

Health and Safety Online Course Offerings

Available through September 2018

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

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

Mandatory Evaluation:

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

Minimum System Requirements for Online Training:

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

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

34-Hour Restart for Property Carrying CMVs

This course is designed to provide learners with a brief overview of the Federal Motor Carrier Safety Administration (or FMCSA)'s 34-Hour Restart regulations. It also covers some specific language within the Consolidated and Further Continuing Appropriations Act of 2015 and how it affects property-carrying commercial motor vehicle (CMV) drivers and carriers.

Approximate Length: 60 minutes

Accident Investigation

Shows employees steps that are taken in an accident investigation, and highlights how important it is for employees to fully cooperate with any inquiry.

Approximate Length: 45 minutes

Aerial Lifts in Industrial and Construction Environments

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

Approximate Length: 60 minutes

Air Brakes - Master Driver

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

Approximate Length: 45 minutes

Arc Flash/Arc Blast Awareness & Safety

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

Approximate Length: 20 minutes

Asbestos Awareness

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

Approximate Length: 45 minutes

Back Safety

For many employees, back injuries are something that "happens to the other person...not to me." Yet four out of five people will experience some type of back problems during their lives. And many back injuries are caused by common activities experienced both on and off the job... such as lifting, climbing, reaching, etc.

Approximate Length: 60 minutes

Back Safety: Keep Your Back In Action

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

Approximate Length: 60 minutes

Backing: Tractor-Trailers

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

Approximate Length: 30 minutes

Bloodborne Pathogens in First Response Environments

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

Approximate Length: 60 minutes

Bloodborne Pathogens in First Response Environments

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

Approximate Length: 60 minutes

Bloodborne Pathogens in Healthcare Facilities

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

Approximate Length: 60 minutes

Bloodborne Pathogens in Healthcare Facilities

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

Approximate Length: 60 minutes

Bloodborne Pathogens: For Industrial Facilities

Helps your employees understand how to fulfill the OSHA Bloodborne Pathogens Standard's (29 CFR Part 1910.1030) training requirements.

Approximate Length: 45 minutes

Bloodborne Pathogens: Safety in the Workplace

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

Approximate Length: 45 minutes

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

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

Approximate Length: 45 minutes

Cargo Securement Flatbeds

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

Approximate Length: 45 minutes

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

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

Approximate Length: 60 minutes

City Driving - Master Driver

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

Approximate Length: 45 minutes

CMV Driver Basics

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

Approximate Length: 50 minutes

Cold Stress

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

Approximate Length: 30 minutes

Compressed Gas Cylinders

Provides the information employees need to handle and transport these potentially volatile storage containers.

Approximate Length: 60 minutes

Computer Workstation Safety

Reviews the safe use of computers, and offer practical solutions to many potential problems.

Approximate Length: 45 minutes

Confined Spaces: Entry Team Training - Construction Activities

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

Approximate Length: 45 minutes

Confined Spaces: Entry Team Training - Maintenance Activities

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

Approximate Length: 60 minutes

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

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

Approximate Length: 60 minutes

Coupling and Uncoupling - Master Driver

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

Approximate Length: 45 minutes

Crane Safety

While there are many different types of cranes, they all have the ability to make many jobs much easier by lifting enormous weight. But they also share the potential for disaster when they are not operated safely. Crane-related accidents can often be deadly, due to the heavy loads that are lifted. A small miscalculation or a brief moment of inattention, and an accident could occur. Once a load falls, not much can be done to stop it, and there is little time for people to move safely out of the way.

Approximate Length: 60 minutes

Cranes & Derricks for Construction

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

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

Approximate Length: 60 minutes

Crystalline Silica Awareness for Construction

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

Approximate Length: 30 minutes

Crystalline Silica Awareness for General Industry

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

Approximate Length: 30 minutes

CSA: Know the BASICS

Train your CMV drivers on the Behavior Analysis Safety Improvement Categories (BASICS) of CSA – the FMCSA enforcement initiative launched in 2010 to improve large truck and bus safety and reduce CMV-related crashes, injuries and fatalities. This course features J. J. Keller's exclusive Check On Learning exercises designed to put the student's comprehension to the test in a unique and highly interactive simulation. (The driver training and best practices information in these products is sound, but references to the FMCSA's CSA scoring methodology will not be accurate after November 30, 2012.)

