

Virginia Public Health Preparedness Summit March 25, 2026



EWOSH EMPLOYEE WELLNESS, OCCUPATIONAL SAFETY AND HEALTH

WORKPLACE SAFETY BEST PRACTICES

WORKPLACE SAFETY BEST PRACTICES

Effective workplace safety relies on a proactive culture, regular risk assessments , proper training, and the use of appropriate safety equipment

1. Risk assessments (site surveys)
2. Comprehensive training (OSHA Required Training)
3. Implement clear safety procedures (on EWOSH website)
4. Use proper equipment and personal protective gear
5. Keep clean organized workplaces
6. Encourage reporting and open communication (incident and near miss reporting)
7. Prepare for emergencies (EAPs)
8. Promote ergonomics and employee well being (Employee wellness)
9. Monitor, review, and update policies.

The Future Safety of Public Health Staff

- *EWOSH Internal Web Site* – contains information designed to help staff, contractors, and volunteers follow safety procedures to stay safe
- *EWOSH Services Offered* to Local Health Districts, Offices, and Central Office to assist in maintaining safety and health of all VDH personnel.
- *EWOSH Deployment Readiness Database* available to all VDH LHDs, Offices, and Central Office – anyone who needs to track immunizations, CPR certifications, respirator wear, and ALL THINGS necessary for DEPLOYMENT.
- *Upcoming OSHA Required Training*
 - *for New Employees*
 - *Annually* in APRIL 2026
 - *Role Specific Trainings coming by end of 2026*

EWOSH Internal Web Site Tour

VDH Intranet – Resources for Employees

The screenshot displays the VDH Intranet homepage. At the top left is the VDH logo with the text 'VIRGINIA DEPARTMENT OF HEALTH' and 'Resources for Employees'. To the right is a search bar labeled 'Search VDH'. Below the logo is a horizontal navigation menu with items: Administration, Operations, Financial, HR, OPGS, OIM, Forms, Policies, and Offices (which is highlighted in blue). Below the navigation menu is a blue 'Quick Links' section. A red arrow points to the 'Employee Wellness & Safety (EWOSH)' link in the quick links list.

VDH VIRGINIA DEPARTMENT OF HEALTH
Resources for Employees

Search VDH

Administration Operations Financial HR OPGS OIM Forms Policies Offices

Quick Links

- Accessibility
- Agency Forum
- APA Enforcement
- Cardinal HCM
- Comms Hub
- Constituent Mail
- DASH
- Data Governance
- Data Systems
- Data Training
- Digital Library
- Employee Advisory Council
- Employee Center
- Employee Wellness & Safety (EWOSH)
- Federal Government Shutdown Guidance
- FOIA
- General Assembly
- GIS
- Graphics
- HAN
- Help Desk
- HIPAA & Privacy
- Information Security
- IT Project Request
- Language Access Hub
- Madison Bldg. Conference Room Reservation System ★
- MAG
- Payline
- Records Retention
- REDCap
- Regional Task Force
- SharePoint
- STLAR
- T&E/F&A
- Tableau
- Training
- Travel Hub
- TTF Report
- VDH 340B Resources
- VDH Branding
- VDH Website
- Video Conferencing
- Web Vision
- Website Analytics

HOME SITE

Employee Wellness Occupational Safety and Health

CommonHealth weekly well note

FOOD FOR THOUGHT: 7 SIMPLE TIPS FOR A HEALTHY, BALANCED MEAL



Simple, science-backed guidance for a healthier workforce

Food for Thought: 7 Simple Tips for a Healthy, Balanced Meal

- 1. Fill Half Your Plate with Vegetables**
Aim for a variety of colors. Ex. Leafy greens, orange veggies, reds, purples. More color = more nutrients + fiber.
- 2. Include Lean Protein**
Protein helps with fullness, muscle health, and blood sugar balance. Examples: grilled chicken, fish, beans, lentils, tofu, eggs, Greek yogurt.
- 3. Choose Smart Carbs**
Go for whole grains and fiber-rich options instead of refined carbs. Think: brown rice, quinoa, whole wheat pasta, sweet potatoes, oats.
- 4. Add Healthy Fats**
Healthy fats support heart health and help you absorb vitamins. Examples: avocado, olive oil, nuts, seeds, fatty fish.
- 5. Watch Portion Balance**
A simple guide: - 1/2 plate vegetables, 1/4 plate lean protein, 1/4 plate whole grains or starch, small serving of healthy fat
- 6. Limit Added Sugar & Excess Sodium**
Check labels. Many sauces, dressings, and drinks sneak in extra sugar and salt.



