

The OSHA Explorer

Expert Tips and Tricks
for Finding Information
on the OSHA Website

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Today's Presenters



Jill James

HIS
Chief Safety Officer, HSI

Jill James is Chief Safety Officer at HSI where she focuses on product, thought leadership, and regulatory trends. Her 30-year EHS career includes 12 years as an OSHA Senior Safety Investigator, and several years in healthcare, education, biotech, life sciences and the poultry industry.

Jill hosts the Accidental Safety Pro podcast and created the Supervisor Safety Tip video series.

She received her Master's in Industrial Safety from University of Minnesota, Duluth and her undergraduate degree is in Community Health Education.



Todd W. Loushine

PhD, P.E., CSP, CIH
Associate Professor, Dept of Occ & Env Health & Safety, University of Wisconsin-Whitewater

Dr. Todd is an award-winning professor, specializing in everything from basic OSHA compliance to advanced data analysis techniques and research methods in EHS. He's been teaching for over 15 years and practicing safety for over 30 years.

He began as a CSO with Minnesota OSHA. In 2023-2024, Professor Loushine put his over 30 years of experience "to the test" by working part-time as a safety manager.

The professor takes a systems-based and data-driven approach to his practice and teaching, while staying connected to real-world experiences in safety.



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Agenda

- Trusted sources of information
- Non-OSHA resources
- The OSHA "dig site"
- Aligning with OSHA inspection



Scan for
Additional
Information
and
Resources

<https://goto.hsi.com/osha-explorer>





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Who do you trust?

- Google results
- AI (Pilot, ChatGPT, etc.)
- Conference presentation
- A friend who knows someone who used to work for OSHA
- The way we've always done things, *if it ain't broke...*
- Social media



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The OSHA Explore
Preface

Disclaimer – OSHA compliance is the absolute MINIMUM you should be doing to protect workers and your employer.

Your safety and health program documentation and references to OSHA documents is the foundation from which to build and manage an effective program.

REFERENCES: ISO 45001, ANSI Z10, I2P2, VPP



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References



OSHA general info:
<https://www.osha.gov/safety-management>

- OSHA Voluntary Protection Program:
 - <https://www.osha.gov/vpp>
 - <https://vppppa.org/about/osha-vpp/>
- I2P2 (Injury and Illness Prevention Programs):
 - [OSHA information](#)
 - [Cal-OSHA information](#)
- ANSI Z10:
 - [ASSP Store](#)
 - [Article about standard](#)
- ISO 45001:
 - [Article and Checklist](#)
 - [NOA resources](#)



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Dig Site: OSHA.gov

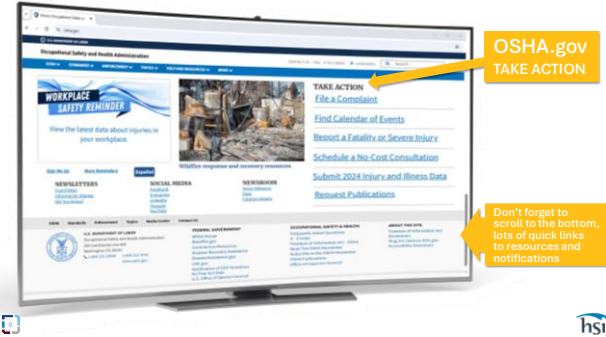
More to this website than meets the eye once you start digging, the riches below:

- Home page: changes with the season
- Sign-up for newsletter, social media
- Resources: downloads, free info
- Regulations and Standards
- Take Action







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OSHA.gov
TAKE ACTION

Don't forget to scroll to the bottom, lots of quick links to resources and notifications



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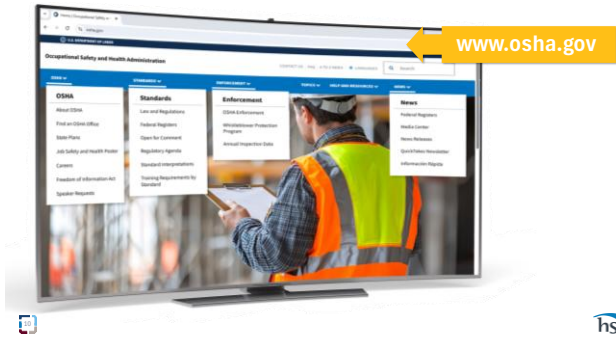
It can be scary navigating osha.gov, so many menus

Grab a torch and let's go...