Approximate Length: 75 minutes

Dealing With Hazardous Spills

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

Approximate Length: 60 minutes

Defensive Driving - EYE ON

Instructs new and veteran drivers on defensive driving techniques.

Approximate Length: 60 minutes

Defensive Driving for Light & Medium Duty Vehicles

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

Approximate Length: 60 minutes

Distracted Driving

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

Approximate Length: 30 minutes

Driver Qualification Training for Managers

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

Approximate Length: 30 minutes

Driver Vehicle Inspections: The Complete Process

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

Approximate Length: 60 minutes

Driving Safety

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

Approximate Length: 45 minutes

Driving Training Series: Accident Procedures

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

After viewing this program, learners will be able to:

- Discuss the specific procedures to follow after an accident occurs
- Explain what to do once allowed to leave the scene of an accident

Outline:

Accident Procedures: Driver Training Series covers the following topics:

When an Accident Occurs

- What is an Accident?
- Stop Immediately
- Set Out Warning Devices
- Check for Injuries

- Contact Law Enforcement
- Document the Incident
- Notify Your Company

After an Accident

- Regain Your Composure
- Refrain from Drinking Alcohol

Approximate Length: 20 minutes

Driving Training Series: Driving Techniques

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

Approximate Length: 15 minutes

Effective Communication for Employees

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

Approximate Length: 60 minutes

Effective Communication for Supervisors

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

Approximate Length: 60 minutes

Electrical Safety in the Laboratory

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

Approximate Length: 45 minutes

Electrical Safety: Training for Unqualified Employees

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

Approximate Length: 45 minutes

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

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

Approximate Length: 45 minutes

Electrocution for Construction: Focus Four Hazards

The serious risks of electrical shock and injury are present in every workplace — hundreds of construction workers are killed every year from electrocution. This online course is designed to

give you an overview of basic electrical safety. It is specifically helpful for individuals who work in the construction industry and have limited familiarity with electrical hazards.

Approximate Length: 60 minutes

Emergency Maneuvers: Driver Training Series

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

Approximate Length: 45 minutes

Emergency Planning

Assists facilities in complying with these regulations and helps them prepare for potential emergency situations.

Approximate Length: 45 minutes

Emergency Preparedness & Response

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

Approximate Length: 20 minutes

Ergonomics: Industrial

According to the Bureau of Labor Statistics, musculoskeletal disorders (MSDs,) such as sprains or strains resulting from repetitive motion, accounted for one-third of the total reported occupational injuries in 2013; many of which could have been avoided with ergonomics training and proper workstation set up. This course is designed to help learners identify ergonomic risks in their workplace and aid in reducing their chances of experiencing ergonomics-related injuries while on-the-job.

Approximate Length: 45 minutes

Ergonomics: Office

Addresses how to recognize ergonomic problems, the potential of adverse effects, and practical solutions employees themselves can use to help deal with ergonomic problems in the office.

Approximate Length: 45 minutes

Excavations for Construction

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

Approximate Length: 60 minutes

Extreme Weather Driving: Driver Training Series

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

Approximate Length: 15 minutes

Fall Protection

Falls are one of the most common causes of workplace injuries and deaths. The Bureau of Labor Statistics reports that in 2012, falls, slips, and trips accounted for 285,380 nonfatal injuries and 570 fatal work injuries.

This online course is designed to help you recognize fall hazards and teach you to take the proper measures to ensure safety when working on elevated work platforms or runways, or near floor, wall, or window openings.

Approximate Length: 60 minutes

Fall Protection: Workplace Safety

Falls are one of the most common causes of workplace injuries and deaths. The Bureau of Labor Statistics reports that in 2012, falls, slips, and trips accounted for 285,380 nonfatal injuries and 570 fatal work injuries.