- Home
- Occupational Safety & Training
- Incidents and Accidents
- EWOSH Policy and Guidelines
- Occupational Health Contacts
- Resources
- Deployment Readiness Database



Occupational Safety and Training


Employee Wellness and Occupational Safety and Health → Occupational Safety and Training

LONE WORKER AND HOME VISITOR SAFETY



The screenshot shows the TRAIN Virginia website interface. At the top, there is a PDF icon and a user profile for 'Steven'. The main header includes the TRAIN Virginia logo and the VDH Virginia Department of Health logo. A navigation menu contains links for HOME, COURSE CATALOG, YOUR LEARNING, CALENDAR, RESOURCES, DISCUSSIONS, ADMIN, and HELP. A search bar is located on the right. The main content area features a course card for 'VDH: Lone Worker & Home Visitor Safety'. The card includes a 'Back' link, a 'History' button, and a 'Launch' button. The course details are: 'Completed' (green), 'Verified' (checkmark), 'Web-based Training - Self-study', 'ID 1131249', 'Skill level: Introductory', and '0.5h'. The publish date is 'Aug 1, 2025 12:00 AM EDT'. A description follows: 'As part of the EWOSH lone worker safety training offerings, this course is designed to equip public health nurses, community health workers, and other VDH staff who work alone in the field, arrive early, stay late, or otherwise work alone at the office with essential skills and knowledge required to mitigate safety hazards when working alone. PLEASE NOTE: Once completing the User Agreement, you may scroll down at any time to the Resources tab for helpful instructional short video links on home visitor safety, eight soft targets (self-defense), how stress affects the brain, and progressive muscle relaxation (PMR). However, to receive credit for completing the course you must successfully complete each of the training modules.' Below the description is a 'Show less' link and the course ID 'Course ID# 1131249' in red text.

Safety Checklist

 [Form and Appendix EWOSH LHD Site Safety Checklist_Revised_SGR](#)

1. To facilitate and track the OSHA required testing for various facility

Incidents and Accidents

Employee Wellness and Occupational Safety and Health → Incidents and Accidents


Needle stick and/or a bloodborne pathogen exposure:

1. Wash the area with soap and water as soon as possible.
2. Seek medical attention by reporting the incident to your supervisor or occupational health services immediately. They will assess the risk of infection and determine if a bloodborne pathogen exposure has occurred and further medical evaluation or treatment is necessary.
3. Identify the source. Try to identify the source patient, if possible, as testing may be needed to determine if they have any infectious diseases.
4. Follow-up testing. If you have had a bloodborne pathogen exposure, you will need follow-up testing for infectious diseases such as hiv, hepatitis b, and hepatitis c. This testing is typically done immediately as a baseline and at intervals after the exposure to detect any infections.
5. Report the incident by completing an accident reporting form and submitting to your supervisor and occupational health and safety staff at (email address).
6. Follow-up care: follow any additional instructions or recommendations




CONTRACTOR REPORTING

 [Injury Reporting for Contractors](#)

 [Safety Event Reporting Procedures](#)

Where you report a safety event in Red Cap that may have occurred due to a medical issue or in response to a medical procedure for client, visitor, etc.

- [Red Cap Form for Completion](#)

 [VDH Accident Investigation Form](#)

A form to report an accident or incident due to an injury. This form would be used with an employee or visitor or client. OSHA reportable.

EWOSH Policy and Guidelines

Employee Wellness and Occupational Safety and Health → EWOSH Policy and Guidelines

Guidelines & Procedures

-  1.0 Post Incident Procedures
INFOGRAPHIC  1.0 Post Incident Reporting
-  2.0 Bloodborne Pathogen Exposure Guidelines
INFOGRAPHIC  2.0 Bloodborne Pathogens Exposure Guidelines
-  3.0 Hazard Communication Procedures
INFOGRAPHIC  3.0 B Sign and Tag
 3.0 Hazard Communication Program
-  4.0 Respiratory Protection Procedures
INFOGRAPHIC  4.0 Respiratory Protection Procedures

