

# 10 WAYS



## TO GET YOUR PROGRAM STARTED

- 1 — Establish safety & health as a core value
- 2 — Lead by example
- 3 — Implement a reporting system
- 4 — Provide training
- 5 — Conduct inspections
- 6 — Collect hazard control ideas
- 7 — Implement hazard controls
- 8 — Address emergencies
- 9 — Seek input on workplace changes
- 10 — Make improvements to the program



MOSH  
FREE Consultation Service  
410- 527-4472

### OSHA's On-Site Consultation Program

offers no-cost and confidential occupational safety and health services to small- and medium-sized businesses in all 50 states, the District of Columbia, and several U.S. territories, with priority given to high-hazard worksites. On-Site Consultation services are separate from enforcement and do not result in penalties or citations. Consultants from state agencies or universities work with employers to identify workplace hazards, provide advice for compliance with OSHA standards, and assist in establishing and improving safety and health programs.

For more information, visit:

[www.osha.gov/consultation](http://www.osha.gov/consultation)

[www.dllr.maryland.gov/labor/mosh/volc.shtml](http://www.dllr.maryland.gov/labor/mosh/volc.shtml)



## IS YOUR WORKPLACE SAFE AND SOUND?

A safety and health program can help



[www.osha.gov](http://www.osha.gov)

OSHA 3887 05R-2018

## WHAT IS A SAFETY AND HEALTH PROGRAM?

A safety and health program is a proactive way to manage hazards in the workplace to prevent injuries and illnesses. Several program models are available for employers to follow, including OSHA's *Recommended Practices for Safety and Health Programs*, NSC's Journey to Safety Excellence, ANSI Z-10, or international standards such as ISO 45001.

All successful safety and health programs involve three key components:

- ⚙️ Management **leadership**
- ⚙️ Worker **participation**
- ⚙️ A systematic approach to **finding and fixing hazards**

No matter where your business is on safety and health, initiating a program or energizing an existing one using any of these approaches can help you take a step in the right direction.



**Download**

**OSHA's Recommended Practices  
for Safety and Health Programs at  
[www.osha.gov/shpguidelines](http://www.osha.gov/shpguidelines)**

## WHY IMPLEMENT A SAFETY AND HEALTH PROGRAM?

Each year, more than four million workers suffer from serious job-related injuries or illnesses, and more than 4,000 Americans die from work-related incidents. These incidents don't just hurt workers and their families, they hurt businesses as well. Whether at large organizations, medium-sized employers, or small businesses, safety and health programs can improve businesses' safety and health performance, save money, enhance your reputation, and help you be more competitive.

Safety and health programs can help you:

- Prevent** workplace injuries and illnesses
- Improve** compliance with laws and regulations
- Reduce** costs, including significant reductions in workers' compensation premiums, pay for time away from work, expenses for hiring and training replacement workers, and loss or damage to material, machinery, and property
- Engage** workers
- Enhance** your social responsibility goals
- Increase** productivity and enhance overall business operations



## HOW DO I GET STARTED?

Getting started is easy and you can do it yourself. OSHA's *Recommended Practices for Safety and Health Programs* and *Recommended Practices for Safety and Health Programs in Construction* have been well received by a wide variety of stakeholders and are designed to be used in small- and medium-sized business settings.

These documents present a step-by-step approach for implementing a safety and health program, built around seven core elements that make up a successful program.



## WHERE CAN I FIND HELP?

OSHA recognizes that regulations alone are not enough to change the safety culture in America, but a safety and health program is a way to start the journey to a safer workplace. Today's responsible business owners are actively managing safety in the workplace—why not get started now? Visit [www.osha.gov/safeandsound](http://www.osha.gov/safeandsound).

# Responsible Employers Manage Safety in the Workplace