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Aerial Lifts for Construction

Aerial lifts are frequently used to perform work in areas that cannot be accessed from the ground or from solid construction. Each year, workers die or are seriously injured when using aerial lifts. When working with an aerial lift, an awareness of hazards is a must. This course will introduce common hazards associated with aerial lifts and will discuss safe work practices that should always be followed.

Course Objectives

- Common hazards associated with aerial lifts
- Ways to prevent these common hazards
- Safe pre-operation, operation, and maintenance practices

References:

29 CFR 1926.453 MIOSHA Part 32

Available Language(s):	Length:
English, Spanish	34 Minutes

Basic Rigging for Construction

Rigging is the process of moving heavy loads with slings, chains, hoists, and other special tools. The equipment used for lifting and moving loads is also called rigging.

Course Objectives

- Equipment used to rig a load
- Function of rigging equipment
- How job performance affects the environment
- Improving environmental performance

References:

29 CFR 1926.251

Available Language(s):	Length:
English, Spanish	77 Minutes

Blocking and Cribbing for Heavy Equipment

Servicing heavy equipment can be challenging. Heavy equipment is often large, uniquely shaped and impractical to move from the field for service work. Much service work requires the use of lifting tools such as hydraulic jacks, cranes and truck hoists. Because these lifting tools are used so frequently and are usually reliable, you may be lulled into forgetting that any lifting tool can potentially fail. But if you happened to be under a load during such a failure, chances are you would be injured or killed. That's why raised heavy equipment must be properly blocked or cribbed. This lesson is designed to teach general blocking and cribbing safety principles and demonstrate how those principles are applied in various common blocking and cribbing procedures.

Course Objectives

- Why blocking and cribbing is necessary
- Safe materials and equipment for blocking and cribbing
- General blocking and cribbing safety principles
- Steps for some common blocking and cribbing procedures

References:

29 CFR 1910.147, 29 CFR 1910.244, 29 CFR 1926.305

Available Language(s):	Length:
English, Spanish	49 Minutes

Concrete and Masonry

Every year in the construction industry, there are many accidents, injuries and even fatalities resulting from formwork collapse during concrete and masonry construction. Most of these incidents are preventable. This course will focus on how to remain safe during concrete and masonry construction.

Course Objectives

- General requirements of the OSHA Concrete and Masonry Standard
- Examples of special requirements for tools and equipment used in concrete and masonry construction
- Working with cast-in-place concrete
- Working with pre-cast concrete
- Working with lift slab operations
- Requirements for masonry construction

References:

29 CFR 1926 Subpart Q

Available Language(s):	Length:
English, Spanish	33 Minutes

Confined Space Hazards for Construction

People are injured or killed every year as a result of improperly entering or working in a confined space. Potential hazards in every confined space include explosions, toxins, and oxygen-deficient atmospheres. The Bureau of Labor Statistics reports an average of 20 people a year die from confined space hazards. More than half of the fatality victims are would-be rescuers. You may encounter confined spaces in virtually any occupation; therefore, you need to be able to recognize confined spaces and understand their hazards. This training will provide that knowledge.

Course Objectives

- How to recognize a confined space
- Hazards associated with confined spaces
- The differences in flammable, toxic, irritant or corrosive, and asphyxiating atmospheres

References:

29 CFR 1910.149 1926.21 1915 Subpart B

Available Language(s):	Length:
English, Spanish	30 Minutes

Contractor Safety

OSHA requires that companies provide a safe workplace for all workers. In order to provide a safe work place, rules must be in place. Accidents occur as a result of an unsafe condition or an unsafe act, or both. Both are the result of the actions of people. All accidents and injuries are preventable. This orientation will explain the rules in place to prevent accidents and provide a safe work place.

Course Objectives

- Chemical Use
- Personal Protective Equipment
- Confined Spaces
- Lockout/Tagout
- General considerations
- Company requirements
- Contractor requirements

References:

29 CFR 1910

Available Language(s):	Length:
English	42 Minutes

Crane Hand Signaling Part 1

Cranes can be very dangerous when used in an unsafe manner. The signal person provides vital instructions to the crane operator to ensure operations are conducted safely. Part 1 of this two-part course on crane hand signaling covers basic skills and knowledge needed to use hand or voice signals to direct the movements of mobile and tower cranes.

Course Objectives

- Crane operations and limitations
- Crane Radius
- Quadrant
- Boom length
- Jibs and extensions
- Dynamic loading
- Boom deflection
- Lifting stuck loads
- Machine capabilities
- Overhead power lines

References:

OSHA Directive CPL 02-20-053 29 CFR 1910.151

Available Language(s):	Length:
English, Spanish	24 Minutes

Crane Hand Signaling Part 2

Cranes can be very dangerous when used in an unsafe manner. The signal person provides vital instructions to the crane operator to ensure operations are conducted safely. Part 2 of this two-part course on using hand signals to direct the movements of mobile and tower cranes demonstrates standard hand signals. In addition, guidelines for using voice signals are provided.

Course Objectives

- Raising and lowering a boom
- Extending and retracting a boom
- Slowing down and stopping
- Emergency stopping
- Traveling

References:

OSHA Directive CPL 02-20-053 29 CFR 1910.151

Available Language(s):	Length:
English, Spanish	36 Minutes

Crane Operator Safety for Construction

About 250,000 people operate cranes daily and have to deal with the risks involved. Workers in construction may already be aware of the proper operating techniques associated with cranes, but may sometimes be easy to forget to implement them in their daily routine. This course stresses crane operator safety in the construction environment.

Course Objectives

- Facts associated with crane-related injuries
- How to safely establish a work site
- Proper crane set-up procedures
- Safe operating procedures
- Conditions affecting construction operations

References:

N/A

Available Language(s):	Length:
English, Spanish	31 Minutes

Electrical Safety and Lockout/Tagout for Construction

Working with electricity can be dangerous. Every year, between 300 and 500 people in the U.S. are killed by electrocutions at work. To handle electricity safely, you need to know how it acts, how it can be controlled, and its hazards. Workers performing service or maintenance on machinery and equipment may be injured by the unexpected startup of the machinery or equipment, or release of stored electrical energy in the equipment. In fact, failure to lock out machinery before working on it is a major cause of injury and death in the United States. These deaths and injuries can be prevented by establishing and following an effective lockout/tagout program. This training will tell you more about electrical hazards in construction work, safe practices when working with electricity, and the lockout/tagout program and how it can save your life.

Course Objectives

- How electricity works
- Conductors and insulators
- How electric shock occurs
- Safe practices for working with and around electricity
- The Purpose of Lockout/Tagout
- Who is covered and what activities are covered by the Lockout/Tagout standard
- Elements of an Energy Control Program
- Types of lockout/tagout devices
- Who is required to lockout or tagout
- Steps for attaching and removing locks and tags
- Periodic inspections of Lockout/Tagout
- The training requirements for Lockout/Tagout

References:

29 CFR 1926.400, 29 CFR 1926.402, 29 CFR 1926.403, 29 CFR 1926.404, 29 CFR 1926.405, 29 CFR 1926.416, 29 CFR 1926.417

Available Language(s):	Length:
English, Spanish	56 Minutes

Ergonomics for Heavy Equipment

Working with heavy equipment can be physically demanding, requiring lifting, pushing, pulling, and handling heavy loads. Some tasks may be repetitive and require extended standing or sitting. Each person has physical limits or a "comfort zone" of activities that he or she can tolerate without developing lingering symptoms. Preventing work-related musculoskeletal problems rests on an ergonomically sound work environment, good work practices, and employee awareness. This course will introduce common risk factors and methods to prevent musculoskeletal injury when working with heavy equipment.

Course Objectives

- MSD Signs and Symptoms
- Ergonomics Program
- Reporting Signs and Symptoms
- Risk Factors
- Prevention Strategies

References:

N/A

Available Language(s):	Length:
English, Spanish	40 Minutes

Excavation and Trenching Safety

Trenching and excavation work is performed thousands of times daily, throughout the United States in all types of conditions. Unfortunately, each year in this country there are about 70 fatalities, in addition to over 1,000 work-related injuries associated with trenching and excavation incidents. Cave-ins can occur suddenly, without warning, giving little time to react. But their signs are present when proper safety precautions are not taken. This program has been created to increase your awareness and provide you with a better understanding of the laws, regulations, and company safety policies and procedures associated with your work.

Course Objectives

- The hazards associated with trenching and excavation work
- Basic soil mechanics and the four soil types found in North America
- Tell-tale signs typical with excavation failures
- Four different types of protection systems used in excavations and trenches
- What to do if a collapse should occur

References:

29 CFR 1926 Subpart P

Available Language(s):	Length:
English, Spanish	48 Minutes

Fabrication Safety for Heavy Equipment

Working in a fabrication area requires your attention to safety. This course provides an introduction to safety awareness in fabrication areas.

Course Objectives

- Identify hazards associated with flame cutting, burning, forming and shearing operations in a heavy equipment fabrication environment
- Identify the hazards associated with material handling of rough stock, burned parts and finished fabrications
- Recognize the proper procedures for handling, transporting and storing compressed gases
- Recognize the proper personal protective equipment (PPE) for fabrication operations

References:

29 CFR 1910 - Subpart G, 29 CFR 1926

Available Language(s):	Length:
English	35 Minutes

Fall Protection for Construction

Each year, an average of between 150 and 200 workers are killed and more than 100,000 are injured as a result of falls at construction sites. Falls are usually complex events that involve a variety of factors. For that reason, OSHA's fall protection standard deals with both human and equipment related issues for protecting workers from fall hazards. This training will cover systems and procedures designed to prevent falls off, onto or through working levels and to protect workers from being struck by falling objects.

Course Objectives

- When fall protection is required
- Types of required fall protection
- What your employer must do to protect you from fall hazards at work
- What kinds of fall protection can be used for different job tasks

References:

29 CFR 1910.95

Available Language(s):	Length:
English, Spanish	53 Minutes

Fall Protection for Mobile Equipment

Not everything we have to work on is within reach. There are times we need a little help. Sometimes ladders are chosen, other times fixed scaffolds, and still other times mobile equipment like scissor lifts and articulating boom/bucket lifts are chosen. Working safely with this last category will be the focus of this course.

Course Objectives

- Types of mobile equipment
- Laws and standards that apply to the different types of mobile equipment
- Causes of falls from mobile equipment
- Precautions that will help prevent falls

References:

29 CFR 1926.452(w) 29 CFR 1926.453 ANSI/SIA A92 Series Standards

Available Language(s):	Length:
English, Spanish	35 Minutes

Field Service Hazards for Heavy Equipment

Say you're on a service call and you realize you don't have a tool you need. What do you do? All work has been halted until you can service the equipment, so do you... Take time to go back to the shop and hold up the project longer? Use whatever is available to get the job done while running the risk of injuring yourself or damaging the equipment? Or ask the site manager if they have the tool you need? The last option is probably your best, but you could avoid the entire situation with better planning before making the service call. In this training, we're going to examine the steps you can take to perform your job efficiently and safely from beginning to end.

Course Objectives

- Identify key steps to take when preparing for a service call
- Select specific actions you can take to keep yourself and others safe during all phases of work
- And determine which factors you must consider when performing work in the field

References:

N/A

Available Language(s):	Length:
English	39 Minutes

Fire Extinguisher Safety for Construction

A fire is the most common type of emergency for which organizations in the construction industry must plan. Small fires can often be put out quickly by a well-trained employee with a portable fire extinguisher. However, to do this safely, those employees must understand the uses and limitations of a portable fire extinguisher and the hazards associated with fighting fires. This training will provide that knowledge.

Course Objectives

- How to decide whether to fight or flee a fire
- Types of fire extinguishers and the types of fires for which they can be used
- Steps for using a fire extinguisher to fight a fire
- How to inspect and maintain fire extinguishers

References:

N/A

Available Language(s):	Length:
English, Spanish	36 Minutes

Guarding Floor, Wall Openings and Holes v2

This is a summary of the Guarding Floor and Wall Openings and Holes Standard 1910.23 of the Occupational Safety and Health Act. This module is not intended to be totally inclusive but rather to highlight the information and requirements in the complete OSHA standard.

Course Objectives

- Floor openings/holes
- Wall openings
- Open-sided floors, platforms and runways
- Railing, toeboards and cover specs

References:

29 CFR 1910.22 29 CFR 1910.23

Available Language(s):	Length:
English, Spanish	41 Minutes

Hand and Power Tool Safety for Construction

This presentation focuses on the importance of hand and power tool safety and the precautions needed to work safely with these tools. Increasing your knowledge about these topics will help reduce the risk of injury when working with tools during construction work.

