

# Health and Safety Online Course Offerings

*Available through September 2020*

These trainings are available for County and Regional Training and Development Consortium employees.

- **County/City LMS Consortium Employees:** Register via LMS at <https://sanmateocounty.csod.com>. These sessions will be listed under “Online” and “Safety” subject categories on the LMS Home Page
- **City Consortium Employees not on LMS:** Please register via your [Training Coordinator](#) to be proxy enrolled into the sessions

## **Mandatory Evaluation:**

- A completed evaluation is required to get credit for these courses. Following a course session:
  1. Go to the “Learning” tab
  2. Click on “View Your Transcript”
  3. Find the online course title and click on EVALUATE

## **Minimum System Requirements for Online Training:**

- Intel/AMD compatible multimedia computer
- Windows 2000/XP or higher
- 350 MHz Processor
- 128MB RAM
- Flash Player 8 plugin or newer
- Browser Settings: JavaScript enabled, cookies enabled, pop-up blockers disabled
- Java (you may need to uninstall previous versions and re-install latest version)
- Internet Explorer 6 or newer OR Firefox 2 or newer
- Broadband Internet connection, 256kbps or higher
- Local bus or PCI Video
- Soundcard
- Some online sessions may require speakers/headphones
- VGA Monitor

**Note: Please see your internal IT support person if you have any questions regarding the above system requirements, or if, after following the instructions from your Training Coordinator, you are unable to launch the course.**

## Active Shooter/Active Threat

Empower employees to minimize the impact of workplace violence and react appropriately to an active shooter situation.

**Approximate Length:** 45 minutes

## Active Shooter/Active Threat: Organizational Preparedness & Recovery

Helps management and HR prepare employees to respond to, and recover from, an active threat or active shooter incident.

**Approximate Length:** 45 minutes

## Aerial Lifts for Construction

Designed to familiarize learners with hazards related to aerial lifts and provide best practices to ensure safety while operating or working near one.

**Approximate Length:** 25 minutes

## Aerial Lifts for General Industry

Designed to familiarize learners with hazards related to aerial lifts and provide best practices to ensure safety while operating or working near one.

**Approximate Length:** 25 minutes

## Aerial Lifts in Industrial and Construction Environments

Reaching high places can be challenging in many work environments. But whether they're on a construction site, changing light bulbs in a warehouse, or performing outdoor utility work, employees often use aerial lifts to help them access work areas that would otherwise be almost impossible to get to. This training product reviews the various types of aerial lifts, makes employees aware of the hazards that are associated with these lifts, and gives them the information that they'll need to work safely...whether they're using a lift or working around one.

**Approximate Length:** 60 minutes

## Air Brakes - Master Driver

Covers important information drivers need to know about air brakes: fundamentals of air brake techniques, mechanics and operation, helping drivers avoid crashes, liability, and down time.

**Approximate Length:** 45 minutes

## Arc Flash/Arc Blast Awareness & Safety

This course is designed to educate unqualified employees (those who are not trained to work on or near exposed, energized parts) on the real, and dangerous, possibility of being injured by an arc flash.

**Approximate Length:** 20 minutes

## Asbestos Awareness

Created specifically to educate employees about the dangers of working with materials that may contain asbestos.

**Approximate Length:** 45 minutes

## Back Safety: Keep Your Back In Action

This course is designed to help learners address the importance of lifelong back safety and proper lifting techniques they can use both on and off the job.

**Approximate Length:** 60 minutes

## Backing & Parking: Straight Truck Series

Designed to help drivers understand the basic techniques that will help them safely back and park a straight truck. Specifically, it covers the importance of knowing how to safely maneuver a straight truck while backing and parking and how to avoid fixed.

**Approximate Length:** 15 minutes

## Backing: Tractor-Trailers

Backing takes a very small percentage of your driving time, yet the failure to do it correctly is one of the major causes of accidents. This course is designed to help reduce the number of backing accidents by teaching you proper procedures for each backing maneuver.

**Approximate Length:** 30 minutes

## Bloodborne Pathogens in First Response Environments

Incorporates the latest medical language and needle stick guidelines and has been specifically created to assist facilities in fulfilling the OSHA Bloodborne Pathogens Standard's (29 CFR Part 1910.1030) training requirements.

**Approximate Length:** 60 minutes

## Bloodborne Pathogens in Healthcare Facilities

Helps your employees understand how bloodborne disease is and isn't spread to help them avoid exposure.

**Approximate Length:** 60 minutes

## Bloodborne Pathogens: Safety in the Workplace

Bloodborne pathogens are bacteria and viruses that live in blood and other bodily fluids, (which include things like Hepatitis B, Hepatitis C, HIV, malaria, and a host of other pathogens including the Ebola\* virus.) This course is designed to help learners keep themselves, their coworkers, their friends, and their family safe from exposure to bloodborne pathogens. Specifically, it will help learners understand the basics of bloodborne pathogens, how to protect themselves, and what to do in the event of an exposure, including the decontamination process.

**Approximate Length:** 45 minutes

## Bloodborne Pathogens: Safety in the Workplace (with EyeCue Visual Learning System)

Bloodborne pathogens are bacteria and viruses that live in blood and other bodily fluids, (which include things like Hepatitis B, Hepatitis C, HIV, malaria, and a host of other pathogens including the Ebola\* virus.) This course is designed to help learners keep themselves, their coworkers, their friends, and their family safe from exposure to bloodborne pathogens. Specifically, it will help learners understand the basics of bloodborne pathogens, how to protect themselves, and what to do in the event of an exposure, including the decontamination process.

**Approximate Length:** 45 minutes

## Cargo Securement Dry Vans

Note: If at any time you need to stop/pause prior to completion, please close your browser window for accurate tracking of the course.

**Approximate Length:** 45 minutes

## Cargo Securement Flatbeds

Make sure your enclosed van and trailer drivers comply with cargo securement regulations. Program addresses the requirements of FMCSR §392.9 and 393.

**Approximate Length:** 45 minutes

## Caught-In or -Between for Construction: Focus Four Hazards

Caught-in or -between hazards in construction can cause serious injury. According to OSHA, caught-in or -between injuries result from a person being squeezed, caught, crushed, pinched, or compressed between two or more objects, or parts of an object. This online course is designed to teach you how to recognize and avoid caught-in or -between hazards.

**Approximate Length:** 60 minutes

## City Driving - Master Driver

Provides strategies to help drivers successfully navigate hazard-packed city environments.

**Approximate Length:** 45 minutes

## CMV Driver Basics

The job of a professional driver comes with many responsibilities. As well as knowing how to safely operate a commercial motor vehicle (CMV), drivers are expected to handle a variety of other duties ranging from handling cargo to passenger safety to customer service. In order to handle all of these responsibilities, you must understand the importance of operating safely, being a qualified driver, and maintaining a healthy lifestyle.

**Approximate Length:** 50 minutes

## Cold Stress

This course is designed to help learners understand how the body reacts to cold conditions, recognize the most common types of cold stress, learn how to prevent cold stress, and how to treat (first aid) workers with cold stress injuries until medical personnel arrive.

**Approximate Length:** 30 minutes

## Computer Workstation Design & Use

Designed to help learners understand how to prevent common injuries that occur due to routinely working in front of a computer.

**Approximate Length:** 25 minutes

## Confined Spaces: Entry Team Training - Construction Activities

By their very nature, confined spaces restrict a worker's ability to safely enter, exit, and work inside them for long periods of time. Even more dangerous are permit-required confined spaces, which have one or more additional hazards: a potential hazardous atmosphere, material that could engulf a worker, an internal configuration that could trap or asphyxiate, or another serious safety or health hazard. These conditions can, and have, resulted in situations that injure or claim the lives of workers just like you.

**Approximate Length:** 45 minutes

## Confined Spaces: Entry Team Training - Maintenance Activities

This course is designed to provide necessary information to help decrease the number of injuries and fatalities that result from working in or around permit-required confined spaces. Potential hazards are identified with the goal of helping affected employees understand their roles and responsibilities to ensure a safe entry operation.

**Approximate Length:** 60 minutes

## Confined Spaces: Entry Team Training - Maintenance Activities (with EyeCue Visual Learning System)

This course is designed to provide necessary information to help decrease the number of injuries and fatalities that result from working in or around permit-required confined spaces. Potential hazards are identified with the goal of helping affected employees understand their roles and responsibilities to ensure a safe entry operation.