This online course is designed to help you recognize fall hazards and teach you to take the proper measures to ensure safety when working on elevated work platforms or runways, or near floor, wall, or window openings.

Approximate Length: 60 minutes

Falls for Construction: Focus Four Hazards

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

Approximate Length: 60 minutes

Fire Extinguisher Use

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

Approximate Length: 20 minutes

Fire Prevention & Response

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

Approximate Length: 45 minutes

Fire Prevention & Response (with EyeCue Visual Learning System)

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

Approximate Length: 45 minutes

First Aid

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

Approximate Length: 60 minutes

First Aid Basics

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

Approximate Length: 60 minutes

Fixed Object Collisions: Driver Training Series

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

Approximate Length: 45 minutes

Flammables and Explosives in the Laboratory

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

Approximate Length: 45 minutes

Forklift Operator Safety Training

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

Approximate Length: 60 minutes

Forklift Operator Safety Training (with EyeCue Visual Learning System)

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

Approximate Length: 60 minutes

Forklift Operator Safety Training for Construction

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

Approximate Length: 60 minutes

Forklift/Powered Industrial Truck Safety

Specifically created to assist facilities in complying with OSHA's Powered Industrial Truck Standard.

Approximate Length: 45 minutes

Forklifts: Ultimate Hazard Perception Challenge - Advanced Safety Awareness

Provides training that is a logical bridge between required classroom safety training and performance-based safety training. Can also be used for required refresher training after a forklift accident.

Approximate Length: 30 minutes

Forklifts: Ultimate Hazard Perception Challenge - Basic Safety Awareness

Provides training that is a logical bridge between required classroom safety training and performance-based safety training. Can also be used for required refresher training after a forklift accident.

Approximate Length: 30 minutes

Forklifts: Ultimate Hazard Perception Challenge - Intermediate Safety Awareness

Provides training that is a logical bridge between required classroom safety training and performance-based safety training. Can also be used for required refresher training after a forklift accident.

Approximate Length: 30 minutes

GHS Container Labeling for Construction

Created specifically to assist facilities in complying with the employee training requirements of OSHA's newly adopted GHS regulations, these products discuss how chemicals should be labeled under GHS.

Approximate Length: 45 minutes

GHS Container Labeling for General Industry

Created specifically to assist facilities in complying with the employee training requirements of OSHA's newly adopted GHS regulations, these products discuss how chemicals should be labeled under GHS.

Approximate Length: 45 minutes

GHS Safety Data Sheets for Construction

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

Approximate Length: 45 minutes

GHS Safety Data Sheets for General Industry

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

Approximate Length: 45 minutes

GHS Safety Data Sheets in the Laboratory

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

Approximate Length: 60 minutes

Hand & Foot Protection: PPE Workplace Safety

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

Approximate Length: 15 minutes

Hand & Power Tools for Construction

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

Approximate Length: 60 minutes

Hand and Power Tool Safety

Shows how accidents can be significantly reduced by applying good general safety rules, and reviews what hazards are associated with the specific types of tools employees use.

Approximate Length: 45 minutes

Handling Compressed Gas Cylinders in the Laboratory

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

Approximate Length: 45 minutes

Hazard Communication in Auto Service Facilities

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

Approximate Length: 45 minutes

Hazard Communication in Cleaning and Maintenance Facilities

Hazard Communication in Cleaning and Maintenance Operations both introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the cleaning and maintenance environment. Using a powerful combination of audio, full-motion video, text and colorful graphics, this course provides the most cost-effective safety

and regulatory compliance training available today. The course is divided into a number of logical sections so information is easily understood... and retained.

Approximate Length: 45 minutes

Hazard Communication in Construction Environments

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

Approximate Length: 40 minutes

Hazard Communication in Healthcare Facilities

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

Approximate Length: 45 minutes

Hazard Communication in the Hospitality Industry

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

Approximate Length: 45 minutes

HazCom: What You Need to Know

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

Approximate Length: 90 minutes

HazCom: What You Need to Know (incl. GHS provisions)

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

Approximate Length: 90 minutes

Hazmat Endorsement Practice Test

Helps drivers practice for the Hazmat Endorsement test for their Commercial Driver's License (CDL).