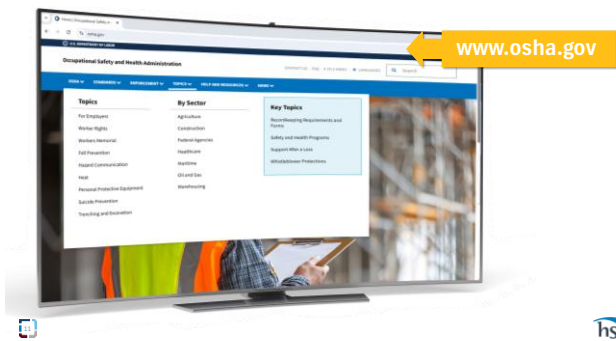




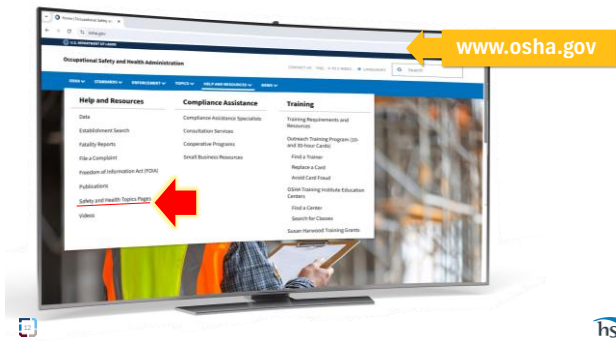
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Safety and Health Topics

OSHA's Safety and Health Topics page provides regulatory and enforcement information, hazard identification and controls as well as best practices and other resources to assist employers, workers and safety and health professionals ensure safer workplaces.

Find a Topic

To find a specific Safety and Health Topics Page:

Search Safety/Health Topics

- Visit the [Alphabetical Listing](#), or
- REVIEW [Previously Featured Topics](#)

Other Resources

Are you interested in web-based training tools on occupational safety and health topics? Try [OSHA's eTools](#), [eTools](#), [Expert Advisors](#) and [eTools](#). For other training material, visit [OSHA's Training website](#). If you are an employer or a small business, visit OSHA's web pages for [employers](#) and free services to [small businesses](#). For other General Safety and Health information, visit the [General Safety and Health Resources](#) page.

Report a Fatality/Severe Injury

All employers are required to notify OSHA when an employee is killed on the job or suffers a work-related hospitalization, amputation, or loss of an eye. A fatality must be reported within 8 hours. An in-patient hospitalization, amputation, or eye loss must be reported within 24 hours.

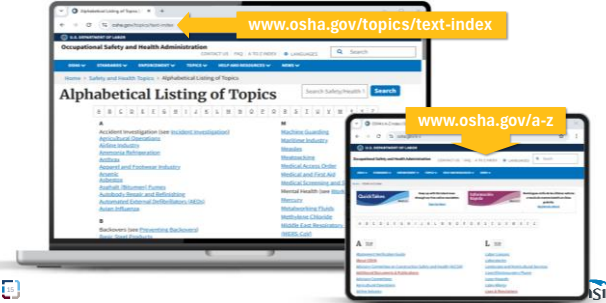


www.osha.gov/topics

The logo for the Health Safety Institute (HSI), consisting of the letters "hsi" in a stylized font.

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Alphabetical Listing of Topics vs. A to Z Index



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eTools

Help and resources menu item > click safety and health topics > scroll to middle of page, click eTools

Land here: <https://www.osha.gov/apps-and-etools>



Click on eTools
Pop up menu with some
items, older but some
value, S&H pages better
Example: Hazard tool
If have older system
(flash) can use this
training tool.