**Approximate Length:** 60 minutes

## Construction Safety Basics: In Case of an Emergency

Designed to provide learners with a high-level overview of a number of workplace safety topics. Specifically, it covers what an employee should do in the event an emergency occurs.

**Approximate Length:** 15 minutes

## Construction Safety Basics: Safe Use of Equipment

Designed to provide learners with a high-level overview of a number of construction-related safety topics. Specifically, it covers an introduction to the safe use of tools and equipment.

Note: If at any time you need to stop/pause prior to completion, close your browser window for

**Approximate Length:** 20 minutes

## Construction Safety Basics: Work Environment

Designed to provide learners with a high-level overview of a number of construction-related safety topics. Specifically, it covers an introduction to various worksite arrangements.

**Approximate Length:** 25 minutes

## Construction Safety Basics: Work Practices

Designed to provide learners with a high-level overview of a number of construction-related safety topics. Specifically, it covers an introduction to generic safe work practices.

**Approximate Length:** 20 minutes

## Coupling and Uncoupling - Master Driver

Provides step-by-step procedures for safe coupling and uncoupling of singles, an overview for coupling and uncoupling doubles, and emphasizes areas where most coupling and uncoupling problems occur.

**Approximate Length:** 45 minutes

## Crane Safety for General Industry

Designed to familiarize learners with hazards related to cranes and provide best practices to ensure safety while operating or working near one.

**Approximate Length:** 35 minutes

## Cranes & Derricks for Construction

Due to the significant number of fatalities associated with the use of cranes and derricks in construction, OSHA released a historic new standard on August 9, 2010, that addresses the use of cranes and derricks in construction.

This online course is designed to familiarize you with the types of equipment that fall under the standard and the necessary practices to work safely on and around cranes and derricks.

**Approximate Length:** 60 minutes

## Crystalline Silica Awareness for Construction

According to the Occupational Safety and Health Administration (OSHA), approximately two million construction workers are exposed to crystalline silica, a common mineral whose dust can lead to serious medical issues if exposure is not limited. This course is designed to educate workers on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1926.1153, OSHA's Respirable Crystalline Silica Rule for Construction.

**Approximate Length:** 30 minutes

## Crystalline Silica Awareness for General Industry

According to the Occupational Safety and Health Administration (OSHA), approximately 295,000 workers are exposed to crystalline silica, a common mineral whose dust can lead to serious medical issues if exposure is not limited. This course is designed to educate workers on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1910.1053, OSHA's Respirable Crystalline Silica Rule for General Industry.

**Approximate Length:** 30 minutes

## Crystalline Silica for Construction Employees

Designed to educate workers on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1926.1153, OSHA's Respirable Crystalline Silica Rule for Construction.

**Approximate Length:** 30 minutes

## Crystalline Silica for General Industry Employees

Designed to educate employees on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1910.1053, OSHA's Respirable Crystalline Silica Rule for General Industry.

**Approximate Length:** 30 minutes

## CSA: Know the BASICS

Train your CMV drivers on the Behavior Analysis Safety Improvement Categories (BASICS) of CSA – the FMCSA enforcement initiative launched in 2010 to improve large truck and bus safety and reduce CMV-related crashes, injuries and fatalities. This course features J. J. Keller's exclusive Check On Learning exercises designed to put the student's comprehension to the test in a unique and highly interactive simulation. (The driver training and

best practices information in these products is sound, but references to the FMCSA's CSA scoring methodology will not be accurate after November 30, 2012.)

**Approximate Length:** 75 minutes

### Dealing With Hazardous Spills

Helps employees who seldom have to face the dangers of a hazardous spill deal with a cleanup situation.

**Approximate Length:** 60 minutes

### Defensive Driving for CMV Drivers: Communicate

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

**Approximate Length:** 15 minutes

### Defensive Driving for CMV Drivers: Look

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

**Approximate Length:** 25 minutes

### Defensive Driving for CMV Drivers: Manage Speed & Space

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

**Approximate Length:** 15 minutes

### Defensive Driving for CMV Drivers: Prepare

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

**Approximate Length:** 15 minutes

### Defensive Driving for Light & Medium Duty Vehicles

This course will teach the driver of Class 1-6 light or medium duty vehicles, about defensive driving preparation, hazard perception, and attitude - techniques that will help you stay safe on the roadways.

**Approximate Length:** 60 minutes

### Distracted Driving

Drivers today have many more distractions in their vehicles than they once had. Not only that, other drivers are more distracted than ever, too. Drivers need to stay focused on driving, recognize the signs of a distracted driver, and know how to manage distracted drivers. This course is designed to provide drivers with information that can help them manage distractions while on the road.

**Approximate Length:** 30 minutes

### Driver Qualification Training for Managers

To keep our highways safe, the Federal Motor Carrier Safety Regulations require all CMV drivers to be considered "qualified" before operating a commercial motor vehicle. Each carrier is responsible for validating driver qualifications and maintaining records to support the qualifications. This course is designed to help managers understand the specific requirements that classify a driver as "qualified," as well as how to appropriately maintain the required documentation.

**Approximate Length:** 30 minutes

### Driver Vehicle Inspections: The Complete Process

Successful commercial motor vehicle (or CMV) drivers must do all that they can to avoid accidents, roadside breakdowns, and losing road time due to poor vehicle condition. To avoid these problems, it is important to keep your vehicle in a safe, efficient operating condition. This course is designed to help properly prepare drivers for conducting pre-trip, on-the-road, and post-trip inspections on standard CMVs, special rigs, and intermodal chassis.

**Approximate Length:** 60 minutes

## Driving Safety

Most employees travel the roads every day...in cars, vans or trucks...many of them on company business. Each year, traffic accidents claim over 30,000 lives and cause more than a million serious injuries. In fact, motor vehicle crashes are the number one cause of death on the job.

**Approximate Length:** 45 minutes

## Driving Techniques: Driver Training Series

Reinforces the importance of safe driving techniques.

**Approximate Length:** 15 minutes

## Driving Techniques: Straight Truck Series

Designed to help drivers understand the basic driving techniques that will help them develop the skills and attitude necessary to safely operate a straight truck. Specifically, it covers the importance of driving defensively and knowing how to safely maneuver a straight truck through turns and intersections, over railroad crossings, while merging and passing, and while driving through roundabouts. The program also covers how your driving techniques should change when driving at night or in extreme weather conditions.

**Approximate Length:** 15 minutes

## Driving Training Series: Accident Procedures

Accident Procedures is designed to help drivers understand what to do after being involved in (or witnessing) an accident. Specifically, it covers the procedures drivers should follow in order to safely and legally deal with the situation in a short period of time.

**Approximate Length:** 20 minutes

## Driving Training Series: Driving Techniques

Driving Techniques is designed to help drivers understand the basic driving techniques that will help them develop the skills and attitude necessary to safely operate a CMV. Specifically, it covers the importance of driving defensively and knowing how to safely maneuver a CMV through turns and intersections, over railroad crossings, while merging and passing, and while driving through roundabouts.

**Approximate Length:** 15 minutes

## Effective Communication for Employees

Effective Communication for Employees is an informative and interactive course designed to help employees understand how improving communication skills can improve working relationships, increase productivity and have a positive effect on their career.

**Approximate Length:** 60 minutes

## Effective Communication for Supervisors

Effective Communication for Supervisors is an informative and interactive course designed to help supervisors master the skills needed for effective communication and to teach them how to promote these techniques among their employees.

**Approximate Length:** 60 minutes

## ELD Basics

Designed to familiarize learners with the basics of ELD use, technical specifications of logging devices, and driver and carrier responsibilities.

**Approximate Length:** 25 minutes

## Electrical Safety in the Laboratory

Emphasizes the need for safety when using electricity, and discusses how to reduce the potential for accidents involving electrical shock, fire, and explosions.

**Approximate Length:** 45 minutes



## Electrical Safety: Training for Unqualified Employees

This course is designed to familiarize learners with the basics of electrical safety, including how to recognize and avoid electrical hazards.

**Approximate Length:** 45 minutes

## Electrical Safety: Training for Unqualified Employees (with EyeCue Visual Learning System)

This course is designed to familiarize learners with the basics of electrical safety, including how to recognize and avoid electrical hazards.