Approximate Length: 30 minutes

Hazmat General Awareness

This course familiarizes learners with the Hazardous Materials Regulations (HMR) to help them recognize and identify hazardous materials. This course provides General Awareness training to help satisfy the training requirement 49 CFR 172.704(a)(1). This course also provides a "Function-Specific Training Checklist" to help the employee and employer both know what additional function-specific hazmat training will be needed.

Approximate Length: 90 minutes

Hazmat: Highway Transportation Driver Training

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

Approximate Length: 30 minutes

Hazmat: Labeling

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

Approximate Length: 15 minutes

Hazmat: Loading/Unloading & Load Segregation

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

Approximate Length: 15 minutes

Hazmat: Marking

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

Approximate Length: 20 minutes

Hazmat: Packaging

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

Approximate Length: 15 minutes

Hazmat: Placarding

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

Approximate Length: 20 minutes

Hazmat: Reporting an Incident

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

Approximate Length: 15 minutes

Hazmat: Security Awareness & Safety

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

Approximate Length: 30 minutes

Hazmat: Shipping Papers

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

Approximate Length: 20 minutes

Hazmat: The Hazardous Materials Table

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

Approximate Length: 20 minutes

HAZWOPER: Accidental Release Measures and Spill Cleanup Procedures

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

Approximate Length: 60 minutes

HAZWOPER: Air Monitoring and Medical Program

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

Approximate Length: 45 minutes

HAZWOPER: Confined Space Entry

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

Approximate Length: 60 minutes

HAZWOPER: Dealing With The Media In Emergency Situations

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

Approximate Length: 60 minutes

HAZWOPER: Decontamination Procedures

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

Approximate Length: 60 minutes

HAZWOPER: Electrical Safety in Hazmat Environments

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

Approximate Length: 60 minutes

HAZWOPER: Emergency Response and Decontamination

training focusing proper emergency response and decontamination procedures. Emergency scenarios, Emergency response personnel and plans, Preventative measures , Equipment and facilities , Decontamination procedures

Approximate Length: 45 minutes

HAZWOPER: Exposure Monitoring and Medical Surveillance

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

Approximate Length: 60 minutes

HAZWOPER: Fire Prevention

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

Approximate Length: 60 minutes

HAZWOPER: Handling Hazardous Materials

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

Approximate Length: 60 minutes

HAZWOPER: Hazard Recognition

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

Approximate Length: 45 minutes

HAZWOPER: Hazmat Labeling

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

Approximate Length: 60 minutes

HAZWOPER: Heat Stress

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

Approximate Length: 60 minutes

HAZWOPER: Intro to HAZWOPER for Waste Site Workers

training focusing on the basics of the regulations as they apply to waste site workers. Definition of HAZWOPER , Basic HAZWOPER regulations, Difference between a hazardous waste site and other sites , Written plans, Emergency response plans

