

OHS CAN Training Catalog

AODA

Accessibility is not just a legal obligation. It is a direct reflection of how inclusive, responsive, and professional an organization is. This course gives learners a practical understanding of the Accessibility for Ontarians with Disabilities Act and what it means in day-to-day workplace interactions, service delivery, communication, and employment practices.

Learners will explore the purpose of AODA, the standards organizations must follow, and the behaviors that help remove barriers for people with disabilities. The training helps employers strengthen compliance, reduce risk, and create a more accessible experience for employees, customers, and the public. *SCORM | Updated: 2.2026*

Adaptability & Change Management

Workplaces are constantly evolving, whether through growth, restructuring, new technology, shifting priorities, or economic pressure. This course helps learners understand why change often creates uncertainty and resistance, and how individuals and teams can adapt more effectively without losing focus, productivity, or morale.

Learners will explore practical strategies for managing ambiguity, staying resilient, and responding constructively when expectations or circumstances shift. This course is especially valuable for organizations that want employees who can stay steady during change, adopt new ways of working faster, and contribute positively during transition instead of being stalled by it. *SCORM | Updated: 2.2026*

Back Safety and Injury Prevention

Back injuries are one of the most common and

costly workplace injuries, and they often develop through routine tasks that seem harmless until the strain adds up. This course helps learners understand how lifting, twisting, repetitive motion, awkward posture, and poor body mechanics contribute to both immediate injury and long-term musculoskeletal problems.

Learners will explore safe lifting techniques, practical movement strategies, and ways to reduce strain during daily work. The course is designed to lower injury risk, reduce lost time, and give workers simple but effective methods they can use right away to protect themselves on the job. *SCORM | Updated: 2.2026*

Bloodborne Pathogens

Exposure to blood and other potentially infectious materials can happen quickly in healthcare, custodial, public service, industrial, and emergency response environments. This course gives learners a clear understanding of bloodborne pathogens, how transmission occurs, and why proper precautions are essential any time there is risk of contact with contaminated materials.

Learners will explore safe handling procedures, exposure control practices, personal protective equipment, and what to do if an exposure incident occurs. The training helps organizations reduce transmission risk, reinforce safe work habits, and ensure workers are better prepared in situations where fast, informed action matters. *SCORM | Updated: 2.2026*

Coaching Skills - Fundamental Coaching Skills

Strong organizations need leaders who can develop people, not just direct them. This course introduces the core coaching skills that help

managers support employee growth, improve performance, and create more productive one-on-one conversations. It focuses on how effective coaching builds confidence, accountability, and stronger problem-solving across a team.

Learners will explore how to ask better questions, listen actively, guide reflection, and help employees think through challenges rather than simply being told what to do. The course helps managers become more effective leaders while giving organizations a practical way to improve engagement, development, and performance from within. *SCORM | Updated: 2.2026*

Cold Stress/Working in Cold Conditions

Cold environments create serious risks that go well beyond discomfort. This course helps learners understand how working in low temperatures affects the body, increases the chance of injury, and can quickly become dangerous when wind, moisture, fatigue, and prolonged exposure are involved.

Learners will explore the warning signs of cold stress, including hypothermia and frostbite, along with the protective measures, planning, and work practices that reduce exposure risk. The course helps employers improve preparedness for seasonal and outdoor work while giving workers the knowledge they need to stay safe and productive in harsh conditions. *SCORM | Updated: 2.2026*

Confined Space Entry & Rescue

Confined space work is high-risk by nature, and when something goes wrong, rescue becomes extremely time-sensitive and complex. This course focuses on the hazards of confined space entry and the critical planning, communication, and emergency response elements needed to protect workers before an incident occurs.

Learners will explore entry controls, atmospheric hazards, rescue planning, role clarity, and why unplanned rescue attempts often make an emergency worse. The training helps organizations build a more defensible confined space program while preparing workers and supervisors for one of the most serious categories of workplace risk. *SCORM | Updated: 2.2026*

Confined Spaces

Confined spaces present unique and potentially fatal hazards, including oxygen deficiency, toxic atmospheres, engulfment, and limited entry or exit. This course helps learners understand what makes a space confined, why these environments are so dangerous, and what controls are required before work begins.