Course Objectives

- Facts about injuries from hand and power tools
- Hazards associated with hand tools
- Precautions for using hand tools
- Hazards associated with power tools
- Precautions for using power tools

References:

N/A

Available Language(s):	Length:
English, Spanish	29 Minutes

Hand, Wrist and Finger Safety Around Heavy Equipment

Your hands and wrists help you do a remarkable variety of tasks. You use your hands all day, everyday, both at home and at work and this makes them highly prone to accidents and injuries. Throughout the day, our hands can encounter any number of hazards, especially in the manufacturing, construction, mining, energy and petrochemical industries. Hand and wrist injuries can be accompanied by initial pain, but also may require prolonged recovery, including long hours of physical rehabilitation. Fortunately, these injuries are preventable. This course will present potential hand, wrist and finger hazards, as well as the steps to take to avoid them.

Course Objectives

- Common injuries around heavy equipment
- Identifying potential hazards
- Ergonomic factors
- PPE for the hands, wrists and fingers

References:

29 CFR 1910.242, 29 CFR 1910.244, 29 CFR 1910.138

Available Language(s):	Length:
English	33 Minutes

Hazard Awareness for EPG Technicians

Learn about safety measures EPG technicians can employ when preparing for and performing service work on electrical power generators as well as when returning from and closing out after a service call.

Course Objectives

- Planning and preparing for a service call
- Towing generators and other equipment
- Establishing a safe work site
- Performing field service work safely
- Completing work/closing out

References:

29 CFR 1910.269 - Electric Power Generation, Transmission and Distribution, 29 CFR 1910 Subpart I - Personal Protective Equipment NFPA 70, National Electric Code

Available Language(s):	Length:
English	35 Minutes

Hazard Awareness for Field Service Crane Operators

Most likely, you have already received training on the OSHA 1926.550 and ANSI B30.5 crane operating standards, plus you probably have hands-on, practical experience operating a crane – so what’s the purpose of this course? Well, it serves as a refresher, to remind you of actions you can take – such as remaining alert to the work you’re performing as well as your surroundings – in order to reduce or eliminate potential hazards on the job. However, if this is your first training on crane safety, pay close attention, as there’s a lot of information covered in a relatively short amount of time. You should also follow up with your supervisor to identify what additional training is needed.

Course Objectives

- Establish a safe work area
- Plan for a safe lift
- Execute a safe lift

References:

29 CFR 1926.550, AMSE/ANSI B30.5, ASME/ANSI B30.22

Available Language(s):	Length:
English	32 Minutes

Hazard Communication for Construction

More than 32 million workers work with and are potentially exposed to one or more chemical hazards in more than 3 million American workplaces. With over 650,000 existing chemical products, and new ones are being introduced every day, a serious problem is posed for exposed workers and their employers. Hazard Communication (Hazcom) training is designed to provide construction workers with the information they need to know in order to understand the hazards and identities of the chemicals they are exposed to when working

Course Objectives

- Hazard Communications Standard
- Chemical warning labels
- Classes of chemical hazards
- Right To Know training
- Use of MSDS to find hazards, first aid, and handling requirements

References:

N/A

Available Language(s):	Length:
English, Spanish	44 Minutes

Health Hazards in Construction

Workers in the construction industry face a number of health and safety hazards in their work sites everyday, including exposure to materials that can cause serious illness and affect the worker’s health in the long term. This course was designed to provide awareness of the potential dangers of some common materials to which construction workers may be exposed.

Course Objectives

- Major health hazards you may be exposed to at a construction site
- Work activities that may involve exposure to health hazards
- Health effects of the hazardous substances discussed
- Examples of what to do to prevent / limit exposure to each of the hazards discussed

References:

29 CFR 1926.1101, 29 CFR 1926.55 Appendix A, 29 CFR 1910.1000

Available Language(s):	Length:
English	57 Minutes

Hot Work

The OSHA standards lay out precautions for hot work and reference the National Fire Protection Association (NFPA) 51B Standard for Fire Prevention During Welding, Cutting and Other Hot Work for more detail about these precautions. This course is based on the OSHA standards and NFPA code, but your institution may have its own rules, and because your insurance company and local Fire Marshal have something to say about fire prevention it’s quite likely that your company’s procedures will be more stringent than the minimum requirements of the standards we’ll discuss.

Course Objectives

- Where hot work is – and is not – permitted
- How to prepare an area for hot work and the safety precautions needed
- The responsibilities of individuals involved in hot work
- How a hot work permit is used
- What emergency procedures need to be in place for hot work.

References:

29 CFR 1910.252

Available Language(s):	Length:
English	34 Minutes

Hydraulic Lock Valve Accident Prevention for Telehandlers

The pressure in a typical telehandler hydraulic system is at least 3,500 pounds per square inch. Therefore, you must protect yourself from the hazards associated with hydraulic lock valves as you work with telehandlers. This course describes the special procedures for releasing pressure before working with those components.

Course Objectives

- Purpose and function of hydraulic lock valves
- Causes of lock valve accidents
- Safety measures to prevent lock valve accidents

References:

29 CFR 1910.147

Available Language(s):	Length:
English	83 Minutes

Introduction to OSHA for Construction

After the Occupational Safety & Health Act was passed in 1970, the Occupational Safety and Health Administration (OSHA) was established to help make our workplaces safer. This course examines OSHA’s role in promoting the health and safety of America’s workers as well as the rights and responsibilities of the employer and the employee.

Course Objectives

- OSHA’s mission and standards
- Employer and employee responsibilities
- OSHA reporting and recordkeeping requirements
- OSHA Inspections Outreach, Education and Compliance Assistance

References:

29 CFR 1926

Available Language(s):	Length:
English	70 Minutes

Ladder Safety for Construction

Why do you need a course on Ladder Safety? All employees who use ladders need to know how to use them safely to prevent injury or death. This program covers the consequences of unsafe ladder use, the proper use of different types of ladders as well as ladder safety, inspection and storage.

Course Objectives

- Consequences of unsafe ladder use
- Proper use of different types of ladders
- Ladder safety, inspection and storage

References:

29 CFR 1910.25-27, 29 CFR 1915.72

Available Language(s):	Length:
English, Spanish	35 Minutes

Load Securement for Heavy Equipment

The North American Cargo Standard forms the basis for the cargo securement and distribution regulations in the United States and Canada. The regulations are designed to ensure cargo stays in place, keeping drivers and other motorists safe. This training covers the regulations and best practices for loading, securing and unloading heavy equipment.

Course Objectives

- Recognize the forces acting on cargo
- Identify securement system elements and their properties
- And select safe and legal securement and distribution methods.

References:

49 CFR Part 393 Subpart I, Protection Against Shifting & Falling Cargo

Available Language(s):	Length:
English	51 Minutes

Materials Handling and Storing for Construction

Your hands are your livelihood. So learn how to handle materials safely and keep your hands and yourself safe on the job.

Course Objectives

- Potential moving, handling and storing hazards
- General safety principles
- Moving, handling and storing materials
- Using materials-handling equipment
- Ergonomic safety and health principles

References:

29 CFR 1926.251

Available Language(s):	Length:
English, Spanish	37 Minutes

Materials Handling Safety Around Heavy Equipment

Material handling is a significant part of working with heavy equipment. Yet the ordinary nature of these activities can lull us into forgetting how important it is to take proper safety precautions when performing such activities. This course presents information on handling materials safely.

Course Objectives

- Moving, handling and storing materials
- Using materials-handling equipment
- Ergonomic safety and health principles

References:

29 CFR 1910.176, 29 CFR 1910.178, 29 CFR 1910.179

Available Language(s):	Length:
English	45 Minutes

New Construction Worker Orientation

We believe accidents and injuries are preventable and they occur as a result of unsafe conditions and an unsafe acts. This orientation course explains some basic safety rules to help prevent you from injuring yourself or someone else.

Course Objectives

- Communication and hazard controls
- Safe use of tools
- Fall prevention
- Excavation safety points
- Confined spaces

References:

N/A

Available Language(s):	Length:
English, Spanish	32 Minutes

Personal Protective Equipment (PPE) for Construction

Construction workers face a significant risk of death or injury from work-related hazards. The course presents an array of personal protective equipment (PPE) as well as the guidance on selecting, wearing and maintaining PPE.

Course Objectives

- Types of PPE
- Selecting hazard-specific PPE
- PPE inspection and maintenance

References:

29 CFR 1910.132-138

Available Language(s):	Length:
English, Spanish	62 Minutes

Personal Protective Equipment (PPE) Overview

Workplaces can be very dangerous and unpredictable places with loud noises, falling objects, flying sparks, toxic chemicals, whirling blades and belts, you name it. So what's one way to keep yourself safe? By wearing personal protective equipment, commonly known as PPE, you can protect yourselves against hazards and reduce your chances of getting hurt - or even killed.

Course Objectives

- Identify different types of PPE
- Select the appropriate PPE for the hazards present
- And recognize the principles of proper PPE use, care and maintenance

References:

29 CFR 1910, OSHA Occupational Safety and Health Standards (General Industry), Subpart I - Personal Protective Equipment 29, CFR 1926, OSHA Safety and Health Regulations for Construction, Subpart E - Personal Protective and Life Saving Equipment 29, CFR 1910.95, OSHA Occupational Noise Exposure Various Consensus Standards - ANSI, ASTM...

Available Language(s):	Length:
English	44 Minutes

PPE for Heavy Equipment - Body Protection

Body protection helps keep contaminants off of your clothing and away from your body. And it helps safeguard you against chemical, electrical and physical hazards

Course Objectives

- List the hazards that typically cause body injuries
- State when body protection should be worn
- Describe how to select appropriate body protection for the hazards present in your work environment
- Inspect and maintain body protection

References:

N/A

Available Language(s):	Length:
English	8 Minutes

PPE for Heavy Equipment - Electrical Protection

When potential electrical hazards exist in the workplace, it's important to understand how to reduce or minimize your risk of electrical injury. Best practices recommend following proper safety precautions and only working on de-energized equipment and circuits that are equipped with lockout/tagout devices.

Course Objectives

- List the basic hazards of electricity
- Identify the different types of electrical PPE
- State the basic requirements for electrical PPE
- Describe how to inspect and maintain your electrical PPE

References:

N/A

Available Language(s):	Length:
English	11 Minutes

PPE for Heavy Equipment - Eye and Face Protection

Thousands of people each year suffer from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection. If you are exposed to any of these hazards, or any hazards that might damage your eyes or face, you must wear the right kind of protection.

Course Objectives

- List the hazards that typically cause eye and face injuries
- State when eye and face protection should be worn
- Describe how to select appropriate eye and face protection for a given set of hazards
- Inspect and maintain eye and face protection

References:

N/A

Available Language(s):	Length:
English	9 Minutes

PPE for Heavy Equipment - Foot and Leg Protection

If you have ever stubbed your toe, you know that impact injuries can hurt. At work, heavy objects can fall on your feet. Typical foot injuries are caused by objects falling less than 4 feet and at an average weight of 65 pounds. If you work around sharp objects, you can step on something sharp and puncture your foot or brush up against sharp objects and cut your leg.

Course Objectives

- List the hazards that typically cause foot and leg injuries
- State when foot and leg protection should be worn
- Describe how to select appropriate foot and leg protection for the hazards present in your work environment
- Inspect and maintain foot and leg protection

References:

N/A

Available Language(s):	Length:
English	7 Minutes

PPE for Heavy Equipment - Hand and Arm Protection

Selecting the best hand and arm protection can be a challenge. Gloves and sleeves offer varying degrees of protective qualities as well as limitations. So be sure to consult with your employer and the manufacturer's recommendations when choosing the right hand and arm protection for the job.

Course Objectives

- List the hazards that typically cause hand and arm injuries
- State when hand and arm protection should be worn
- Describe how to select appropriate hand and arm protection for the hazards present in your work environment
- Inspect and maintain hand and arm protection

References:

N/A

Available Language(s):	Length:
English	11 Minutes

PPE for Heavy Equipment - Head Protection

Hazards leading to head injuries are often difficult to anticipate and control. To protect yourself and even save your life, you should always: Assess your work environment or situation. Anticipate potential hazards that could lead to a head injury. And, select the appropriate head protection for the hazard.