-  13.0 Vehicle Equipment Safety Guidelines
INFOGRAPHIC  13.0 Vehicle Equipment Safety Guidelines
-  14.0 Spill Response Procedures
INFOGRAPHIC  14.0 Spill Response Procedures
-  15.0 Fall Protection Procedures
INFOGRAPHIC  15.0 Fall Protection 
-  16.0 Emergency Action Plan (Rev 1)
INFOGRAPHIC  16.0 Emergency Action Plan
-  17.0 Fire Prevention Procedures

Occupational Health Contacts



Elizabeth Coleman, BS, MIS, ASP, CSP

OSHA Program Manager

804-864-7040

Elizabeth.Coleman@VDH.Virginia.gov email EWOSH team at occhealth@VDH.virginia.gov

Liz comes to VDH with a wealth of experience in Leadership and Management. After building an award-winning Occupational Safety and Health program in the Municipal Government sector, achieving a Graduate Certificate in Organizational Leadership from UVA, she achieved the Certified Safety Professional (CSP) and Associate Safety Professional (ASP) certifications by the Board of Certified Safety Professionals. Liz earned OSHA 30-hour certifications in General Industry as well as Construction sectors, previously lead private and public sector companies through many successful audits such as Homeland Security, CLIA, and VOSH, and co-authored 10 research publications while at the University of Michigan and University of Virginia. Moving forward, Liz is well poised to support the Virginia Department of Health in our mission to protect the health and promote the well-being of our staff.



Brendan M. Mahoney, M.S.N., R.N.

Occupational Health & Safety Specialist

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Brendan M. Mahoney is a native of Virginia and has a background in the hospital environment, public health, school health, and currently, occupational health. As the clinical staff member on the Occupational Health and Safety Team, Brendan's experience encompasses direct patient care, medical needs and accommodation, disease management, and health promotion and education. He has completed the OSHA 30-hour General Industry training course, Industrial Hygiene coursework at Virginia Commonwealth University, and the Basic Safety Officer Course through DHRM. He is a member of the American Association of Occupational Health Nurses (AAOHN).



Steve Rykal

Occupational Health & Safety Spec

(W) 804-840-3695

Steven.Rykal@VDH.Virginia.gov

Steve Rykal is a former Navy Medical Service Corps Officer, having served as Preventive Services Department Head at a Naval Hospital, which included the Occupational Medicine, Immunizations, Preventive Medicine, and Industrial Hygiene Divisions. He is also an Iraqi War veteran, having served with the Marine 4th Civil Affairs Group in Ramadi. He has been with VDH since 2002, where prior to joining the EWOSH Team, he served first as the Field Operations Supervisor for the Vaccines for Children program in the Division of Immunizations, then later as the Local Health Emergency Coordinator for the Three Rivers and Chickahominy Health Districts. He has completed the DHRM Safety Officer Certification plus eleven additional DHRM safety courses, OSHA 30-Hour Training, and received the Risk Management Industrial Hygiene Certificate from Virginia Commonwealth University.

Resources

Employee Wellness and Occupational Safety and Health → Resources

Safety Policies and Resources

Page Contents Safety Policies Safety Resources Safety Officer Resources Job Safety Analysis Ergonomics OSHA and Other Resources Global Hazard Communication ...

[Continue reading](#)



Human Resources






INFORMATION ON STAFF IMMUNIZATIONS

Deployment Readiness Database Information

Employee Wellness and Occupational Safety and Health → Deployment Readiness Database Information

INSTRUCTIONS FOR TRIAL DEPLOYMENT READINESS DATABASE

-  [Prototype DRD 8-6-24 Instructions for Manual Entry](#)
-  [Prototype DRD 8-6-24 Report Generation Instructions](#)
-  [Delete records in Redcap 8-26-24](#)

DRD Employee Health Profile

Capture Personal Info and Immunization Status

NOTICE: This project is currently in development status. Real data should NOT be entered until the project has been moved to Production status.