**Approximate Length:** 45 minutes

## Electrocution for Construction: Focus Four Hazards

The serious risks of electrical shock and injury are present in every workplace — hundreds of construction workers are killed every year from electrocution. This online course is designed to give you an overview of basic electrical safety. It is specifically helpful for individuals who work in the construction industry and have limited familiarity with electrical hazards.

**Approximate Length:** 60 minutes

## Emergency Eyewash & Shower Use

Designed to familiarize learners with the recognition and use of emergency eyewashes and showers and ways to ensure quick access to them.

**Approximate Length:** 20 minutes

## Emergency Maneuvers: Driver Training Series

Emphasizes the importance of developing and constantly refining safe evasive driving skills.

**Approximate Length:** 45 minutes

## Emergency Preparedness & Response

OSHA requires employers to provide their employees with a safe environment to work. In the event an emergency situation arises, most employers must have an emergency action plan that describes how employees are expected to react. All employees must be trained on these written plans, which list emergency contacts and procedures like reporting fires or other emergencies, evacuation, and rescue/medical operations.

**Approximate Length:** 20 minutes

## Excavations for Construction

No matter what job you may perform at a construction site, if you are going to work in or near an excavation, a working knowledge of OSHA's excavation safety standard is required. This online course is designed to teach you how to avoid becoming the victim of an excavation accident and to help you prevent others from being injured.

**Approximate Length:** 60 minutes

## Extreme Weather Driving: Driver Training Series

The Driver Training Series is a collection of training programs which emphasize the essential skills necessary for staying safe on the road. This series is appropriate for all levels of drivers, from the entry-level to the veteran driver.

**Approximate Length:** 15 minutes

## EYE ON Defensive Driving

New and veteran drivers complete this defensive driving course online. Helps reinforce key defensive driving techniques.

**Approximate Length:** 30 minutes

## EYE ON Speed & Space Management

Helps provide drivers with information that can help them manage their speed and space while on the road.

**Approximate Length:** 30 minutes



## Fall Protection for Construction

Covers the potential hazards and protective measures they can take to help prevent injuries while working on elevated working platforms and runways, or near floor, wall, or window openings.

**Approximate Length:** 35 minutes

## Fall Protection for General Industry

Designed to help learners understand OSHA fall protection requirements under the Walking-Working Surfaces rule.

**Approximate Length:** 30 minutes

## Falls for Construction: Focus Four Hazards

In the U.S., falls at construction sites result in thousands of injuries every year. Falls are the leading cause of death in the construction industry, accounting for 35 percent of deaths among private industry construction workers. This online course is designed to help you recognize fall hazards and teach you to take the proper measures to ensure safety when working at heights.

Note: If at any time you need to stop/pause prior to completion, close your browser window for

**Approximate Length:** 60 minutes

## Fire Extinguisher Use

This training is designed to help you assess the situation and decide the best course of action (evacuate and report the fire or try to put out the fire using a fire extinguisher) to keep you and those around you safe.

**Approximate Length:** 20 minutes

## Fire Prevention & Response

All employees should be aware of fire hazards that exist in their workplace and know what to do in case of a fire. This course is designed to help learners understand the basics of a fire, what to do to prevent them, and how to respond appropriately to a fire in the workplace.

**Approximate Length:** 45 minutes

## Fire Prevention & Response (with EyeCue Visual Learning System)

All employees should be aware of fire hazards that exist in their workplace and know what to do in case of a fire. This course is designed to help learners understand the basics of a fire, what to do to prevent them, and how to respond appropriately to a fire in the workplace.

**Approximate Length:** 45 minutes

## First Aid Basics

First Aid Basics is designed to help learners respond appropriately to first aid and emergency situations that may arise at work, home, and around the community. This course is intended to teach basic first aid only; it is not a substitute for full first aid training and certification or CPR training and certification.

**Approximate Length:** 60 minutes

## Fixed Object Collisions: Driver Training Series

Reminds drivers that it takes a solid combination of skill, awareness, and attitude to avoid these types of collisions.

**Approximate Length:** 45 minutes

## Flammables and Explosives in the Laboratory

Discusses the nature of flammable and explosive materials, as well as hazards associated with their use. It also reviews the proper handling procedures and personal protective equipment that should be used when working with these substances.

**Approximate Length:** 45 minutes

## Forklift Operator Safety Training

A forklift is a powered, mechanical device that is used to move or lift loads. Although this seems like a simple task, forklifts can cause serious injury or death if they are misused or if the operator isn't properly trained on how to use the equipment safely.

**Approximate Length:** 60 minutes

## Forklift Operator Safety Training (with EyeCue Visual Learning System)

A forklift is a powered, mechanical device that is used to move or lift loads. Although this seems like a simple task, forklifts can cause serious injury or death if they are misused or if the operator isn't properly trained on how to use the equipment safely. This course helps satisfy the operator training requirements under OSHA's Powered Industrial Trucks Standard (1910.178(l)). Specifically, it is designed to help learners choose, inspect, and operate a forklift in a safe way, protecting themselves and their coworkers from the potential hazards associated with their use.

**Approximate Length:** 60 minutes

## Forklift Operator Safety Training for Construction

A rough terrain forklift is a powered, mechanical device that is used to move or lift loads on a jobsite. Although this seems like a simple task, forklifts can cause serious injury or death if they are misused or if the operator isn't properly trained on how to use the equipment safely.

**Approximate Length:** 60 minutes

## Forklift Training (with EyeCue® Visual Learning System)

Designed to help learners choose, inspect, and operate a forklift in a safe way, protecting themselves and their coworkers from the potential hazards associated with their use.

**Approximate Length:** 60 minutes

## Forklift Training: Equipment Basics (with EyeCue® Visual Learning System)

Designed to help you choose the right forklift for the job and understand its limitations, protecting yourself and your coworkers from the potential hazards associated with its use.

**Approximate Length:** 15 minutes

## Forklift Training: Equipment Inspections (with EyeCue® Visual Learning System)

Designed to help you inspect a forklift in preparation for your shift, protecting yourself and your coworkers from the potential hazards associated with its use.

**Approximate Length:** 10 minutes

## Forklift Training: Maintaining Your Forklift

Designed to help you maintain a forklift in a safe way, protecting you and your coworkers from the potential hazards associated with its use.

**Approximate Length:** 10 minutes

## Forklift Training: Non-Operator Safety

Designed to help you protect yourself from the potential hazards associated with working near forklifts.

**Approximate Length:** 10 minutes

## Forklift Training: Operating Procedures (with EyeCue® Visual Learning System)

Designed to help you operate a forklift in a safe way, protecting yourself and your coworkers from the potential hazards associated with its use.

**Approximate Length:** 20 minutes

## Forklift Training: Refresher (with EyeCue® Visual Learning System)

Designed to reinforce the key concepts that help forklift operators stay safe while at work.

**Approximate Length:** 20 minutes

## Forklift Training: Specialized Units & Attachments

Designed to help you operate specialized units—and forklift with attachments—in a safe way, protecting yourself and your coworkers from the potential hazards associated with their use.

**Approximate Length:** 10 minutes

## Forklifts: Ultimate Hazard Perception Challenge (Advanced)

This course helps operators understand the concept of hazard perception and sharpen their own hazard perception skills. Trainees quickly recognize hazards in each scenario, and then make the best choice to eliminate them. The scenarios are designed to best represent the situations that cause forklift operators the most trouble.

**Approximate Length:** 30 minutes

## Forklifts: Ultimate Hazard Perception Challenge (Basic)

Each year forklift related incidents, accidents, and mishaps result in thousands of injuries, and even deaths.

**Approximate Length:** 30 minutes

## Forklifts: Ultimate Hazard Perception Challenge (Intermediate)

This course helps operators understand the concept of hazard perception and sharpen their own hazard perception skills. Trainees quickly recognize hazards in each scenario, and then make the best choice to eliminate them. The scenarios are designed to best represent the situations that cause forklift operators the most trouble.

**Approximate Length:** 30 minutes

## GHS Safety Data Sheets for Construction

Created specifically to assist facilities in complying with the employee training requirements of OSHA's newly adopted GHS regulations, these products discuss using GHS Safety Data Sheets.