Approximate Length: 45 minutes

HAZWOPER: Introduction to HAZWOPER Retraining

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

Approximate Length: 60 minutes

HAZWOPER: Medical Surveillance Programs

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

Approximate Length: 60 minutes

HAZWOPER: Monitoring Procedures and Equipment

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

Approximate Length: 60 minutes

HAZWOPER: Personal Protective Equipment

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

Approximate Length: 60 minutes

HAZWOPER: Personal Protective Equipment and Decontamination Procedures

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

Approximate Length: 60 minutes

HAZWOPER: PPE and Other Hazard Control Measures

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

Approximate Length: 45 minutes

HAZWOPER: Respiratory Protection

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

Approximate Length: 60 minutes

HAZWOPER: Safety Data Sheets in HAZWOPER Environments

Hazardous materials and waste are a part of many work situations, and can be found in many types of facilities and job sites. It is very important for employees to know how to recognize these potentially dangerous substances, and how to handle and dispose of them properly. In 1976, The U.S. Environmental Protection Agency (EPA) issued the Resource Conservation and Recovery Act (RCRA) to regulate the handling of hazardous waste "from cradle to grave". Since then, other regulations have followed, including the Occupational Safety and Health Administration's (OSHA) Interim Final Rule for Hazardous Waste Operations and Emergency Response ("HAZWOPER"), which in 1986 gave OSHA the task of protecting HAZMAT workers. But every chemical has different hazards. It is important that employees know how to protect themselves from these hazards, as well as what they should do in an emergency involving a chemical that they are working with. The answers to these and other important questions about hazardous chemicals can be found on the chemicals' Safety Data Sheets (SDS). The SDS is basically a guide for the safe use of a hazardous chemical. It provides information about handling, storing, transporting and working with the chemical safely. So it is important that employees know how the SDS is organized and where they can find important information on it. This course will help to educate employees about the Safety Data Sheets format and reviews how the information in an SDS can help them work safely with potentially hazardous chemicals.

Approximate Length: 45 minutes

HAZWOPER: Safety Orientation

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

Approximate Length: 60 minutes

HAZWOPER: The Emergency Response Plan

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

Approximate Length: 60 minutes

HAZWOPER: The Site Safety and Health Plan

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

Approximate Length: 60 minutes

HAZWOPER: Understanding Chemical Hazards

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

Approximate Length: 60 minutes

HAZWOPER: Understanding HAZWOPER

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

Approximate Length: 60 minutes

HAZWOPER: Work Practices and Engineering Controls

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

Approximate Length: 60 minutes

Head, Eye, & Face Protection: PPE Workplace Safety

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

Approximate Length: 15 minutes

Health Hazards for Construction

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

Approximate Length: 75 minutes

Hearing Protection: PPE Workplace Safety

Familiarize learners with hearing safety and conservation. Learners will discover that noise-induced hearing loss (NIHL) is preventable, and study the best ways to avoid over-exposure to loud sounds.

Approximate Length: 15 minutes

Heat Stress

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

Approximate Length: 45 minutes

Hot Work Safety Operations Training

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

prepare for and protect yourself and others during hot work operations, and what to do after the job is complete.

Approximate Length: 45 minutes

Hours of Service for the Oil and Gas Industry

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

Approximate Length: 60 minutes

Hours of Service: Driver Training

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

Approximate Length: 90 minutes

Housekeeping & Maintenance

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

Approximate Length: 20 minutes

Hydrogen Sulfide for General Industry

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

Approximate Length: 75 minutes

Hydrogen Sulfide for Oil & Gas

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

Approximate Length: 90 minutes

Indoor Air Quality

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

Approximate Length: 45 minutes

Injury Prevention for Drivers

Provides drivers with information on what it takes to stay injury-free while performing non-driving tasks. This promotes safety in and around the vehicle, which helps them stay on the road and contribute positively to the bottom line.

Approximate Length: 45 minutes

Intro to GHS (Globally Harmonized System) for Construction

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

Approximate Length: 45 minutes

Intro to GHS (The Globally Harmonized System) for General Industry

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

Approximate Length: 45 minutes

Laboratory Ergonomics

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

Approximate Length: 45 minutes

Laboratory Hoods

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

Approximate Length: 45 minutes

Ladder Safety

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

Approximate Length: 45 minutes

Lockout / Tagout: Put a Lock on Hazardous Energy

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

Approximate Length: 60 minutes

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

OSHA's Control of Hazardous Energy standard (29 CFR 1910.147) mandates training, inspections, and recordkeeping to ensure that workers will not be injured by unexpected start-up or release of energy from a machine or piece of equipment during service or maintenance. Whatever your role in lockout/tagout, you need to understand the reasons for lockout/tagout and know the

established procedures. Lockout/Tagout: Put a Lock on Hazardous Energy (with EyeCue™) is designed to raise your awareness about the importance of lockout/tagout and teach you both when and how to follow the procedures every time they're needed.

Approximate Length: 60 minutes

Machine Guard Safety

Helps employees understand the dangers of working with machinery - and how those risks can be minimized by proper installation and use of safety guards and devices.

Approximate Length: 60 minutes

Materials Handling Safety

Provides the information employees need to work safely when handling various types of materials.