Employee Health Profile

AAA
☰ ☱

Employee Health Profile

Employee Information

Last Name:
* must provide value

First Name:
* must provide value

Phone Number:
* must provide value

Position title:
* must provide value

Supervisor First & Last Name:
* must provide value

PHI Permission Form [Upload file](#)
* must provide value

PHI Permission Form [Upload file](#)
* must provide value

_____'s Immunization Status

Immunization Status

Immunization	Date of Immunization/Titer	Results	Declination
Td/Tdap	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file
MMR	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file
Most Recent Influenza Immunization	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file
Hepatitis B	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file
Varicella	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file
Most Recent Tuberculin Skin Test (TST)	<input type="text"/> M-D-Y	<input type="text"/> ▾	Upload file

Other Vaccine(s) OR Titer(s) Dates:

Expand

DRD Employee Health Profile

Capture info on TB Exposure and Respirator Wear

TB New Employee Test

TB New Employee Test

Date of Test	Test Result
<input type="text"/> <input type="button" value="Today"/> M-D-Y	<input type="text"/>

New TB Exposure

New TB Exposure	Date of TB Exposure	Date of Test	Test Result
<input type="button" value="Yes"/> <input type="button" value="No"/> <input type="button" value="reset"/>	<input type="text"/> <input type="button" value="Today"/> M-D-Y	<input type="text"/> <input type="button" value="Today"/> M-D-Y	<input type="text"/>

_____'s N95 Fit Testing Information

N95 Fit testing status:

N95 Fit test date:

M-D-Y

Respirator Type:

[reset](#)

Respirator Make:

Respirator Model:

Respirator Size:

Medical Clearance Status:

Attach Respirator Medical Clearance Here:
[Upload file](#)

N95 Work Accomodations/Restrictions:

[Expand](#)

Medical clearance notes:

[Expand](#)

Fit Test Notes:

[Expand](#)

DRD Employee Health Profile

Capture CPR Certification Status

Who can add information to DRD?

ANYONE!!

You do NOT need an account to add information to DRD.

You DO need an account and access to pull info from DRD.

_____'s CPR Information


CPR Certification Status

+ CPR American Heart Association

+ CPR American Red Cross

+ Other

CPR Certification Date

 Today M-D-Y

Attach CPR Certification Card Here [Upload file](#)

Progress Notes:

Expand

Submit

DRD REPORT CAN DETERMINE WHO MAY BE DEPLOYED SAFELY

To run the report, one must 1. Have a REDCAP Account 2. Have been given access to the DRD

Example of a DRD REPORT

Record ID	Last Name:	First Name:	Phone Number:	Position title:	Supervisor First & Last Name:	PHI Permission Form	Date of Td/Tdap/titer
15							
40	Adams	Jason	(804) 334-5723	RN	Kathy Baxter	111025 Wellnote Scan.jpg	11/13/2025
19	bebabe	bebabe	(555) 555-5555	nurse	Elizabeth Coleman		
42	Bottoms	Kenny	(804) 335-9844	WIC Supervisor	Jessica Wyatt	Work Life Balance Nov_0001.jpg	11/5/2025
32	Brown	Conrad	(804) 553-8821	EH Manager	Brian Hicks	20.0 Staff Deployment Health and Safety Guidelines in review 10-14-25 BMM Track Changes.docx	
24	Bruhaha	Beebopaluba	(555) 555-5555	Nurse	Elizabeth Coleman		
21	Caffee	Daniel	(785) 987-2234	MD	Jason Hicks		
8	Carey	Jennifer	(804) 652-1943	EH	Steve Lewis		
14	Carey	Jennifer	(804) 652-1943	EH	Steve Lewis		
18	coleman	elizabeth	(434) 555-5555	OSHA Program Manager	Suzi Silverstein		
26	Coleman	Elizabeth	(434) 555-5555	OSHA Program Manager	Elizabeth Coleman		
23	Doe	Jane	(757) 555-5555	PHN	Minnie Mouse		
41	Fitzgerald	Helen	(804) 551-2343	OSS	Lori Lucks	111025 EAP Scan.jpg	11/12/2025
37	Gregory	Sarah	(804) 335-9981	Physician	Phoebe Collins	Work Life Balance Nov_0003.jpg	11/19/2025
7	Hayes	Katie	(804) 358-1209	PHN	Carol Simms		

EWOSH Services

- **Site Safety Surveys/Reports**
 - w/Corrective Action Recommendations
- **Respiratory Fit-Testing Train-the-Trainer**
 - Respiratory Fit-Testing Troubleshooting
- **23 Procedures & Guidelines**
- **Hazard-Specific Trainings**
- **Job Hazard Analysis**
 - Task Assessment and corrective actions
- **Deployment Readiness Database (DRD)**



Introducing: OSHA Required Safety Training



OSHA Safety Training Requirements

VDH must provide training to workers who face hazards on the job.

