



# OHS Library

eLearning Library

## **ADDITIONAL COURSES**

*Full Length (30-60 minutes)*

### **3D Printer Safety**

This lesson provides a basic knowledge of the hazards associated with 3D printing. The lesson addresses how to use administrative and engineering controls, personal protective equipment, and safe work practices to help reduce 3D printing-related injuries and hazardous exposures.

### **Abrasive Blasting**

Learn the safety measures required for abrasive blasting. This course covers the risks associated with abrasive blasting, proper use of equipment, and protective measures to ensure a safe working environment.

### **Active Shooter Response**

In this lesson, employees will learn what an active shooter event is, who is at increased risk in an active shooter event, the planning, training, and preparation steps to survive an active shooter event, the physiological reactions in an active shooter event, how to recognize an active shooter event, how to respond to an active shooter event occurring, what to do after an active shooter event occurs, and resources for additional information on preparation for an active shooter event.

### **Active Shooter Response Overview**

In this lesson, you will learn what an active shooter event is, as well as the observable behaviors of a potential active shooter. You will learn how you can prepare for an active shooter event, what to do when an active shooter event occurs, how to support law enforcement, and how to assist active shooter victims

### **Aerial Work Platform Safety Video**

Ensure safety while using aerial work platforms. This course covers equipment inspection, proper

use, and safety protocols to prevent accidents and injuries when working at heights.

### **Aerosol Transmissible Diseases**

This lesson makes you aware of how aerosol transmissible disease exposures occur in work settings. It also presents information on what you and your employer can do to minimize the risk of exposures.

### **Air Emissions Management**

This lesson will familiarize you with the sources and types of air emissions, the negative effects they may have on human health and the environment, and facility management and individual workers can use to control emissions.

### **Air Emissions Management Overview**

This lesson will familiarize you with the sources and types of air emissions, the negative effects they may have on human health and the environment, and the methods that facility management and individual workers can use to control emissions.

### **Arc Flash and Electrical Safety Best Practices (NFPA 70E 2021 Edition)**

The purpose of the NFPA standard 70E (2021 edition) is to provide a standard for safety-related work practices for the construction, maintenance, operation and demolition of electrical systems in the workplace. Vivid's lesson covers awareness-level information for workers who have jobs or assignments that bring them into contact with electrical hazards, such as arc flash and electric shock. Completing this lesson does not designate an employee as an electrically-qualified worker.

### **Arc Flash CSA Z462**

Learn about the CSA Z462 standard for arc flash safety. This course covers hazard assessments, personal protective equipment, and safe work

practices to protect workers from arc flash incidents.

### **Asbestos Awareness**

Gain an understanding of asbestos hazards. This course covers the health risks associated with asbestos, regulations for handling asbestos, and safe work practices to minimize exposure.

### **Asbestos Hazard Awareness**

This lesson will help employees increase hazard awareness and assess the risk for operations where there is any potential for exposure to asbestos and the risk of acquiring an asbestos-related disease. However, completing this lesson alone does not meet the intent of applicable regulations nor qualify a worker to collect samples or perform abatement activities.

### **Autoclave Safety**

The lesson will teach you about the purpose, operation and various types of autoclaves, as well as the procedures and precautions for safely operating, maintaining and inspecting autoclaves.

### **Back Safety**

Prevent back injuries with effective safety practices. This course covers proper lifting techniques, ergonomics, and exercises to strengthen the back and reduce the risk of injury.

### **Back Safety and Injury Prevention**

This lesson covers principles of back safety, including how to properly care for your back and perform work tasks safely.

### **Basic Respiratory Protection**

Understand the basics of respiratory protection. This course covers the selection, use, and maintenance of respiratory protective equipment to protect workers from airborne hazards.

### **Bear Safety Essentials**

Learn how to stay safe in bear country. This course covers bear behavior, how to avoid encounters, and what to do if you encounter a bear in the wild.

### **Behavior-Based Safety**

The purpose of this lesson is to introduce behavior-based safety concepts to employees, with the intent of creating an understanding what influences employees to change unsafe behaviors before an accident or injury happens. Accidents and injuries have both a human and business cost, so it is advantageous for employees to practice safe behaviors and mitigate unsafe behaviors in the workplace.

### **Behavior-Based Safety Overview**

Accidents and injuries have both a human and a business cost, so it is advantageous for employees to practice safe behaviors and mitigate unsafe behaviors in the workplace. This lesson introduces behavior-based safety concepts to employees and creates awareness around what influences employees to change unsafe behaviors before an accident or injury happens.

### **Benzene Safety**

You will learn to recognize how you can be exposed to benzene, the health effects related to benzene exposure, and how you and your employer can take steps to keep you safe in your workplace.

### **Biosafety Cabinets**

This lesson provides an introduction to the different types of biosafety cabinets (BSCs) and their basic operation to minimize the risks associated with accidental and occupational exposure.

### **Bloodborne Pathogens**

Understand the risks associated with bloodborne pathogens and how to protect yourself. This course covers exposure control plans, personal protective equipment, and procedures for dealing with potential exposures.

### **Bloodborne Pathogens (BBP)**

This lesson will familiarize you with the steps you

can take to minimize your risk of exposure to bloodborne pathogens in the workplace.

### **Building a Safety Culture**

Promote a strong safety culture within your organization. This course covers the principles of safety culture, strategies for engagement, and best practices for fostering a proactive approach to safety.

### **California Sexual Harassment Prevention - For Managers**

Meet California's requirements for sexual harassment prevention training for managers. This course covers recognizing, preventing, and responding to sexual harassment in the workplace.

### **California Sexual Harassment Prevention Employees & Managers**

Ensure compliance with California's sexual harassment prevention requirements for employees and managers. This course covers recognizing, preventing, and responding to sexual harassment.

### **Canada - Hearing Conservation Overview**

This lesson will help you recognize the impact of noise on your hearing, the warning signs of hearing loss, and the noise exposure limits that necessitate hearing protection. In addition, this lesson will introduce you to the types, benefits, and proper use of hearing protectors and address your responsibilities in supporting your employer's hearing conservation program.

### **Canada - Workplace Hazardous Materials Information System (WHMIS)**

To train employees to recognize the Government of Canada's basic communication standards for employers who import, sell, or handle hazardous materials in Canada.

### **Canadian Standards Association (CSA) Fall Protection**

To ensure all employees are aware of the

requirements for use of Fall Protection, Work Positioning, Fall Restraint, and Fall Arrest systems.

### **Cardiopulmonary Resuscitation (CPR)**

This lesson provides instruction on how to respond confidently as a bystander to a suspected sudden cardiac arrest, perform compression-only adult CPR, and use an AED. This program does not qualify for first aid or CPR certification.

### **Chemical Safety**

This lesson covers the required awareness training on the occupational hazards common to the handling and use of chemicals, measures you can take to protect yourself from chemical hazards, safe practices for chemical storage and waste disposal, and the correct response to emergency situations involving chemical spills. This lesson does not cover information related to radiological agents, explosives, and biohazardous/infectious agents.

### **Chlorine Safety**

This lesson teaches you how to recognize chlorine hazards in the workplace and limit your risk of a hazardous exposure using appropriate safety precautions and controls.

### **CMVs - Safe Driving Behavior for Commercial Motor Vehicles**

Learn safe driving practices for commercial motor vehicles (CMVs). This course covers defensive driving techniques, regulations, and best practices to ensure the safety of CMV drivers and other road users.

### **Cold Stress**

The goal of the course is to create awareness among employees of the hazards inherent to working in cold environments. Additionally the course identifies the nature, symptoms and treatment of cold stresses and the precautions employees should take to protect themselves. Although this lesson describes instances of

immersion hypothermia (cold water exposure), it does not contain information on water rescue procedures.

### **Cold Stress Overview**

The goal of the course is to create awareness among employees of the hazards inherent to working in cold environments. Additionally, the course identifies the nature, symptoms, and treatment of cold stresses and the precautions employees should take to protect themselves.

### **Cold, Flu, and Transmissible Illness Prevention**

The purpose of this lesson is to educate learners on actions they can take to prevent contraction of and transmission of cold and influenza viruses, as well as actions to take if they become infected.

### **Compressed Gas Safety**

The purpose of this lesson is to address the hazards inherent in compressed gas and provide best practices for using, moving, and storing compressed gas containers.

### **Concrete and Masonry**

This lesson covers the general requirements for safely performing concrete and masonry work, as well as specific requirements related to working with cast-in-place and pre-cast concrete and lift-slab operations and masonry construction.

### **Confined Space Entry - Permit Required**

This lesson will present the hazards posed by confined spaces, the basic requirements for entry into a permit required confined space, and the safe practices for working in a permit required confined space.

### **Confined Space Entry - Permit Required Overview**

This overview will present the characteristics of confined space, hazards posed by confined spaces, and the hazard controls that must be implemented prior to entering a permit required confined space.

### **Confined Spaces**

This lesson will present the hazards posed by confined spaces and the difference between a permit required confined space and a non-permit required confined space.

### **Confined Spaces: Construction Site Safety**

This lesson will take you through a step-by-step procedure of the flow of communication required to coordinate activities between multiple employers to protect you from exposure to hazards associated with construction work in confined spaces, including atmospheric and physical hazards.

### **Connecticut Sexual Harassment for Supervisors and Employees - 2 hour CHRO**

Complete the Connecticut Commission on Human Rights and Opportunities (CHRO) required training for sexual harassment prevention. This course covers the identification, prevention, and reporting of sexual harassment in the workplace.

### **Construction - Fall Protection**

In this lesson, you will learn the hazards posed by falling, falling objects, and unguarded openings, and the protections provided by fall restraint, fall arrest and work positioning systems. You will also learn the components, design, and safe use requirements of a personal fall arrest system, as well as how to properly select, inspect, don, and connect to a system.

### **Construction - Fall Protection Overview**

This lesson provides an awareness of the hazards posed by falling, falling objects, and unguarded openings, and the protections provided by fall restraint, fall arrest and work positioning systems. It also covers basic design and safe use requirements of a personal fall arrest system, as well as how to properly select and connect to a system.

### **Conveyor Safety**

This lesson will help you recognize the hazards associated with working with or near conveyor

equipment, the safeguards in place to protect you and your responsibilities when working with conveyors, including those related to lock and tag requirements.

### **Coronavirus Preparedness for Employers and Employees**

Prepare for and respond to the COVID-19 pandemic. This course covers the latest guidelines, preventive measures, and best practices for protecting yourself and others from the virus.

### **Courier and Delivery Driver Safety**

Ensure the safety of courier and delivery drivers. This course covers safe driving practices, handling packages, and protocols for dealing with hazardous conditions and situations.

### **COVID-19**

Understand the impact of COVID-19 and how to mitigate its spread. This course covers the symptoms, transmission, and preventive measures for COVID-19, as well as workplace safety protocols.