Approximate Length: 45 minutes

Materials Handling, Storage, Use, & Disposal for Construction

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

Approximate Length: 60 minutes

Motorcoach: Defensive Driving

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

Approximate Length: 45 minutes

Motorcoach: Vehicle Inspections

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

Approximate Length: 60 minutes

Motorized Pallet Jacks: Safe Operation

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

Approximate Length: 30 minutes

Night Driving: Driver Training Series

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

Approximate Length: 45 minutes

Office Safety

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

Approximate Length: 45 minutes

Orientation to Laboratory Safety

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

Approximate Length: 45 minutes

OSHA Formaldehyde Standard

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

Approximate Length: 60 minutes

OSHA Recordkeeping for Employees

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

Approximate Length: 60 minutes

Pattern Driving - Master Driver

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

Approximate Length: 45 minutes

Personal Protective & Lifesaving Equipment for Construction

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

Approximate Length: 60 minutes

Personal Protective Equipment

On-the-job" injuries affect all types of people doing all types of work. Each year over 570,000 workers are injured...at a cost to employers of over \$100 billion annually. Government surveys show that the most common cause of workplace injuries today is due to employees not using proper PPE. Virtually everyone will experience one or more "on the job" injuries during their working life. In most cases appropriate equipment is readily available, yet employees do not recognize the need for this equipment, or take the time to use it. Personal Protective Equipment

has been specifically created to assist facilities in complying with OSHA's Standard on Personal Protective Equipment.

Approximate Length: 60 minutes

Personal Protective Equipment: Employee Essentials

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

Approximate Length: 90 minutes

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

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

Approximate Length: 90 minutes

Planning for Laboratory Emergencies

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

Approximate Length: 45 minutes

Preventing Contamination in the Laboratory

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

Approximate Length: 45 minutes

Prohibiting the Coercion of CMV Drivers

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

Approximate Length: 10 minutes

Pulling Doubles

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

Approximate Length: 60 minutes

Rear End Collisions - Master Driver

Helps drivers recognize and change unsafe behaviors that can lead to costly crashes.

Approximate Length: 45 minutes

Respiratory Protection and Safety

Specifically created to assist facilities in complying with OSHA's Respiratory Standard.

Approximate Length: 60 minutes

Respiratory Protection: PPE Workplace Safety

Helps learners recognize and respond to respiratory hazards, including atmospheres immediately dangerous to life or health (IDLH). This course covers the key elements required by OSHA for respiratory protection training.

Approximate Length: 30 minutes

Respiratory Protection: PPE Workplace Safety (with EyeCue Visual Learning System)

This course is designed to help learners recognize and respond to respiratory hazards, including atmospheres immediately dangerous to life or health (IDLH). This course covers the key elements required by OSHA for respiratory protection training.

Approximate Length: 30 minutes

Rigging Safety

Reviews the safe use of computers, and offer practical solutions to many potential problems.

Approximate Length: 45 minutes

Right Turns / Left Turns / Intersections

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

Approximate Length: 30 minutes

Roadside Inspections: A Driver's Guide (Second Edition)

One poor inspection performance can lead to a driver or vehicle being placed out-of-service, and that can result in more drivers being selected for inspections. This can result in delivery delays, lost revenue, DOT fines, fewer customers, damaged motor carrier image, or an in-house DOT audit.

This course is designed to help properly prepare drivers for roadside inspections and help them understand the consequences of a failed inspection.

Approximate Length: 60 minutes

Rural Driving - Master Driver

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

Approximate Length: 45 minutes

Safe Handling of Laboratory Glassware

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

Approximate Length: 45 minutes

Safety Audits

Covers workplace analysis, administrative controls, personal protective equipment, emergency response procedures, and more.

Approximate Length: 45 minutes

Safety Orientation

Addresses two of the most prominent safety issues confronting employers today...that of developing a good "safety attitude" in their employees, as well as providing "introductory safety training".

