

SafetyNow Refresher Courses

All refresher courses are 5-10 minutes, compliant, with knowledge checks and a certificate of completion. 30-50 new courses are added each quarter.

As of 12.2026.

1. A Joke Isn't Funny When It Hurts!
2. A Slice of Safety Can Help Prevent Knife Injuries
3. Active Shooter Response Training
4. Adapting to the Rhythm of Shiftwork
5. Aerial Lift Safety
6. Aerial Lifts
7. Ammonia Safety
8. An Injury Free Office
9. Arc Flash Prevention
10. Arc Flash Protection
11. Asbestos Exposure Prevention
12. Asbestos Hazards and Health Effects
13. Asbestos the Hazards and Health Effects
14. Autoclave and Sterilizer Safety
15. Avoid Arc Flash
16. Avoid Harmful Horseplay
17. Avoid Workplace Violence
18. Avoiding Falling Object Hazards
19. Avoiding Slipping Hazards
20. Back Safety
21. Bad Housekeeping can Bring Unthinkable Consequences
22. Bandsaw Guarding
23. Be A Safety Leader
24. Be Handy and Safe Hand and Power Tools
25. Be Safety Conscious Off the Job Too
26. Be Wary of Warehouse Hazards
27. Behavior Based Safety
28. Belt Yourself For Safety
29. Beware of Bloodborne Pathogens
30. Beware of Lulls in Your Alertness Level
31. Bloodborne Pathogens Protection
32. Carbon Monoxide
33. Caught-Between
34. Chemical Safety
35. Climb Your Way to Safe Ladder Use
36. Cold Storage Safety
37. Cold Stress
38. Cold Water Treatment of Thermal Burns
39. Cold Weather Safety
40. Combustible Dust Its No Ordinary Dust
41. Comedy Isn't Always Funny
42. Commercial Movers
43. Common Workplace Injuries
44. Communicating Health and Safety Concerns
45. Communication and Safety
46. Communication Facilities
47. Communication Issues
48. Compressed Air
49. Compressed Air Can Be Dangerous
50. Compressed Air Safety: What you Need to Know
51. Compressed Gas Cylinder CGC Safety
52. Compressed Gas Cylinder Safety: What You Should Know

53. Compressed Gas Cylinders
54. Compressed Gas Safety
55. Concrete Burns
56. Concrete Construction Safety
57. Confined Space
58. Confined Space Safety
59. Confined Spaces
60. Confined Spaces Can Become Domino Death Traps
61. Contractor Safety
62. Cost of Drugs on the Job
63. Costs of Drugs on the Job
64. COVID-19 Your OHS Responsibilities
65. CPR Part1
66. CPR Part2
67. Crane Safety
68. Cruise Control Driving
69. Dangers of Drowsy Driving
70. Defensive Driving When to be Cautious
71. Did You Get the Memo on Office Hazards
72. Discrimination Free Workplace
73. Discussion on Aging Workforce
74. Distracted Driving Awareness
75. Doing Work Tasks Wrong The First Time
76. Don't Just Stand There
77. Don't Let Bullying Poison Your Workplace
78. Don't Let Your Safety Go Up in Flames
79. Don't Mess with an Incident Scene
80. Dropped Objects on the Job
81. Drug & Alcohol Free Workplace
82. Drunk Driving
83. Dust Off Your Knowledge of Silica
84. Eight Ways to Avoid Catching and Spreading the Flu
85. Electrical Panel Clearance
86. Electrical Panel Inspections
87. Electrical Safety
88. Emergency Response
89. Emergency Would You Know How to Respond
90. Ergonomic Safety
91. Ergonomics
92. Ergonomics and The Mature Worker
93. Ergonomics for Mature Workers
94. Exit Inspections
95. Extension Cord Safety
96. Eye Injuries and Prevention
97. Eye Protection
98. Eye Wash Station Safety
99. Facilities Maintenance Safety
100. Fall Arrest Systems
101. Fall Hazards and Falls from Heights
102. Fall Protection and Prevention
103. Fatigue At Work Can Kill You
104. Fatigue Can Be Fatal
105. Fire Extinguisher Class Types
106. Fire Extinguishers
107. First Aid Chemical Burns
108. First Aid Fundamentals CPR
109. First Aid Preparation
110. First Aid: Bleeding Cuts & Wounds
111. First Aid: Burns
112. First Aid: Chemical Burns and Liquid Gas Burns
113. First Aid: Choking
114. First Aid: CPR
115. First Aid: Electrical Burns
116. First Aid: Fractures
117. First Aid: Poisoning
118. First Aid: Shocks
119. First Day Back to Work
120. Five Reasons to Work Safely Today
121. Flammable Liquid Storage
122. Floor Loading Protection
123. Forklift Best Practices: Tipovers and Loading Docks
124. Forklift Safety