### **COVID-19 Masks, Coverings, and Respirators**

This lesson covers the differences between face masks, face coverings, and respirators, such as the N95 mask. The lesson also provides an awareness of an employer's responsibilities for respirator use in the workplace.

### **COVID-19: Workplace Safety**

This lesson will address the hazards posed by the coronavirus (COVID-19), how it is transmitted, its symptoms and how to respond to them, and the types of work that present a high risk of exposure. You will also learn how you can prevent the spread of COVID-19, your employer's responsibilities related to protecting you from exposure to the virus, and the types of controls that can be used in your workplace that will help prevent its spread. This training is subject to change as research on the virus and its variants continues.

### **CPR - Cardiopulmonary Resuscitation**

Learn the basics of cardiopulmonary resuscitation (CPR). This course covers the steps for performing CPR, including chest compressions and rescue breaths, to provide life-saving assistance in emergencies.

### **Crane Safety: Mobile Cranes**

This lesson covers various concepts related to the safe operation of mobile cranes. It provides an introduction to cranes, including the various types used in the construction industry, how to select the right one for the job and important safety information regarding common crane violations, causes of accidents and operator responsibilities. Additionally, it covers pre-operation setup and inspection and planning for a safe lift.

### **Cybersecurity - Basics**

Understand the fundamentals of cybersecurity. This course covers common cyber threats, protective measures, and best practices for keeping your data and systems secure.

### **Cybersecurity - Email Threats**

Learn how to protect yourself from email threats. This course covers phishing, malware, and other email-based attacks, as well as strategies for recognizing and responding to suspicious emails.

### **Cybersecurity - Passwords**

Ensure your passwords are secure. This course covers the importance of strong passwords, best practices for creating and managing passwords, and how to avoid common password pitfalls.

### **Cybersecurity - Working Remotely**

Protect your data and systems while working remotely. This course covers cybersecurity best practices for remote work, including secure connections, data protection, and avoiding common cyber threats.

### **Decontamination**

This lesson covers how decontamination

planning, methods, procedures, and facilities help ensure worksite contaminants are removed from you and your worksite equipment.

### **Decontamination Overview**

This lesson covers how decontamination planning, procedures, and facilities help ensure worksite contaminants are removed from you and your worksite equipment.

### **Discrimination-Free Workplace**

This lesson provides an awareness of issues relating to discrimination in the workplace and practical considerations for avoiding discriminatory practices, including discrimination associated with race, color, religion, creed, sex, national origin, age, citizenship, marital status, veteran status, sexual orientation, gender identification, political ideology, medical condition, sensory, physical or mental disability, or any other characteristic protected by local, state or federal law.

### **Disinfecting the Workplace for COVID-19**

You will learn to recognize the difference between cleaning and disinfecting, which products are effective against COVID-19, and how to use them correctly and safely. You will also learn steps you can take to help prevent the spread of COVID-19 in your workplace once you've cleaned and disinfected your work environment.

### **Distracted Driving**

This lesson will heighten drivers' awareness of the many distractions they may encounter on the road. It will introduce the systems in place to keep them safe and provide practical strategies for staying focused and driving defensively.

### **DOT Driver and Carrier Responsibilities**

This is Lesson 4 of a five-lesson hazardous materials transportation awareness curriculum. The purpose of the lesson is to provide individuals who are involved with the transportation of hazardous materials with an awareness-level understanding of driver and

carrier responsibilities to ensure safe hazardous materials transportation. This awareness-level course has been prepared to meet the intent of the Federal DOT hazardous material regulations, Title 49 CFR, Parts 172 through 173.

### **DOT Fundamentals of Hazardous Materials**

This is an introductory lesson that will serve as the overview for a five-lesson hazardous materials transportation awareness curriculum. The purpose of this lesson is to provide learners with an awareness of the hazardous materials transportation process, and an awareness of the reference tools available to help workers transport hazardous materials safely.

### **DOT Hazmat: Driver and Carrier Responsibilities**

Understand the responsibilities of drivers and carriers under DOT hazardous materials regulations. This course covers the requirements for transporting hazardous materials safely and in compliance with DOT regulations.

### **DOT Hazmat: Fundamentals of Hazardous Materials**

Learn the fundamentals of hazardous materials transportation. This course covers classification, labeling, and documentation requirements for the safe transport of hazardous materials.

### **DOT Hazmat: Identifying Hazardous Materials**

Identify hazardous materials correctly for transportation. This course covers the classification system, labeling, and documentation required for hazardous materials under DOT regulations.

### **DOT Hazmat: Incident Response and Transport Security**

Prepare for and respond to hazardous materials incidents. This course covers emergency response procedures, transport security measures, and best practices for handling hazardous materials safely.



**DOT Hazmat: Packaging Hazardous Materials**

Ensure the proper packaging of hazardous materials for transport. This course covers the requirements for selecting, preparing, and inspecting packaging to ensure the safe transport of hazardous materials.

**DOT Identifying Hazardous Materials**

This is Lesson 2 of a five-lesson hazardous materials transportation awareness curriculum. The purpose of the lesson is to provide individuals who are involved with the transportation of hazardous materials with an awareness of the hazard identification process and the reference tools that are available to assist with that process. This awareness-level course has been prepared to meet the intent of the Federal DOT hazardous material regulations, Title 49 CFR, Parts 172 through 173.

**DOT Incident Response and Transport Security**

This is Lesson 5 of a five-lesson hazardous materials transportation awareness curriculum. The purpose of the lesson is to provide individuals who are involved with the transportation of hazardous materials with an awareness-level understanding of incident response and transport security. This awareness-level course has been prepared to meet the intent of the Federal DOT hazardous materials regulations, Title 49 CFR, Parts 172 through 173.

**DOT Packaging Hazardous Materials**

This is Lesson 3 of a five-lesson hazardous materials transportation awareness curriculum. The purpose of the lesson is to provide individuals who are involved with the transportation of hazardous materials with an awareness level understanding of how to package hazardous materials. This awareness-level course has been prepared to meet the intent of the Federal DOT hazardous material regulations, Title 49 CFR, Parts 172 through 173.

**DOT/CSA: Profiled in Safety**

This course trains commercial carriers to understand new tracking methods as well as the carrier's obligations for compliance with this standard.

**DOT: Driver Logs**

This course explains the Department of Transportation time constraints that commercial drivers must abide by and how to effectively utilize driver logs.

**DOT: Driver Qualifications**

You will learn about the general requirements to become a licensed commercial truck driver and the actions and behaviors that can lead to license suspension or disqualification.

**DOT: Driver Wellness**

You will learn to recognize the health risks you may face in your job as a CMV driver and how to take steps to prioritize your health and well being while on the road.

**DOT: Drug and Alcohol Testing for Employees**

As an employee who performs safety-sensitive functions, you will learn about prohibited drug- and alcohol-related conduct for all safety-sensitive workers, the six conditions under which you are subject to drug and alcohol testing, when they occur and the testing process, and the signs and symptoms of substance use.

**DOT: Drug and Alcohol Testing for Supervisors - Reasonable Suspicion**

As a supervisor of employees in safety-sensitive roles, you will learn how to identify circumstances and indicators that may create reasonable suspicion that an employee is using or under the influence of alcohol or drugs, when to do reasonable suspicion testing, and why it is important for public safety.

**DOT: Trip Inspections**

You will learn crucial inspection steps that you must take to clear your truck for pre- and post-trip



assessment, as well as best practices for maintaining awareness of your vehicle's condition during trips.

### **Driver Safety**

This lesson will familiarize you with the consequences of making unsafe decisions when driving as well as the safe driving practices and vehicle technologies that will protect you from potential driving incidents and accidents. This lesson is not intended to cover driving requirements associated with commercial motor vehicles (CMVs) or the use of a commercial driver's license (CDL). This lesson does not address safety concerns associated with the use of off-road (ATV) vehicles, motorcycles, towing a trailer, or load securement while hauling equipment such as in the bed of a pickup truck.

### **Driver Safety Overview**

This lesson will familiarize you with the consequences of making unsafe decisions when driving as well as the safe driving practices that will protect you from potential driving incidents and accidents. This lesson is not intended to cover driving requirements associated with commercial motor vehicles (CMVs) or the use of a commercial driver's license (CDL). This lesson does not address safety concerns associated with the use of off-road (ATV) vehicles, motorcycles, towing a trailer, or load securement while hauling equipment such as in the bed of a pickup truck.

### **DRIVER: Hours of Service**

Learn the hours of service regulations for commercial drivers. This course covers the rules for driving time, rest periods, and record-keeping to ensure compliance with hours of service requirements.

### **Dropped and Fallen Objects**

In this lesson you, will learn about the risks involved with dropping a tool or small object when working from an elevated height and your

personal responsibility to safely secure and handle tools and objects so others are not struck from above.

### **Drug- and Alcohol-Free Workplace**

The goal of this lesson is to reduce the financial and personnel cost of injuries and lost workdays due to controllable factors such as illness, use of medication, and drug and alcohol use.

### **Drug- and Alcohol-Free Workplace Overview**

The goal of the lesson is to reduce the financial and personnel cost of injuries and lost workdays due to controllable factors such as illness, use of medication, and drug and alcohol use.

### **Earthquake Preparedness**

This lesson provides information on the dangers of earthquakes in the workplace and the actions you should take to prepare in advance of a quake. It also teaches you what to do during and after a quake to reduce the risk of injury.

### **Electrical Safety**

Ensure electrical safety in your workplace. This course covers electrical hazards, safe work practices, and procedures for working with or around electrical systems and equipment.

### **Electrical Safety - Construction**

Learn the electrical safety requirements specific to the construction industry. This course covers hazards, regulations, and safe work practices to protect workers from electrical risks on construction sites.

### **Electrical Safety Work Practices and Standards / includes Arc Flash**

Understand electrical safety work practices and standards, including arc flash protection. This course covers hazard assessments, personal protective equipment, and safe work practices for electrical work.

### **Electrical Safety: General Awareness**

This lesson prepares workers to work safely with and around electricity. This lesson does not

address arc-flash hazards and controls, lock-out/tag-out procedures, or high voltage (220V or 440V) electrical safety.

### **Electrical Safety: Hazards, Controls, and Best Practices**

This lesson builds upon the Electrical Safety: General Awareness lesson and addresses the hazards of working with electricity, electrical preparation and installation practices, as well as best practices for using personal protective equipment, arc-flash hazards and controls, and lock-out/tag-out procedures. It's recommended that students complete the Electrical Safety: General Awareness lesson prior to taking this lesson. Completing this lesson does not designate an employee as an electrically-qualified worker.

### **Eliminating Discrimination and Harassment in the Workplace**

Promote a discrimination- and harassment-free workplace. This course covers the types of discrimination and harassment, legal protections, and best practices for creating an inclusive and respectful work environment.