Course Objectives

- List the hazards that typically cause head injuries
- State when head protection should be worn
- Describe how to select appropriate head protection for the hazards present in your work environment
- Inspect and maintain head protection

References:

N/A

Available Language(s):	Length:
English	7 Minutes

PPE for Heavy Equipment - Hearing Protection

In hazardous workplaces, we depend on our hearing to help alert us to dangers. Yet workplace hazards can include excessive noise levels that cause damage to our hearing or even hearing loss. By choosing the right hearing protection according to its Noise Reduction Rating (or NRR), we can bring excessive noise levels down to an acceptable level and still be able to hear those around us as well as any safety alerts or alarms.

Course Objectives

- State when hearing protection should be worn
- Describe how to select appropriate hearing protection for the noise hazards present in your work environment
- Inspect and maintain hearing protection

References:

N/A

Available Language(s):	Length:
English	14 Minutes

PPE for Heavy Equipment - Overview

Think of the hazards you face at work, or even when doing home repairs or yard work. Do you wear personal protective equipment, or PPE? The Occupational Safety and Health Administration, more commonly known as OSHA, contributes the vast majority of injuries and fatalities to workers not wearing PPE, as well as not wearing the right kind of protection for the hazard.

Course Objectives

- List the main requirements of OSHA's PPE standard
- Identify the types of hazards that may be found in your workplace
- Select examples of engineering, work practice and administrative controls

References:

N/A

Available Language(s):	Length:
English	8 Minutes

PPE for Heavy Equipment - Respiratory Protection

Hazardous materials can enter your body by ingestion, absorption or inhalation. Proper respirator usage can protect you from inhalation hazards. Dusts, fumes, gases or vapors, and temperature extremes can penetrate and damage your respiratory system. Dust and fumes can irritate your nose and throat, and in some cases, your lungs. Gases and vapors can be absorbed from your lungs into your bloodstream, where they have the potential to damage your brain and internal organs.

Course Objectives

- State when respiratory protection should be worn
- Describe the different types of respirators and cartridges that may be used
- State requirements for wearing and maintaining respiratory protection

References:

N/A

Available Language(s):	Length:
English	8 Minutes

Preventing Strains and Back Injuries Around Heavy Equipment

Many pieces of equipment can be heavy and awkward to handle. Therefore, you run the risk of straining and injuring your back if you don't use proper lifting, handling and climbing techniques. This training is designed to help you minimize the risks of back strains and injuries when handling or lifting heavy parts and equipment.

Course Objectives

- Injury prevention
- Three-point contact system
- Safe lifting techniques
- Preventing slips, trips and falls

References:

N/A

Available Language(s):	Length:
English	37 Minutes

Scaffolding for Construction

An estimated 2.3 million construction workers, or 65% of the construction industry, work on scaffolds frequently. To reduce injuries and help prevent deaths, you should educate your employees on scaffold safety requirements. This course examines the common hazards associated with scaffolds and the basics to scaffold safety.

Course Objectives

- Scaffold safety principles
- Supervisor and employee responsibilities
- Scaffold design and wire rope shielding
- Inspection checklists
- Fall protection equipment

References:

N/A

Available Language(s):	Length:
English, Spanish	43 Minutes

Vehicle Inspection for Heavy Equipment

When driving to service calls or various work sites, you don't have time to waste with a flat tire, overheated engine or some other maintenance problem that could possibly cause you to become involved in a motor vehicle incident. That's why it's essential to maintain your work vehicle and perform pre-trip inspections. Inspections help you identify and address problems before getting on the road. And ultimately, they help save you and your company time and money.

Course Objectives

- Understand the importance of vehicle inspections
- Recall the steps to inspecting your vehicle
- Identify what to look for during an inspection

References:

OSHA General Duty Clause, US DOT - Federal Motor Carrier Safety Regulations (FMCSRs) - Inspection, Repair, and Maintenance (Part 396

Available Language(s):

English

Length:

21 Minutes

Welding, Cutting, and Brazing for Construction

Construction workers must take steps to prevent injury and damage when welding, cutting and brazing. The risk from fatal injuries alone is more than four deaths per thousand workers over a working lifetime. Therefore, care must be taken to ensure that work is performed safely. This course introduces common hazards associated with welding, cutting, and brazing and ways to prevent injury and damage.

Course Objectives

- Welding, cutting, and brazing hazards
- Safe work practices associated with Welding, cutting, and brazing
- Personal protective equipment (PPE) Special safety concerns

References:

29 CFR 1910 Subpart Q, 29 CFR 1910 Subpart H, 29 CFR 1926 Subpart J, 29 CFR 1910.251-.255, 29 CFR 1926.350-.354. 29 CFR 1915 Subpart D. 29 CFR 1915.51-.57 29, CFR 1917.152, 29 CFR 1926.1127

Available Language(s):

English, Spanish

Length:

35 Minutes

Work Zone Safety

The objective of this class is to help you understand the dangers associated with highway and road construction as well as how to protect yourself. With the number of traffic fatalities in highway work zones rising, it is imperative workers understand the unique problems associated with working with live traffic.

Course Objectives

- Traffic control standards
- Developing a work zone safety plan
- Traffic control devices
- Parts of the safe work zone
- Work zone activities

References:

N/A

Available Language(s):

English, Spanish

Length:

39 Minutes

Avoiding Rear-End Collisions - Large Vehicles

Rear end collisions can be very serious since the vehicle that is struck from behind is usually stopped or moving very slowly while the other vehicle is in motion. The potential for catastrophe is even greater when the vehicle in motion is a large truck and the vehicle that is struck is a smaller vehicle such as an automobile. This course focuses on the common causes of rear-end collisions and what drivers of large vehicles can do to reduce their risk of being involved in such a collision.

Course Objectives

- Six major factors that contribute to rear-end collisions
- What to do to avoid colliding with a vehicle in front
- How to reduce the risk of another vehicle colliding from the rear

References:

N/A

Available Language(s):	Length:
English, Spanish	34 Minutes

Avoiding Rear-End Collisions - Light Vehicles

Rear end collisions can be very serious since the vehicle that is struck from behind is usually stopped or moving very slowly while the other vehicle is in motion. The potential for catastrophe is amplified when the vehicle in motion is a van or truck and the vehicle that is struck is a smaller vehicle such as an automobile. This course focuses on the common causes of rear-end collisions and what drivers of light commercial vehicles can do to reduce their risk of being involved in such a collision.

Course Objectives

- Six major factors that contribute to rear-end collisions
- How to avoid colliding with a vehicle How to reduce the risk of another vehicle
- Colliding from the rear

References:

N/A

Available Language(s):	Length:
English, Spanish	34 Minutes

Changing Lanes for Large Vehicles

Any time a driver changes position in the flow of traffic with a large vehicle - whether passing other vehicles, merging or exiting roadways – the chances of a mishap increase. This course helps drivers become aware of safe, professional maneuvering techniques to apply when they're on the road.

Course Objectives

- Cushion of safety
- Strategies for changing lanes, passing vehicles and merging on or exiting the highway

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	12 Minutes

Changing Lanes for Light Commercial Vehicles

Any time a driver changes position in the flow of traffic with a commercial vehicle – whether passing other vehicles, merging or exiting roadways – the chances of a mishap increase. This course helps drivers become aware of safe, professional maneuvering techniques to apply when they're on the road.

Course Objectives

- Cushion of safety
- Strategies for changing lanes, passing vehicles and merging on or exiting the highway

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	12 Minutes

Defensive Driving: Large Vehicles

Most vehicle accidents are actually the result of human error. If an error is made at the wrong moment, an accident or collision will result. A consistent, defensive approach to driving is the best way to reduce the likelihood of driver error. The goal of this course is simple: to provide you with the knowledge and safe driving techniques you need to prevent collisions and violations.

Course Objectives

- Characteristics of defensive drivers
- Major causes of traffic accidents
- What you can do to control your vehicle as you drive
- Actions to take to remain in control of yourself as you drive

References:

N/A

Available Language(s):	Length:
English, Spanish	57 Minutes

Defensive Driving: Small Vehicles

Most vehicle accidents are actually the result of human error. If an error is made at the wrong moment, an accident or collision will result. A consistent, defensive approach to driving is the best way to reduce the likelihood of driver error. The goal of this course is simple: to provide you with the knowledge and safe driving techniques you need to prevent collisions and violations.

Course Objectives

- Characteristics of defensive drivers
- Major causes of traffic accidents
- Actions to take to remain in control of driving
- What to do to control your vehicle as you drive
- Common driving errors and how to prevent them
- The collision prevention formula
- Actions to take in the event of a collision or traffic incident

References:

N/A

Available Language(s):	Length:
English, Spanish	65 Minutes

Distracted Driver

Distracted driving and distracted drivers are a big problem on our roads today. The National Highway Traffic Safety Administration (NHTSA) estimates that driver inattention is a factor in 25-50 percent of highway collisions, or 4,000-8,000 crashes every day. By failing to give their full attention to the road, distracted drivers put themselves, their passengers and everyone else on the road at risk. This course presents strategies drivers can use to remain focused on the road.

Course Objectives

- Types of distractions when driving
- Strategies for avoiding and minimizing distractions

References:

N/A

Available Language(s):	Length:
English, Spanish	33 Minutes

DOT Driver Compliance

This training covers some important US Department of Transportation (DOT) rules that all Commercial Motor Vehicle (CMV) drivers are required to follow. They include driver qualifications, the revised Hours of Service regulations, how to fill in a log book correctly, requirements for inspections, safety equipment needed on board a truck and some Hazardous Materials HAZMAT issues. The purpose of all of these rules is to keep CMV drivers and everyone else on the road safe.

Course Objectives

- Documents needed for a qualified driver
- Hours of Service regulations
- Filling out a daily log sheet
- Required inspections
- Requirements for drug and alcohol testing
- HazMat compliance issues
- What a DOT auditor will look for during an inspection

References:

49 CFR Part 395, 49 CFR Parts 385, 390, and 395

Available Language(s):	Length:
English	24 Minutes

Extreme Driving Conditions

Extreme weather driving includes every adverse weather condition that could cause a hazardous driving situation, such as rain, snow, ice, fog, or extremely cold or hot weather. The purpose of this training is to show drivers how to handle extreme weather conditions on the road so they you can stay safe - rain, snow or shine.

Course Objectives

- Key factors for driving safely in extreme weather
- How to drive on differing road surfaces
- The actions to take when driving in winter weather
- How to reduce speed to drive in different extreme weather conditions
- How to prepare for and drive in extremely hot weather

References:

29 CFR 1910.155-157

Available Language(s):	Length:
English, Spanish	35 Minutes

Fifteen Passenger Van Safety

A 15-passenger van behaves much differently from a passenger car. Most people do not know that these vans are more likely to roll over than any other type of vehicle. This course offers safe van-driving techniques that, if implemented, will drastically reduce the risk of injury or even death when driving a 15-passenger van.

Course Objectives

- Differences between driving a 15-passenger van and driving a car
- Effective driving preparation strategies to maximize safety
- Safe van-driving techniques
- Procedures to safely conclude a trip

References:

N/A

Available Language(s):	Length:
English	46 Minutes

Fleet Safety

Statistics show that operating a motor vehicle is one of the most hazardous activities that we undertake everyday. With today's accident cost potential, effective incidental fleet management is a necessity for any business. This training will focus on fleet vehicles that generally do not fall under DOT rules and regulations.

Course Objectives

- How to identify the vehicles within your company's incidental fleet
- Definition and examples of negligent entrustment
- Writing a fleet management program
- Establishing driver criteria for company and non-company vehicle use
- Specific safe driving issues
- Implementing a fleet management program

References:

29 CFR 1910.95

Available Language(s):	Length:
English, Spanish	52 Minutes

Food Service & Distribution - Delivery Driver Safety

Food service delivery drivers have a demanding job lifting and maneuvering heavy loads. This course presents delivery drivers with proper lifting techniques and good body mechanics to help reduce their risk of injury.

Course Objectives

- Pre-trip safety measures
- Safe lifting and bending techniques
- Best practices for navigate stairs, ramps, doors and other aspects of the customer's location

References:

N/A

Available Language(s):	Length:
English	34 Minutes

Hazards of Speeding - Large Vehicles

The vast majority of speeders realize the potential consequences of their actions. Yet many motorists continue to put themselves and others at risk when they refuse to adopt a common sense approach to driving. In this course, we will examine the hazards of speeding. We'll also explore reasons why speeding just doesn't make good sense, even when you're rushing to meet a deadline.