Learners will explore hazard assessment, monitoring, permits, communication, and safe work practices that reduce the chance of a catastrophic incident. The course helps reinforce compliance and preparedness in workplaces where even routine confined space work demands strict discipline and awareness. *SCORM | Updated: 2.2026*

Conflict Resolution

Workplace conflict affects productivity, trust, morale, and retention when it is ignored or handled poorly. This course helps learners approach conflict in a structured and constructive way so disagreements can be addressed before they damage relationships or interfere with results.

Learners will explore how conflict starts, how to identify it early, and how to communicate in ways that support resolution rather than escalation. The course gives organizations a practical tool for strengthening culture, improving teamwork, and helping employees handle difficult situations

more professionally and effectively. *SCORM | Updated: 2.2026*

Critical Thinking and Problem Solving

Good decisions require more than instinct. This course helps learners develop the structured thinking skills needed to analyze situations, challenge assumptions, and solve problems more effectively. It focuses on how stronger reasoning leads to better outcomes, fewer avoidable errors, and more confident decision-making across roles.

Learners will explore how to identify root causes, weigh options, and choose practical solutions based on evidence rather than guesswork. The course is valuable for organizations that want employees who can think independently, respond well to challenges, and contribute more effectively when problems need to be solved under pressure. *SCORM | Updated: 2.2026*

Customer Service for Success

Customer service is one of the clearest ways an organization demonstrates its professionalism, reliability, and values. This course helps learners understand how service quality affects trust, loyalty, and reputation, and why great service is often the difference between a one-time interaction and a long-term relationship.

Learners will explore communication techniques, service habits, problem-solving approaches, and strategies for handling challenging situations with professionalism and confidence. The course helps teams create more positive customer experiences while strengthening the consistency and quality of how the organization is perceived.

DEI Series: Creating an Inclusive Workplace

Inclusive workplaces perform better because employees are more likely to contribute, collaborate, and stay engaged when they feel respected and valued. This course focuses on what it takes to create an environment where

diversity, equity, and inclusion are reflected in everyday behavior, decision-making, and workplace culture.

Learners will explore practical ways to promote inclusion, reduce barriers, and support a more respectful and welcoming environment for all employees. The course helps organizations turn inclusion into something people experience consistently, which makes it a stronger culture tool and a more meaningful business advantage. *SCORM | Updated: 2.2026*

Digital Literacy for Shop Floor Technology

As operations become more connected and technology-driven, frontline employees need confidence with the tools, systems, and digital workflows now shaping performance. This course focuses on building digital literacy for employees working with modern shop floor technology so they can work more accurately, efficiently, and confidently.

Learners will explore how to use digital systems, navigate interfaces, interpret information, and adapt to technology that supports production, maintenance, quality, and communication. The course helps improve adoption, reduce avoidable errors, and support smoother implementation where digital capability is increasingly tied to operational success. *SCORM | Updated: 2.2026*

Diversify Your Leadership Team

Leadership diversity strengthens decision-making, innovation, culture, and organizational credibility. This course helps learners understand why diverse leadership matters and what organizations can do to build more inclusive leadership pipelines instead of relying on the same profiles, assumptions, and advancement patterns.

Learners will explore how to identify barriers, support underrepresented talent, and create more

intentional leadership development strategies. The course is especially useful for organizations that want to strengthen bench strength, improve representation, and make leadership development a more strategic and equitable process. *SCORM | Updated: 2.2026*

Driver Safety

Employees who drive for work face risk every day, whether they are on highways, job sites, rural roads, city streets, or customer locations. This course helps learners understand the major causes of vehicle incidents, including distraction, fatigue, weather, speed, and poor situational awareness, while reinforcing habits that reduce collisions and near misses.