**Approximate Length:** 45 minutes

## GHS Safety Data Sheets in the Laboratory

Created specifically to assist laboratories in complying with the employee training requirements of OSHA's newly adopted GHS regulations, this course discusses using GHS Safety Data Sheets (SDS). Also reviewed are the composition of GHS SDS's, the information that's contained in each section and how SDS's are different from Material Safety Data Sheets (MSDS).

**Approximate Length:** 60 minutes

## Hand & Foot Protection: PPE Employee Essentials

Familiarizes workers with protective equipment for hands and feet.

**Approximate Length:** 15 minutes

## Hand & Foot Protection: PPE Workplace Safety

Reviews hand, wrist and finger hazards and helps employees to take the steps necessary to avoid them.

**Approximate Length:** 15 minutes

## Hand & Power Tools for Construction

Whether using a simple screwdriver or a power saw, today's construction industry could not function without tools. No matter how simple or sophisticated, all tools can be hazardous when used improperly. The old saying, "the right tool for the job" still applies. This online course is designed to address the importance of guarding, personal protective equipment, and safe work practices when using hand and power tools on a jobsite.

**Approximate Length:** 60 minutes

## Handling Compressed Gas Cylinders in the Laboratory

examines how gas cylinders work, the hazards that are associated with them, and the need for caution when using or storing a cylinder.

**Approximate Length:** 45 minutes

## Hazard Communication in Auto Service Facilities

Hazard Communication in Auto Service Facilities both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the automotive environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

**Approximate Length:** 45 minutes

## Hazard Communication in Cleaning & Maintenance Operations

Helps you train employees on HazCom regulations related to cleaning and maintenance facilities.

**Approximate Length:** 40 minutes

## Hazard Communication in Cleaning and Maintenance Facilities

Hazard Communication in Cleaning and Maintenance Operations both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the cleaning and maintenance environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

**Approximate Length:** 45 minutes

## Hazard Communication in Construction Environments

Hazard Communication in Construction Environments both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the construction environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

**Approximate Length:** 40 minutes

## Hazard Communication in Healthcare Facilities

Hazard Communication in Healthcare Facilities both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the healthcare environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

**Approximate Length:** 45 minutes

## Hazard Communication in the Hospitality Industry

Hazard Communication in Hospitality Environments both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the hospitality environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

**Approximate Length:** 45 minutes

## Hazardous Substances: Incidental Spill Response

Designed to familiarize learners with incidental spills of hazardous substances, as well as the immediate and follow-up tasks associated with the spill control and cleanup process.

**Approximate Length:** 25 minutes

## Hazardous Substances: Spill Discovery & Notification

Designed to help you better understand the potential effects hazardous spills can have on your health and safety, the environment, and your organization. It will also cover the initial steps you need to take if a hazardous spill occurs while at work.

**Approximate Length:** 25 minutes

## HazCom: GHS Container Labels

High-impact training covers the essentials of GHS Container Labeling.

**Approximate Length:** 20 minutes

## HazCom: GHS Safety Data Sheets (SDS)

Covers the basics of OSHA's HazCom Standard and the essentials of a GHS Safety Data Sheet (SDS).

**Approximate Length:** 20 minutes

## HazCom: Introduction to Hazard Communication & GHS

Covers the essentials of OSHA's Hazard Communication Standard and GHS.

**Approximate Length:** 45 minutes

## HazCom: What You Need to Know

This course helps you comply with the initial and refresher training requirements of the Hazard Communication Standard (29 CFR 1910.1200) and applicable GHS requirements. The intended audience includes all employees who have an exposure or a potential for exposure to hazardous chemicals; it's targeted at employees who need a general overview of the Hazard Communication standard's requirements.

**Approximate Length:** 90 minutes

## Hazmat: General Awareness

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course will familiarize learners with the Hazardous Materials Regulations (HMR) to help them work safely around hazmat. This course satisfies the General Awareness training requirement 49 CFR §172.704(a)(1).

**Approximate Length:** 30 minutes

## Hazmat: Highway Transportation Driver Training

This course is designed specifically for hazmat drivers - that is, any motor carrier driver who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps drivers transport hazardous materials safely. It helps satisfy the function-specific training requirements and modal-specific training requirements for transport by highway.

**Approximate Length:** 30 minutes

## Hazmat: Labeling

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding labeling.

**Approximate Length:** 15 minutes

## Hazmat: Loading/Unloading & Load Segregation

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding hazmat loading, unloading, and load segregation.

**Approximate Length:** 15 minutes

## Hazmat: Marking

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding marking.

**Approximate Length:** 20 minutes

## Hazmat: Packaging

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding packaging.

**Approximate Length:** 15 minutes

## Hazmat: Placarding

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding placarding.

**Approximate Length:** 20 minutes

## Hazmat: Reporting an Incident

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding hazmat incident reporting.

**Approximate Length:** 15 minutes

## Hazmat: Safety Training

Designed to provide you with the information you need to keep yourself, and others, safe around hazardous materials.

**Approximate Length:** 15 minutes

## Hazmat: Security Awareness & Safety

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps learners identify security risks associated with transporting hazmat, develop ways to enhance security, and how to recognize and respond to possible security threats. It also covers ways to stay safe when working with hazmat, and what to do in the event of an emergency. This course satisfies the Security Awareness training requirements (49 CFR §172.704(a)(4)) and the Safety training requirements (49 CFR §172.704(a)(3)).

**Approximate Length:** 30 minutes

## Hazmat: Security Awareness Training

Designed to introduce you to security risks associated with the hazmat transportation process, and ways to enhance security. It'll also include how to spot a possible security threat and respond appropriately.

**Approximate Length:** 20 minutes

## Hazmat: Shipping Papers

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding shipping papers.

**Approximate Length:** 20 minutes

## Hazmat: The Hazardous Materials Table

This course is designed specifically for hazmat employees - that is, anyone who is employed by a hazmat employer and directly affects hazmat transportation safety. This course helps satisfy the function-specific training requirements regarding the hazardous materials table.

**Approximate Length:** 20 minutes

## HAZWOPER: Accidental Release Measures and Spill Cleanup Procedures

Discusses the plans and procedures necessary to safely contain and cleanup a hazardous materials spill.

**Approximate Length:** 60 minutes



## HAZWOPER: Air Monitoring and Medical Program

Training covering the essentials of monitoring procedures and equipment. Air monitoring , HAZWOPER standard medical requirements, Medical surveillance , Medical emergency signs and symptoms.

**Approximate Length:** 45 minutes

## HAZWOPER: Chemical Fundamentals

Designed to inform learners of how chemical-related terms are defined, the health and physical hazards, properties, stability, reactivity, and toxicity of chemicals, and the routes, symptoms, types, and effects of chemical exposure.

**Approximate Length:** 50 minutes

## HAZWOPER: Confined Space Entry

Helps employees understand how to reduce or eliminate potential exposure to hazardous materials in confined space work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Confined Spaces

Designed to provide necessary information to help prevent injuries, illnesses, and fatalities that may result from working in or around permit-required confined spaces at hazardous waste cleanup sites.

**Approximate Length:** 45 minutes

## HAZWOPER: Dealing With The Media In Emergency Situations

Helps employees understand the importance of building a good relationship with the media and how to deal with the media during an emergency situation.

**Approximate Length:** 60 minutes

## HAZWOPER: Decontamination

Designed to focus on ways to avoid contamination, the decontamination process including methods and equipment used in decontamination, the limitations associated with decontamination, the decontamination line itself, and emergency decontamination procedures.

**Approximate Length:** 60 minutes

## HAZWOPER: Decontamination Procedures

Helps employees understand how to reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Electrical Safety in Hazmat Environments

Helps employees to understand the hazards associated with the presence of uncontrolled energy in hazardous materials environments, and how to reduce or eliminate these potential hazards.

**Approximate Length:** 60 minutes

## HAZWOPER: Emergency & Post-Emergency Response Procedures

Designed to expose learners to the steps used for notification, preparation, and response during emergency and post-emergency response operations.

**Approximate Length:** 45 minutes

## HAZWOPER: Emergency Response and Decontamination

This training focuses on proper emergency response and decontamination procedures. Emergency scenarios, emergency response personnel and plans, preventative measures, equipment and facilities, and decontamination procedures are covered.