Course Objectives

- Hazard of speeding
- Speed and stopping distance
- Reduce the need to speed

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	13 Minutes

Hazards of Speeding - Light Commercial Vehicles

Chances are you've been instructed on the dangers of speeding at some point; and as the operator of a light commercial vehicle, you carry the responsibility of protecting not only your company's assets, but also the lives of others as well as your own. In this course, we will examine the hazards of speeding. We'll also explore reasons why speeding just doesn't make good sense, even when you're rushing to meet a deadline.

Course Objectives

- Hazard of speeding
- Speed and stopping distance
- Reduce the need to speed

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	13 Minutes

Road Rage

In today's fast paced world, it seems that many drivers carry their frustrations and impatience into their vehicle with them. Road rage is something you must be aware of and control as a driver. This training is designed to give you the information you need to avoid becoming the victim of road rage - or succumbing to it yourself.

Course Objectives

- Aggressive driving versus road rage
- Road rage triggers
- Avoiding/reacting to road rage

References:

N/A

Available Language(s):	Length:
English, Spanish	27 Minutes

Safe Backing and Turning

Backing is our weakest skill because we spend 99% of our time driving forward. A consistent defensive approach to backing and turning can reduce the likelihood of driver error. This training is designed to serve as a training tool for new drivers as well as veteran drivers.

Course Objectives

- Pre-trip inspections
- Safe backing and turning procedures
- Identifying potential hazards
- Using spotters
- Awareness of blind spots

References:

N/A

Available Language(s):	Length:
English, Spanish	35 Minutes

Stop Signs & Signals - Large Vehicles

The time you save by rolling past a stop sign or blazing past a yellow or red light will never justify the potential harm you might do to yourself and to other motorists. That's the central message of this course.

Course Objectives

- Right-of-way violations
- Railroad crossings
- Driving strategies

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	15 Minutes

Stop Signs & Signals - Light Commercial Vehicles

The time you save by rolling past a stop sign or blazing past a yellow or red light will never justify the potential harm you might do to yourself and to other motorists. That's the central message of this course.

Course Objectives

- Right-of-way violations
- Railroad crossings
- Driving strategies

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	15 Minutes

Tailgating - Large Vehicles

Professional drivers need to be able to react swiftly to events which may happen farther along the roadway. Tailgating limits the reaction time of professional drivers, significantly increasing the chance of an accident. This course explains the consequences of tailgating and lists strategies to overcome the impulse to tailgate.

Course Objectives

- Consequences of tailgating
- Stopping distances
- Overcoming the impulse to tailgate

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	14 Minutes

Tailgating - Light Commercial Vehicles

Professional drivers need to be able to react swiftly to events which may happen farther along the roadway. Tailgating limits the reaction time of professional drivers, significantly increasing the chance of an accident. This course explains the consequences of tailgating and lists strategies to overcome the impulse to tailgate.

Course Objectives

- Consequences of tailgating
- Stopping distances
- Overcoming the impulse to tailgate

References:

49 CFR 177.816

Available Language(s):	Length:
English, Spanish	14 Minutes

Towing Trailers

Trailers towed by motor vehicles provide an efficient, convenient way to carry heavy loads but they present challenges to drivers. To avoid accidents, you should understand exactly how towing a trailer affects the vehicle you are driving and what you can do as a driver to stay safe as you tow your load.

Course Objectives

- General towing principles
- Connecting a vehicle and trailer
- Driving and parking with a trailer

References:

N/A

Available Language(s):	Length:
English	22 Minutes

Domestic Preparedness Awareness Overview

The purpose of this course is to provide training for Domestic Preparedness Awareness Level instruction. The presentation is designed to increase your knowledge about nuclear, biological, and chemical agents, often called NBC agents.

Course Objectives

- Recent history about NBC weapons that have been used
- Basic signs and symptoms of an NBC attack
- The potential types of dissemination devices that might be used so you are better equipped to recognize a potential threat situation
- What actions to take in response to a terrorist incident involving NBC

References:

29 CFR 1910.1025

Available Language(s):

English

Length:

50 Minutes

Domestic Preparedness Biological Terrorism

The average person's risk of exposure to a biological weapon is small, but it is something worth considering. This course presents information about potential biological weapons, their effects and how they are likely to be used.

Course Objectives

- The most likely biological weapons: Anthrax, Botulism, Bubonic Plague, Ebola, Smallpox and Tularemia
- Precautions to take to avoid exposure
- What to do in the unlikely event of exposure to biological agents
- Suggestions for dealing with the anxiety caused by the threat of bioterrorism

References:

N/A

Available Language(s):

English

Length:

43 Minutes

Egress and Emergency Actions Plans

Each year, more than 200 deaths and 5,000 injuries result from fires and explosions in the workplace. The National Fire Protection Association reports over 115,000 non-residential structural fires for 2004, accounting for \$2.4 billion in direct property damage. Those are the losses due to fires, but there are other hazardous situations that can threaten a worker's life and limb. These include severe weather, medical emergencies, chemical release, and bomb threats. We can't completely eliminate dangerous workplace situations, but we can reduce the number of associated injuries and deaths attributable to these incidents. This course will focus on two important aspects of this effort: egress and emergency action plans.

Course Objectives

- The Basics of Egress - Definitions
- The Second Fundamental Requirement
- Detailed Elements of Egress
- Emergency Action Plans (EAPs)
- Core Elements of EAPs: Minimum Requirements

References:

29 CFR 1910 Subpart E

Available Language(s):

English, Spanish

Length:

48 Minutes

Environmental Awareness Part 1

This is Part 1 of a three-part course designed to promote working in an environmentally responsible manner and in compliance with all applicable environmental laws and regulations. Part 1 outlines environmental issues and goals, the purpose of Emergency Management Systems, EPS issues, and management practices when dealing with industrial waste.

Course Objectives

- Environmental issues faced at a facility
- Purpose of the Emergency Management System (EMS)
- Hazardous waste / Non-hazardous waste
- Industrial wastewater
- Storm water
- Best Management Principles for dealing with Industrial Waste

References:

N/A

Available Language(s):	Length:
English	39 Minutes

Environmental Awareness Part 2

This is Part 2 of a three-part course designed to promote working in an environmentally responsible manner and in compliance with all applicable environmental laws and regulations. The second part identifies additional EPA regulated environmental issues and the best management practices for dealing with these issues.

Course Objectives

- Air emissions
- Stationary storage tank management
- Used oil
- Universal waste

References:

N/A

Available Language(s):	Length:
English	34 Minutes

Environmental Awareness Part 3

This is Part 3 of a three-part course designed to promote working in an environmentally responsible manner and in compliance with all applicable environmental laws and regulations. The third part outlines OSHA-regulated environmental issues, the elements of an Emergency Action Plan, major steps in spill and fire response, storage requirements for hazardous chemicals, and issues related to handling chemicals.

Course Objectives

- OSHA regulated environmental issues
- Elements of an EAP for Spill, Fire and Emergency Response
- Major steps in spill and fire response
- Storage requirements for flammable, combustible and other chemicals
- Issues related to handling chemicals

References:

29 CFR 1910.147

Available Language(s):	Length:
English	39 Minutes

Environmental Overview

This course provides a general understanding of how our daily work activities can potentially alter environmental balances. By being more aware of this, we can act responsibly to protect our communities, our air, water, land and ourselves.

Course Objectives

- Environmental safety and health policy
- Environmental protection laws
- The individual's role in protecting the environment
- How job performance affects the environment
- Improving environmental performance

References:

29 CFR 1910.95

Available Language(s):	Length:
English	21 Minutes

HAZWOPER Refresher Training v2 - Module 01 - Scope, Application and Training Requirements

The Occupational Safety and Health Administration (OSHA) 29 CFR 1910.120 regulations mandate training for all individuals who are involved in Hazardous Waste Operations or in emergency response to hazardous substance releases - this is usually called HAZWOPER training. All new employees must be trained before entering work assignments in the scope of this standard and contaminated work zones. They must also receive refresher training. This is Part One of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part One covers the scope, application and training requirements of the HAZWOPER standard.

Course Objectives

- Key terms relating to Hazardous Waste
- Operations and Emergency Response or HAZWOPER
- Laws that regulate hazardous waste and the agencies that enforce them
- Operations that are covered by the HAZWOPER standard (the scope of the standard)
- What you are responsible for knowing about HAZWOPER
- What training you must receive for your level of involvement in HAZWOPER

References:

N/A

Available Language(s):	Length:
English	57 Minutes

HAZWOPER Refresher Training v2 - Module 02 - Environmental Issues for HAZWOPER

Hazardous waste operations and emergency response need to be conducted in an environmentally responsible manner and in compliance with all applicable environmental laws and regulations. This is Part Two of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Two covers operations that are regulated by the US Environmental Protection Agency (EPA) and reviews environmentally responsible ways of dealing with industrial waste to prevent pollution from hazardous waste.

Course Objectives

- Environmental issues of concern in hazardous waste operations and emergency response, including
- Hazardous waste
- Non hazardous waste
- Industrial wastewater
- Storm water
- Best management practices (BMPs) for dealing with industrial waste

References:

N/A

Available Language(s):	Length:
English	44 Minutes

HAZWOPER Refresher Training v2 - Module 03 - Hazard Communication: Your Right to Know

This is Part Three of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Three covers Hazard Communication (HazCom), which provides workers with the information they need to know in order to understand the hazards and identities of the chemicals they may be exposed to when working.

Course Objectives

- Physical and health hazards of chemicals
- Items to include in a hazardous chemical inventory
- The Written Hazard Communication program
- Information contained in a Material Safety Data Sheet (MSDS) and how it is used and maintained in the workplace
- Where and how hazard warning labels must be used Elements of the Hazard Communication Standard training program

References:

N/A

Available Language(s):	Length:
English	50 Minutes

HAZWOPER Refresher Training v2 - Module 04 - Hazards and Risk Assessment Techniques

This is Part Four of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Four covers hazard and risk assessment. Individuals involved in hazardous waste operations and emergency response need to know and understand what hazards they may encounter in their work environment. They must be trained to identify hazards so that they can first assess them, and then take steps to control them whenever possible. This module examines the different types of hazards, their properties, and systems available for identifying them. It also discusses risk and how to assess the scene of an emergency involving hazardous waste.

Course Objectives

- Definitions of hazard, risk and mishap
- Hazard identification
- Hazard identification systems and how to use them
- Common process equipment hazards
- How to conduct a hazard assessment of a spill or release scene

References:

N/A

Available Language(s):	Length:
English	61 Minutes

HAZWOPER Refresher Training v2 - Module 05 - Toxicology

This is Part Five of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Five covers toxicology. Everyone is exposed on and off the job to a variety of chemical substances. Most are not hazardous under ordinary circumstances, but they all have the potential to cause injury at some concentration. How a material is used is the major factor for determining its hazard potential. The module provides an overview of toxicology to help trainees understand the potential effects of the hazardous substances they work with.

Course Objectives

- Definition of toxicology
- Important terminology associated with toxicology
- Routes of entry for toxic exposure
- Target organs
- Possible responses to toxic exposure

References:

N/A

Available Language(s):	Length:
English	47 Minutes

HAZWOPER Refresher Training v2 - Module 06 - Monitoring and Medical Surveillance

This is Part Six of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Six covers monitoring and medical surveillance. Because of the potentially harmful effects of hazardous waste, the OSHA HAZWOPER standard requires monitoring and medical surveillance of certain employees involved with hazardous waste operations and emergency response. Monitoring helps to determine what protection is needed before exposure to hazardous materials. Medical surveillance allows for the early detection of diseases or conditions caused by exposure to hazardous materials so treatment can be given to prevent further illness.

Course Objectives

- What monitoring is
- Air monitoring equipment and how it is used
- Requirements of a medical surveillance program
- Who is covered by the medical surveillance program
- What medical examinations are given as part of the program

References:
N/A

Available Language(s):	Length:
English	50 Minutes

HAZWOPER Refresher Training v2 - Module 07 - Respiratory Protection

This is Part Seven of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Seven covers respiratory protection. Respirators provide vital protection against chemicals and oxygen-deficient atmospheres. For this reason it is critical to know how to select and use the appropriate respirator for the job. All respirators are not created equal: not all of them will provide protection in atmospheres with low oxygen or certain other atmospheric hazards. In this module, those with a role in hazardous waste operations and emergency response will learn how to protect themselves fully from the breathing hazards they may face.