Learners will explore defensive driving principles, hazard recognition, and the practical decisions that support safer driving under real-world conditions. The course helps organizations reduce preventable losses, improve road safety, and reinforce a stronger safety mindset in any role that includes driving as part of the job. *SCORM | Updated: 2.2026*

Effective Performance Reviews for Managers HR Course

Performance reviews are one of the most important leadership conversations a manager has, yet they are often rushed, inconsistent, or handled as an administrative task. This course helps managers conduct performance reviews that are more thoughtful, fair, and useful by focusing on preparation, communication, documentation, and development.

Learners will explore how to evaluate performance objectively, deliver balanced feedback, discuss expectations clearly, and turn reviews into stronger performance conversations. The course helps organizations improve manager capability, increase employee trust in the review

process, and reduce the confusion and frustration that poor review practices often create. *SCORM | Updated: 2.2026*

Electrical Safety

Electrical hazards can cause severe injury or death in seconds, especially when workers are exposed to energized equipment, damaged systems, wet environments, or unsafe work practices. This course provides a practical overview of electrical risk and helps learners understand the safe behaviors and precautions required around electrical hazards.

Learners will explore shock hazards, burn risks, common causes of electrical incidents, and the importance of hazard recognition and proper procedures. The course helps strengthen awareness and compliance in workplaces where electricity is present, even when employees are not performing technical electrical work themselves. *SCORM | Updated: 2.2026*

Electrical Safety / Arc Flash (CSA Z462)

Arc flash incidents are among the most dangerous electrical events a worker can face, and the consequences can be catastrophic. This course focuses on electrical safety and arc flash awareness within the CSA Z462 framework, helping learners understand the hazards, protective measures, and work practices required around energized systems.

Learners will explore the causes of arc flash, the energy involved, personal protective equipment requirements, boundaries, and the importance of proper planning and risk assessment. This training helps organizations reinforce compliance, reduce high-severity exposure, and improve the safety culture around electrical work in Canadian workplaces. *SCORM | Updated: 2.2026*

Elevated Work Platforms / Aerial Lifts

Elevated work platforms and aerial lifts allow employees to perform tasks at height more efficiently, but they also introduce serious risks when equipment is used incorrectly or conditions are not assessed properly. This course helps learners understand the hazards associated with lift operation and the controls needed to reduce falls, tip-overs, struck-by incidents, and contact hazards.

Learners will explore inspection requirements, operating practices, stability considerations, and safe use around people, structures, and overhead hazards. The course helps organizations improve operator awareness, protect workers at elevation, and reinforce safer use of equipment that can become dangerous very quickly when mismanaged. *SCORM | Updated: 2.2026*

Emergency Action and Fire Prevention

When an emergency happens, employees need more than good intentions. They need a clear understanding of what to do, where to go, and how to respond without hesitation. This course helps learners understand emergency action planning and fire prevention fundamentals so organizations can reduce confusion, improve response, and limit damage during urgent events.

Learners will explore alarms, evacuation procedures, emergency roles, fire risks, and everyday prevention practices that reduce the chance of an emergency in the first place. The course helps employers strengthen preparedness while giving workers the clarity they need to respond more confidently when time matters most. *SCORM | Updated: 2.2026*

Emergency Spill Response

A spill can quickly escalate into an injury, environmental incident, regulatory problem, or costly operational disruption if employees are not

prepared. This course helps learners understand how to respond appropriately to spills by focusing on hazard recognition, containment, communication, and safe response actions.

Learners will explore what to do first, how to assess the situation, when to isolate or escalate, and how spill response procedures help protect workers, property, and the environment. The course supports compliance and preparedness while helping organizations reduce response time and improve decision-making during incidents involving hazardous substances. *SCORM | Updated: 2.2026*

Ergonomics

Many workplace injuries develop gradually through repetition, force, awkward posture, and poor task design rather than through a single dramatic event. This course focuses on ergonomics as a practical way to reduce discomfort, fatigue, and musculoskeletal risk by improving how work is set up and performed.