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Publications

Enforcement >

OSHA Enforcement >

Far right of page >

Click industry resources and
land on this page:

OSHA Publications by type:
<https://www.osha.gov/publications/bytype>

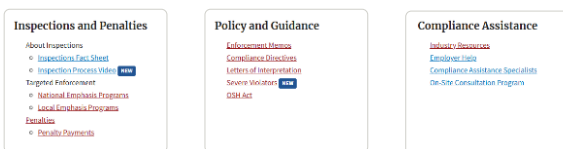


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Policy and Guidance Documents

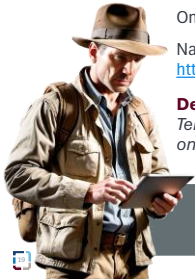
Enforcement Menu > click OSHA Enforcement

<https://www.osha.gov/enforcement>



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National Emphasis Program



On the Enforcement page > far right side >

National Emphasis Program:

<https://www.osha.gov/enforcement/directives/nep>

Definition:

Temporary programs that focus OSHA's resources on particular hazards and high-hazard industries.

Why me/us?

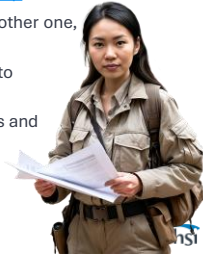
How do you get picked.



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Local Emphasis Programs

- <https://www.osha.gov/enforcement/directives/lep>
- Organized by regional offices, expand SF vs. another one, how many CPLs (PDFs, compliance letters)
- This is both why am I being inspected and how to prepare, what to focus on.
- Using materials OSHA provides to mitigate risks and hazards



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Letters of Interpretation

Importance:

- Help to determine application of laws
- Insight into OSHA's intent
- You're not alone. If you're thinking it, it's been asked!

Access to decades of interpretations

<https://www.osha.gov/laws-regs/standardinterpretations/publicationdate/currentyear>

<https://www.osha.gov/enforcementmemos>

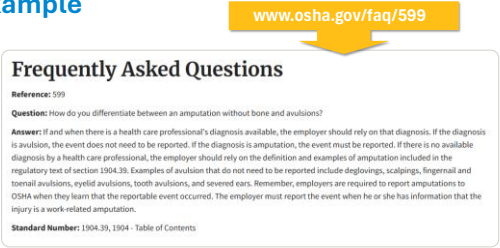


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Example

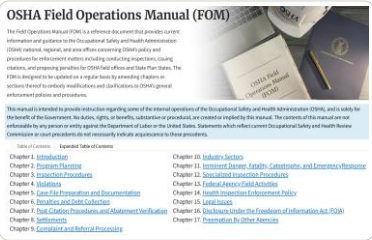


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Field Operations Manual

Entirely online!
(used to be printed only)
Use online search tools

<https://www.osha.gov/fom>



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2025 OSHA Civil Penalties

Table 1: Maximum and Minimum Amounts for Civil Penalties		
Type of Violation	Penalty Minimum	Penalty Maximum
Serious	\$1,221** per violation	\$16,550 per violation
Other-Than-Serious	\$0 per violation	\$16,550 per violation
Willful or Repeated	\$11,823* per violation	\$165,514 per violation
Posting Requirements	\$0 per violation	\$16,550 per violation
Failure to Abate	N/A	\$16,550 per day unabated (generally limited to 30 day)

Table 2: Serious Violations				
Severity	Probability	GBP	Gravity	OIS/GRAVITY Code
High	Greater	\$16,550	High	30
Medium	Greater	\$14,187	Moderate	5
Low	Greater	\$11,823	Moderate	5
High	Lesser	\$11,823	Moderate	5
Medium	Lesser	\$9,457	Moderate	5
Low	Lesser	\$7,093	Low	1



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OSHA Technical Manual: TOC

Table of Contents OSHA Instruction TED 01-00-015	
Table of Contents	Expanded Table of Contents
SECTION I: General Information	SECTION V: Construction Operations
SECTION II: Sampling, Measurement Methods and Instruments	SECTION VI: Health-Care Facilities
SECTION III: Health Hazards	SECTION VII: Ergonomics
SECTION IV: Safety Hazards	SECTION VIII: Personal Protective Equipment
	SECTION IX: Safety and Health Management