Course Objectives

- When respirators must be used
- What a respiratory protection program is
- Types of respirators
- Selecting a respirator for emergency response
- Fit testing

References:
N/A

Available Language(s):	Length:
English	40 Minutes

HAZWOPER Refresher Training v2 - Module 08 - Personal Protective Equipment

This is Part Eight of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Eight covers PPE, personal protective equipment, your last line of defense against hazardous materials in your work environment. Although PPE cannot provide protection from all exposure, when properly selected and worn it can prevent unnecessary harmful exposures. For this reason it is critical to select the appropriate protective equipment for the job.

Course Objectives

- PPE selection
- Levels of PPE protection and the PPE components applicable to each level

References:
N/A

Available Language(s):	Length:
English	29 Minutes

HAZWOPER Refresher Training v2 - Module 09 - Confined Spaces

This is Part Nine of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Nine covers confined spaces. Many work environments contain spaces that are considered 'confined' because their shape and size make conditions difficult for employees who must enter, work in, and exit them. There are many instances where employees who work in confined spaces face increased risk of exposure to serious hazards. In some cases, confined space work keeps employees closer to hazards, such as asphyxiating atmospheres. Work-related accidents in confined spaces usually result in serious injury or death. For this reason, special procedures must be followed when working in confined spaces and they are reviewed in this module.

Course Objectives

- Permit-required confined spaces and non-permit required confined spaces
- Hazards associated with confined spaces
- Roles and responsibilities of the confined space entry team
- The entry permit and other procedural safeguards when conducting a confined space entry
- Emergency response in confined spaces

References:
N/A

Available Language(s):	Length:
English	42 Minutes

HAZWOPER Refresher Training v2 - Module 10 - Spill Prevention

This is Part Ten of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Ten covers spill prevention. Those working in hazardous waste operations and emergency response need to know how to prevent spills or leaks of hazardous materials and how to respond if or when they do occur. Prompt and proper action can mean the difference between an emergency and a disaster. This module of the HAZWOPER refresher training presents leak and spill control procedures – how to prevent them in the first place and what to do about them if they do occur.

Course Objectives

- Preventive measures for spills and releases
- Basic precautions for handling drums and containers
- Steps to take in spill response
- Physical and chemical methods of leak control

References:

N/A

Available Language(s):	Length:
English	37 Minutes

HAZWOPER Refresher Training v2 - Module 11 - Site Control

This is Part 11 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part 11 covers site control. If uncontrolled, a spill or release of hazardous waste could spread rapidly, leading to contamination on a large scale. For this reason, site control is required on a hazardous waste site. Site control helps limit the spread of contamination in the event of a spill or release of a hazardous substance and is a critical component of the HAZWOPER standard. The site control program is designed to reduce the spread of hazardous substances from contaminated areas to clean areas, to identify and isolate contaminated areas of the site, to facilitate emergency evacuation and medical care, to prevent unauthorized entry to the site, and to deter vandalism and theft. This module examines the elements of a site control program and how they can be implemented.

Course Objectives

- Elements of a site control program
- How site control program elements are used to prevent contamination

References:

N/A

Available Language(s):	Length:
English	31 Minutes

HAZWOPER Refresher Training v2 - Module 12 - Decontamination

This is Part 12 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part 12 covers decontamination, an important set of procedures designed to protect the environment, emergency responders, and other people from exposures or contamination resulting from a hazardous materials incident. This module presents the basics of decontamination to prevent the spread of hazardous materials to people and the environment.

Course Objectives

- Regulatory requirements for decontamination
- How personnel contamination occurs
- Common decontamination procedures

References:

N/A

Available Language(s):	Length:
English	31 Minutes

HAZWOPER Refresher Training v2 - Module 13 - Emergency Response

This is Part 13 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. This final module of our hazwoper training deals with emergency response. Emergency incidents are actual or potential spills or releases of hazardous materials into the environment. Because the possibility of damage to people, property and the environment is so serious, prompt and proper emergency response is critical. Training in safe emergency response practices will reduce the chances of harm to people or property. All organizations must plan for emergencies. Depending on operations, formal HAZWOPER emergency response planning may be required and that is covered in this module.

Course Objectives

- Onsite and off site emergencies
- Preplanning for emergencies
- Personnel considerations in the event of an emergency
- Elements of an emergency response plan

References:

N/A

Available Language(s):	Length:
English	41 Minutes

Resource Conservation Recovery Act (RCRA) Part 1

The Resource Conservation and Recovery Act (RCRA) places controls on the management of hazardous waste from its generation to its ultimate disposal. This course provides you with important information on RCRA, hazardous waste and your role in staying safe if your facility or organization produces, disposes or stores hazardous waste.

Course Objectives

- Hazardous Waste Determination
- Waste generation
- Storing hazardous waste on-site
- Shipping hazardous waste off-site

References:

N/A

Available Language(s):	Length:
English, Spanish	39 Minutes

Resource Conservation Recovery Act (RCRA) Part 2

Whenever you generate hazardous waste and accumulate it on-site, you must take the necessary precautions and steps to prevent any sudden or accidental release into the environment. This course explores the actions you must take to carefully operate and maintain your facility and therefore, reduce the possibility of fire, explosion and release of hazardous waste.

Course Objectives

- Preparing for and preventing accidents
- Planning for emergencies
- Good housekeeping/establishing a safe environment
- Inspections

References:

N/A

Available Language(s):	Length:
English, Spanish	28 Minutes

Spill Prevention, Control and Countermeasures (SPCC)

The SPCC regulation was developed to prevent oil releases at facilities. Any employee involved in oil handling, transfer, storage, spill response or maintenance of oil equipment must participate in a SPCC training program. This course gives such employees a general overview of SPCC requirements.

Course Objectives

- SPCC requirements
- Spill prevention
- Waste and drum handling

References:

N/A

Available Language(s):	Length:
English, Spanish	26 Minutes

Spray Finishing v2

Spray operations can present both physical and health hazards to those involved. This module covers flammable and combustible finishing materials when applied as a spray by compressed air in indoor spray applications.

Course Objectives

- Spray areas/booths
- Sources of ignition
- Ventilation
- Storage and handling of flammable/combustible liquids
- Operations and maintenance guidelines

References:

29 CFR 1910.94, 29 CFR 1910.107

Available Language(s):	Length:
English, Spanish	25 Minutes

Storm Water Pollution Prevention

The laws requires us to regulate stormwater in order to reduce the pollution of rivers and lakes. Identifying sources of storm water pollution and keeping them from coming in contact with runoff is one of the best and most economical ways of protecting the quality of our waters. This course presents best management practices to prevent stormwater pollution.

Course Objectives

- Stormwater regulations
- Sources of stormwater pollution
- Management practices to prevent stormwater pollution
- Responding to a spill

References:

40 CFR 122.26, 40 CFR 122.44, 40 CFR Part 122 Clean Water Act (CWA), 40 CFR Part 264, 40 CFR Part 265, 40 CFR Part 413, 40 CFR Part 433, 40 CFR Part 469 Section 402 - National Pollutant Discharge Elimination System

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	32 Minutes

Ergonomics for Heavy Equipment

Working with heavy equipment can be physically demanding, requiring lifting, pushing, pulling, and handling heavy loads. Some tasks may be repetitive and require extended standing or sitting. Each person has physical limits or a “comfort zone” of activities that he or she can tolerate without developing lingering symptoms. Preventing work-related musculoskeletal problems rests on an ergonomically sound work environment, good work practices, and employee awareness. This course will introduce common risk factors and methods to prevent musculoskeletal injury when working with heavy equipment.

Course Objectives

- MSD Signs and Symptoms
- Ergonomics Program
- Reporting Signs and Symptoms
- Risk Factors
- Prevention Strategies

References:

N/A

Available Language(s):	Length:
English, Spanish	40 Minutes

First Aid for Back Pain

About one-half of all working Americans admit to having back pain symptoms each year. Back pain is one of the most common reasons for missed work and it is the second most common reason for visits to the doctor’s office. However, many symptoms of back pain can be treated by the individuals experiencing them. First Aid for Back Pain not only relieves pain, but also stops the problem from getting worse.

Course Objectives

- Back pain symptoms that are treatable with back first aid
- Steps to take in back first aid
- Symptoms requiring medical attention beyond back first aid procedures

References:

N/A

Available Language(s):	Length:
English	20 Minutes

Industrial Ergonomics

Jobs in an industrial environment can be physically demanding. Preventing work-related musculoskeletal problems rests on an ergonomically sound work environment, good work practices and employee awareness. This course will introduce common risk factors and methods to prevent musculoskeletal injury.

Course Objectives

- Signs and symptoms of musculoskeletal disorders
- Workplace factors contributing to musculoskeletal disorders
- Strategies to reduce and prevent musculoskeletal disorders

References:

OSHA Section 5(a)(1), OSHA’s General Duty Clause

Available Language(s):	Length:
English, Spanish, French, German	39 Minutes

Office Ergonomics v4

In all work locations, we must take the time to evaluate our work areas to ensure we have them set up to best fit the individual. The goal of this learning module is to assist employees in evaluating and modifying their own office work environment to reduce ergonomic risk.

Course Objectives

- Ergonomic risk factors
- Computer workstation ergonomics

References:

OSHA Section 5(a)(1), OSHA’s General Duty Clause

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	35 Minutes

Food Service & Distribution - Ammonia

Ammonia has a variety of uses. In the food service and distribution industry, anhydrous ammonia serves as a highly effective and cost-efficient refrigerant. Ammonia refrigeration preserves the quality of foods as they are processed, transported and stored in food processing and storage facilities. However, ammonia also presents hazards to those responsible for storing and transferring it. This course discusses those hazards and how to work safely around anhydrous ammonia.

Course Objectives

- Identify and list the physical properties of anhydrous ammonia
- State the health effects of anhydrous ammonia exposure
- Identify the appropriate personal protective equipment for working around ammonia
- Describe the appropriate first aid measures and emergency response procedures for ammonia-related emergencies

References:

29 CFR 1910.111

Available Language(s):	Length:
English	24 Minutes

Food Service & Distribution - Delivery Driver Safety

Food service delivery drivers have a demanding job lifting and maneuvering heavy loads. This course presents delivery drivers with proper lifting techniques and good body mechanics to help reduce their risk of injury.

Course Objectives

- Pre-trip safety measures
- Safe lifting and bending techniques
- Best practices for navigate stairs, ramps, doors and other aspects of the customer’s location

References:

N/A

Available Language(s):	Length:
English	34 Minutes

Food Service & Distribution - Delivery Procedures

Why does transportation need standard operating procedures (SOPs) for food safety and security during deliveries? Well-defined SOPs ensure that food will consistently be of high quality when it reaches customers, thereby increasing customer satisfaction. This training presents best practices for deliveries.

Course Objectives

- Identify the pre-trip, delivery and end-of-trip SOPs
- Describe how SOPs ensure food safety and quality

References:

29 CFR 1910.176

Available Language(s):	Length:
English	20 Minutes

Food Service & Distribution - Food Safety, Basic Overview

It’s estimated that more than 76 million cases of foodborne illness – including 325,000 hospitalizations and 5,000 deaths – occur annually from foodborne illness. Infected restaurant employees were identified as a contributing factor in more than 65% of U.S. foodborne illness outbreaks in restaurants. With numbers as high as these, it’s clear that food safety – taking the right precautions to make sure the food we serve and eat is not contaminated – is critically important.

Course Objectives

- The primary causes of food contamination
- Best practices for preventing food contamination

References:

N/A

Available Language(s):	Length:
English	35 Minutes

Food Service & Distribution - Food Safety, Foodborne Pathogens

Foodborne illnesses are caused by eating food or drinking beverages contaminated with disease-causing organisms. Foodborne illnesses can cause symptoms that range from an upset stomach to more serious effects, including diarrhea, fever, vomiting, abdominal cramps, dehydration and yes, even death. These microscopic disease vectors are collectively known as pathogens.

Course Objectives

- Common foodborne illnesses
- How foodborne illnesses are transmitted
- Ways to prevent and control the spread of foodborne illness
- The regulatory agencies responsible for food safety

References:

N/A

Available Language(s):	Length:
English	65 Minutes

Food Service & Distribution - HACCP - Principle 1: Conduct a Hazard Analysis

Every segment of the food industry is tasked with ensuring the conditions necessary to protect food while it is under their control are in place. Food processors, distributors and food service organizations address food safety through the adoption of principles outlined in Hazard Analysis and Critical Control Points (HACCP). This course covers the preliminary activities and the all-important first step or principle in developing a HACCP plan – conducting a hazard analysis.