Learners will explore how workstation layout, posture, movement, lifting, and task design affect the body over time. The course helps organizations lower injury risk, improve worker comfort, and support better productivity by showing employees and leaders how small changes can produce meaningful improvements. *SCORM | Updated: 2.2026*

Fall Protection

Falls remain one of the leading causes of serious injury and death in many industries, particularly where workers are exposed to edges, openings, roofs, ladders, platforms, or elevated tasks. This course helps learners understand fall hazards, required controls, and the systems and practices that keep workers safer at height.

Learners will explore hazard assessment, fall protection equipment, anchor points, safe work

planning, and the decisions that prevent a routine task from turning into a severe incident. The course helps support compliance while reinforcing the mindset that working at height must always be approached with discipline and preparation. *SCORM | Updated: 2.2026*

Federal Harassment Prevention Training

Harassment prevention is a legal and cultural priority, especially in federally regulated workplaces where expectations around prevention, reporting, and response are well defined. This course helps learners understand what harassment is, how it affects the workplace, and what employees and employers must do to prevent and address it effectively.

Learners will explore prohibited behavior, reporting options, employer responsibilities, and the role each person plays in building a respectful work environment. The course helps organizations reduce risk, strengthen compliance, and reinforce a culture where inappropriate conduct is understood, taken seriously, and addressed appropriately. *SCORM | Updated: 2.2026*

Fire Extinguisher / Fire Safety Training

Fire safety training is most valuable when employees understand both prevention and response. This course combines fire extinguisher use with broader fire safety awareness so learners know how fires start, how to reduce risk, and when it is safe to use an extinguisher rather than evacuate and call for help.

Learners will explore fire classes, extinguisher selection, safe response technique, prevention practices, and emergency decision-making. The training helps organizations improve preparedness while ensuring employees are more capable, more aware, and less likely to respond

unsafely in a fire-related emergency. *SCORM | Updated: 2.2026*

Fire Extinguisher Safety

Knowing there is a fire extinguisher nearby is not enough if employees do not know when to use it, what type to choose, or how to respond safely under pressure. This course focuses specifically on extinguisher awareness and use so learners understand the fundamentals of fighting small fires without putting themselves at unnecessary risk.

Learners will explore extinguisher types, fire classifications, safe handling, and the limitations of extinguisher use. The course helps improve emergency readiness and supports safer decision-making when employees are faced with a fire situation that requires fast judgment. *SCORM | Updated: 2.2026*

First Aid/CPR

In a medical emergency, the first few minutes often matter most. This course provides essential first aid and CPR awareness so learners understand how to respond quickly, calmly, and more effectively when someone is injured or becomes unresponsive before professional help arrives.

Learners will explore basic first aid response, CPR concepts, scene assessment, and the priorities that support better emergency outcomes. The course helps employers improve workplace preparedness and gives employees practical, high-value knowledge that can make a meaningful difference both at work and in everyday life. *SCORM | Updated: 2.2026*

Forklift/Powered Industrial Truck

Forklifts and powered industrial trucks are critical to many operations, but they can also cause severe injury, major property damage, and production disruption when used carelessly. This

course helps learners understand the operating risks, safety expectations, and practical habits that reduce incidents involving powered material handling equipment.

Learners will explore inspection routines, load handling, operating awareness, traffic interaction, and the responsibilities that come with moving heavy equipment in active workplaces. The course helps improve operator judgment, reduce preventable incidents, and support safer, more efficient movement of materials and goods. *SCORM | Updated: 2.2026*

Hand and Power Tool Safety

Hand and power tools are used so often that workers can become complacent about the hazards they present. This course helps learners recognize the risks associated with improper use, poor maintenance, damaged equipment, and unsafe handling, all of which can lead to cuts, electrical hazards, impact injuries, and lost productivity.