### **Emergency and Fire Preparedness**

This lesson creates awareness about the dangers of fire and other emergencies, provides an overview of the requirements for emergency action and fire prevention plans, and touches on best practices for responding to alarms and practicing preparedness through drills. This lesson does not cover how to prepare for hazardous waste material emergencies or responses such as cleanup.

### **Emergency Planning and Community Right-to-Know Act (EPCRA)**

This lesson provides information about your facility's EPCRA reporting responsibilities, and covers how to report the storage or release of a hazardous substance.

### **Employee Safety Orientation**

This lesson informs you of the importance of following safe practices in the workplace. Additionally, it covers some preventative measures that will protect you from hazards and how to respond if an emergency should occur.

### **Ensuring Security**

Learn how to ensure security in your workplace. This course covers physical security measures, access control, and best practices for protecting your facilities and assets.

### **Environmental Management**

Understand the principles of environmental management. This course covers regulations, best practices, and strategies for minimizing the environmental impact of your operations.

### **Environmental Management Fundamentals**

This lesson teaches the industrial sources of land, air, and water pollution, the health dangers that environmental pollutants present, and the types of actions that industrial facility workers must complete in order to control industrial pollutants and respond to environmental incidents.

### **Environmental Management Fundamentals Overview**

An overview of the lesson that teaches the industrial sources of land, air, and water pollution, the health dangers that environmental pollutants present, and the types of actions that industrial facility workers must complete in order to control industrial pollutants and respond to environmental incidents.

### **EPCRA - Emergency Planning and Community Right-to-Know Act**

Learn about the Emergency Planning and Community Right-to-Know Act (EPCRA). This course covers the requirements for emergency planning, chemical reporting, and community awareness.

**ERGO Bongarde Office Series - Module 01:  
Chairs**

Improve your ergonomic setup with a focus on chairs. This course covers selecting, adjusting, and using office chairs to promote comfort and reduce the risk of musculoskeletal disorders.

**ERGO Bongarde Office Series - Module 02:  
Keyboards and Mice**

Enhance your ergonomic setup with a focus on keyboards and mice. This course covers the proper positioning and use of these devices to reduce strain and improve comfort.

**ERGO Bongarde Office Series - Module 03:  
Monitors**

Optimize your monitor setup for better ergonomics. This course covers the positioning, height, and angle of monitors to reduce eye strain and improve posture.

**ERGO Bongarde Office Series - Module 04: Sit &  
Stand**

Learn the benefits of sit-stand workstations. This course covers the proper use of adjustable desks and best practices for alternating between sitting and standing to improve health and productivity.

**ERGO Bongarde Office Series - Module 05:  
Stretching and Wellness**

Incorporate stretching and wellness into your work routine. This course covers exercises and techniques to reduce strain, improve flexibility, and enhance overall well-being.

**Ergonomics for Office Workers (360)**

Improve ergonomics for office workers. This course covers workstation setup, posture, and exercises to reduce the risk of musculoskeletal disorders and enhance comfort and productivity.

**Ethics**

This lesson will help employees identify the purpose of an Ethics program, recognize specific ethics standards and their responsibility to comply with them, identify disciplinary actions

that can result from non-compliance, and identify how to properly raise ethical concerns and seek additional counsel. Employees will also recognize the application of ethics principles through the use of case studies.

**Excavation, Trenching, and Shoring Safety**

After completing this lesson, you will be able to recognize the characteristics of a properly-established excavation site, as well as the potential hazards you may encounter when working in and around excavations. You will also be able to identify the precautions you must follow in order to work safely in and around excavations.

**Excavation, Trenching, and Shoring Safety  
Overview**

After completing this lesson, you will be able to recognize the potential hazards you may encounter when working in and around excavations. You will also be able to identify the precautions you must follow in order to work safely in and around excavations.

**Eye Safety**

This lesson covers eye safety, eye hazards in the workplace, and how to prevent and treat an eye injury.

**Eyewashes and Safety Showers**

This lesson teaches you how to locate and use eyewash stations and safety showers in the event of chemical exposure.

**Fall Protection - Canada**

Learn about fall protection requirements specific to Canada. This course covers the use of personal fall arrest systems, guardrails, and other fall prevention measures to protect workers from fall hazards.

**Fatigue and Stress Awareness**

This lesson discusses the issues and consequences of fatigue, complacency, and stress in the workplace and provides guidance on

techniques employed to mitigate these issues and their effects on worker performance and safety.

### **Field Research Safety**

This lesson will teach you how to work safely and minimize the risks associated with field research, during which hazards are more dynamic and less controlled than they are in a laboratory setting.

### **Fire Extinguisher Basics**

Understand the basics of fire extinguisher use. This course covers the types of fire extinguishers, when and how to use them, and best practices for maintaining fire extinguishers.

### **Fire Extinguisher Safety**

This lesson addresses fire classes, fire extinguisher types, labels, and selection, as well as decisions you must consider and steps you must take if a fire occurs in your workplace.

### **Fire Extinguishers: Monthly Inspections**

You will learn how to perform monthly fire extinguisher inspections, including how to identify and visually inspect each part of an extinguisher. You will also learn how to respond to common issues you may potentially discover during monthly fire extinguisher inspections.

### **Fire Safety for Residence Halls**

In this lesson, you will learn your responsibilities related to fire safety – including actions you can take to prevent fires in your living space. Additionally, you will learn actions you can take in the event of a fire, how to safely evacuate in a fire emergency, and what to do if you are trapped inside during a fire.

### **Fire Warden Training**

Learn the responsibilities of a fire warden. This course covers emergency procedures, fire prevention, and evacuation planning to ensure the safety of occupants in the event of a fire.

### **First Aid - Burns**

Provide first aid for burns. This course covers the

types of burns, initial treatment, and ongoing care to minimize damage and promote healing.

### **First Aid - Choking**

This lesson provides instruction on how to respond confidently to an airway obstruction until professional medical help arrives. This program does not qualify for first aid or CPR certification.

### **First Aid - Environmental Emergencies**

After completing this lesson, learners will be able to recognize and respond to various types of environmental emergencies, including poisoning, chemical splashes, heat and cold stress, and animal bites or insect stings.

### **First Aid - Medical Emergencies**

This lesson will teach you how to appropriately respond to medical emergencies involving or caused by respiratory distress, hypoglycemia, seizures, fainting and stroke.

### **First Aid - Musculoskeletal Injuries**

This lesson explains how to appropriately respond to suspected musculoskeletal injuries, including sprains, strains, fractures, joint dislocations, concussions, brain, neck and spine injuries.

### **First Aid - Soft Tissue Injuries**

In this lesson, you will learn how to respond to trauma-related soft tissue injuries, including bleeding, cuts, puncture wounds, impaled objects, burns and electrical injuries.

### **First Aid Fundamentals**

After completing this lesson, learners will be able to explain a first aid provider's responsibilities, identify the legal and ethical issues related to acting as a first aid provider, and explain when it is appropriate to move ill or injured patients and how it should be done.

### **First Aid: Medical Emergencies**

Respond effectively to medical emergencies. This course covers common medical emergencies, first aid procedures, and the use of first aid kits to

provide immediate care until professional help arrives.

**First Aid: Musculoskeletal Injuries**

Learn how to provide first aid for musculoskeletal injuries. This course covers the recognition, treatment, and management of injuries to muscles, bones, and joints.

**First Aid: Soft Tissue Injuries**

Provide first aid for soft tissue injuries. This course covers the treatment of cuts, bruises, sprains, and strains to minimize damage and promote healing.

**Flammable & Combustible Liquids - Hazards**

Understand the hazards associated with flammable and combustible liquids. This course covers the properties of these liquids, safe handling practices, and emergency response procedures for spills and fires.

**Flammable Liquid Safety**

This lesson covers how to correctly apply hazard recognition principles and safety practices when using flammable liquids in the workplace.

**Food Allergens: Preventing Cross-Contact**

This lesson explains the risk that some foods carry for individuals with food hypersensitivities and the reactions that might occur if specific foods are ingested. It emphasizes the importance of procedures facilities and food handlers use to ensure their products avoid cross-contact and are properly labeled.

**Food Manufacturing: Microbiology for Dairy**

You will learn about microorganisms and their role in food, especially those that can cause disease in humans and animals that may result in serious harm.

**Food Manufacturing: Quality Assurance Programs**

This course teaches a systematic, disciplined approach to evaluating and assessing processes used in a food-manufacturing environment, as

well as the importance of performing scheduled audits to ensure food quality.

**Food Manufacturing: Sanitation**

This course will help you understand safe sanitation practices of facilities that produce food products for human consumption to ensure food is handled safely and prevent consumer foodborne illness.

**Food Manufacturing: Site Security**

This lesson will help food establishment and manufacturing employees identify food site susceptibility and preventive measures to help minimize the possibility of food under their control being subject to either tampering or criminal or terrorist actions, which could cause wide-scale public harm.

**Food Manufacturing: Traceability Management**

This lesson will provide you with an understanding of the importance and practicality of an effective food traceability program.

**Food Safety for Food Handlers**

This course covers how to use thermometers to ensure foods are properly cooked and safe to eat, how to clean and sanitize them, and the required cooking times and temperatures for specific foods. It also defines contamination and its sources, and how to prevent it during receiving, storage, preparation, and service. In addition, it describes how to prevent contamination from other food, equipment, utensils, and the environment. The food temperature “danger zone” that allows harmful bacteria to multiply rapidly is also addressed, as well as which foods support the rapid growth of harmful bacteria and are considered “potentially hazardous” and which foods are not. Instruction for keeping cold foods cold and hot foods hot is also included. Finally, this lesson covers the methods for properly cooling hot foods for later service to prevent bacteria from multiplying.

### **Forklift - Fundamentals**

This lesson is the first lesson in a five-lesson curriculum, designed to provide workers with an awareness of the federal safety regulations for operating a forklift. The five-lesson curriculum fulfills the formal-instruction portion of forklift operator certification training, and is designed to precede practical operator training and site-specific training. The regulations for operating a forklift, also referred to as a powered industrial truck, are outlined in 29 CFR 1910. This lesson presents some fundamental information about operating a forklift, including the differences between driving a forklift and driving a car, the most common hazards associated with operating a forklift, and the training requirements to operate a forklift.

### **Forklift - Inspection and Maintenance**

This lesson is the fifth lesson in a five-lesson curriculum designed to provide workers with an awareness of the federal safety regulations for operating a forklift. The curriculum serves as the formal-instruction component of forklift operator training, and generally precedes hands-on operator training and site-specific training. The regulations for operating a forklift are outlined in 29 CFR 1910. This lesson will present basic information on how to inspect and maintain a forklift, including information on how to refuel an internal combustion engine forklift and how to recharge an electric forklift.