Course Objectives

- Prerequisite programs (e.g., sanitation, storage, maintenance)
- Preliminary steps to developing a HACCP plan Hazard analysis purpose and objectives Hazard analysis stages

References:

N/A

Available Language(s):	Length:
English	28 Minutes

Food Service & Distribution - HACCP - Principle 2: Determine the Critical Control Points

After completing a hazard analysis, the second principle in developing a HACCP plan is to evaluate the product processing steps and identify the critical control points (CCPs). These points are a critical moment, procedure or step in a process at which time control can be applied to eliminate or prevent a food safety hazard, or reduce it to an acceptable level.

Course Objectives

- CCP characteristics and considerations
- Controlling significant food safety hazards
- Use of decision trees
- Questions to help determine CCPs

References:

N/A

Available Language(s):	Length:
English	26 Minutes

Food Service & Distribution - HACCP - Principle 3: Establish Critical Limits

The third principle in developing a HACCP plan involves establishing the critical limits associated with each critical control point (CCP). Critical limits help distinguish between safe and unsafe operating conditions at a critical control point.

Course Objectives

- Critical limits versus target limits
- Establishing critical limits
- Critical limit implementation
- Critical limits and FDA requirements

References:

N/A

Available Language(s):	Length:
English	32 Minutes

Food Service & Distribution - HACCP - Principle 4: Establish Monitoring Procedures

Monitoring procedures is the fourth principle in developing a HACCP plan. This step helps you assess whether a critical control point (CCP) is actually under control.

Course Objectives

- Purposes of monitoring
- Characteristics of effective monitoring procedures
- Types and frequency of monitoring procedures
- Monitoring forms and equipment
- Detecting deviations

References:

N/A

Available Language(s):	Length:
English	28 Minutes

Food Service & Distribution - HACCP - Principle 5: Establish Corrective Actions

The fifth principle in developing a HACCP plan focuses on establishing corrective actions. These corrective actions should be designed to eliminate or correct the exceeded critical limits or deviations, identify the cause of the deviation as well as the ways to bring the critical control points (CCP) back under control, establish measures to prevent recurrence and prevent contaminated or hazardous foods from reaching consumers.

Course Objectives

- Main goals and elements of corrective actions
- Corrective action documentation
- Handling unanticipated deviations
- Example corrective actions

References:

N/A

Available Language(s):	Length:
English	30 Minutes

Food Service & Distribution - HACCP - Principle 6: Establish Verification Procedures

When developing a HACCP plan, the sixth principle requires you to establish regular procedures for verifying each critical control point (CCP). Verification involves evaluation methods, procedures and tests to determine the conformance and effectiveness of the HACCP system. This evaluation confirms each CCP is being implemented effectively as outlined in your written HACCP plan.

Course Objectives

- Three categories of verification
- Verification requirements
- Examples of verification activities
- Verification reports

References:

N/A

Available Language(s):	Length:
English	29 Minutes

Food Service & Distribution - HACCP - Principle 7: Establish Record-Keeping and Documentation Procedures

As a final principle in developing a HACCP plan, you must establish record-keeping and documentation procedures for each critical control point (CCP) as well as the entire HACCP plan. There is a distinction between the two – record-keeping is a record of the process “results” and documentation describes processes as well as the establishment of these processes.

Course Objectives

- Reasons for documentation and record-keeping
- Documentation and record-keeping requirements
- HACCP plan summary table
- Documentation and record-keeping examples

References:

N/A

Available Language(s):	Length:
English	29 Minutes

Food Service & Distribution - HACCP Overview

Every year, about 76 million people in the United States become ill from pathogens in food. That’s about one in every three people. Although most foodborne infections go undiagnosed and unreported, the Centers for Disease Control and Prevention (CDC) does provide this estimate. Note that these figures do NOT include the additional instances where people find foreign objects or other materials in their food. These numbers would be even higher if the Food and Drug Administration (FDA) had not adopted a food safety program developed in the late 1950s for astronauts. That program focused on preventing hazards that cause foodborne illnesses by applying science-based controls at every critical point in the process involved with converting raw materials to finished products. This program is appropriately called Hazard Analysis and Critical Control Points, or ‘HACCP’.

Course Objectives

- Identify the three types of food safety hazards HACCP seeks to control
- Understand what is meant by ‘active managerial control’
- Identify what HACCP is
- Recognize the seven principles of HACCP
- Understand why we need HACCP
- Identify the role that you may play in implementing a HACCP program

References:

N/A

Available Language(s):	Length:
English	33 Minutes

Food Service & Distribution - Replenishing and Loading

Why does the warehouse need standard operating procedures (SOPs) for food safety and security? Following SOPs ensures that food will consistently be of high quality when it reaches the restaurant. Also, delivering high quality product increases driver and restaurant satisfaction. This training presents SOPs for replenishing and loading.

Course Objectives

- Replenishment Standard Operating Procedures (SOPs)
- Selection SOPs
- Loading SOPs
- Special handling procedures for fresh meat, produce and chemicals

References:

N/A

Available Language(s):	Length:
English	15 Minutes

Food Service & Distribution - Sanitation

It is necessary to have a good sanitation program throughout your organization in order to keep the warehouse clean, keep the food and the warehouse safe, and to ensure product quality.

Course Objectives

- Lists the sanitation tasks you will need to complete on a daily, weekly, monthly and semi-annual basis
- Includes who is assigned to complete each task
- Shows you how often each task must be performed
- Includes a place to sign off or initial when you have completed each item on the schedule

References:

N/A

Available Language(s):	Length:
English	21 Minutes

Process Safety Management (PSM) - Food Industry

For your safety, you must be aware of safety rules and procedures at your food processing facility. The rules and procedures provide evacuation and emergency procedures in the event of fire, severe weather, natural disaster, acts of terrorism or even the release of hazardous chemicals. This course provides information that could help you during an emergency.

Course Objectives

- OSHA’s emergency evacuation requirements
- Types of emergencies
- Process Safety Management (PSM) program
- Protection against anhydrous ammonia

References:

N/A

Available Language(s):	Length:
English	16 Minutes

Diet and Exercise

Poor diet and physical inactivity lead to more than 400,000 deaths each year in the United States. People who are overweight or obese increase their risk for heart disease, diabetes, stroke, high blood pressure, arthritis-related disabilities, and some cancers. Not getting an adequate amount of exercise is associated with needing more medication, visiting a physician more often, and being hospitalized more often. This course presents information about diet and exercise and how they can be used to improve health.

Course Objectives

- Basics of nutrition and health
- Types of diets
- Food groups, fat and sugar
- Making good choices for diet and exercise

References:

N/A

Available Language(s):	Length:
English	54 Minutes

Drug and Alcohol Awareness

Substance Abuse affects every worker directly or indirectly. When it impacts the workplace, productivity and profits suffer. This course will talk about what substance abuse is, the costs and the effects of substance abuse on the workplace, and the effects of a variety of substances on the body, the mind, and the emotions.

Course Objectives

- The definition of substance abuse
- Costs of substance abuse in the workplace
- Effects of substance abuse
- Ways to reduce the risk of substance abuse
- Identifying resources for education, prevention, and intervention

References:

N/A

Available Language(s):	Length:
English	81 Minutes

Living a Less Stressful Life v2

While you can't eliminate stress, you can choose to respond to it with different coping methods. This course stresses the impact of unmanaged stress, describes coping methods you might choose from and offers options for crafting a higher quality of life.

Course Objectives

- The impact of unmanaged stress
- Methods of coping with stress
- Recognizing when to seek professional help

References:

N/A

Available Language(s):	Length:
English	36 Minutes

Tobacco and Smoking Awareness

Smoking and tobacco usage are major health concerns today. The links between tobacco use and health are well-documented and you've probably heard many - if not all - of them before. So why learn more about smoking now? Well, knowing more can help you to make good choices about smoking and using tobacco, whether you're trying to quit or trying not to start!

Course Objectives

- The frequency and impact of tobacco use
- The health consequences of tobacco
- Tobacco cessation issues and practices
- How to stop using tobacco
- Resources for cessation plans

References:

N/A

Available Language(s):	Length:
English	59 Minutes

Biosafety Hazardous Waste Handling and Disposal

If you work with biological materials, it's quite possible that you will produce hazardous waste. What types of hazardous waste might you produce? The obvious answer is biohazardous, or medical, waste. But if you're like a lot of people who work with biological materials, you may also work with or around other hazardous chemicals and radioactive materials, which wind up as waste too.

Course Objectives

- Give a definition of hazardous waste
- Describe your role in the hazardous waste management process
- Discuss strategies and practices for hazardous waste minimization
- List three methods of hazardous waste disposal
- State what to do in the event that you find an unknown waste.

References:

Primary Reference: 40 CFR 262-265, RCRA Hazardous Waste Requirements, Threshold Coverage for CFR References #3-#6 Below 10 CFR NRC and 49 CFR DOT waste and shipping requirements 29 CFR 1910.1030, OSHA Bloodborne Pathogens 29 CFR 1910.1200, OSHA Hazard Communication CDC/NIH BMBL, 5th Edition

Available Language(s):**Length:**

English

42 Minutes

Ionizing Radiation

Although radiation offers many benefits, exposure to it can also threaten our health and the quality of our environment. We cannot eliminate radiation, but this training shows how we can reduce our risk by controlling our exposure to it.

Course Objectives

- Types and sources of radiation
- Occupational exposure and potential health effects
- Radiation controls measures
- Handling ionizing radiation emergencies and reports

References:

N/A

Available Language(s):**Length:**

English

35 Minutes

Lab Safety

A laboratory safety program depends on every employee's participation and cooperation. This course describes common hazards associated with laboratory environments and introduces ways to control and limit chemical exposure.

Course Objectives

- Regulatory requirements for establishing a Chemical Hygiene Plan
- Detection and hazard control methods
- Recognition of common laboratory hazards
- General rules of lab safety

References:

29 CFR 1910.1450

Available Language(s):**Length:**

English

41 Minutes

Laboratory Safety - Biohazards, Part 1: Understanding Risk

Laboratories are special, often unique work environments that pose identifiable infectious disease risks to persons in or near them. As early as the turn of the century published reports describe laboratory-acquired infections from typhoid, cholera, glanders, brucellosis, and tetanus. Through attention to biosafety, reported incidents of laboratory-acquired infections have decreased. In this training you will learn about biohazards typical in lab settings and ways you can protect yourself, others, and the environment. Our course is based on 'Biosafety in Microbiological and Biomedical Laboratories' (BMBL) published by the CDC (Centers for Disease Control) and N.I.H. (National Institute of Health). This publication establishes biological safety levels and defines work practices and lab construction features required for each level. The BMBL is an advisory document that represents standard industry practice.

Course Objectives

- US Centers for Disease Control, US National institutes of Health, Biosafety in Microbiological and Biomedical Laboratories (BMBL)
- 29 CFR 1910.1030, OSHA Bloodborne Pathogens
- 29 CFR 1910, OSHA Subpart I - Personal Protective Equipment
- 29 CFR 1910.1450, OSHA Occupational Exposure to Hazardous Chemicals in Laboratories
- US Patriot Act - Select Agents & Toxins Rule

References:

N/A

Available Language(s):**Length:**

English

37 Minutes

Laboratory Safety - Biohazards, Part 2: Controlling Risk

In Part 2, you will learn about various ways that these risks are managed. In this part, you will learn about engineering controls, administrative controls and work practice controls. Then you will learn about personal protection equipment, your last line of defense against exposure. The course ends with a discussion of what to do when things go wrong, starting with spill procedures and finally covering emergency procedures.

Course Objectives

- Give examples of effective engineering, administrative and work practice controls
- Identify personal protective equipment that can be used in situations involving potentially infectious material

References:

N/A

Available Language(s):**Length:**

English

40 Minutes

Laboratory Safety - Cleanrooms

If you work in a cleanroom, you play a critical role in preserving the integrity of a laboratory. Discover the general cleanroom practices and procedures you must follow to control contamination.

Course Objectives

- Cleanroom environment
- General cleanroom practices and procedures
- Rules of conduct in a cleanroom

References:

Section 5(a)(1), 29 CFR 1910.1450

Available Language(s):**Length:**

English

36 Minutes

Laboratory Safety - Radiation

Radiation in the workplace is not limited to X-ray machines in dentists' offices or airport security checkpoints or even nuclear power plants. You could encounter radiation in a variety of industries and situations including a laboratory. This course focuses on safe practices when working with radiation in a laboratory.