Learners will explore tool inspection, proper use, storage, and handling practices that reduce injury risk and extend equipment life. The course helps organizations reinforce safer work habits around some of the most common tools used every day across a wide range of industries. *SCORM | Updated: 2.2026*

Hazard Communication (WHMIS)

Workers need clear information about hazardous products if they are going to handle them safely. This course focuses on WHMIS and helps learners understand how hazard labels, pictograms, and safety data sheets communicate chemical risk in the workplace and what employees need to know before using, storing, or working around hazardous substances.

Learners will explore how to interpret product information, apply safe work practices, and

recognize their responsibilities under WHMIS. The course helps organizations strengthen chemical safety, support compliance, and make hazard communication more practical and useful for the people closest to the risk. *SCORM | Updated: 2.2026*

Hearing Conservation

Noise exposure can damage hearing gradually and permanently, often before workers realize the harm is happening. This course helps learners understand the effects of workplace noise and the importance of controlling exposure before hearing loss becomes irreversible.

Learners will explore how noise affects the body, when hearing protection is required, and what steps can be taken to reduce risk through safe practices and protective equipment. The course helps reinforce prevention and gives workers stronger reasons to take hearing conservation seriously in noisy environments. *SCORM | Updated: 2.2026*

Heat Stress Prevention

Heat stress affects concentration, endurance, reaction time, and physical safety, making it a serious operational and medical risk in many workplaces. This course helps learners understand how heat affects the body and what steps are necessary to prevent heat-related illness before symptoms escalate.

Learners will explore hydration, rest, symptom recognition, acclimatization, and planning strategies that reduce heat exposure and improve response. The course helps organizations protect employees during hot conditions while reinforcing practical, repeatable prevention habits. *SCORM | Updated: 2.2026*

JHSC Certification Training

Joint Health and Safety Committee members play an important role in identifying hazards,

supporting due diligence, and strengthening the internal responsibility system. This course helps learners build the knowledge and confidence needed to participate effectively in JHSC work and meet certification requirements.

Learners will explore roles, responsibilities, hazard recognition, inspections, recommendations, and how certified committee members contribute to a more effective safety culture. The course is valuable for organizations that want a stronger committee, better internal safety leadership, and more practical health and safety engagement. *SCORM | Updated: 2.2026*

JHSC Refresher Training

Health and safety responsibilities evolve, and certified JHSC members need current knowledge to stay effective. This refresher course helps committee members update their understanding, reinforce core principles, and strengthen their ability to contribute meaningfully to hazard identification, prevention, and committee work.

Learners will explore current issues, emerging risks, and the ongoing responsibilities of committee members within a functioning internal responsibility system. The course helps organizations keep certified members current and capable while reinforcing the value of an active, informed committee. *SCORM | Updated: 2.2026*

Ladder Safety

Ladder-related injuries are common, costly, and highly preventable when workers use the right ladder the right way every time. This course helps learners understand the most common causes of ladder incidents, including poor setup, damaged equipment, unstable footing, and overreaching.

Learners will explore how to inspect ladders, choose the correct type, position them safely, and use them with better awareness and control. The course supports safer work practices around a

tool that is used often but too easily underestimated. *SCORM | Updated: 2.2026*

Lockout/Tagout

Unexpected startup or release of hazardous energy can cause crushing injuries, amputations, shocks, burns, and fatalities in seconds. This course helps learners understand the purpose of lockout/tagout and the role it plays in protecting workers during servicing, maintenance, and equipment intervention.

Learners will explore energy isolation principles, responsibilities, procedure awareness, and the importance of following lockout/tagout requirements every time. The course helps organizations strengthen compliance and reduce one of the highest-severity risks in industrial and maintenance environments. *SCORM | Updated: 2.2026*

Machine Guarding

Machines can injure workers faster than they can react, especially when guards are missing, bypassed, or poorly understood. This course helps learners understand the purpose of machine guarding and how guards and safety devices protect against cuts, crush points, entanglement, amputation, and other severe hazards.