### **Forklift - Load Handling**

This lesson is the third lesson in a five-lesson curriculum designed to provide workers with an awareness of the federal safety regulations for operating a forklift. The curriculum serves as the formal instruction component of forklift operator training, and generally precedes hands-on operator training and site-specific training. The regulations for operating a forklift are outlined in 29 CFR 1910. This lesson will present general information on load handling challenges as well

as procedures for how to evaluate, pick up, travel with, and set down a load. The lesson will also describe methods for dealing with some environmental challenges associated with load handling, including high stacks, ramps, loading docks, and trailers.

### **Forklift - Safe Driving**

This lesson is the fourth lesson in a five-lesson curriculum designed to provide workers with an awareness of the federal safety regulations for operating a forklift. The curriculum serves as the formal-instruction component of forklift operator training, and generally precedes hands-on operator training and site-specific training. The regulations for operating a forklift are outlined in 29 CFR 1910. This lesson will present some forklift safety basics, as well as information on how to drive a forklift safely around pedestrians, on challenging surfaces, and in enclosed spaces.

### **Forklift - Stability and Capacity**

This lesson is the second lesson in a five-lesson curriculum designed to provide workers with an awareness of the federal safety regulations for operating a forklift. The curriculum serves as the formal instruction component of forklift operator training, and generally precedes hands-on operator training and site-specific training. The regulations for operating forklifts are outlined in 29 CFR 1910. This lesson will define key forklift stability concepts, explain how to calculate a forklift's capacity, and describe stability factors and guidelines.

### **Forklift Operator: Inspection and Maintenance**

Ensure the safe operation of forklifts through proper inspection and maintenance. This course covers the procedures for conducting pre-operation inspections and routine maintenance of forklifts.

### **Forklift Operator: Load Handling**

Learn safe load handling techniques for forklift operators. This course covers the principles of



load stability, weight distribution, and safe lifting practices to prevent accidents and injuries.

#### **Forklift Operator: Safe Driving Practices**

Improve your forklift driving skills with safe driving practices. This course covers maneuvering, speed control, and navigating different environments to ensure safe forklift operation.

#### **Forklift Operator: Stability and Capacity**

Understand forklift stability and capacity to prevent accidents. This course covers the principles of forklift stability, load center, and capacity limits to ensure safe operation.

#### **Formaldehyde Safety**

This lesson will teach you about the potential hazards associated with formaldehyde, where formaldehyde is likely to be encountered in the workplace, and how to protect yourself if you work with or around this hazardous chemical.

#### **Fuel Delivery Petroleum Spill Training**

Prepare for petroleum spill response during fuel delivery. This course covers spill prevention, response procedures, and best practices for handling spills safely and effectively.

#### **Fume Hood Safety**

This lesson provides an introduction to fume hoods and their use in order to minimize the risks associated with laboratory and maker space fume hood usage.

#### **Fundamental First Aid Training**

Gain fundamental first aid skills. This course covers the basics of first aid, including initial assessment, treatment of common injuries and illnesses, and the use of first aid kits.

#### **H2S Hydrogen Sulfide Awareness**

Understand the hazards of hydrogen sulfide (H<sub>2</sub>S) and how to protect yourself. This course covers the properties of H<sub>2</sub>S, health effects, detection methods, and safety measures to prevent exposure.

#### **Hand and Power Tool Safety**

This lesson will introduce the hazards associated with hand and power tool use and the actions you can take to reduce your risk of hand and power tool-related accidents and injuries. Completing this lesson does not qualify or authorize you to operate a specific tool.

#### **Hand and Power Tools - Construction**

Ensure the safe use of hand and power tools in construction. This course covers tool selection, proper use, maintenance, and safety practices to prevent injuries while using tools on construction sites.

#### **Hand Safety**

This lesson will teach you about your hands' vulnerability to injury and safe practices to reduce or prevent work-related hand injuries.

#### **Handling Radioactive Material**

This lesson provides an introduction to the handling of radioactive materials, from procurement and storage, to decontamination and emergency procedures in the event of accidental exposure or release.

#### **Harassment & Violence - Canada Federal**

Learn about harassment and violence prevention in federally regulated workplaces in Canada. This course covers legal requirements, prevention strategies, and procedures for addressing incidents of harassment and violence.

#### **Hazard Communication**

This lesson teaches you to recognize and understand the required elements of your company's written hazard communication program, including how to: protect yourself from hazardous chemicals used or stored in your workplace using the Globally Harmonized System of Classification and Labeling of Chemicals (GHS), recognize and respond to label elements, and understand the contents of Safety Data Sheets.

### **Hazard Communication and Health Hazards - Construction**

Understand hazard communication and health hazards in construction. This course covers the requirements for labeling, safety data sheets, and training to ensure workers are informed about chemical hazards.

### **Hazardous Materials Chemistry**

In this lesson, you will learn basic chemistry principles that are essential for performing tasks such as selecting a suitable storage location and choosing PPE. You will also learn critical safety information related to handling workplace chemicals, including hazard communication, air monitoring, safe handling procedures, and what to do if an incident occurs.

### **Hazardous Materials Transportation: Bulk Transport**

This course teaches best safety practices for bulk material handling.

### **Hazardous Materials Transportation: Handling Non-Bulk Packages**

This lesson teaches best practices for handling non-bulk packaging, and reviews the Hazardous Materials Table, capacities and vapor space.

### **Hazardous Waste Management**

Define a hazardous waste, recognize standards that regulate hazardous waste, and identify requirements of hazardous waste management.

### **Hazardous Waste Management Overview**

This lesson is an overview of why hazardous waste management is important, how to handle hazardous waste safely, and how to respond to an unintended release.

### **HAZWOPER - Compressed Gas Safety**

Ensure safety when working with compressed gases under HAZWOPER regulations. This course covers the properties, handling, and storage of compressed gases, as well as emergency response procedures.

### **HAZWOPER - Confined Spaces**

Learn the safety protocols for entering and working in confined spaces under HAZWOPER regulations. This course covers hazard identification, permit requirements, and emergency rescue procedures.

### **HAZWOPER - Decontamination**

Understand decontamination procedures under HAZWOPER regulations. This course covers the principles of decontamination, types of decontamination, and best practices for removing hazardous substances from personnel and equipment.

### **HAZWOPER - DOT Packaging Hazardous Materials**

Learn how to package hazardous materials for transportation under HAZWOPER regulations. This course covers the requirements for selecting, preparing, and inspecting packaging to ensure the safe transport of hazardous materials.

### **HAZWOPER - Electrical Safety**

Ensure electrical safety under HAZWOPER regulations. This course covers electrical hazards, safe work practices, and procedures for working with or around electrical systems and equipment.

### **HAZWOPER - Emergency and Fire Preparedness**

Prepare for emergencies and fires under HAZWOPER regulations. This course covers the development of emergency action plans, fire prevention measures, and response procedures for various types of emergencies.

### **HAZWOPER - Hazard Communication**

Understand hazard communication requirements under HAZWOPER regulations. This course covers the classification and labeling of chemicals, safety data sheets, and employee training requirements.

### **HAZWOPER - Hazardous Materials Chemistry**

Learn about the chemistry of hazardous materials

under HAZWOPER regulations. This course covers the properties, reactions, and health effects of hazardous chemicals to ensure safe handling and response.

#### **HAZWOPER - Hazardous Waste Management**

Understand hazardous waste management under HAZWOPER regulations. This course covers the identification, storage, transportation, and disposal of hazardous waste in compliance with regulations.

#### **HAZWOPER - Industrial Ergonomics**

Improve workplace ergonomics under HAZWOPER regulations. This course covers ergonomic principles, workstation design, and best practices for manual handling and repetitive tasks to reduce the risk of musculoskeletal disorders.

#### **HAZWOPER - Introduction Overview**

In this lesson you will be introduced to OSHA's Hazardous Waste Operation and Emergency Response Standard, also known as HAZWOPER. Because exposure to hazardous substances poses a wide range of negative health effects, your employer is responsible to protect you from anticipated hazards associated with response and recovery operations for hazardous substances. This is the first lesson of an eight-hour refresher HAZWOPER training curriculum.

#### **HAZWOPER - Personal Fall Arrest Systems**

Learn about personal fall arrest systems under HAZWOPER regulations. This course covers the selection, use, and maintenance of fall arrest equipment to protect workers from fall hazards.

#### **HAZWOPER - PPE**

Understand the use of personal protective equipment (PPE) under HAZWOPER regulations. This course covers the selection, use, and maintenance of PPE to protect workers from hazardous substances and environments.

#### **HAZWOPER - Process Safety Management**

Learn about process safety management under HAZWOPER regulations. This course covers the principles of process safety, hazard analysis, and risk management to prevent chemical accidents and releases.

#### **HAZWOPER - Respiratory Protection**

Ensure proper use of respiratory protection under HAZWOPER regulations. This course covers the selection, use, and maintenance of respiratory protective equipment to protect workers from airborne hazards.

#### **HAZWOPER - Slips, Trips, and Falls**

Prevent slips, trips, and falls under HAZWOPER regulations. This course covers hazard identification, preventive measures, and best practices for maintaining a safe walking and working environment.

#### **Heat Stress Overview**

Prevent heat stress in the workplace. This course covers the dangers of heat stress, symptoms to watch for, and preventive measures to protect workers in hot environments.

#### **Heat Stress**

This lesson will help you become aware of the hazards inherent to working in hot environments. Additionally, you will learn the precautions you should take to protect yourself against these stresses. You will hear some general first aid guidelines; however, any treatment-related information provided in this lesson does not constitute medical advice and is not a substitute for evaluation by a qualified healthcare professional.

#### **HIPAA for Covered Entities**

This lesson will make you aware of your, and your employer's, responsibilities for complying with the Health Insurance Portability and Accountability Act (HIPAA). You will learn about protected health information (PHI), situations in which you may disclose PHI, and the actions you and your

employer must take in response to a HIPAA violation.

### **Hot Work**

In this lesson, you will learn the hazards of hot work and the actions you can take to either prevent them or protect yourself from them and the injuries associated with this type of work.

### **Hours of Service - Canada**

Learn the hours of service regulations specific to Canada. This course covers the rules for driving time, rest periods, and record-keeping to ensure compliance with hours of service requirements in Canada.

### **Hurricane Preparedness**

This lesson will teach you the hazards associated with hurricanes, and the best practices you should follow before, during, and after a hurricane to protect you and your family.

### **Hydrogen Sulfide Safety**

This lesson covers how to correctly apply hazard recognition principles and safety practices when working around and handling hydrogen sulfide in the workplace.

### **Incident and Accident Investigation**

Conduct effective incident and accident investigations. This course covers the steps for investigating workplace incidents, identifying root causes, and implementing corrective actions to prevent recurrence.

### **Incident Investigation**

The purpose of this lesson is to familiarize employees with the common procedures of conducting an incident investigation, specifically an incident involving an injury. The crux of why incident investigation is critical is to implement corrective actions to prevent further incidents.

