

Internet Resources for Job Safety and Health: 2025

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 **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>

OSHA eTools and Safety and Health Topics. A collection of interactive, industry-specific safety tools and detailed information on a wide variety of workplace hazards. <https://www.osha.gov/etools>

OSHA Alliance Program. A partnership network generating best practices, safety guidance, and training resources through collaborations with national organizations. <https://www.osha.gov/alliances>

Safe + Sound Campaign (OSHA). An initiative to help businesses implement effective safety and health programs year-round. <https://www.osha.gov/safeandsound>

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. <https://www.cdc.gov/niosh/index.html>

NIOSH supports **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/extramural-programs/php/about/ercs.html>

NIOSH has a **workplace health promotion** website which includes tools for assessing health and health promotion programs at <https://www.cdc.gov/niosh/twh/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 www.epa.gov/iaq/

American Family Physician also has a number of articles on occupational health for clinicians at <https://www.aafp.org/pubs/afp/topics/by-topic.occupational-health.html>

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/group/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, climate change impacts and much more. <http://www.ccohs.ca>

ILO International Labour Organization – Occupational Safety and Health.

Global OSH data, international conventions, guidelines, and multilingual resources from the UN's labor agency. <https://www.ilo.org/global/topics/safety-and-health-at-work/lang--en/index.htm>

World Health Organization – Occupational Health. A global view of workplace health risks and strategies, including chemical exposures and health promotion. <https://www.who.int/health-topics/occupational-health>

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:

www.nsc.org	The National Safety Council
www.aiha.org	The American Industrial Hygiene Association
www.assp.org	American Society of Safety Professionals
www.nfpa.org	National Fire Protection Association
https://safetyequipment.org	International Safety Equipment Association
http://www.hfes.org	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 Council for Occupational Safety and Health <https://www.nationalcosh.org/>

Center for Construction Research and Training (CPWR). A national leader in construction safety research, CPWR offers comprehensive training materials, toolbox talks, data dashboards, and sector-specific research. <https://www.cpwr.com>

SafeWork USA (Washington State Department of Labor & Industries). Research and practical tools from Washington State's occupational health program. <https://lni.wa.gov/safety-health/safety-research>

Harvard Center for Work, Health, & Well-being. A leading Total Worker Health research center focused on workplace policies that improve employee health and productivity.

<https://centerforworkhealth.sph.harvard.edu/>

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

Workers' compensation issues are covered at the **Workers' Compensation Research Institute** at <http://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

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 (and a lot of private companies and insurers) that can be quite useful. Some useful apps include:

- 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. iPhones now also have a sound level meter built in.
- 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** and Liberty Mutual has the **ErgoValuator**).
- 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).
- **NIOSH Mobile Pocket Guide to Chemical Hazards**. Key information for 677 common workplace chemicals can help in quick identification and control, including PPE, exposure limits, and symptoms.
- **CCOHS Safe Work** from the Canadian Centre for Occupational Health and Safety provides OSH Answers factsheets on many workplace hazards, chemicals, job stress, ergonomics and more.
- **iAuditor by SafetyCulture** is a proprietary app designed for employers and safety committees to design and evaluate safety programs and internal inspections. It includes checklists and training resources.

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 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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