125. Forklifts Are Dangerous Animals
126. Formaldehyde
127. Fume Hood
128. Fundamentals of First Aid: Bleeding, Cuts, and Wounds
129. Get Moving: Why Health and Wellness Matters
130. Glove Selection and Use
131. Gloves Must Match Chemical Hazard
132. Good Footwear Beats Sore Feet
133. Grain Dust: What You Need to Know for Safety
134. Guardrail Systems
135. Halloween Safety
136. Hand Safety
137. Handle Tools for Your Safety
138. Hard Hat Safety
139. Have a Plan for Fall Rescue
140. Hazard Refresher - Slips, Trips & Falls
141. Hazardous Waste
142. Head off the Blows
143. Healthcare Safe Moving and Handling of Patients
144. Hearing Protection
145. Heat Stress Prevention
146. Heat-Related Illnesses: Identification & Prevention
147. Heavy Work Means Strains and Sprains
148. Hot Work Safety
149. Housekeeping's Role in Safe Workplaces
150. How To Avoid and Handle Workplace Violence
151. How to Conduct a Job Hazard Analysis
152. How to Safely Use Abrasive Wheel Grinders
153. How to Select and Inspect a Ladder
154. How to Stack and Store Materials Safely
155. How To Use A Fire Extinguisher
156. How You Can Prevent Violence in the Workplace
157. Hydrogen Sulfide Safety
158. If the Safety Shoe Fits the Hazard Wear It
159. Improper use of Breaker Panels
160. Incident Investigation Part 1
161. Incident Investigation Part 2
162. Injury, Illness & Incident Reporting
163. Job Hazard Analysis
164. Keep Safety On Hand
165. Keep your Guard Up around Machines
166. Know How To Find Emergency Exits
167. Ladder Safety
168. Ladder Safety Training
169. Layer Up for Warmth
170. Lead
171. Lead Awareness
172. Learning the Hard Way
173. Lifting Safely: Preventing Back Injuries
174. Lifting Safety
175. Lightning Safety at Work and Home
176. Lockout and Tagout
177. Lockout Tagout
178. Lockout Tagout Tryout
179. Look Out for New Workers
180. Machine Guarding
181. Maintenance Workers Must Maintain Safety
182. Make Ladder Safety a High Priority
183. Making the Best Use of Lifting and Handling Aids
184. Managing Stress Effectively
185. Masonry and Concrete Saws
186. Material Handling Equipment Heavy Equipment

187. Mobile Crane Safety
188. Moving Materials Pain Free
189. Near Miss Booklets
190. Nine Basic Construction Safety Rules
191. Noise
192. Obliterating Dust Explosions
193. Off the Job Safety
194. Opioid Use & Workplace Safety
195. Overhead Shop Crane Safety
196. Overhead Wire Safety
197. Permit Confined Space Safety
198. Personal Fall Arrest Systems
199. Picking the Right Fire Extinguisher
200. Portable Fire Extinguishers
201. Power Tool Safety
202. PPE in the Workplace
203. Preventing Electrocutation
204. Preventing Occupational Illness
205. Prevention Through Ergonomics
206. Protect Your Hearing and Avoid Hearing Loss
207. Protect Yourself Against Bloodborne Pathogens
208. Protecting Against Electrical Hazards
209. Protecting Against Vertical Fall Hazards
210. Push or Pull: Safe Materials Handling
211. Putting Out Fires
212. Radiation (Ionizing)
213. Radiation (Non-Ionizing)
214. Reasonable Suspicion for Supervisors
215. Reducing Tripping Hazards
216. Remember to Lockout Tagout
217. Re-Open After COVID-19
218. Report All Injuries
219. Report it or Regret it
220. Reporting Near Misses
221. Resolve Conflict Before it Escalates Into Violence
222. Respiratory Protection
223. Roadside Worker Safety
224. Safe Operation of Chainsaws
225. Safe Practices for Extension Cord Use
226. Safe Respirator Use
227. Safety is a Common Language
228. Safety Training: Stay Alert
229. Safety Underground
230. Sanitizer Safety
231. Sexual Harassment: Addressing and Reporting Complaints
232. Sexual Harassment: What Are Your Responsibilities
233. Shiftwork
234. Silica Dust Dangers and Safety Measures
235. Slips and Trips
236. Slips Trips and Falls
237. Slips, Trips & Falls in the Winter
238. Some Medications Are The Wrong Prescription For Safety
239. Spiders
240. Spill Prevention and Management
241. Stand Up For Better Health
242. Stay Safe Working in the Heat
243. Stay Strong As You Age
244. Staying Safe on Scaffolds
245. Steps to Prevent Eye Strain
246. Struck-By
247. Summer Safety
248. Take Care of Your Protective Wear
249. Teamwork and Culture
250. Thanksgiving Safety: Tips for the Holiday
251. The Basics of Forklift Safety
252. The Dangers of Silica
253. The Environmental Safety Connection

- 254. The Frontline of Workplace Security
- 255. The Importance of Fall Protection
- 256. The Role of Housekeeping in Workplace Safety
- 257. Top 4 Construction Hazards
- 258. Traffic Control During Roadwork
- 259. Trenching and Excavation
- 260. Trenching and Excavation Safety
- 261. Understanding GHS Labels
- 262. Understanding Asbestos: Standards to Protect Workers
- 263. Understanding Chemical Labels and Pictograms
- 264. Understanding Safety Data Sheets
- 265. Using Ladders Safely
- 266. Wearing Multiple Hats
- 267. Welding Can Hurt More Than Eyes
- 268. WHMIS Pictograms
- 269. Winter Driving Safety
- 270. Winter Safety Hazards
- 271. Working In and Around Water
- 272. Working in Extreme Heat- Video
- 273. Working in the Extreme Cold
- 274. Working Safely with Concrete and Cement
- 275. Working Safely with Corrosives
- 276. Workplace Fatigue
- 277. Workplace Violence: The Time For Tact, Not Attack
- 278. Your Fall Protection Equipment: Your Lifeline
- 279. Your Hardhat Protects Your Head