Course Objectives

- Radiation exposure and protection
- Rules for safe use of radiation
- Radioactive waste storage and disposal
- Emergency procedures

References:

CDC Radiation Safety Manual

Available Language(s):	Length:
English	33 Minutes

Laser Safety

Lasers have been used in many engineering, biological and industrial applications to produce many scientific breakthroughs. However, lasers can present a variety of potentially serious hazards. It's important that you know and understand the hazards associated with lasers so you can work safely with and around them.

Course Objectives

- Laser properties and components
- Hazards associated with lasers
- Laser hazard assessment and classes
- Control measures required for different laser systems
- Laser safety and usage rules

References:

N/A

Available Language(s):	Length:
English	43 Minutes

Access to Medical and Exposure Records

Federal law provides employees with the basic right to know the extent and consequences of their exposure to harmful substances they work with. This means they are entitled to full access to all of the medical and exposure records generated for them while working for a given employer. This course covers employee rights to access medical exposure records, how to access those records and what information is exempt from employee access.

Course Objectives

- Employee rights to access certain records
- Requirements employers must meet when retaining records and informing employees
- Records available and how they can be accessed
- Alternative ways to access medical and exposure information when there are no records available
- Information that is exempt from access

References:

29 CFR 1910.151

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	31 Minutes

Accident Investigation and Root Cause Analysis

Federal law provides employees with the basic right to know the extent and consequences of their exposure to harmful substances they work with. This means they are entitled to full access to all of the medical and exposure records generated for them while working for a given employer. This course covers employee rights to access medical exposure records, how to access those records and what information is exempt from employee access.

Course Objectives

- Steps to take when conducting an accident investigation
- The root cause analysis process
- Accident analysis techniques

References:

29 CFR 1910.119(m)

Available Language(s):	Length:
English, Spanish	44 Minutes

Aerial Lifts

Aerial lifts are frequently used to perform work in areas that cannot be accessed from the ground or from solid construction. Each year, workers die or are seriously injured when using aerial lifts. When working with an aerial lift, an awareness of hazards is a must. This course will introduce common hazards associated with aerial lifts and will discuss safe work practices that should always be followed.

Course Objectives

- Common hazards associated with aerial lifts
- Ways to prevent these common hazards
- Safe pre-operation, operation, and maintenance practices

References:

29 CFR 1926.453, MIOSHA Part 32

Available Language(s):	Length:
English, Spanish	34 Minutes

Ammonia Awareness

Aerial lifts are frequently used to perform work in areas that cannot be accessed from the ground or from solid construction. Each year, workers die or are seriously injured when using aerial lifts. When working with an aerial lift, an awareness of hazards is a must. This course will introduce common hazards associated with aerial lifts and will discuss safe work practices that should always be followed.

Course Objectives

- Ammonia Identification
- Physical Properties of Ammonia
- Storage Requirements
- Safe Handling Requirements
- Exposure Information

References:

29 CFR 1910.119, Appendix A, 29 CFR 1910.1200, 29 CFR 1910.1000 Table Z-1

Available Language(s):	Length:
English	28 Minutes

Arsenic Awareness

OSHA requires inorganic arsenic training whenever employees are exposed to arsenic at or above a certain level. This course explains the possible health effects related to inorganic arsenic and how to reduce and/or eliminate the exposures that can lead to these health effects.

Course Objectives

- Health hazards of arsenic
- Permissible exposure limit (PEL)
- Personal protective equipment (PPE)
- The location of regulated areas
- Signs and labels
- Hygiene facilities
- Engineering controls
- Medical surveillance
- Housekeeping

References:

29 CFR 1910.1018

Available Language(s):	Length:
English	20 Minutes

Asbestos Awareness Part 1

This is Part 1 of a four-part training course designed to provide Class III and Class IV asbestos workers with the knowledge and skills necessary to identify asbestos hazards and prevent and control asbestos exposure. Part 1, 'Introduction,' will provide you with an introduction to the course, an overview of the applicable federal regulations for each asbestos work classification, and additional information about the intended audience for this training course.

Course Objectives

- Asbestos Awareness course structure
- Who the course is designed to educate

References:

29 CFR 1910.1001, 29CFR 1915.1001, 29 CFR 1926.1101, 40 CFR 763.92

Available Language(s):	Length:
English, Spanish	4 Minutes

Asbestos Awareness Part 2

The purpose of this training course, taken in its entirety, is to provide Class III and Class IV asbestos workers with the knowledge and skills necessary to identify asbestos hazards, prevent, and control asbestos exposure. The course will discuss the hazards of asbestos, the nature of operations that could result in exposure to asbestos, and the importance of necessary protective controls, including work practices, engineering controls, and respiratory protection, to minimize exposure. This module, 'Asbestos Awareness' will describe asbestos, its health effects, where it is commonly found, and ways to prevent exposure.

Course Objectives

- Recognizing asbestos
- Where asbestos is commonly found
- Operations that could result in asbestos exposure
- Potential health effects of exposure to asbestos
- Common precautions and work practices to avoid exposure

References:

29 CFR 1910.1001, 29CFR 1915.1001, 29 CFR 1926.1101, 40 CFR 763.92

Available Language(s):	Length:
English, Spanish	56 Minutes

Asbestos Awareness Part 3

This is Part 3 of a four-part training course designed to provide Class III and Class IV asbestos workers with the knowledge and skills necessary to identify asbestos hazards and prevent and control asbestos exposure. Part 3, 'Asbestos Control Measures,' will outline the precautionary measures to take to reduce or eliminate asbestos exposure.

Course Objectives

- The permissible exposure limit for asbestos
- Monitoring and medical surveillance programs relating to asbestos exposure
- Proper engineering controls and work practices to reduce asbestos exposure
- Appropriate personal protective equipment
- Response procedures for asbestos releases

References:

29 CFR 1910.1001, 29CFR 1915.1001, 29 CFR 1926.1101, 40 CFR 763.92

Available Language(s):	Length:
English, Spanish	44 Minutes

Asbestos Awareness Part 4

This is Part 4 of a four-part training course designed to provide Class III and Class IV asbestos workers with the knowledge and skills necessary to identify asbestos hazards and prevent and control asbestos exposure. Part 4, 'Respiratory Protection,' will provide an overview of various types of respirators, their limitations, and how to properly put on and take off a respirator.

Course Objectives

- Basic requirements of the Respiratory Protection Standard
- Capabilities and limitations of SCBA, airline, and air-purifying respirators
- Proper maintenance practices for respirators, including inspecting, cleaning, and storing respirators
- Signs of respirator failure

References:

29 CFR 1910.1001, 29CFR 1915.1001, 29 CFR 1926.1101, 40 CFR 763.92

Available Language(s):	Length:
English, Spanish	39 Minutes

Basic First Aid Part 1

Incidents requiring first aid can happen anywhere and any time. The first response to such an incident is the most important. First aid given at the scene can improve the victim's chances of survival and a good recovery. The right response is better than an incorrect quick one. Do you know what to do in an emergency? This course will introduce how to respond to basic first aid situations until the Emergency Medical Services (EMS) personnel arrive.

Course Objectives

- The basic first aid techniques for the treatment of Breathing emergencies, Choking, Severe bleeding, Shock, Fractures, sprains, strains, and Burns

References:

29 CFR 1910.151

Available Language(s):	Length:
English, Spanish	21 Minutes

Basic First Aid Part 2 - Intervention

Incidents requiring first aid can happen anywhere and any time. The first response to such an incident is the most important. First aid given at the scene can improve the victim's chances of survival and a good recovery. The right response is better than an incorrect quick one. Do you know what to do in an emergency? This course will introduce how to respond to basic first aid situations until the Emergency Medical Services (EMS) personnel arrive.

Course Objectives

- Basic first aid techniques to treat sudden illness (fainting, seizures, asthma attacks, heart attacks, diabetic emergencies, stroke, severe allergic reactions), poisoning, stings and bites

References:

N/A

Available Language(s):	Length:
English, Spanish	29 Minutes

Basic Rigging Principles - Part 1

Rigging is the process of moving heavy loads with slings, chains, hoists, and other special tools. The equipment used for lifting and moving loads is also called rigging. This is Part 1 of a two-part course covering basic rigging principles. Part 1 describes the equipment used to rig a load, including the function, inspection and storage requirements.

Course Objectives

- Equipment used to rig a load
- Function of rigging equipment

References:

N/A

Available Language(s):

English, Spanish

Length:

55 Minutes

Basic Rigging Principles - Part 2

Rigging is the process of moving heavy loads with slings, chains, hoists, and other special tools. The equipment used for lifting and moving loads is also called rigging. This is Part 2 of a two-part course covering basic rigging principles. Part 2 covers general safety rules to be observed while rigging and how to plan and prepare a safe rigging job.

Course Objectives

- General safety rules to be observed while rigging
- Four steps required to plan a rigging job
- Planning and preparation for a safe rigging job

References:

N/A

Available Language(s):

English, Spanish

Length:

29 Minutes

Battery and Charger Safety

Batteries provide electric power for equipment like forklifts, narrow-aisle trucks, airport vehicles, electric buses, autos and golf cars. When used properly, batteries are a safe and reliable source of power. As with any power source, there are some hazards. This lesson covers these hazards, including electrical shock, corrosive chemical exposure and battery handling.

Course Objectives

- How a battery and charger work
- Battery handling, recharging, watering and cleaning
- Personal safe practices
- Acid spill clean-up
- Simple exterior repair

References:

N/A

Available Language(s):

English

Length:

28 Minutes

Benzene Safety

Benzene is an aromatic hydrocarbon which is produced by the burning of natural products. It is found in gasoline and other fuels, and is used in the manufacture of plastics, detergents, pesticides, and other chemicals. Benzene is a clear, colorless liquid with a pleasant, sweet odor. The odor of benzene does not provide adequate warning of its hazard. In fact, benzene can cause serious health problems that you must understand if you work with it. This module covers the hazards of benzene and how to work safely with benzene.

Course Objectives

- Effects of overexposure to benzene
- How exposure to benzene can occur
- How to reduce the risk of exposure
- Working safely with benzene Emergency and first aid procedures in the event of exposure

References:

N/A

Available Language(s):

English

Length:

22 Minutes

Bloodborne Pathogens v3

There are many jobs that employees are dying to get, But there are none worth dying for. The Occupational Safety and Health Administration estimates that more than 5.6 million workers in health care and related occupations such as nurses, custodians, maintenance staff and research personnel are at risk of occupational exposure to bloodborne pathogens. In addition to the obvious risk to the health care community, many other occupations also encounter potential exposures to bloodborne pathogens: teachers, custodians, sanitation workers, or any concerned coworker in any job offering help to another sick or hurt team member. If your job duties include even occasional contact with blood or other infectious materials, you need to know how to effectively protect yourself against potential bloodborne pathogens, because understanding simple precautions can greatly minimize your chances of contracting a bloodborne disease.

Course Objectives

- The three most prevalent bloodborne pathogens in the workplace
- The various modes of transmission for bloodborne pathogens
- Preventive workplace measures including safe handling procedures and safe housekeeping practices
- Appropriate emergency procedures in the event of an occupational exposure

References:

29 CFR 1910.1030

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

47 Minutes

Boating Safety

According to the U.S. Coast Guard, every year boating accidents result in more than 3,000 injuries, over 700 fatalities and nearly \$44 million in property damage. And of course, many of these accidents could have been prevented. This course addresses important hazards and precautions that boat passengers need to know about.

Course Objectives

- Precautionary countermeasures to prevent or minimize the effects of capsizing, collisions, and slips or falls while onboard a boat
- Key aspects of boating emergency preparedness
- Key aspects of emergencies that can occur while onboard a boat
- Key responses to emergencies that can occur while onboard a boat

References:

US Coast Guard - Safety Standards and Regulations for Recreational Boats and Equipment Regulations for Operators of Recreational and Undocumented Vessels, US State Boating Laws

Available Language(s):

English

Length:

39 Minutes

Chlorine Awareness

Chlorine has a huge variety of uses. Its chemical properties make it an extremely effective disinfectant and an essential component in the chemical manufacture of literally thousands of vital products used every day. However, there are some hazards associated with chlorine and you need to know about them and how to protect yourself against them. This course presents information about the hazards of chlorine and how to handle it safely.