- **General Training:** Employers must ensure that workers can identify, mitigate, and report potential health and safety hazards.
- **Specific Standards:** Training requirements are outlined in Title 29, CFR Part 1910 for General Industry, which includes various safety standards.
- **Course Selection:** Employers should choose appropriate training courses that meet OSHA standards and are **relevant** to their specific workplace hazards.
- **Implementation:** A quality safety training program should be implemented **based on the applicable OSHA standards** to ensure compliance and worker safety.

OSHA Required Safety Training



- **Who:** ALL STAFF – NEW and Pre-existing - for New Hires and Existing Staff
- **What:** 16 videos – each approximately 5 minutes or less = total time about 1 hour and 20 minutes.
- **When:** Coming in April 2026 and to be repeated ANNUALLY.
- **Where:** This Training is in TRAIN and will be sent to everyone as a Safety Training Plan.
- **How:** Recommend completion of about 20 minutes per quarter.
- **Why:** **OSHA requires employers to provide comprehensive safety training to employees based on the specific hazards they may encounter in the workplace.**

Annual OSHA Required Safety Training

Accident Reporting, Bloodborne Pathogens, and Hazard Communication

Accident/Injury Reporting (Post Incident Reporting)

- Employee and Contractors must complete different forms.
- Form Completion – when, where, why, and how.

Bloodborne Pathogens (All Employee Version)

- What is and how to prevent an exposure.
- What to do if you are exposed.



Hazard Communication

- Chemical Safety information for physical and health hazards
- Safety Data Sheets and Pictograms

Annual OSHA Required Safety Training

Slips, trips, and Fall Protection, Emergency Action Plan (EAP), and Fire Safety

Slips Trips and Fall Protection

- Tips to maintain safe walking on same level
- Mitigating fall hazards.



Emergency Action Plan

- Evacuation protocols
- Shelter in Place procedures

Fire Safety

- Portable Fire Extinguishers
- Fire Prevention Plan



Annual OSHA Required Safety Training

Respiratory Protection, Confined Space Awareness, Indoor & Outdoor Safety



Respiratory Protection

- Steps to complete before wearing.
- How and when to wear (and not to wear).

Confined Space Awareness

- What is a confined space.
- What is required to work in one safely.

Indoor & Outdoor Safety

- Hazards you may encounter.
- How to mitigate or avoid hazards.



Annual OSHA Required Safety Training

Back and Musculoskeletal Safety, Personal Protective Equipment, Electrical Safety, and Vehicle and Equipment Safety

Back & Musculoskeletal Safety

- How to lift safely
- Ergonomic tips to prevent back injury

Personal Protective Equipment (PPE)

- Eye and Face
- Hand Protection
- Foot Protection



"I'm just burying a bone, but it's important to wear the proper safety gear for any job!"

Electrical Safety

- Extension cords
- Six-way safety.

Vehicle & Equipment Safety

- Operational Safety
- Manufacturer Instructions

Role Specific Training: *Coming Soon (end of 2026)*

Examples:

- ***Water treatment plant*** inspectors may require a set of trainings based on the hazards they encounter to include:
 - Spill Response
 - Ladder Safety
 - Lone Worker Training
- ***Healthcare providers*** may require a set of trainings based on the hazards they encounter to include:
 - Lone Worker Training
 - Healthcare Bloodborne Pathogen Training (longer than all staff video)

Training Completion

*****Very Important*****



- **Required Training needs Proof of Training**
 - Verification requires TRAIN reports.
- **TRAIN Super Users -- ENSURE ACCURACY OF TRAIN ACCOUNTS**
 - Make sure only present employees are included in your reports (past employees are removed).
 - Compare current active TRAIN accounts with current staff rosters
(EWOSH can assist if needed - occhealth@vdh.virginia.gov)
 - Ensure TRAIN Group Settings for each employee/contractor account reflect current LHD/Office
- **HR Analysts**
 - Ensure TRAIN account maintenance (proper creation, updates, deactivation) as part of standard on-boarding off-boarding processes

WORKPLACE SAFETY BEST PRACTICES

Questions?



occhealth@VDH.virginia.gov

EWOSH

Thank you!