Learners will explore points of operation, moving parts, hazard recognition, and the importance of never defeating protective safeguards. The course helps improve awareness, reduce serious injury risk, and reinforce safer interaction with machinery in active work environments. *SCORM | Updated: 2.2026*

Managing Conflict in Meetings

Conflict during meetings can waste time, shut down participation, and prevent good decisions from being made. This course helps learners understand how to recognize tension early and

manage disagreement in ways that keep meetings productive, respectful, and focused on outcomes.

Learners will explore how to address disruptive behavior, redirect difficult conversations, and create conditions where differing viewpoints can be discussed without derailing progress. The course is especially useful for managers and team leads who want more effective meetings and stronger collaboration. *SCORM | Updated: 2.2026*

Managing Conflict with a Coworker

Conflict between coworkers often starts small but grows quickly when it is avoided or mishandled. This course helps learners approach peer conflict with more confidence by focusing on communication, professionalism, and practical techniques that support resolution rather than escalation.

Learners will explore how to raise concerns clearly, listen more effectively, and work toward solutions that preserve working relationships while addressing the actual issue. The course helps create healthier teams by giving employees better tools for navigating friction in everyday work. *SCORM | Updated: 2.2026*

Managing Conflict with Your Boss

Conflict with a supervisor is one of the most difficult workplace situations to manage because employees often worry about consequences, misinterpretation, or damaging the relationship. This course helps learners approach these conversations more effectively by focusing on preparation, communication, and solutions.

Learners will explore how to raise concerns respectfully, manage emotion, clarify expectations, and navigate disagreement without making the issue worse. The course helps improve upward communication and gives

employees practical skills for handling a high-stakes relationship more professionally. *SCORM | Updated: 2.2026*

Managing Different Generations in The Workplace

Multigenerational workplaces bring valuable diversity of perspective, but they can also create misunderstanding when assumptions about communication, work style, or expectations go unexamined. This course helps learners understand how generational differences may influence workplace dynamics and how to manage those differences more productively.

Learners will explore strategies for improving communication, reducing friction, and building stronger collaboration across age groups. The course helps managers and teams work more effectively together while avoiding stereotypes and creating a more inclusive, respectful culture. *SCORM | Updated: 2.2026*

Managing for Accountability

When accountability is weak, missed deadlines, inconsistent performance, and team frustration become part of daily operations. This course helps leaders build stronger accountability by focusing on clarity, follow-through, ownership, and the management habits that create more consistent performance over time.

Learners will explore how to set expectations, monitor progress, address gaps, and create a culture where responsibilities are understood and followed through on. The course helps organizations strengthen execution and gives leaders a practical framework for improving reliability across teams. *SCORM | Updated: 2.2026*

Mastering 6S Lean

A well-organized workplace improves safety, efficiency, consistency, and pride in the work environment. This course helps learners

understand the 6S Lean methodology and how it supports cleaner, safer, and more productive operations by creating order, reducing waste, and improving visual control.

Learners will explore each step of the 6S process and how disciplined application supports better workflow, lower risk, and stronger daily performance. The course is ideal for organizations that want to reinforce operational excellence while making workplace organization more structured and sustainable. *SCORM | Updated: 2.2026*

Office Ergonomics

Office-related strain often builds slowly through poor setup, repetitive motion, static posture, and habits that employees may not realize are causing harm. This course helps learners understand how to create a safer, more comfortable office workspace that supports both physical well-being and daily productivity.

Learners will explore chair, monitor, keyboard, and workstation positioning along with practical work habits that reduce discomfort and repetitive strain. The course helps organizations address one of the most common sources of low-level but persistent workplace injury in office-based environments. *SCORM | Updated: 2.2026*

Ontario 4 & 5 Steps Government Courses

Government-required health and safety awareness training is foundational, but organizations still need it delivered clearly and in a way that employees actually retain. These courses help learners understand the core rights, responsibilities, and internal responsibility principles that shape workplace health and safety in Ontario.