### **Incident Reporting**

Learn the importance of incident reporting and how to do it effectively. This course covers the procedures for reporting workplace incidents,

near-misses, and hazards to ensure timely and accurate documentation.

### **Indoor Air Quality**

The purpose of this lesson is to make you aware of the potential hazards of indoor air contamination in the workplace. This lesson also describes the causes, sources, and health effects of indoor air contamination; how to recognize indoor air quality problems; and your responsibilities in preventing these problems.

### **Industrial Ergonomics**

This lesson introduces the concept of ergonomics in a general industry setting, brings awareness to the most common cumulative trauma disorders (CTDs), explores strategies to prevent or control CTDs, and identifies the basics of an ergonomics safety program.

### **Industrial Ergonomics Overview**

This lesson introduces the concept of ergonomics in a general industry setting, brings awareness to cumulative trauma disorders (CTDs), reviews warning signs, symptoms, and actions to take, and identifies ergonomics principles that can help reduce the occurrence of injury in the first place.

### **Industrial Laser Safety**

Get an introduction to industrial laser safety. This course covers the basics of laser operation, hazards, and safety measures to protect workers from laser-related injuries.

### **Intro to Ammonia Hazards**

In this lesson you will learn about ammonia hazards in your workplace, what controls your employer has to protect you from exposure, and what to do if you or a coworker are exposed.

### **Intro to Beryllium Hazards**

You will learn to recognize how you may be exposed to beryllium, the health effects related to beryllium exposure, and how you and your

employer can take steps to keep you safe in your workplace.

### **Intro to Cadmium Hazards**

You will learn to recognize how you can be exposed to cadmium, the health effects related to cadmium exposure, and how you and your employer can take steps to keep you safe in your workplace.

### **Intro to Combustible Dust Hazards**

This lesson is designed to improve the safety of workers in environments where combustible dusts may be encountered by increasing employee awareness of this hazard and by demonstrating how the hazard can be recognized and addressed in the workplace.

### **Intro to Hexavalent Chromium Hazards**

This lesson is designed to improve the safety of workers in environments where hexavalent chromium exposure hazards exist by increasing employee awareness of this hazard and reducing risk of exposure.

### **Intro to Hydraulic Safety**

In this lesson, you will learn about the hazards of working with hydraulic systems, what to do if you or a coworker are injured on the job, and how to safely operate and maintain a hydraulic system.

### **Intro to Loading Dock Safety**

Intro to Loading Dock Safety provides a high-level overview of the typical hazards encountered on loading docks, transit vehicles, and the areas between the two. The goal of this lesson is create awareness of these hazards and to provide knowledge to the learner on how to avoid accidents and/or injury.

### **Intro to Mold and Mildew Hazards**

The goal of this lesson is to provide awareness of the hazards of mold and mildew and to instruct the learner on the actions to take if the presence of, or suspected exposure to, mold has occurred.

**Intro to Off-Road Vehicle Safety: ATVs and UTVs**  
This lesson provides basic information regarding how to safely operate all-terrain vehicles (ATVs) and utility-task vehicles (UTVs).

### **Intro to Pallet Jack Safety**

This lesson focuses on the safe operation of both manual and powered hydraulic pallet jacks.

### **Intro to Personal Safety**

This lesson describes the importance of safety in the workplace and the employee's role in maintaining a safe workplace.

### **Intro to Pressure and Power Washer Safety**

In this lesson, you will learn about the hazards of working with pressure and power washers and how to protect yourself and work safely.

### **Intro to Safe Material Storage**

This lesson provides general guidance for safe material storage practices to include racking and stacking to ensure stability and reduce the risk of injury, housekeeping, and lifting and handling best practices.

### **Intro to Silica Hazards**

Understand the hazards of silica exposure and how to protect yourself. This course covers the health effects of silica, regulations, and safety measures to minimize exposure in the workplace.

### **Intro to Site Security**

Introduction to Site Security will teach you about the importance of site security, the guidelines and controls your company can put in place to create a secure workplace, and your responsibilities in maintaining site security in your workplace.

### **Intro to Skid Steer Loaders**

You will learn the characteristics of a skid steer, the best practices for its safe operation, and how to recognize common skid steer safety hazards and how to avoid them. This course does not provide full operator training. It is designed to be used in conjunction with hands-on safety training provided by an employer and the equipment

operator's manual, not to replace them. The hands-on safety training should include a thorough practical evaluation where you demonstrate skill and competency.

### **Intro to Spray Finishing Hazards**

This introductory lesson describes the hazards associated with spray finishing and powder coating and provides a high-level overview of the means by which workers may protect themselves.

### **Intro to Utility Cart Safety**

This lesson provides an introduction to safe operation of utility carts in order to prevent injury to pedestrians, operators, and their passengers.

### **Intro to Wildfire Smoke Safety**

As an employee in the state of California, you will learn about the health effects of breathing wildfire smoke and how to protect yourself when the air quality index measures alert you to the presence of hazardous air conditions.

### **Introduction to Biosafety**

This lesson provides an introduction to biological safety and procedures to follow to minimize the risks associated with accidental and occupational exposure.

### **Introduction to Caught In-Between Hazards**

You will be able to identify common situations in which you could be injured when caught in or between objects, how to protect yourself, and steps that your employer must take to protect you.

### **Introduction to OSHA**

This lesson is an introduction to the Occupational Safety and Health Administration (OSHA) – an agency of the United States Department of Labor that ensures safe and healthful working conditions for working men and women. This lesson includes content that is required in all 10- and 30-hour classes for the construction, general, and maritime industries.

### **Introduction to Radiation Safety**

This lesson provides an introduction to radioactivity and procedures to follow to minimize the risks associated with accidental and occupational exposure.

### **Job Safety Analysis**

You will learn about Job Safety Analysis (JSA) and why it's important, how to define job steps and identify potential hazards, and the ways in which risks or hazards identified during JSA can be reduced or eliminated.

### **Laboratory Compressed Gas Safety**

The purpose of this lesson is to provide an understanding of the hazards of compressed gas and best practices for using, moving, and storing compressed gas cylinders in laboratories and makerspaces. If you use compressed gases for welding, you are required to take additional, specific training.

### **Laboratory Ergonomics**

This lesson will familiarize you with the types of musculoskeletal disorders (MSDs) you may develop when working in a laboratory environment and introduce techniques for preventing and treating those types of disorders.

### **Laboratory Safety**

To inform personnel working in non-production laboratories using small quantities of numerous kinds of hazardous materials of the general safety and health requirements developed specifically for work in these facilities.

### **Laboratory Safety Refresher**

The purpose of this lesson is to provide refresher safety training regarding university laboratories and makerspaces.

### **Ladder Safety**

The goal of this lesson is to provide awareness-level instruction on ladder hazards, safe use requirements, and best practices for all employees.



**Laser Safety**

The goal of this lesson is to provide an introduction to lasers and laser safety controls and procedures, in order to minimize the risks associated with laboratory and maker spaces laser usage.

**Lead Awareness**

This course will help you recognize where lead is found, the occupational hazards and health effects of lead exposure, and the responsibilities that you and your employer have to minimize your lead exposure while on the job.

**Line Break Safety**

Ensure safety during line breaks in process systems. This course covers the hazards, procedures, and protective measures for safely performing line breaks in piping and equipment.

**Line Breaking**

This lesson will address the basic hazards involved with line breaking, which involves opening a pipe, line, or duct that contains, or has contained, material capable of causing injury. The lesson also describes how to prepare for and safely complete a line break on a pipe, line, or duct that you need to repair or maintain.

**Liquid Nitrogen Safety**

This lesson will provide you with awareness training for the hazards associated with liquid nitrogen and provide best practices for using, moving, and storing liquid nitrogen dewars in laboratory and makerspace environments.

**Lockout Tagout**

The goal of this lesson is to provide awareness level training for all employees about the existence of hazardous energy sources; the isolation of those energy sources during certain maintenance and repair activities; and the communication and control procedures that limit access to those energy sources through the use of tags and locks.

**Lockout Tagout for Authorized Workers**

Lockout Tagout for Authorized Workers provides background on what lockout/tagout is teaches the steps to safely perform this procedure. It covers the types of hazardous energy contained in equipment and machinery, what a Hazardous Energy Control Program is, and how to perform special procedures such as a group lockout/tagout.

**Lockout Tagout for Authorized Workers Overview**

Lockout Tagout for Authorized Workers provides background on what lockout/tagout is, and teaches the steps to safely perform this procedure. It covers the types of hazardous energy contained in equipment and machinery, what a Hazardous Energy Control Program is, and how to perform special procedures, such as a group lockout/tagout.

**Lockout Tagout Overview**

This Lock and Tag lesson creates awareness about the purpose of lock and tag procedures and employee roles and responsibilities related to lock and tag requirements. The lesson provides an overview of the hazards of uncontrolled energy sources and employer responsibilities and requirements for lock and tag. It also briefly outlines steps to protect workers.

**LOTO - Lockout-Tagout - Construction**

Learn the lockout-tagout (LOTO) procedures specific to the construction industry. This course covers the steps for isolating energy sources and preventing accidental startup during maintenance and repair work.

**Machine Guarding**

This lesson will help you recognize the hazards associated with machinery use, the methods of machine guarding, the different types of machine safeguards, and your responsibilities when working with guarded machinery.

**Maritime Lock and Tag Plus**

The goal of this lesson is to provide awareness

level training for all employees about the existence of hazardous energy sources; the isolation of those energy sources during maritime maintenance and repair activities; and the communication and control procedures that limit access to those energy sources through the use of tags and locks.

### **Medical - Back Care and Ergonomics**

The purpose of this lesson is to familiarize individuals who work in medical facilities with the principles of back care and ergonomics in order to help them reduce or prevent work-related injuries. OSHA does not currently have regulations related to back care and ergonomics, but there are many reasons for employers to be proactive in reducing worker injuries, which may account for lost time, decreased productivity, and lower quality of work.

### **Medical - Back Care and Ergonomics Overview**

This lesson will familiarize you with the principles of back care and ergonomics in order to help you prevent work-related injuries that are common for health care facility workers. You will learn proactive steps you can take to reduce the types of work-related injuries that may account for pain, discomfort, lost time, and decreased productivity.

### **Medical - Fire Safety and Patient Evacuation**

This lesson will make you aware of the responsibilities that you and your employer have for safely preventing and responding to a fire at the health care facility where you work. In addition, you will learn how to correctly select and use a fire extinguisher to safely contain and extinguish a fire, how to protect yourself, your coworkers, patients, and health care facility visitors in the event of a fire related emergency, and how to follow your employer's emergency action and evacuation plans.

### **Medical - Hazard Communication**

To enable employees to recognize and understand the required elements of their

company's written hazard communication program, including how to identify and evaluate chemical hazards using Safety Data Sheets and chemical labels.

