

# Internet Resources for Job Safety and Health: 2023

## General Health and Safety Sites

One of the best sources of information for job health and safety on the internet is the **OSHA (Occupational Safety and Health Administration)** homepage, which includes an ergonomics homepage, worker rights, employer assistance, sector-specific and topic-specific standards and advice, a searchable index of standards, e-tools, COVID-19 guidelines and many other resources. <http://www.osha.gov>

To look up **OSHA citations** by company or industry: <http://www.osha.gov/pls/imis/establishment.html>

OSHA funds a number of **training programs for workers**, community groups and managers across the U.S. through their Susan Harwood Training grants at <https://www.osha.gov/dte/sharwood>.

OSHA has a resource page for **medical clinicians** at <https://www.osha.gov/dts/oom/clinicians/index.html>

The **Bureau of Labor Statistics** tracks occupational injuries and illnesses as well as fatalities. Both summaries and the actual data are available at <https://www.bls.gov/iif>.

**NIOSH** (the National Institute for Occupational Safety and Health) is another good general source. A searchable section on diseases and injuries briefly describes conditions with updates on current research and guidance on prevention, including personal protective equipment tests and advice. There are also resources on health hazard evaluations, conferences, state-based materials, rulemaking, chemicals, disease statistics, and many other topics.

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

<http://www.cdc.gov/niosh/topics/diseases.html>

NIOSH supports a large number of **Education and Research Centers (ERCs)** based at universities across the US. Expert centers also include **agriculture, construction, and total worker health centers** (for example, see the link for the UConn CPH-NEW program below). ERCs primary purpose is to train health and safety professionals, so the various ERCs host a broad array of training programs for safety experts, industrial hygienists, ergonomists, occupational physicians and nurses and other professionals. In addition, the programs provide extensive in-service training programs for professionals already in the field as well as occasional programs for workers, health and safety committee members, and managers. They are also home to extensive research programs and consultation programs. The list of ERC's and related centers can be found at <https://www.cdc.gov/niosh/oep/ercportfolio.html>.

NIOSH has a **workplace health promotion** website which includes tools for assessing health and health promotion programs at <https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html>

**EPA** (the Environmental Protection Agency) has a number of sites relevant to occupational health on indoor air quality, office and school environments, climate change, and other topics. [www.epa.gov](http://www.epa.gov) [www.epa.gov/iaq/](http://www.epa.gov/iaq/)

**American Family Physician** also has a number of articles on occupational health for clinicians at <https://www.aafp.org/afp/topicModules/viewTopicModule.htm?topicModuleId=89>.

The **Veterans Administration (VA)** occupational health department has resources on **safe patient handling, wellness, and workplace violence prevention**. <https://www.publichealth.va.gov/about/occhealth/index.asp>

The **Council of State and Territorial Epidemiologists (CSTE)** has links to reports, contacts and resources in occupational health <https://www.cste.org/page/CSTEPublications>. Occupational health indicators are posted at <https://www.cste.org/page/OHIndicators>.

The **Canadian Centre for Occupational Health and Safety** has hundreds of resources on their health and safety internet resource list, including Cheminfo, occupational mental health and stress. <http://www.ccohs.ca>

**New Jersey Department of Health** has 1,600 excellent **chemical hazard factsheets** that are free, independently researched, and clearly written (900 in Spanish) on hundreds of substances.  
<http://web.doh.state.nj.us/rtkhsfs/indexfs.aspx>

**MSDSonline** is a commercial website but has free searches for Safety Data Sheets (SDS) under the Globally Harmonized system at <https://www.msdsonline.com/sds-search>.

**Several safety organizations have useful websites:**

<a href="http://www.nsc.org">www.nsc.org</a>	The National Safety Council
<a href="http://www.aiha.org">www.aiha.org</a>	The American Industrial Hygiene Association
<a href="http://www.assp.org">www.assp.org</a>	American Society of Safety Professionals
<a href="http://www.nfpa.org">www.nfpa.org</a>	National Fire Protection Association
<a href="http://www.safetycentral.org">www.safetycentral.org</a>	International Safety Equipment Association
<a href="http://www.hfes.org">http://www.hfes.org</a>	Human Factors and Ergonomics Society

The **national AFL-CIO** includes a health and safety page. <http://www.aflcio.org/Issues/Job-Safety>

**COSH (Coalitions for Occupational Safety and Health)** are labor-oriented nonprofit groups based in many states, including Connecticut, with information on a variety of hazards. They can all be accessed through the National Coalition for Occupational Safety and Health <http://www.coshnetwork.org>

The **Cal-OSHA Reporter** (California OSHA) carries current stories on job health and safety.  
<http://www.cal-osha.com>

Some **blogs carry job health and safety news and commentary.**

The USMWF United Support and Memorial for Workplace Fatalities posts current stories about workers who have been killed on the job and their families <https://www.facebook.com/USMWF> or [www.usmwf.org](http://www.usmwf.org)

Workers' compensation issues are covered at the Workers' Compensation Research Institute at <https://www.wcrinet.org> and at the insider publication <http://workerscompinsider.com>.