**Approximate Length:** 45 minutes

## HAZWOPER: Emergency Response Plan

High-impact training covering the essentials of the Emergency Response Plan (HAZWOPER).

**Approximate Length:** 45 minutes



## HAZWOPER: Emergency Response Planning

Designed to focus on what an Emergency Response Plan (ERP) is, the steps involved in an emergency response, employee roles in a response to a hazardous substance emergency release, and internal and external communications during an emergency.

**Approximate Length:** 55 minutes

## HAZWOPER: Exposure Monitoring & Sampling

Designed for learners of the purpose and advantages and disadvantages of exposure monitoring and sampling, types and frequency of monitoring and sampling, the instruments used along with calibration and maintenance requirements, and methods available for obtaining.

**Approximate Length:** 60 minutes

## HAZWOPER: Exposure Monitoring and Medical Surveillance

Discusses various types of exposure monitoring equipment and techniques. The training also reviews the concept of "medical surveillance" and how it is used to evaluate the health of anyone who regularly works around hazardous materials.

**Approximate Length:** 60 minutes

## HAZWOPER: Fire Prevention

Helps employees to understand the special hazards that can be created when hazardous materials catch fire, and what can be done to help prevent this from occurring.

**Approximate Length:** 60 minutes

## HAZWOPER: Handling & Shipping Drums & Containers

Designed to focus on the precautions and procedures to use when handling, opening, staging, and shipping drums and other containers of hazardous substances. The course goes over the importance of inspection, planning, sampling, and characterizing drums and containers.

**Approximate Length:** 75 minutes

## HAZWOPER: Handling Hazardous Materials

Helps employees to understand the nature and behavior of hazardous chemicals, and how to reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Hazard Recognition

Discusses the importance of detecting hazardous materials, as well as the equipment and procedures used in the process.

**Approximate Length:** 45 minutes

## HAZWOPER: Hazardous Substance Recognition & Identification

Designed to teach learners the the methods and resources available to help recognize and identify hazardous substances, how to use the Emergency Response Guidebook (or ERG), the hazards of hazardous substances in an emergency, how to assess risk in an emergency, and initial decision-making in an emergency.

**Approximate Length:** 50 minutes

## HAZWOPER: HazCom, Hazmat, & Hazardous Waste

Designed to cover the HazCom, Hazmat, and Hazardous Waste regulations from a HAZWOPER perspective.

**Approximate Length:** 45 minutes

## HAZWOPER: Hazmat Labeling

Helps employees understand different labeling systems and how to use these systems to reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Health & Physical Hazards

Designed to create awareness to hazards that may be present when working at a hazardous waste cleanup site or responding to an emergency release.

**Approximate Length:** 60 minutes

## HAZWOPER: Heat Stress

Helps employees understand the need to guard against heat-related illnesses and what steps they can take to protect themselves in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Intro to HAZWOPER for Waste Site Workers

This training focusing on regulation basics as they apply to waste site workers. Definitions of HAZWOPER, basic HAZWOPER regulations, differences between hazardous waste sites and other sites, written plans, and emergency response plans are covered.

**Approximate Length:** 45 minutes

## HAZWOPER: Introduction to HAZWOPER Retraining

Introduces employees to chemical hazard regulations and provides training on the various types of hazardous chemicals found in industrial environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Medical Program

Designed to acquaint the employee with the Medical Program including the types of exams required, emergency and non-emergency treatment, medical records available, and symptoms to watch for that may indicate injury or illness while working with hazardous.

**Approximate Length:** 45 minutes

## HAZWOPER: Medical Surveillance Programs

Discusses various types of medical surveillance and how it is used to evaluate the health of anyone who regularly works around hazardous materials.

**Approximate Length:** 60 minutes

## HAZWOPER: Monitoring Procedures and Equipment

Discusses the importance of detecting hazardous materials, as well as the equipment and procedures used in the process.

**Approximate Length:** 60 minutes

## HAZWOPER: Overview for Waste Site Workers

Designed to introduce hazardous waste cleanup site hazards, tells the history behind the HAZWOPER Standard, gives an overview of the paragraphs of the standard that impact cleanup workers, covers the different cleanup worker roles and training requirements.

**Approximate Length:** 60 minutes

## HAZWOPER: Personal Protective Equipment

Instructs employees on the selection and use of personal protective equipment in environments where hazardous materials are present.

**Approximate Length:** 60 minutes

## HAZWOPER: Personal Protective Equipment & Clothing

Designed to inform learners of the different types of PPE and CPC including their uses and limitations, levels of protection, how to don and doff the equipment, and the importance of proper storage, inspection, and maintenance.

**Approximate Length:** 45 minutes

## HAZWOPER: Personal Protective Equipment and Decontamination Procedures

Instructs employees on the appropriate use of personal protective equipment (PPE) as well as how to remove contaminants that accumulate on clothing and equipment.

**Approximate Length:** 60 minutes

## HAZWOPER: PPE and Other Hazard Control Measures

Training focusing on personal protective equipment (PPE) and control measures. HAZWOPER personal protective equipment (PPE) requirements, protective clothing, site control, handling hazwaste drums and containers, confined spaces.

**Approximate Length:** 45 minutes

## HAZWOPER: Refresher for Waste Site Workers: Air Monitoring & Medical Program

HAZWOPER training covering the essentials of monitoring procedures and equipment.

**Approximate Length:** 90 minutes

## HAZWOPER: Refresher for Waste Site Workers: Emergency Response & Decontamination

HAZWOPER training focusing on proper emergency response and decontamination procedures.

**Approximate Length:** 90 minutes

## HAZWOPER: Refresher for Waste Site Workers: Hazard Recognition

HAZWOPER training that covers how to recognize hazardous substances.

**Approximate Length:** 90 minutes

## HAZWOPER: Refresher for Waste Site Workers: Introduction to HAZWOPER

HAZWOPER training focusing on the basics of the regulations as they apply to waste site workers.

**Approximate Length:** 45 minutes

## HAZWOPER: Refresher for Waste Site Workers: PPE & Other Hazard Control Measures

HAZWOPER training focusing on personal protective equipment (PPE) and control measures.

**Approximate Length:** 90 minutes

## HAZWOPER: Respiratory Protection

Helps employees understand how the use of respiratory protection can help reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Safety Data Sheets in HAZWOPER Environments

Hazardous materials and waste are a part of many work situations, and can be found in many types of facilities and job sites. It is very important for employees to know how to recognize these potentially dangerous substances, and how to handle and dispose of them properly. This course will help to educate employees about the Safety Data Sheets format and reviews how the information in an SDS can help them work safely with potentially hazardous chemicals.

**Approximate Length:** 45 minutes

## HAZWOPER: Safety Orientation

Helps employees understand how to reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Site Control Measures

Designed to inform learners about the importance of maintaining site control and the tools available to help accomplish control, including site characterization, the site control program, and other control measures.

**Approximate Length:** 60 minutes

## HAZWOPER: The Emergency Response Plan

Helps employees understand how emergency planning can reduce or eliminate potential exposure to hazardous materials in crisis situations.

**Approximate Length:** 60 minutes

## HAZWOPER: The Site Safety and Health Plan

Discusses components of a plan and how they relate to working with hazardous materials and responding to hazmat incidents.

**Approximate Length:** 60 minutes

## HAZWOPER: Understanding Chemical Hazards

Introduces employees to chemical hazard regulations and provides training on the various types of hazardous chemicals found in industrial environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Understanding HAZWOPER

Designed to explain the regulations and to help employees begin to reduce or eliminate potential exposure to hazardous materials in their work environments.

**Approximate Length:** 60 minutes

## HAZWOPER: Work Practices and Engineering Controls

Helps employees to understand the nature and "behavior" of hazardous chemicals, and how to reduce or eliminate potential exposure to hazardous materials in their work environments through the use of work practices and engineering controls.

**Approximate Length:** 60 minutes

## Head, Eye, & Face Protection: PPE Employee Essentials

Designed to familiarize learners with protective equipment for the head, eyes, and face, including: hard hats, safety glasses, safety goggles, face shields, welding goggles, and welding shields.

**Approximate Length:** 15 minutes

## Head, Eye, & Face Protection: PPE Workplace Safety

Familiarize learners with protective equipment for the head, eyes, and face, including: hard hats, safety glasses, safety goggles, face shields, welding goggles, and welding shields. In addition, learners will be given ways to reduce eye strain.