### **Medical - Hazard Communication Overview**

This lesson teaches you to recognize and understand the required elements of your company's written hazard communication program, including how to: protect yourself from hazardous chemicals and substances used or stored in your workplace using the Globally Harmonized System of Classification and Labeling of Chemicals (GHS), recognize and respond to label elements, and understand the contents of Safety Data Sheets.

### **Medical - Lifting and Transferring Patients**

The learner will be able to identify the risk involved with lifting and transferring patients and identify correct methods for lifting to reduce injuries.

### **Medical - Personal Protective Equipment**

This lesson will familiarize you with the purpose of personal protective equipment (PPE), the types of PPE you will use on the job, and techniques for using, maintaining, and disposing of PPE properly.

### **Medical - Personal Protective Equipment Overview**

The purpose of this lesson is to familiarize individuals who work in medical facilities with the types of personal protective equipment (PPE) they may use on the job. The lesson addresses the purpose of personal protective equipment, as well as information on appropriate usage, maintenance, and disposal. The Occupational Safety and Health Administration (OSHA) requires that healthcare organizations provide personal protective equipment (PPE) to employees who are exposed to infectious contaminants on the job and train employees on how to use PPE safely and effectively.

### **Medical - Recognizing Abuse, Neglect, and Exploitation**

The goal of the course is to create awareness among the target audience about how to recognize signs of abuse, neglect, and exploitation in their adult patients and how and when to report their suspicions. Students will be able to recognize signs and symptoms of abuse, neglect, and exploitation, list the behaviors and characteristics of the abused and of an abuser, identify ways to protect patients, and understand how and when to report suspected abuse.

### **Medical - Restraints and Seclusion**

The goal of this training is to inform healthcare workers of the legal requirements and standards for use of restraints and seclusion in a variety of healthcare settings, and to help them identify procedures for the safe use of restraints as well as alternatives to the use restraints and seclusion.

### **Minimizing Risk**

Learn strategies for minimizing risk in the workplace. This course covers risk assessment, hazard control, and best practices for creating a safer work environment.

### **Mobile Elevating Work Platforms: Aerial and Scissor Lift Safety**

This lesson provides workers with an awareness of the precautions and work practices required to operate a Mobile Elevating Work Platform (MEWP) safely. The lesson by itself does not authorize the use of MEWP equipment; instructional and practical training specific to each MEWP is required.

### **Mobile Ladder Safety**

You will be able to recognize the characteristics of and design requirements for mobile ladder stands and platforms, how to inspect them, and how to properly use them in order to ensure your safety.

### **Mosquito, Tick, and Vector-Borne Illnesses**

In this lesson, you will learn about the most-common vector-borne diseases and how you can avoid exposure and infection. You will learn general treatment guidelines; however, any treatment-related information provided in this lesson does not constitute medical advice and is not a substitute for evaluation by a qualified healthcare professional.

### **Muscle Sprains and Strains**

You will learn how sprains and strains occur and ways to prevent these types of injuries.

### **New & Young Worker Safety**

Ensure the safety of new and young workers. This course covers the unique risks faced by inexperienced workers and provides strategies for training and supervising them effectively.

### **Occupational Health and Safety Awareness for Supervisors - BC**

Meet the occupational health and safety awareness requirements for supervisors in British Columbia. This course covers the responsibilities of supervisors, hazard identification, and safety management.

### **Occupational Health And Safety Awareness For Supervisors in 5 Steps**

Learn the five steps to occupational health and safety awareness for supervisors. This course covers the basics of safety management, hazard identification, and the supervisor's role in maintaining a safe workplace.

### **Occupational Health And Safety Awareness For Workers in 4 Steps**

Understand the four steps to occupational health and safety awareness for workers. This course covers basic safety principles, worker rights, and responsibilities for maintaining a safe work environment.

### **Off The Job Safety**

Promote safety off the job. This course covers

common hazards and safety practices for activities outside of work, including home safety, travel, and recreational activities.

### **Office Safety**

This lesson will familiarize you with the health and safety hazards you may face when working in an office environment, and introduce techniques for preventing and responding to injuries, illnesses, and security threats that may occur.

### **OH&S Legislation in Canada - Three Rights of Workers**

Learn about occupational health and safety (OH&S) legislation in Canada and the three rights of workers. This course covers the right to know, the right to participate, and the right to refuse unsafe work.

### **OHRC E-Course on Racial Discrimination**

Understand and prevent racial discrimination in the workplace. This course covers the principles of the Ontario Human Rights Code (OHRC), recognizing discrimination, and strategies for creating an inclusive workplace.

### **Oil Spill Prevention, Control, and Countermeasures (SPCC)**

This lesson will make you aware of the hazards associated with oil spills, as well as techniques for preventing them, containing them, and cleaning them up.

### **Oil Spill Prevention, Control, and Countermeasures (SPCC) Overview**

This lesson is an overview of the hazards associated with oil spills, as well as techniques for preventing them, containing them, and cleaning them up.

### **OSHA Work-Related Injury and Illness Recordkeeping**

To provide awareness training for employees about their employers' responsibilities for OSHA reporting and recordkeeping for workplace fatalities, injuries, and illnesses, as well as

employees' involvement and rights related to reporting and records.

### **OSHA: Arc Flash and Electrical Safety Best Practices (NFPA 70E) Overview**

Get an overview of OSHA and NFPA 70E best practices for arc flash and electrical safety. This course covers hazard assessments, personal protective equipment, and safe work practices for electrical work.

### **OSHA: Electrical Safety Work Practices and Standards**

Learn about OSHA electrical safety work practices and standards. This course covers the requirements for working safely with electrical systems and equipment to prevent electrical hazards.

### **OSHA: Work-Related Injury and Illness Recordkeeping**

Understand OSHA's requirements for recording work-related injuries and illnesses. This course covers the criteria for recordable incidents, reporting procedures, and maintaining accurate records.

### **Overhead and Gantry Crane Safety**

This lesson will teach you fundamentals of overhead and gantry crane safety, including the characteristics of overhead and gantry cranes, the requirements and procedures for inspecting the equipment, proper pre-planning procedures, and how to safely lift and move a load.

### **PACE Behavioral Driving Large Vehicles**

You will learn how to use the four components of the PACE Behavioral Driving System to prevent collisions while operating a large motor vehicle.

### **PACE Behavioral Driving Light Vehicles**

You will learn how to use the four components of the PACE Behavioral Driving System to avoid a collision while operating a light motor vehicle.

### **Pandemics: Slowing the Spread**

You will learn actions you can take to slow down

the transmission of a pandemic virus, what you can do to prevent yourself from becoming infected with and transmitting cold and influenza viruses, as well as actions to take if you become infected. Specifically, you will learn about the coronavirus, symptoms of the COVID-19 strain, and what you should do if you feel sick.

### **Passenger Van Driver Safety**

You will learn how to recognize and minimize the hazards associated with operating a 12-15-passenger van with a combined gross vehicle weight of less than 10,000 pounds. Additionally, you will learn the importance of pre-vehicle inspection and safety steps you should take before beginning any trip. This lesson only covers passenger vans and not limousines or commercial motor vehicles over 10,000 pounds.

### **Patient Lifting Techniques in Healthcare**

Understand safe patient lifting techniques in healthcare settings. This course covers the principles of safe lifting, use of lifting equipment, and best practices for preventing injuries to healthcare workers and patients.

### **Permit-Required Confined Space**

Learn the safety protocols for entering and working in permit-required confined spaces. This course covers hazard identification, permit requirements, and emergency rescue procedures for confined space entry.

### **Personal Fall Arrest Systems**

In this lesson, you will learn the hazards posed by falling, the protections personal fall arrest systems can provide in arresting a fall, the components and design requirements of a personal fall arrest system, as well as how to properly select, inspect, don, and connect to a system.

### **Personal Fall Arrest Systems Overview**

This lesson provides an awareness of the hazards posed by falling, basic design and safe use requirements of a personal fall arrest system, as

well as how to properly select and connect to a system.

### **Personal Protective Equipment Fundamentals**

The purpose of this lesson is to provide workers with high level knowledge and skills regarding general PPE, as commonly required by regulatory agencies.

### **Pipeline Safety**

This lesson will address how to identify pipeline hazards and complete your work safely without disturbing the structure or function of the pipeline.

### **Portable Fire Extinguisher Safety**

Ensure the safe use of portable fire extinguishers. This course covers the types of fire extinguishers, when and how to use them, and best practices for maintaining fire extinguishers.

### **Power Press Safety**

This lesson will help you recognize the basic functions and types of power presses, the hazards related to working with them, and the safety practices that will help to protect you from these hazards.

### **Powered Industrial Truck Safety**

This lesson addresses the basic criteria to consider when selecting the appropriate PIT, as well as safe and unsafe operating behaviors and hazardous conditions. This lesson is not intended to deliver authorized, qualified, or competent person training. Because of the unique characteristics of PITs, which vary by vehicle type and manufacturer, this lesson cannot provide operational training. Your employer is responsible for training you on the specific vehicles you will use or encounter on your job. Additionally, this lesson does not cover rough terrain fork trucks (tele-handlers) used on construction sites.

### **Powered Industrial Trucks**

Learn the basics of powered industrial trucks (PITs) in this 4 part series. This course covers the

fundamentals of PIT safety, operation, and maintenance to ensure safe and efficient use of forklifts and other industrial trucks.

#### **PPE - Eye and Face Protection**

The purpose of these lessons is to provide workers with high-level knowledge and skills regarding PPE, as commonly required by regulatory agencies.

#### **PPE - Foot Protection**

The purpose of this lesson is to provide workers with high level knowledge and skills regarding foot PPE, as commonly required by regulatory agencies.

#### **PPE - Hand Protection**

The purpose of this lesson is to provide workers with high level knowledge and skills regarding hand PPE, as commonly required by regulatory agencies.

#### **PPE - Head Protection**

The purpose of this lesson is to provide workers with high-level knowledge and skills regarding PPE, as commonly required by regulatory agencies.

#### **PPE - Hearing Protection**

The purpose of this lesson is to provide workers with high level knowledge and skills regarding hearing PPE, as commonly required by regulatory agencies.

#### **PPE - Personal Protective Equipment: Eye Protection**

Learn about eye protection as part of personal protective equipment (PPE). This course covers the types of eye protection, proper use, and maintenance to ensure worker safety.

#### **PPE - Personal Protective Equipment: Foot Protection**

Understand the importance of foot protection as part of PPE. This course covers the types of foot protection, proper use, and maintenance to prevent foot injuries in the workplace.

#### **PPE - Personal Protective Equipment: Hand Protection**

Ensure proper use of hand protection as part of PPE. This course covers the types of hand protection, proper use, and maintenance to protect workers from hand injuries.

