye goggles, fire retardant clothing and working boots. The specific requirements will differ from job to job and industries to industries, which will also have their set rules and regulations.

OSHA inspectors will check for compliance on regular basis and ensure that the workplace safety training is provided to all employees. The OSHA inspector also has the power to shut a company down if the company does not abide by the OSHA rules. Even though the company will be provided with the opportunity to make changes prior, any step is taken.

One can get the training material from numerous different companies as well. Most of these can be downloadable and can also be modified to match the specific needs. Again, some are available in form of pre-made forms. OSHA has a website of its own and can be accessed to get all the rules and regulations for every industry and training material can be downloaded as well. OSHA has local offices as well where you can acquire all the necessary information and training material.

Rules and regulations for workplace safety training have been enforced to maximize the efficiency of every company in every industry. The training also helps reduce work related injuries. OSHA gives every company liberty to expand upon the requirements if they wish to go into more depth for each area. However, the company needs to match the set of laws that are specified for each industry.

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