The **Toxic Use Reduction Institute** at UMass Lowell has extensive resources on safer alternatives to toxic substances, including a database on alternatives to solvents. <http://www.turi.org>

**UMass-Lowell's Center for Sustainable Production** has information on changing chemical policies.  
<http://www.sustainableproduction.org/>

The **Health and Safety Executive of Great Britain** has extensive information on the European Union's REACH (Registration, Evaluation, and Authorization of Chemicals).  
<http://www.hse.gov.uk/reach/index.htm> <http://www.hse.gov.uk/index.htm>

OSHA has a discussion of the US program that responds to the International Globally Harmonized System for Hazard Communication. <http://www.osha.gov/dsg/hazcom/global.html>.

ACOEM (American College of Occupational and Environmental Medicine) has an occupational health guide for clinicians <https://acoem.org/Practice-Resources/Basic-Occupational-Health-Guide>

## State of Connecticut and Select Other Resources

The **Connecticut Workers' Compensation Commission** has an excellent website, including information on the locations of offices, a searchable version of the workers' compensation statutes, new decisions, and other information. <http://wcc.state.ct.us>

The **Connecticut (CT)** website allows access to all branches of state government. <https://portal.ct.gov>

The **CT Department of Public Health** occupational health program has database access, health alerts and fact sheets on a variety of occupational health topics including lead. <http://www.ct.gov/dph/occupationalhealth>

The **CT Department of Labor** includes an occupational health services site which includes information on their free Conn-OSHA consultation program and a great set of links to other health and safety sites including regulations, training, and Spanish publications. [www.connosha.com](http://www.connosha.com)

The **Connecticut General Assembly** website lets you search for any bill being considered or get information about relevant committees such as Labor and Public Employees or Public Health. <http://www.cga.ct.gov>

You can track national bills on the **National Library of Congress** site. <https://www.congress.gov/>

Search the medical literature at **US National Library of Medicine**. <http://www.ncbi.nlm.nih.gov/pubmed/>

Search general academic literature through **Google Scholar**. <http://scholar.google.com/schhp?tab=ws>

**UConn Health's Division of Occupational and Environmental Medicine** has information and links on job health and safety. <http://health.uconn.edu/occupational-environmental>

The **Center for the Promotion of Health in the New England Workplace (CPH-NEW)** is a research-to-practice initiative led by investigators from the UMass Lowell and UConn Health. <http://health.uconn.edu/occupational-environmental/academics-and-research/cph-new/>

**UConn Health's Center for Indoor Environments and Health** provides guidance on environmental exposures in indoor settings including schools and office buildings <http://health.uconn.edu/occupational-environmental/consultation-and-outreach/cieh/>

## Apps for occupational health

There are a number of apps developed for smart phones (both Android and Apple) that have been developed by government agencies that can be quite useful. Some useful apps include:

- **ILO Ergonomic Checkpoints** from the International Labour Office allows for creating checklists for ergonomic issues in the workplace.
- The **NIOSH Sound Level Meter** is a free, non-ad app developed by NIOSH that lets you use your phone as a sound level meter.
- The **NIOSH Lifting Equation Calculator (NLE Calc)** lets you evaluate jobs based on characteristics of the lifting hazards guidance issued by NIOSH (the International Centre for Safety Ergonomics and Human Factors also has a free NIOSH lifting equation calculator called **MMH Calculator**).
- The **OSHA-NIOSH Heat Safety Tool** combines local weather with NIOSH and OSHA guidance on heat stress.

- Chemical hazards can be evaluated using the **Chemical Safety Data Sheets – ICSC** app which calls up 2-page independently developed chemical data sheets (similar to material safety data sheets) from the UN, the International Labor Office (ILO) and the World Health Organization (WHO).

There are also a wide number of commercial apps on occupational health. **Searching in the app store** on your phone or tablet using terms such as the ergonomics, chemicals, job safety, OSHA, NIOSH, or similar terms will bring up a large number of apps which you can sort by customer ratings.

## **Ergonomic Sites and Links**

**Thomas Bernard's** website at **University of South Florida** has many of the standards and excellent free electronic ergonomic analysis tools such as the NIOSH lifting equation and heat stress, including apps.

<https://health.usf.edu/publichealth/tbernard>

**Ergoweb** has good factsheets, documents, and news. <https://ergoweb.com>

**Tom Armstrong** at the **University of Michigan** runs one of the most respected university training programs for ergonomics, and has extensive information, tools, and lectures. <http://www-personal.umich.edu/~tja>

**Cornell University's Alan Hedge** has an active ergonomics program, with reports posted on graduate student projects and evaluation of ergonomic products. <http://ergo.human.cornell.edu>

The **National Ergonomics Conference & Ergo Expo** has provided a forum on ergonomics, safety and wellness programs. <http://www.ergoexpo.com>

**The National Health Service/UK** has information about repetitive strain injuries/RSI  
<http://www.nhs.uk/conditions/Repetitive-strain-injury/Pages/Introduction.aspx>

Paul Landsbergis has a good website on job stress. <http://unhealthywork.org/about-us/team/paul-a-landsbergis>

The **European Agency for Health and Safety at Work's Job Stress Network** has info on to increasing job stress and its impact on health <https://osha.europa.eu/data/links/795>

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