#### **PPE - Personal Protective Equipment: Head Protection**

Learn about head protection as part of PPE. This course covers the types of head protection, proper use, and maintenance to ensure worker safety from head injuries.

#### **PPE - Personal Protective Equipment: Hearing Protection**

Understand the importance of hearing protection as part of PPE. This course covers the types of hearing protection, proper use, and maintenance to prevent hearing loss.

#### **PPE - Respiratory Protection**

The purpose of this lesson is to provide workers with high level knowledge and skills regarding respiratory PPE, as commonly required by regulatory agencies.

#### **PPE - Water Safety**

This course covers the regulations you need to follow to work safely over or near water, including the necessity to use U.S. Coast Guard-approved personal flotation devices (PFDs), the hazards posed by working in proximity to water, and the requirements for inspecting, properly wearing, and maintaining PFDs. It also covers the responsibilities you and your employer have related to safe work over or near water.

#### **PPE Fundamentals**

Understand the fundamentals of personal protective equipment (PPE) with this comprehensive course and quiz. This course covers the types of PPE, proper use, and maintenance to ensure worker safety in various environments.



**PPE Lessons Learned: One Time Is All It Takes**  
In this lesson, you will learn the importance of PPE and how it can prevent injury.

### **Preparing for Emergencies**

Learn how to prepare for emergencies effectively. This course covers emergency planning, communication strategies, and best practices for responding to various types of emergencies.

### **Preventing Food Hazards Using HACCP and FDA FSPs**

This course familiarizes employees of food manufacturing facilities with food safety hazards and systems for identifying and controlling hazards. The course covers food safety hazards, foodborne illnesses, and an introduction to food safety systems, including Hazard Analysis and Critical Control Points (HACCP) and FDA food safety plans (FSPs).

### **Preventing Food Hazards Using HACCP and FDA FSPs Overview**

This course familiarizes employees of food manufacturing facilities with food safety hazards and systems for identifying and controlling hazards. The course covers food safety hazards and an introduction to food safety systems, including Hazard Analysis and Critical Control Points (HACCP) and FDA food safety plans (FSPs).

### **Preventing Spills**

This lesson teaches workers how to prevent and respond to hazardous liquid spills in the workplace by identifying their sources, performing routine maintenance and inspections, following proper handling and personal safety procedures, performing risk evaluations, and taking proper actions in response to a hazardous liquid spill.

### **Preventing Workplace Harassment - Manager Edition**

Equip managers with the knowledge to prevent workplace harassment. This course covers the

types of harassment, legal requirements, and strategies for creating a respectful and safe work environment.

### **Preventing Workplace Violence**

Learn strategies for preventing workplace violence. This course covers the types of workplace violence, warning signs, and measures to create a safe and supportive work environment.

### **Process Safety Management**

The goal of the lesson is make employees aware of the primary objective of process safety management: to prevent unwanted releases of highly hazardous chemicals into locations that expose employees and others to serious hazards, and to provide an overview of the standards and best practices necessary to achieve that objective.

### **Radio Communications**

This lesson introduces students to why radio operator training is required, operator responsibilities, correct procedures for calling and acknowledging messages, how to use code words, and general radio communication requirements.

### **Reasonable Suspicion Training for Alcohol and Substance Abuse (US)**

Learn how to identify reasonable suspicion of alcohol and substance abuse in the workplace. This course covers the signs of impairment, legal considerations, and procedures for testing and intervention.

### **Recombinant DNA**

This lesson introduces the NIH guidelines for recombinant DNA (rDNA) research, describes the laboratory and government organizations that are involved with rDNA research oversight, and presents the steps required to get an rDNA research experiment approved so that work may begin.

### **Reporting Sexual Harassment**

This lesson teaches how to report an incident of sexual harassment and to empower victims and witnesses to report the incident through the reassurance that they are not alone, and they are protected by law from retaliation by their employer or the harasser.

### **Reporting Sexual Harassment in New York**

This lesson teaches how to report an incident of sexual harassment and how to empower victims and witnesses to report the incident through the reassurance that they are not alone, and that they are protected by law from retaliation by their employer or the harasser.

### **Resilience and Stress Management**

This lesson introduces you to the positive and negative aspects of stress, how stress can affect you, and ways to manage it while developing and strengthening your resilience.

### **Resource Conservation Recovery Act (RCRA)**

This lesson describes the purpose of the Resource Conservation and Recovery Act, or RCRA, and responsibilities your facility has for compliance. It describes the different types of hazardous wastes, as well as how to handle and dispose of them safely.

### **Respiratory Protection**

This lesson will familiarize you with the purpose of respirators, the factors that influence respirator effectiveness and the limitations and capabilities of different types of respirators. You will learn the responsibilities both you and your employer have for ensuring safe respirator use in the workplace, as well as how to handle a respirator emergency or malfunction if one occurs.

### **Rigging Safety**

This lesson will teach you how to safely rig loads that will be moved by cranes, hoists, or other equipment. This includes planning a lift, inspecting and selecting slings, determining a

load's weight, using a sling angle chart, and working with a crane operator.

### **Rigging Safety Overview**

This lesson will teach you how to safely rig loads that will be moved by cranes, hoists, or other equipment. This includes planning a lift, inspecting and selecting slings, determining a load's weight, using a sling angle chart, and working with a crane operator.

### **Right to Work - Canada**

Understand the right to work regulations in Canada. This course covers worker rights, employer responsibilities, and best practices for ensuring compliance with right to work laws.

### **Risk Assessment**

The goal of this lesson is to provide an introduction to risk, risk assessment, and risk control, in order to minimize the consequences of risks associated with laboratories and maker spaces.

### **Road Rage**

This lesson covers what road rage is and why it happens, actions you can take to keep yourself from becoming involved in a road rage situation and those you should take in response to a road rage situation.

### **Safe Driving Behavior for Commercial Motor Vehicles (CMVs)**

To enable drivers of CMVs to recognize and identify undesirable driving behaviors and hazardous conditions, and to minimize the risk of crashes.

### **Safe Patient Handling in Healthcare**

Ensure safe patient handling in healthcare settings. This course covers the principles of safe lifting, use of lifting equipment, and best practices for preventing injuries to healthcare workers and patients.

### **Safety Audits**

The goal of this lesson is to provide awareness

training for managers, supervisors, and general employees on the importance of safety audits and how to plan and conduct an audit.

### **Safety Awareness**

Promote safety awareness among employees. This course covers the importance of safety, common workplace hazards, and best practices for maintaining a safe work environment.

### **Safety Data Sheets**

Understand the importance of safety data sheets (SDS). This course covers the information provided in SDS, how to read and interpret them, and their role in ensuring workplace safety.

### **Safety: Environment, Safety, and Health**

Learn about the relationship between environment, safety, and health in the workplace. This course covers best practices for creating a safe and healthy work environment while minimizing environmental impact.

### **Scaffold Safety**

The goal of this lesson is to enable learners to recognize basic types of supported and suspended scaffolds and their capacity requirements, their basic design and assembly requirements, and the basic hazards posed by scaffold work and their controls.

### **Scaffold Safety - Construction**

Ensure scaffold safety in construction. This course covers scaffold types, setup, inspection, and safe work practices to prevent falls and other scaffold-related injuries.

### **Seasonal Safety - Winter**

Learn about winter safety in the workplace. This course covers hazards associated with winter weather, such as cold stress and slips, trips, and falls, and provides strategies for maintaining safety during the winter season.

### **Sexual Harassment and Abusive Conduct Prevention for Managers (California AB 1825 and 2053)**

Meet California's training requirements for sexual harassment and abusive conduct prevention for managers. This course covers recognizing, preventing, and responding to harassment and abusive conduct in the workplace.

### **Sexual Harassment and Discrimination Prevention**

This lesson informs you of the liabilities and consequences associated with sexual harassment and other types of harassment in the workplace. Additionally, it covers how to respond when harassment occurs, the aspects of a harassment investigation, the dangers of retaliation, and the steps both employees and management must take in order to prevent sexual or other types of harassment.

### **Sexual Harassment and Discrimination Prevention - Delaware - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Delaware to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

### **Sexual Harassment and Discrimination Prevention - Illinois - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Illinois to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

### **Sexual Harassment and Discrimination Prevention - Maine - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Maine to read and

acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

#### **Sexual Harassment and Discrimination Prevention - Massachusetts - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Massachusetts to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

#### **Sexual Harassment and Discrimination Prevention - Rhode Island - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Rhode Island to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

#### **Sexual Harassment and Discrimination Prevention - Vermont - Additional Information**

This document contains additional required sexual harassment prevention content specifically for employees in the state of Vermont to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

#### **Sexual Harassment and Discrimination Prevention - Washington - Additional Information**

This document contains additional required

sexual harassment prevention content specifically for employees in the state of Washington to read and acknowledge when added as an assignment to either SafetyNow's Sexual Harassment and Discrimination Prevention or Sexual Harassment and Discrimination Prevention for Managers course.

#### **Sexual Harassment Awareness for California Employees**

Ensure compliance with California's sexual harassment prevention training for employees. This course covers recognizing, preventing, and responding to sexual harassment in the workplace.

#### **Sexual Harassment for Employees - Connecticut**

Meet Connecticut's requirements for sexual harassment prevention training for employees. This course covers the identification, prevention, and reporting of sexual harassment in the workplace.

#### **Sexual Harassment for Employees New York**

Ensure compliance with New York's sexual harassment prevention training for employees. This course covers recognizing, preventing, and responding to sexual harassment in the workplace.

#### **Sexual Harassment for Managers**

Equip managers with the knowledge to prevent sexual harassment. This course covers recognizing, preventing, and responding to harassment, as well as the manager's role in maintaining a respectful workplace.

#### **Sexual Harassment Prevention (US - Managers)**

Learn about sexual harassment prevention for managers in the US. This course covers the types of harassment, legal requirements, and strategies for creating a respectful and safe work environment.

#### **Sexual Harassment Prevention California For Employees**

Ensure compliance with California's sexual harassment prevention requirements for employees. This course covers recognizing, preventing, and responding to sexual harassment in the workplace.

### **Sexual Harassment Prevention for Managers - Connecticut**

Meet Connecticut's requirements for sexual harassment prevention training for managers. This course covers the identification, prevention, and reporting of sexual harassment in the workplace.

### **Sexual Harassment Prevention for Managers - New York**

Ensure compliance with New York's sexual harassment prevention training for managers. This course covers recognizing, preventing, and responding to sexual harassment in the workplace.

### **Sharps Safety**

This lesson introduces the safety procedures that laboratory workers who use sharps must follow in order to prevent cut and puncture injuries, and any hazardous exposures that might result from those injuries. The lesson addresses how to use and dispose of sharps safely as well as what to do in response to a sharps-related injury.

### **Shop Safety**

This lesson provides a basic knowledge of how to recognize shop hazards and how to use administrative and engineering controls, personal protective equipment, and safe work practices to reduce the risk of shop-related injuries and hazardous exposures.