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Data and Statistics

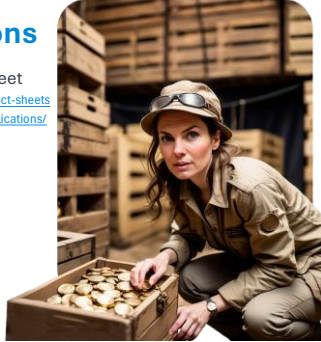
- Go to Help and Resources menu (on main osha.gov) > Click Data
 - www.osha.gov/data
- Top Ten Cited Standards
- OSHA ITA (Injury Tracking Application)
- Severe Injury Dashboard
- Inspection Data > High Penalties
 - www.osha.gov/enforcement/toppenalties/bystate
- Fatality Inspection Data
- Establishment Search



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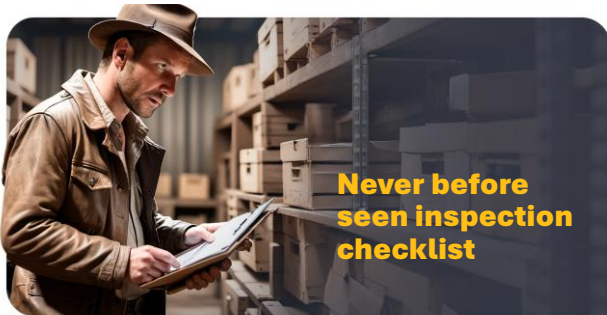
All About Inspections

- Useful PDF: Inspections Fact Sheet
 - <https://www.osha.gov/publications/bytype/fact-sheets>
 - <https://www.osha.gov/sites/default/files/publications/factsheet-inspections.pdf>
 - Addresses major actions/timeline: priorities, on-site inspections, results, appeals, workers' rights, contact OSHA
- From the Inspector perspective: what we did as CSHOs
- What to do prior to and during a compliance inspection





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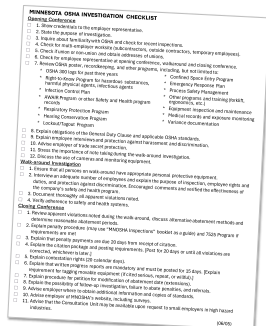


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MINNESOTA OSHA INVESTIGATION CHECKLIST

Opening Conference

1. Show credentials to the employer representative.
2. State the purpose of investigation.
3. Inquire about familiarity with OSHA and check for recent inspections.
4. Check for multi-employer worksite (subcontractors, outside contractors, temporary employees).
5. Check if union or non-union and obtain addresses of unions.
6. Check for employee representative at opening conference, walkaround and closing conference.
7. Review OSHA poster, recordkeeping, and other programs, including, but not limited to:
 - OSHA 300 logs for past three years (Right to Know Program for hazardous substances, harmful physical agents, infectious agents)
 - Infection Control Plan
 - HSWP Program or other Safety and Health program records
 - Respiratory Protection Program
 - Hearing Conservation Program
 - Lockout/Tagout Program
 - Confined Space Entry Program
 - Emergency Response Plan
 - Process Safety Management
 - Other programs and training (forklift, ergonomics, etc.)
 - Equipment inspection and maintenance
 - Medical records and exposure monitoring
 - Variance documentation



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We hope
we didn't
overwhelm
you...



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KEY TAKEAWAYS
Store this in your brain:

Valuable artifacts exist.
Keep digging.
Read the writing on the wall, those A to Z
hieroglyphics are key (the A to Z Index)
Always be a student.
OSHA is not the villain.

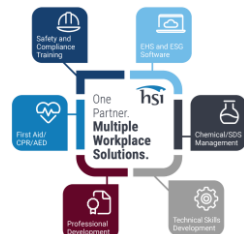


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Thanks for joining us!
Questions?

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Scan for Additional
Information and
Resources

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