Learners will explore what workers and supervisors are expected to know, what responsibilities they hold, and how those

responsibilities connect to safer workplace behavior. These courses help organizations meet training expectations while giving employees the practical awareness needed to play their role in workplace safety. *SCORM | Updated: 2.2026*

Performance Management: Developmental Conversations

Developmental conversations help employees grow, stay engaged, and understand how their progress connects to future opportunities. This course helps managers move beyond transactional performance discussions and have more meaningful conversations that support employee development and long-term performance.

Learners will explore how to ask the right questions, identify growth areas, discuss goals, and create stronger employee development dialogue. The course helps organizations improve retention, strengthen manager capability, and make performance management feel more relevant and valuable to employees. *SCORM | Updated: 2.2026*

Personal Protective Equipment (PPE)

PPE is a vital control in many workplaces, but it only protects workers when it is selected correctly, worn properly, and maintained consistently. This course gives learners a practical understanding of personal protective equipment and why it serves as a critical last line of defense against workplace hazards.

Learners will explore the purpose of PPE, when it is required, how to choose the right type, and what proper use and care look like in real work settings. The course helps improve compliance, reinforce hazard awareness, and ensure employees understand that PPE is not optional when risk is present. *SCORM | Updated: 2.2026*

PPE Fundamentals, Eye and Face, and more

Eye and face injuries can happen instantly and often have lasting consequences, especially when workers are exposed to impact, splashes, flying debris, sparks, or chemicals. This course focuses on PPE fundamentals with added emphasis on eye and face protection while reinforcing broader awareness around other categories of protective equipment.

Learners will explore common PPE types, how to match protection to the hazard, and the importance of fit, condition, and proper use. The course helps organizations reduce preventable injury and improve worker understanding of why the right PPE matters in different tasks and environments. *SCORM | Updated: 2.2026*

Respiratory Protection

Airborne hazards are often invisible, which makes respiratory protection one of the most important but misunderstood areas of workplace safety. This course helps learners understand the risks posed by dust, fumes, vapors, gases, and other contaminants, along with the role respirators play in reducing exposure.

Learners will explore respiratory hazard awareness, respirator selection, fit, use, maintenance, and the limitations of protective equipment. The course helps organizations support compliance, improve exposure control, and give workers a stronger understanding of how respiratory protection protects long-term health. *SCORM | Updated: 2.2026*

Slips, Trips, and Falls

Slips, trips, and falls are among the most common workplace injuries, but they are also among the easiest to prevent when hazards are noticed and addressed early. This course helps learners identify the everyday conditions that create risk, including spills, clutter, poor

housekeeping, uneven walking surfaces, and rushed movement.

Learners will explore how to recognize hazards, improve preventative habits, and take practical actions that reduce injuries in both office and industrial settings. The course helps build stronger everyday awareness around one of the most frequent and costly categories of workplace incidents. *SCORM | Updated: 2.2026*

Stress Management

Stress affects concentration, mood, performance, and health, and when it goes unmanaged it can quietly undermine both individuals and teams. This course helps learners understand how workplace stress develops, what signs to recognize, and what practical actions can reduce its impact before it leads to burnout, conflict, or disengagement.

Learners will explore coping strategies, self-awareness, and habits that support better resilience, focus, and well-being under pressure. The course helps organizations address stress more proactively and gives employees tools they can apply immediately to manage pressure more effectively. *SCORM | Updated: 2.2026*

Supervisor Health & Safety Awareness

Supervisors play a critical role in workplace safety because they are often the link between policy and daily practice. This course helps supervisors understand their health and safety responsibilities, what is expected of them under the law, and how their actions directly affect worker protection, compliance, and culture.

Learners will explore legal duties, hazard awareness, communication, and the practical leadership behaviors that reinforce safer work. The course helps organizations strengthen frontline supervision and gives supervisors clearer guidance on how to carry out their

responsibilities with confidence and consistency.
SCORM | Updated: 2.2026

Teamwork and Culture - Quick Course

Team performance depends on more than individual skill. It depends on communication, trust, accountability, and the shared behaviors that shape workplace culture. This course helps learners understand how teamwork influences morale, collaboration, and overall results, and how culture is built through everyday actions rather than slogans or policies alone.