### **Silica Hazards**

This lesson is designed to improve the safety of workers in environments where silica exposure hazards exist by increasing employee awareness of this hazard and by demonstrating how the hazard can be recognized and addressed in the workplace.

### **Silica Hazards Overview**

This lesson is designed as a intro/refresher to improve the safety of workers in environments where silica exposure hazards exist by increasing employee awareness of this hazard and by demonstrating how the hazard can be recognized and addressed in the workplace.

### **Skid Steer Safety**

Learn about safe operation practices for skid steer loaders. This course covers operational safety, hazard identification, and best practices for using skid steer loaders safely.

### **Slips, Trips, and Falls**

This lesson will teach you to identify hazardous workplace conditions and unsafe practices that can lead to slips, trips, and falls and how to prevent incidents through good housekeeping practices, safe behavior, and identification of corrective actions required to eliminate hazardous walking and working surface conditions. You will also learn how to fall properly to avoid serious injury, and how to respond to a fall injury should one occur. This lesson will focus on same-level falls, as opposed to falls from heights.

### **Small Spill Cleanup**

This lesson will familiarize you with the knowledge required to prepare for a potential spill and the tasks you need to complete to respond to a spill when one occurs.

### **Smoke Free Ontario**

Learn about the Smoke Free Ontario Act and its implications for workplaces. This course covers the requirements for maintaining smoke-free environments and the health benefits of a smoke-free workplace.

### **Spanish - Construction - Fall Protection Overview**

To make all employees working in the construction industry aware of the requirements

for use of fall protection, work positioning, fall restraint, and fall arrest systems.

### **Stairway Hazards**

You will learn how to recognize stairway types that you may encounter in your workplace, the dangers associated with stairs, and how to minimize your risk of injury when using them.

### **Static Electricity**

This lesson covers the nature of static electricity, how it is generated, and specific measures for reducing the hazards of static electricity through engineering controls and best practices.

### **Steel Erection - Construction**

This course teaches workers the best safety practices to follow when working on steel erection projects.

### **Steps to Solve Workplace Accidents and Crimes**

Learn the steps to solve workplace accidents and crimes. This course covers investigation procedures, evidence collection, and strategies for identifying root causes and preventing future incidents.

### **Stormwater Management**

This lesson explains why stormwater management is important and informs you about actions you can take to help your facility comply with stormwater management regulations.

### **Sustainability 101**

Learn the basics of sustainability. This course covers the principles of sustainability, environmental impact, and best practices for creating sustainable operations.

### **Tornado Preparedness**

This lesson describes the hazards and warning signs of a tornado and the actions to take in the event of a tornado-related emergency.

### **Traffic Control - Work Zone Safety**

Ensure safety in work zone traffic control. This course covers the principles of traffic control,

setup of work zones, and best practices for protecting workers and motorists.

### **Traffic Control (Flagger)**

The student will recognize general guidelines for traffic control; the signs, barriers, flags, stop/slow paddle and lights used at the work site; clothing regulations; and how to properly position himself/herself for optimum safety. The student will also identify how to judge traffic speed and congestion and regulate traffic accordingly.

### **Traffic Control (Flagger) Overview**

In this lesson you will learn general guidelines for traffic control, including how to regulate traffic, flagger communication, proper positioning when flagging, and the ways to place signs when setting up a temporary traffic control zone.

### **Transportation of Dangerous Goods**

In this lesson, you will learn about the transportation of dangerous goods. You will learn about the regulations that govern such transportation, how and why certain materials are classified as hazardous, how to properly contain, mark, load and secure hazardous materials; how to document proper shipping information for hazardous materials, and how to identify and report an accidental release.

### **Transportation of Dangerous Goods (Canada)**

Understand the regulations for the transportation of dangerous goods in Canada. This course covers classification, labeling, and documentation requirements for the safe transport of hazardous materials.

### **Transportation of Dangerous Goods (TDG)**

Learn about the transportation of dangerous goods (TDG) regulations. This course covers the classification, labeling, and documentation requirements for the safe transport of hazardous materials.

### **TSCA (Toxic Substances Control Act)**

In this lesson you will learn about the Toxic



Substances Control Act (TSCA), using the TSCA Inventory to identify chemicals in the workplace, requirements for retaining files and reports related to allegations of environmental or health risks associated with toxic substances, and best practices for using PPE when working with and around chemicals.

### **Universal Waste Management**

This lesson explains the hazards associated with universal waste and how employees and staff members can manage universal waste safely and effectively.

### **University Laboratory Safety - Analyzing Biological Hazards**

Laboratory Safety – Analyzing Hazards addresses biological hazards that can be part of any research and academic laboratory environment.

### **University Laboratory Safety - Analyzing Chemical Hazards**

University Laboratory Safety – Analyzing Chemical Hazards addresses chemical hazards that can be part of any research and academic laboratory environment.

### **University Laboratory Safety - Analyzing Hazards**

Laboratory Safety – Analyzing Hazards addresses the physical, chemical, biological and radiological hazards that can be part of any research and academic laboratory environment.

### **University Laboratory Safety - Analyzing Physical Hazards**

University Laboratory Safety – Analyzing Physical Hazards addresses the physical hazards that can be part of any research and academic laboratory environment.

### **University Laboratory Safety - Analyzing Radiological Hazards**

University Laboratory Safety – Analyzing Radiological Hazards addresses radiological hazards that can be part of any research and academic laboratory environment.

### **University Laboratory Safety - Developing and Using Controls**

Laboratory Safety – Developing and Using Controls addresses covers various types of controls put in place to protect laboratory workers, with an emphasis on engineering controls, administrative controls, and personal protective equipment.

### **University Laboratory Safety - Working Safely**

Laboratory Safety – Working Safely teaches procedures prudent practices for working safely in the lab, how to recognize exposure to hazards, to procedures to follow during work and in case of emergencies, and how to best secure the lab.

### **Valley Fever Awareness**

Understand the risks of Valley Fever and how to protect yourself. This course covers the causes, symptoms, and preventive measures to reduce the risk of contracting Valley Fever.

### **Valve Safety**

This lesson covers valve safety and includes information on the types of valves, their purposes and characteristics; valve-related incidents that may occur in the workplace and how to prevent them; injuries that could occur as a result of valve use and how to avoid them, and best practices for selecting the right tools for a job and maintaining valves.

### **Violence & Harassment Prevention - Ontario**

Learn about violence and harassment prevention in Ontario workplaces. This course covers legal requirements, prevention strategies, and procedures for addressing incidents of violence and harassment.

### **Violence in the Workplace**

In this lesson, the student will learn what workplace violence is, which occupations are at increased risk for workplace violence, the categories of workplace violence, precautions to help prevent workplace violence, the warning signs of violent behavior and how to respond to

warning signs, how to respond to a violent event occurring, and what to do after a violent event occurs.

### **Wastewater and Storm Water Management**

Understand the principles of wastewater and storm water management. This course covers regulations, best practices, and strategies for minimizing the impact of wastewater and storm water on the environment.

### **Wastewater Management**

This lesson explains why industrial wastewater management is important and how you can support your facility's efforts to comply with wastewater management regulations.

### **What Is Sustainability? (Global)**

Learn about the global concept of sustainability. This course covers the principles of sustainability, environmental impact, and best practices for creating sustainable operations worldwide.

### **Wildlife Awareness Training**

Prepare for encounters with wildlife in the workplace. This course covers identifying local wildlife, understanding their behavior, and best practices for preventing and responding to wildlife encounters.

### **Winter Weather Driving**

This lesson provides information on the weather and road-related hazards found when driving in inclement weather during the Winter season.

### **Work Related Stress From COVID-19**

Understand and manage work-related stress from COVID-19. This course covers the impact of the pandemic on mental health, stress management techniques, and strategies for maintaining well-being during challenging times.

### **Workforce Hazard Recognition**

This course helps ensure that workers recognize workplace risks and teaches them to identify and eliminate risky actions and conditions that can turn into safety problems or expensive incidents.

### **Working Alone**

Ensure safety when working alone. This course covers the risks of working alone, communication protocols, and best practices for maintaining safety and security.

### **Workplace Housekeeping**

Promote good housekeeping practices in the workplace. This course covers the importance of cleanliness, proper cleaning procedures, and best practices for keeping work areas clean and organized.

### **Workplace Security: Introduction to Access Control**

Learn about workplace security and access control. This course covers the principles of access control, security measures, and best practices for protecting your facilities and assets.

### **Workplace Signs, Labels, and Tags**

This lesson will provide you with a basic introduction to common types of safety signs, labels, and tags found in the workplace, and raise your awareness of their purpose and location, as well as your responsibility to understand and use the information they provide.

### **Workplace Sustainability: 01. The ROI of Green**

Understand the return on investment (ROI) of green practices. This course covers the financial and environmental benefits of sustainable operations and strategies for implementing green practices in the workplace.

### **Workplace Sustainability: 02. Conducting an Audit**

Learn how to conduct a sustainability audit. This course covers the steps for evaluating your organization's environmental impact and identifying opportunities for improvement.

### **Workplace Sustainability: 03. Recycling in the Workplace**

Implement effective recycling programs in the workplace. This course covers the benefits of

recycling, how to set up a recycling program, and best practices for encouraging employee participation.

#### **Workplace Sustainability: 04. Water Conservation**

Learn about water conservation in the workplace. This course covers the importance of water conservation, strategies for reducing water use, and best practices for maintaining sustainable water management.

#### **Workplace Sustainability: 05. Managing Your Waste**

Understand waste management in the workplace. This course covers the principles of waste reduction, recycling, and disposal to minimize environmental impact and promote sustainability.

#### **Workplace Sustainability: 06. Understanding Hazardous Waste**

Learn about hazardous waste management in the workplace. This course covers the identification, storage, transportation, and disposal of hazardous waste in compliance with regulations.

#### **Workplace Sustainability: 07. Green Cleaning Concepts**

Implement green cleaning practices in the workplace. This course covers the benefits of

green cleaning, eco-friendly cleaning products, and best practices for maintaining a healthy and sustainable environment.

#### **Workplace Sustainability: 08. Green Purchasing**

Understand the principles of green purchasing. This course covers the benefits of eco-friendly products, how to evaluate and select sustainable options, and best practices for green procurement.

#### **Workplace Violence Awareness and Prevention**

Promote awareness and prevention of workplace violence. This course covers the types of workplace violence, warning signs, and measures to create a safe and supportive work environment.

#### **Workspace Cleanliness**

The goal of this lesson is to provide awareness to the learner about the hazards of a cluttered, unclean workspace and to identify practices to help eliminate clutter.

#### **X-Ray Safety**

This lesson provides an introduction to x-ray radiation, devices that produce x-ray radiation, and procedures to follow to minimize the risks associated with accidental and occupational exposure to x-ray radiation.