Approximate Length: 45 minutes

Safety Showers and Eye Washes

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

Approximate Length: 45 minutes

Safety Showers and Eye Washes in the Laboratory

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

Approximate Length: 45 minutes

Scaffolds for Construction

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

Approximate Length: 60 minutes

Scissor Lifts in Industrial and Construction Environments

Accessing high places can be difficult in many work environments. To reach these areas, many workers use scissor lifts. Nearly everyone has seen a scissor lift. They're common on construction sites, both inside and out, and are often found in warehouses and other large buildings as well. This training product introduces employees to scissor lifts, makes them aware of the hazards associated with these lifts and gives them the information they need to work safely using a scissor lift or working near one.

Approximate Length: 60 minutes

Slips & Trips for Construction

Falls are one of the most common causes of construction jobsite injuries and deaths. The Bureau of Labor Statistics reports that in 2012, falls, slips, and trips accounted for 285,380 nonfatal

injuries and 570 fatal work injuries in the workplace. This online course is designed to help learners recognize and avoid slip and trip hazards. It will also teach them to take the proper measures to ensure their safety and the safety of others on the jobsite.

Approximate Length: 30 minutes

Slips & Trips: Workplace Safety

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

Approximate Length: 30 minutes

Slips, Trips and Falls

Most employees don't give much thought to the prospect of slipping, tripping or even falling on the job. Yet these types of accidents account for more workplace injuries annually than any other accident category. Many of these injuries can be disabling... or even fatal. Slips, Trips and Falls shows employees the situations that can lead to slips, trips and falls, and what they can do to avoid or prevent these accidents.

Approximate Length: 45 minutes

Slips, Trips, & Falls: Hazard Perception Challenge

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

Approximate Length: 45 minutes

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

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

Approximate Length: 45 minutes

Speed & Space Management - EYE ON

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

Approximate Length: 45 minutes

Stairways & Ladders for Construction

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

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

Approximate Length: 60 minutes

Stairways & Ladders: Workplace Safety

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

Approximate Length: 45 minutes

Struck-By for Construction: Focus Four Hazards

Struck-by hazards exist any time you may be struck or hit by an object. OSHA categorizes struck-by hazards even further: struck-by a flying object, struck-by a falling object, struck-by a swinging object, and struck-by a rolling object.

This online course is designed to teach you to recognize and avoid struck-by hazards.

Approximate Length: 60 minutes

Substance Abuse Training for Employees

Substance Abuse: Training for Employees is an informative and interactive course designed to help employees understand the issue of substance abuse in the workplace, how the company's substance abuse policy affects employees, as well as their role in complying with that policy.

Approximate Length: 60 minutes

Substance Abuse Training for Supervisors

Substance Abuse: Training for Supervisors is an informative and interactive course designed to help your supervisors understand the issue of substance abuse in the workplace, company substance abuse policy, as well as your supervisors' role in enforcing that policy.

Approximate Length: 60 minutes

Team Building for Employees

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

Approximate Length: 60 minutes

Team Building for Supervisors

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

Approximate Length: 60 minutes

Tuberculosis in Institutional Environments

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

Approximate Length: 45 minutes

Tuberculosis in the First Responder Environment

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

Approximate Length: 45 minutes

Tuberculosis in the Healthcare Environment

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

Approximate Length: 45 minutes

Welding Safety

Reminds employees that there are indeed a number of hazards associated with welding, and provides the information they need to work safely when involved with welding operations.

Approximate Length: 45 minutes

Wellness and Fitness

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

Approximate Length: 45 minutes

Winter Safety

Shows employees how to plan ahead, look for potential hazards, and avoid dangerous situations that occur during the winter holiday season.

Approximate Length: 45 minutes

Working with Lead Exposure in Construction Environments

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

Approximate Length: 60 minutes

Working with Lead Exposure in General Industry

Created specifically for OSHA's Lead Standards for general industry environments, these products are designed for employees where lead and lead-based materials are found. This training product addresses the major areas of employee training required by the regulations. Because of the

widespread historical use of lead-based paints, as well as other materials containing lead, this product is useful to a number of different groups including manufacturers, recyclers, and many others.

Approximate Length: 60 minutes

Workplace Stress

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

Approximate Length: 45 minutes