**Approximate Length:** 15 minutes

## Health Hazards for Construction

As a construction worker, you face a variety of hazards that can put your health at risk. For example: chemicals, asbestos, asphalt fumes, diesel exhaust, and lead create hazardous environments. Even though your employer is responsible for recognizing, preventing, and controlling or eliminating unsafe conditions, you play an important role in keeping yourself and your coworkers safe from injury and illness. This online course is designed to teach you how to recognize hazards and take the proper protective measures before a situation results in injury or illness.

**Approximate Length:** 75 minutes

## Hearing Protection: PPE Employee Essentials

Familiarizes workers with protective equipment for hearing.

**Approximate Length:** 15 minutes

## Heat Stress

Reviews how heat affects the body, the steps employees can take to prevent heat stress, and elementary first aid that can be given to a worker who has been affected by a heat-related illness.

**Approximate Length:** 45 minutes

## Hot Work Safety Operations Training

According to OSHA, hot work is defined as any work that involves burning, welding, using fire- or spark-producing tools, or that produces a source of ignition. Because of the potential dangers associated with hot work, it is critical everyone involved understands their role in keeping themselves and others around them safe from harm. This program is designed to guide employees directly involved in hot work operations through the hot work process, helping to prevent injuries and damage to facilities. Specifically, it covers the basics of hot work, how to prepare for and protect yourself and others during hot work operations, and what to do after the job is complete.

**Approximate Length:** 45 minutes

## Hours of Service for the Oil and Gas Industry

This course will give you an overview of the FMCSA's hours-of-service (HOS) rules that drivers must comply with as of February 27, 2012 and July 1, 2013, including a detailed look at how to comply with the HOS regulations and how to maintain an accurate record of duty status. This course also covers details regarding rules that apply specifically to the oil and gas industry.

**Approximate Length:** 60 minutes

## Hours of Service Rules for Oil & Gas CMV Drivers

Designed to give learners an overview of the FMCSA's hours of service rules and how to comply with them.

Note: If at any time you need to stop/pause prior to completion, close your browser window for

**Approximate Length:** 45 minutes

## Hours of Service Rules for Passenger-Carrying CMV Drivers

Designed to give drivers and carriers an overview of the Federal Motor Carrier Safety Administration's (FMCSA) hours of service rules and how to comply with them.

**Approximate Length:** 45 minutes

## Hours of Service Rules for Property-Carrying CMV Drivers

Designed to give drivers and carriers an overview of the FMCSA's hours of service rules and how to comply with them.

**Approximate Length:** 45 minutes

## Hours of Service: How to Fill Out Paper Logs

Designed to walk learners through how to fill out a paper log by following a driver out on a typical trip.

**Approximate Length:** 25 minutes

## Housekeeping & Maintenance

OSHA requires employers to provide their employees with a safe environment to work. While engineering controls—like markings, drainage, lighting, and guarding—may be put in place to help safeguard employees, workplace hazards may still exist. Effective housekeeping and proper maintenance procedures can help protect employees from these hazards, creating a safer work environment.

**Approximate Length:** 20 minutes

## Hydrogen Sulfide for General Industry

To help satisfy the training requirements in 29 CFR 1910.1200 for those who work with or around hazardous chemicals, 29 CFR 1910.119 for those who work with or around highly hazardous chemicals, and ANSI Z390.1-2006 for those who work with or around hydrogen sulfide.

**Approximate Length:** 75 minutes

## Hydrogen Sulfide for Oil & Gas

To help satisfy the training requirements in 29 CFR 1910.1200 for those who work with or around hazardous chemicals, 29 CFR 1910.119 for those who work with or around highly hazardous chemicals, and ANSI Z390.1-2006 for those who work with or around hydrogen sulfide.

**Approximate Length:** 90 minutes

## Incident Investigations for Accidents & Near Misses

High-impact training covering the essentials of incident investigations.

**Approximate Length:** 30 minutes

## Indoor Air Quality

Teaches employees the potentially harmful effects of poor air quality, and will help them prevent, identify, and correct air quality problems.

**Approximate Length:** 45 minutes

## Industrial Ergonomics

Designed to help learners identify ergonomic risks in their workplace and aid in reducing their chances of experiencing ergonomics-related injuries while on the job.

**Approximate Length:** 45 minutes

## Injury Prevention Around Flatbeds

Help your drivers stay injury-free while working on and around flatbeds.

**Approximate Length:** 10 minutes

## Injury Prevention Around Tankers

Help your drivers stay injury-free while working on and around tankers.

**Approximate Length:** 10 minutes

## Injury Prevention for CMV Drivers

Designed to help drivers avoid preventable injuries while on the job by recognizing and avoiding risks and adopting safe work practices.

**Approximate Length:** 40 minutes

## Intro to GHS (Globally Harmonized System) for Construction

Created specifically to assist facilities in complying with the employee training requirements of OSHA's newly adopted GHS regulations, these products discuss the Globally Harmonized System for the Classification and Labeling of Chemicals.

**Approximate Length:** 45 minutes

## Laboratory Ergonomics

Discusses the need to set up work areas correctly, as well as how to minimize the strain of using laboratory equipment, tools, and instruments.

**Approximate Length:** 45 minutes

## Laboratory Hoods

Emphasizes how to properly use laboratory hoods and how to test them to ensure correct functioning. It also covers how hoods can protect an experiment, the facility, and most importantly, the employee.

**Approximate Length:** 45 minutes

## Ladder Safety for General Industry

Designed to help learners understand OSHA ladder requirements under the Walking-Working Surfaces rule.

**Approximate Length:** 30 minutes

## Loading & Unloading: Straight Truck Series

Designed to help drivers understand the basic techniques that will help keep them safe while loading or unloading their straight truck. Specifically, how to prevent common injuries during the loading and unloading process and apply cargo securement to avoid unsafe load shifts.

**Approximate Length:** 15 minutes



## Lockout / Tagout: Put a Lock on Hazardous Energy

OSHA's Control of Hazardous Energy standard (29 CFR 1910.147) mandates training, inspections, and recordkeeping to ensure that workers will not be injured by unexpected start-up or release of energy from a machine or piece of equipment during service or maintenance. Whatever your role in lockout/tagout, you need to understand the reasons for lockout/tagout and know the established procedures. Lockout/Tagout: Put a Lock on Hazardous Energy is designed to raise your awareness about the importance of lockout/tagout and teach you both when and how to follow the procedures every time they're needed.

**Approximate Length:** 60 minutes

## Lockout / Tagout: Put a Lock on Hazardous Energy (with EyeCue Visual Learning System)

OSHA's Control of Hazardous Energy standard (29 CFR 1910.147) mandates training, inspections, and recordkeeping to ensure that workers will not be injured by unexpected start-up or release of energy from a machine or piece of equipment during service or maintenance. Whatever your role in lockout/tagout, you need to understand the reasons for lockout/tagout and know the established procedures. Lockout/Tagout: Put a Lock on Hazardous Energy (with EyeCue™) is designed to raise your awareness about the importance of lockout/tagout and teach you both when and how to follow the procedures every time they're needed.

**Approximate Length:** 60 minutes

## Machine Guarding

High-impact safety training covering the essentials of machine guard safety.

**Approximate Length:** 30 minutes

## Material Handling Safety

High-impact training covering the essentials of material handling safety.

**Approximate Length:** 30 minutes

## Materials Handling, Storage, Use, & Disposal for Construction

When working at a construction site, you may need to handle, store, use, and dispose of various building materials. Improper, inadequate, or unsafe handling of materials causes injuries and even death in many cases. Handling materials safely should be a primary goal of every worker in construction. This online course is designed to provide you with an introduction to handling materials on the jobsite, including moving, storing, and disposing of materials.

**Approximate Length:** 60 minutes

## Motorcoach: Defensive Driving

Up-to-date defensive driving training specific to the motorcoach industry. Helps ensure drivers are able to prevent crashes and the resulting high costs by using defensive driving skills to keep hazards from turning into emergencies.

**Approximate Length:** 45 minutes

## Motorcoach: Vehicle Inspections

Up-to-date vehicle inspection training specific to the motorcoach industry. Provides a step-by-step procedure for conducting pre-trip inspections; and an overview of what to look for during en-route and post-trip inspections.