Learners will explore how to contribute more positively to team dynamics, support stronger collaboration, and reinforce a healthier work environment. The course is a practical way to strengthen culture and give employees a clearer sense of how their daily behavior affects the team around them. *SCORM | Updated: 2.2026*

Time Management

Poor time management creates stress, missed deadlines, lower quality work, and a constant feeling of reacting rather than leading. This course helps learners build practical time management skills so they can prioritize more effectively, stay organized, and make better use of their attention in busy, interruption-filled work environments.

Learners will explore planning techniques, prioritization strategies, and habits that reduce distraction and improve follow-through. The course helps individuals become more productive and dependable while giving organizations a practical way to improve execution across roles. *SCORM | Updated: 2.2026*

Transportation of Dangerous Goods (TDG)

Transporting dangerous goods involves serious responsibility because mistakes can lead to injury, environmental harm, regulatory penalties, and major operational consequences. This course

helps learners understand the TDG framework, what qualifies as dangerous goods, and the roles workers play in safe transportation, handling, and documentation.

Learners will explore classification, labels, documentation, safety marks, and the core requirements that support compliance and safe movement of regulated materials. The course helps organizations reduce shipping and handling risk while ensuring workers understand the importance of accuracy and control in TDG-related tasks. *SCORM | Updated: 2.2026*

Worker Health & Safety Awareness

Workplace safety works best when employees understand both their rights and their responsibilities. This course gives workers a strong foundation in health and safety awareness by helping them understand hazard reporting, employer and supervisor responsibilities, the right to know, and the internal responsibility system.

Learners will explore the core principles of workplace safety and the role they play in preventing incidents through awareness, participation, and communication. The course helps organizations strengthen foundational safety knowledge while supporting a more informed and engaged workforce. *SCORM | Updated: 2.2026*

Working Alone / Remote Work Safety

Working alone or in remote conditions increases risk because help may not be immediately available if something goes wrong. This course helps learners understand the hazards associated with isolated work and the planning, communication, and safety controls required to reduce exposure in lone and remote work situations.

Learners will explore risk assessment, check-in procedures, emergency planning, and practical

steps to stay safer when working without direct supervision or nearby support. The course helps organizations protect isolated workers while strengthening preparedness in roles where location or working conditions create added vulnerability. *SCORM | Updated: 2.2026*

Workplace Professionalism

Professionalism affects culture, trust, communication, service quality, and how people experience working together every day. This course helps learners understand what professionalism looks like in practical terms, including conduct, communication, reliability, accountability, and how people respond under pressure.

Learners will explore how to demonstrate professionalism consistently across workplace interactions, even during conflict, stress, or change. The course helps organizations reinforce stronger culture and gives employees a clearer understanding of the behaviors that support credibility, respect, and long-term success. *SCORM | Updated: 2.2026*

Workplace Violence Prevention

Violence and aggression in the workplace create serious physical, emotional, legal, and reputational risk. This course helps learners understand the warning signs, contributing

factors, and prevention strategies that reduce the likelihood of threats, escalation, and harmful incidents at work.

Learners will explore situational awareness, reporting expectations, de-escalation principles, and the shared responsibility employees and employers have in maintaining a safer environment. The course helps organizations strengthen preparedness and gives workers a clearer understanding of how to recognize and respond to potentially dangerous situations. *SCORM | Updated: 2.2026*

Writing Effective Emails

Email is still one of the most important tools for workplace communication, yet poorly written messages cause confusion, delays, and unnecessary follow-up every day. This course helps learners write emails that are clearer, more professional, and easier for others to understand and act on.

Learners will explore how to structure messages, improve tone, make requests clearer, and communicate with greater efficiency and purpose. The course helps employees save time, improve response quality, and communicate in ways that reflect well on both themselves and the organization. *SCORM | Updated: 2.2026*