**Approximate Length:** 60 minutes

## Motorized Pallet Jacks: Safe Operation

A motorized pallet jack is a basic piece of equipment used to raise a heavy load a few inches off the ground and move it to another location. Although this seems like a simple task, pallet jacks can cause serious injury or death if they are misused or if the operator isn't properly trained on how to use the equipment safely. This course helps satisfy the operator training requirements under OSHA's Powered Industrial Trucks Standard (1910.178(l)). Specifically, it is designed to help learners inspect and operate a motorized pallet jack in a safe way, protecting themselves and their coworkers from the potential hazards associated with their use.

**Approximate Length:** 30 minutes



## Night Driving: Driver Training Series

Helps you save time, money, and most importantly, lives. It discusses driver, vehicle, and roadway factors that can lead to night-time incidents and crashes, and provides helpful tips for increasing night-driving safety.

**Approximate Length:** 45 minutes

## Office Ergonomics

Helps employees identify ergonomic risks in their workplace and how to reduce risk of ergonomic-related injuries.

**Approximate Length:** 30 minutes

## Office Safety

Shows employees what hazards exist in office environments, and how important it is to use good safety practices as they go about their work.

**Approximate Length:** 45 minutes

## Orientation to Laboratory Safety

Shows both new employees and seasoned veterans the importance of safety in the laboratory. It also reviews the OSHA regulations and good safety practices that apply to laboratory environments.

**Approximate Length:** 45 minutes

## OSHA Formaldehyde Standard

Provides training that's required by this standard, focusing on the rules and procedures that the standard establishes for working with this potentially dangerous chemical.

**Approximate Length:** 60 minutes

## OSHA Recordkeeping for Employees

High-impact training covering the essentials of OSHA recordkeeping for employees.

**Approximate Length:** 60 minutes

## OSHA Recordkeeping for Managers and Supervisors

High-impact training covering the essentials of OSHA recordkeeping for managers and supervisors.

**Approximate Length:** 45 minutes

## Pattern Driving - Master Driver

Provides strategies to help keep drivers alert and aware while on the road, and helps drivers avoid hazardous situations that can occur when coming out of a pattern-driving daze.

**Approximate Length:** 45 minutes

## Personal Protective & Lifesaving Equipment for Construction

Personal protective and lifesaving equipment (PPE) are critical lines of defense against exposure when engineering controls, good work practices, and other measures cannot eliminate a hazard. This online course is designed to teach you how to properly choose and use PPE in a construction setting.

**Approximate Length:** 60 minutes

## Personal Protective Equipment: Employee Essentials

This course introduces learners to the different personal protective equipment (PPE) used in the workplace, including: head, eye, face, hearing, hand, foot, and respiratory protection devices. This course helps learners to select, care for, and properly wear PPE for their on-the-job safety.

**Approximate Length:** 90 minutes

## Personal Protective Equipment: Employee Essentials (with EyeCue Visual Learning System)

This course introduces learners to the different personal protective equipment (PPE) used in the workplace, including: head, eye, face, hearing, hand, foot, and respiratory protection devices. This course helps learners to select, care for, and properly wear PPE for their on-the-job safety.

**Approximate Length:** 90 minutes

## Personal Safety & Security for CMV Drivers

Designed to help drivers learn to recognize and avoid possibly harmful situations. Specifically, it is a candid discussion of the potential threats drivers face and their best course of action to keep themselves safe from theft and physical violence.

**Approximate Length:** 50 minutes

## Planning for Laboratory Emergencies

Discusses how to minimize damage and prevent injuries if a laboratory emergency should occur.

**Approximate Length:** 45 minutes

## Power Tool & Extension Cord Safety

Designed to familiarize learners with potential hazards related to power tools and extension cords, as well as help them understand what preventive measures they can take to stay safe while handling and operating them.

**Approximate Length:** 35 minutes

## Preventing Contamination in the Laboratory

Emphasizes the need to recognize situations that could lead to contamination, and discusses what can be done to prevent contamination from occurring.

**Approximate Length:** 45 minutes

## Prohibiting the Coercion of CMV Drivers

Effective January 29, 2016, the Federal Motor Carrier Safety Administration (FMCSA) will enforce the Prohibiting Coercion of Commercial Motor Vehicle Drivers rule. Otherwise known as the Coercion Rule, this new rule helps protect commercial motor vehicle (CMV) and motorcoach drivers from being coerced into violating the Federal Motor Carrier Safety Regulations, Hazardous Materials Regulations, or Federal Motor Carrier Commercial Regulations.

Note: If at any time you need to stop/pause prior to completion, close your browser window for

**Approximate Length:** 10 minutes

## Pulling Doubles

Pulling two "pup" trailers presents special challenges for drivers when compared to pulling a single trailer. In order to understand the differences, it is necessary for drivers to have a working knowledge of the special equipment and terminology that they'll find when pulling doubles. This course gives drivers an overview of the standard double, explains the general rules for pulling them, and covers topics such as coupling and uncoupling, defensive driving techniques, and parking and backing a double, just to name a few.

**Approximate Length:** 60 minutes

## RCRA Hazardous Waste Generator Training

Designed to guide hazardous waste generators through federal hazardous waste management regulations. Specifically, it covers waste identification, generator category determination, waste management, waste preparation for transport, and emergency planning.

**Approximate Length:** 45 minutes

## Rear End Collisions: Master Driver

Help your drivers prevent accidents and stay safe on the road.

**Approximate Length:** 30 minutes

## Respiratory Protection: Breathing Safely

Helps employees recognize and respond to respiratory hazards, including atmospheres immediately dangerous to life or health (IDLH). Enhanced with the EyeCue Visual Learning System.

**Approximate Length:** 50 minutes

## Respiratory Protection: Breathing Safely (with EyeCue Visual Learning System)

Helps employees recognize and respond to respiratory hazards, including atmospheres immediately dangerous to life or health (IDLH). Enhanced with the EyeCue Visual Learning System.

**Approximate Length:** 50 minutes

## Rigging Safety

High-impact training covering the essentials of rigging safety.

**Approximate Length:** 45 minutes

## Right Turns / Left Turns / Intersections

Covers common problem areas and hazards drivers face, all while offering straightforward tips on executing the maneuvers more safely. It demonstrates safe turn and intersection techniques in a variety of situations, including city and rural driving, single- and multi-lane roads, narrow streets, one-way streets, and roundabouts.

**Approximate Length:** 30 minutes

## Roadside Inspections: A Driver's Guide

Helps prepare drivers for roadside inspections and helps them understand the consequences of a failed inspection.

**Approximate Length:** 60 minutes

## Rural Driving - Master Driver

Helps drivers recognize and deal with the unique set of hazards they normally don't contend with when driving on interstate highways.

**Approximate Length:** 45 minutes

## Safe Handling of Laboratory Glassware

Discusses the nature of various types of glassware, the problems it can cause, and the need for employees to use and maintain laboratory glassware safely.

**Approximate Length:** 45 minutes

## Safety Audits for Employees

Designed to help employees understand the purpose and benefits of safety audits, what they can expect, and how they can play an active role in creating a hazard-free workplace.

**Approximate Length:** 15 minutes

## Safety Showers and Eye Washes

Reviews situations where safety showers and eye washes should be used, as well as how to properly use them. Covers how to operate showers and eye washes correctly, chemical splashes, appropriate shower and eye wash techniques, helping an accident victim use a shower/eye wash, first aid, and maintenance and testing of showers and eye washes.

**Approximate Length:** 45 minutes

## Safety Showers and Eye Washes in the Laboratory

Reviews the correct ways to use this equipment, and emphasizes the need for quick action after a chemical splash or spill in a laboratory.

**Approximate Length:** 45 minutes

## Sanitary Food Transportation

High-impact food safety training covering the FDA's Sanitary Transportation of Human and Animal Food rule.

**Approximate Length:** 20 minutes

## Scaffolding Safety for General Industry

Provides employees with OSHA scaffolding safety training on scaffolds and their hazards.

**Approximate Length:** 30 minutes

## Scaffolds for Construction

Working with heavy equipment and building materials on the limited space of a scaffold is difficult. Falls from scaffolds can result in injuries ranging from sprains and bruises to death. OSHA requires scaffolds to be constructed and used according to the manufacturer's instructions; so, you must be trained on both OSHA and the manufacturer's requirements. This online course is designed to provide you with an introduction to the

types of scaffolds commonly used. This course will also teach you to identify hazards and the controls that keep those hazards from becoming tragedies.

**Approximate Length:** 60 minutes

### Scissor Lifts for Construction

Designed to familiarize learners with the different types of hazards related to scissor lifts, as well as help learners understand what preventive measures they can take to stay safe while operating or working near a scissor lift.

**Approximate Length:** 20 minutes

### Scissor Lifts for General Industry

Designed to familiarize learners with the different types of hazards related to scissor lifts, as well as help learners understand what preventive measures they can take to stay safe while operating or working near a scissor lift.

**Approximate Length:** 20 minutes

### Slips & Trips for Construction

Falls are one of the most common causes of construction jobsite injuries and deaths. The Bureau of Labor Statistics reports that in 2012, falls, slips, and trips accounted for 285,380 nonfatal injuries and 570 fatal work injuries in the workplace. This online course is designed to help learners recognize and avoid slip and trip hazards. It will also teach them to take the proper measures to ensure their safety and the safety of others on the jobsite.

**Approximate Length:** 30 minutes

### Slips & Trips: Workplace Safety

Falls are one of the most common causes of workplace injuries and deaths. The Bureau of Labor Statistics reports that in 2012, falls, slips, and trips accounted for 285,380 nonfatal injuries and 570 fatal work injuries. This online course is designed to help learners recognize and avoid slip and trip hazards. It will also teach them to take the proper measures to ensure their safety and the safety of others in the workplace.

**Approximate Length:** 30 minutes

### Slips, Trips, & Falls: Hazard Perception Challenge

Every year slips, trips, and falls are in OSHA's top 5 list of disabling workplace injuries. And every year the cost of these injuries to employers is in the billions. Tragically, slips, trips, and falls account for 15% of annual workplace fatalities. This hazard perception course is designed to increase employee awareness of slip, trip, and fall hazards, and to foster proactive responses wherever hazards exist.

**Approximate Length:** 45 minutes

### Slips, Trips, & Falls: Hazard Perception Challenge (with EyeCue Visual Learning System)

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**Approximate Length:** 45 minutes

### Speed & Space Management - EYE ON

Helps prepare drivers for dealing with real hazards on the road, which helps reduce the risk of emergencies and crashes.

**Approximate Length:** 45 minutes

### Stairways & Ladders for Construction

You often depend on ladders and stairways to take you to the heights that need to be reached. Falls from any height are a serious safety concern. Injury often affects multiple body parts - such as your back, knees, ankles, wrists, and head. Ladders and stairs are simple tools; however, proper set up, maintenance, and use are

required. This online course is designed to provide you with an introduction to the rules for stairways and ladders, as well as insight into potential hazards and protective measures that can prevent injuries.

**Approximate Length:** 60 minutes

### Stairways & Ladders: Workplace Safety

This course helps learners avoid slips, trips, and falls from stairs and ladders. This course helps learners apply OSHA's safety standards for stairs and ladders in the workplace, saving workers from injury and saving employers money.

**Approximate Length:** 45 minutes

### Stairways for General Industry

Designed to help learners understand OSHA stairs requirements and identify ways to prevent injuries while using them.

**Approximate Length:** 10 minutes

### Step Bolts & Manhole Steps for Telecommunications

Designed to help learners understand OSHA's requirements for using step bolts and manhole steps.

**Approximate Length:** 20 minutes

### Struck-By for Construction: Focus Four Hazards

Struck-by hazards exist any time you may be struck or hit by an object. OSHA categorizes struck-by hazards even further: struck-by a flying object, struck-by a falling object, struck-by a swinging object, and struck-by a rolling object. This online course is designed to teach you to recognize and avoid struck-by hazards.

**Approximate Length:** 60 minutes

### Team Building for Employees

Team Building for Employees is an informative and interactive course designed to help your employees contemplate what teamwork means in the workplace. The program focuses on how to be a better member of a highly productive team by improving communication, cooperation and commitment.

**Approximate Length:** 60 minutes

### Team Building for Supervisors

Team Building for Supervisors is an informative and interactive course designed to help supervisors contemplate what teamwork means in the workplace. It focuses on how they can better facilitate teamwork among employees to improve communication, cooperation and productivity.

**Approximate Length:** 60 minutes

### Tuberculosis in the Healthcare Environment

Designed to assist facilities and operations whose employees have a risk of exposure to tuberculosis. This training also helps employees understand the nature of the disease, as well as what they can do to protect themselves from infection.

**Approximate Length:** 45 minutes

### Vehicle Inspections: Intermodal Chassis

For all drivers of property-carrying commercial motor vehicles who haul inter modal chassis.

**Approximate Length:** 10 minutes

### Vehicle Inspections: Refrigerated Trailers

For all drivers of property-carrying commercial motor vehicles who haul refrigerated trailers.

**Approximate Length:** 10 minutes

### Vehicle Inspections: Straight Truck Series

Designed to help drivers understand the basics of a pre-trip, on-the-road, and post-trip inspection on a straight truck. Specifically, the importance of routinely inspecting your vehicle even when it may not be required by the regulations.

**Approximate Length:** 15 minutes

## Vehicle Inspections: Tractor Trailers

For all drivers of property-carrying commercial motor vehicles.

**Approximate Length:** 60 minutes

## Walking-Working Surfaces: What Employees Need to Know

Designed to help employees understand the OSHA Walking-Working Surfaces rule and how their job responsibilities may be impacted under the new slips, trips and falls requirements.

**Approximate Length:** 20 minutes

## Walking-Working Surfaces: What Supervisors Need to Know

Designed to help managers and safety personnel understand the OSHA Walking-Working Surfaces rule and their responsibilities under the new slips, trips and falls requirements.

**Approximate Length:** 20 minutes

## Welding: Safety & Health Protections

Covers safety essentials for the welder and other workers involved in the welding process.

**Approximate Length:** 30 minutes

## Wellness and Fitness

Shows employees how small changes in lifestyles can produce big benefits. While wellness is a gradual process, eliminating negative lifestyle factors can help keep employees healthy.

**Approximate Length:** 45 minutes

## Wheel Chocks & Dockboards

Designed to help learners understand how to safely load and unload transport vehicles while using tire chocks and dockboards.

**Approximate Length:** 10 minutes

## Winter Safety: Working & Driving in Snow, Ice, & Extreme Cold

High-impact training covering the essentials of winter driving or working safety.

**Approximate Length:** 30 minutes

## Working with Lead Exposure in Construction Environments

Created specifically for OSHA's Lead Standards for construction environments, these products are designed for employees in workplaces where lead and lead-based materials are found. This training product addresses the major areas of employee training required by the regulations. Because of the widespread use of lead-based paints, as well as other materials containing lead, this product is useful to a number of different groups including building/construction companies, manufacturers, recyclers, and many others.

**Approximate Length:** 60 minutes

## Working with Lead Exposure in General Industry

Created specifically for OSHA's Lead Standards for general industry environments, these products are designed for employees where lead and lead-based materials are found. This training product addresses the major areas of employee training required by the regulations. Because of the widespread historical use of lead-based paints, as well as other materials containing lead, this product is useful to a number of different groups including manufacturers, recyclers, and many others.

**Approximate Length:** 60 minutes

## Workplace Injury & Illness: OSHA Reporting & Recordkeeping for Managers

Designed to provide an overview of annual workplace injury and illness recordkeeping and OSHA reporting requirements.

**Approximate Length:** 45 minutes

## Workplace Safety Basics: In Case of an Emergency

High-level overview of important workplace safety topics covering procedures an employee should follow in the event of an emergency.

**Approximate Length:** 15 minutes

## Workplace Safety Basics: Safe Use of Equipment

High-level overview of important workplace safety topics related to the safe use of tools and equipment.

**Approximate Length:** 15 minutes

## Workplace Safety Basics: Work Environment

High-level overview of important workplace safety topics on creating a safe work environment.

**Approximate Length:** 15 minutes

## Workplace Safety Basics: Work Practices

High-level overview of important workplace safety topics related to safe work practices.

**Approximate Length:** 15 minutes

## Workplace Stress

Helps employees identify potentially stressful situations and learn how to cope with them.

**Approximate Length:** 45 minutes