Course Objectives

- Chlorine Identification
- Physical Properties of Chlorine
- Storage Requirements
- Safe Handling Requirements
- Exposure Information

References:

29 CFR 1910.119 Appendix A, 29 CFR 1910.1200, 29 CFR 1910.1000 [Table] Z-1

Available Language(s):

English

Length:

28 Minutes

Cleaning Up Small Chemical Spills

Spills in the workplace are almost inevitable. Because of the range and quantity of substances used in laboratories and other work areas, preplanning is needed to respond safely to chemical spills. Spills should be cleaned up only by knowledgeable and experienced staff. This training will provide the information needed to handle small chemical spills in the workplace.

Course Objectives

- The definition of a small chemical spill
- Responsibilities for cleaning up small chemical spill
- What a spill kit must contain, and how to use it
- Personal protective equipment needed for cleaning small spills
- Cleanup procedures in the event of a small spill
- Special precautions to take in the event that large quantities or hazardous materials are spilled
- What to do if someone becomes contaminated during spill cleanup
- How to dispose of spilled chemicals

References:

N/A

Available Language(s):

English

Length:

23 Minutes

Compressed Gas Cylinder Safety

Industrial and laboratory operations require compressed gases for a variety of uses and applications. Those who work with compressed gas cylinders shoulder the responsibility to safely manage and use them. In addition to their practical applications, compressed gas cylinders also pose a unique hazard because there may be exposure to both physical hazards and chemical hazards. This training provides information on handling compressed gas cylinders safely.

Course Objectives

- Common and unique hazards while working with compressed gas cylinders
- Proper identification requirements including labeling and color coding
- Storage techniques for compressed gas cylinders such as segregation, securing, and signage
- Proper handling, transportation and use of compressed gas cylinders

References:

29 CFR 1910.253, 29 CFR 1910.101

Available Language(s):

English, Spanish

Length:

31 Minutes

Confined Space Hazards

People are injured or killed every year as a result of improperly entering or working in a confined space. Potential hazards in confined spaces include explosions, toxins and oxygen-deficient atmospheres. An average of 20 people a year die from confined space hazards and more than half of the fatality victims are would-be rescuers. Because confined spaces may be encountered in virtually any occupation, workers need to be able to recognize confined spaces and understand their hazards. This training will provide that knowledge.

Course Objectives

- How to recognize a confined space
- Hazards associated with confined spaces
- The differences in flammable, toxic, irritant or corrosive, and asphyxiating atmospheres

References:

29 CFR 1910.149 1926.21 1915 Subpart B

Available Language(s):	Length:
English, Spanish	30 Minutes

Confined Space Permit Required

Many workplaces contain spaces that are considered “confined” because their design hinders the activities of those who must enter, work in and exit them. Those who work in confined spaces may face an increased risk of bodily injury, illness and death. This training presents the procedures for permit-required confined space (permit-space) entry and provides valuable information that will help workers identify the different types of confined spaces and their associated hazards.

Course Objectives

- The difference between permit-required confined spaces and non-permit required confined spaces
- The hazards associated with confined spaces
- The roles and responsibilities of the confined space entry team
- What is required on an entry permit and other procedural safeguards when conducting a confined space entry
- How to respond to emergencies involving confined spaces

References:

29 CFR 1910.146

Available Language(s):	Length:
English, Spanish	30 Minutes

Contractor Safety

OSHA requires that companies provide a safe workplace for all workers. In order to provide a safe work place, rules must be in place. Accidents occur as a result of an unsafe condition or an unsafe act, or both. Both are the result of the actions of people. All accidents and injuries are preventable. This orientation will explain the rules in place to prevent accidents and provide a safe work place.

Course Objectives

- Chemical Use
- Personal Protective Equipment
- Confined Spaces
- Lockout/Tagout
- General considerations
- Company requirements
- Contractor requirements

References:

29 CFR 1910

Available Language(s):	Length:
English	42 Minutes

CPR/AED Training

Incidents requiring CPR can happen anywhere and at any time. The first response to such an incident is the most important. CPR given at the scene can improve a victim’s chances of survival and recovery. This course will demonstrate how to recognize and respond to the four life-threatening emergencies until the Emergency Medical Services (EMS) personnel arrive.

Course Objectives

- The four life-threatening emergencies
- Connect the Links in the Chain of Survival
- Protecting oneself while helping a person in need
- The basics of life support

References:

OSHA Directive CPL 02-20-053, 29 CFR 1910.151

Available Language(s):	Length:
English	46 Minutes

Crane Operator Safety

About 250,000 people operate cranes daily and have to deal with the risks involved. Although you may already be aware of the proper operating techniques associated with cranes, it is sometimes easy to forget to implement them in your daily routine. This module focuses on crane operator safety and how it relates to you and your work environment

Course Objectives

- Identify the facts associated with crane-related injuries
- How to safely establish a work site
- Proper crane set-up procedures
- Safe operating procedures
- Conditions affecting operations

References:

N/A

Available Language(s):	Length:
English	37 Minutes

Egress and Emergency Actions Plans

Each year, more than 200 deaths and 5,000 injuries result from fires and explosions in the workplace. The National Fire Protection Association reports over 115,000 non-residential structural fires for 2004, accounting for \$2.4 billion in direct property damage. Those are the losses due to fires, but there are other hazardous situations that can threaten a worker’s life and limb. These include severe weather, medical emergencies, chemical release, and bomb threats. We can’t completely eliminate dangerous workplace situations, but we can reduce the number of associated injuries and deaths attributable to these incidents. This course will focus on two important aspects of this effort: egress and emergency action plans.

Course Objectives

- The Basics of Egress - Definitions
- The Second Fundamental Requirement
- Detailed Elements of Egress
- Emergency Action Plans (EAPs)
- Core Elements of EAPs: Minimum Requirements

References:

29 CFR 1910 Subpart E

Available Language(s):	Length:
English, Spanish	48 Minutes

Electrical Hazards NFPA 70E (Overview)

Every year, between 300 and 500 people are fatally electrocuted in U.S. workplaces. Many of those people, including office workers and operators, work only indirectly with electricity. Electricity, as a raw source of power, presents as many hazards as it does benefits. This course will describe the basic premise of the NFPA 70E regulations and how they affect workplace safety procedures.

Course Objectives

- How electricity acts
- How shock occurs
- The severity of shock
- The effects of an electric current in the body
- How to correct electrical hazards
- The role of NFPA 70E

References:

29 CFR 1910.333, 29 CFR 1910.334, 29 CFR 1910.335

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	66 Minutes

Electrical Safety - Introduction to NFPA 70E 600 Volts or Greater

The goal of this program is to reduce the number of electrical incidents that happen each year. To do this, we provide a foundation of the National Fire Protection Association (NFPA) 70E standard and how it applies to your organization when combined with other job and equipment-related training.

Course Objectives

- Primary factors in electrical incidents
- Establishing safe work practices
- Preparing for live work
- Using NFPA 70E tables to determine hazard-specific approach distances and required protective equipment

References:

NFPA 70E

Available Language(s):	Length:
English	35 Minutes

Electrical Safety - Introduction to NFPA 70E 600 Volts or Less

This training is important for anyone who works on or near exposed electrical equipment that is energized from 50 volts through 600 volts. Understand why applying the National Fire Protection Association (NFPA) 70E standard benefits your organization.

Course Objectives

- NFPA 70E standard
- Principles of an electrical safety program
- Understanding electrical hazard and risk categories
- Electrical protective equipment

References:

NFPA 70E

Available Language(s):	Length:
English	46 Minutes

Electrical Safety and Lockout/Tagout

Working with electricity can be dangerous. Every year, between 300 and 500 people in the U.S. are killed by electrocutions at work. To handle electricity safely, you need to know how it acts, how it can be controlled, and its hazards. Workers performing service or maintenance on machinery and equipment may be injured by the unexpected startup of the machinery or equipment, or release of stored electrical energy in the equipment. In fact, failure to lock out machinery before working on it is a major cause of injury and death in the United States. These deaths and injuries can be prevented by establishing and following an effective lockout/tagout program. This training will tell you more about electrical hazards, safe practices when working with electricity, and the lockout tagout program and how it can save your life.

Course Objectives

- How electricity works
- Conductors and insulators
- How electric shock occurs
- Safe practices for working with and around electricity
- The Purpose of Lockout/Tagout
- Who is covered and what activities are covered by the Lockout/Tagout standard
- Elements of an Energy Control Program
- Types of lockout/tagout devices
- Who is required to lockout or tagout
- Steps for attaching and removing locks and tags
- Periodic inspections of Lockout/Tagout

References:

29 CFR 1910 Subpart S, 29 CFR 1910.147, 29 CFR 1926.400, 29 CFR 1926.402-405, 29 CFR 1923.416

Available Language(s):	Length:
English	53 Minutes

Emergency Response for Multi-Story Buildings

In the event of an emergency in a multi-story building, all occupants need to know what to do, where to go and who is in charge. This course will provide you with the information you need to safely evacuate a multi-story building in case of an emergency.

Course Objectives

- The role of a floor warden
- The risks and challenges involved when working in a multi-story building
- The types of emergencies that floor wardens address
- The components of an Emergency Action Plan
- The role that bystanders play
- What type of equipment could be used by a floor warden

References:

29 CFR 1910.37, 29 CFR 1910.165, NFPA Life Safety Code

Available Language(s):	Length:
English, Spanish	35 Minutes

Fall Protection for Mobile Equipment

Not everything we have to work on is within reach. There are times we need a little help. Sometimes ladders are chosen, other times fixed scaffolds, and still other times mobile equipment like scissor lifts and articulating boom/bucket lifts are chosen. Working safely with this last category will be the focus of this course.

Course Objectives

- Types of mobile equipment
- Laws and standards that apply to the different types of mobile equipment
- Causes of falls from mobile equipment
- Precautions that will help prevent falls

References:

29 CFR 1926.452(w), 29 CFR 1926.453 ANSI/SIA A92 Series Standards

Available Language(s):	Length:
English, Spanish	35 Minutes

Fall Protection v2

Each year, many workers are hurt or killed as a result of falls in the workplace. Falls are usually complex events that involve a variety of factors. For that reason, OSHA's fall protection standard deals with both human and equipment related issues for protecting workers from fall hazards. This training will cover systems and procedures designed to prevent falls off, onto or through working levels and to protect workers from being struck by falling objects.

Course Objectives

- When fall protection is required
- Types of required fall protection
- What your employer must do to protect you from fall hazards at work
- What kinds of fall protection can be used for different job tasks

References:

29 CFR 1910.95

Available Language(s):	Length:
English, Spanish	53 Minutes

Fire Extinguisher Safety

A fire is the most common type of emergency for which organizations must plan. Small fires can often be put out quickly by a well-trained employee with a portable fire extinguisher. However, to do this safely, those employees must understand the uses and limitations of a portable fire extinguisher and the hazards associated with fighting fires. This training will provide that knowledge.

Course Objectives

- How to decide whether to fight or flee a fire
- Types of fire extinguishers and the types of fires for which they can be used
- Steps for using a fire extinguisher to fight a fire
- How to inspect and maintain fire extinguishers

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	36 Minutes

Fire Prevention and Safety

Every year in the United States, fires cause huge losses. There are approximately 1 million fires in buildings and other structures, causing about 8000 deaths each year. The total annual property loss is about \$7 billion, not counting indirect costs such as litigation and investigations. Workplace fires and explosions kill 200 and injure more than 5,000 workers each year. However many if not most of these fires are preventable. This training focuses on how to prevent and protect against workplace fires.

Course Objectives

- Causes of Fires
- Fire Codes and Standards
- Fire Prevention Plan
- Fire Protection

References:

29 CFR 1910 Subpart L, 29 CFR 1910.38

Available Language(s):	Length:
English, Spanish	46 Minutes

Fire Watch

Every year, many workplace fires occur as a result of hot work – cutting, welding and other work that generates heat and sparks – being done without an adequate fire watch in place. Most – if not all – hot work incidents are completely preventable. A fire watch, conducted properly, is one of the most important ways to keep workers safe during hot work and prevent damage and destruction to property. This course covers the role and responsibilities of the fire watcher.

Course Objectives

- Where hot work is – and is not – permitted
- The safety precautions needed to prepare an area for hot work
- The role and responsibilities of a fire watcher
- Responsibilities of other individuals involved in hot work
- What emergency procedures need to be in place for hot work

References:

1910 Subpart Q - Welding, Cutting and Brazing, 1926 Subpart J - Welding and Cutting, NFPA 51B: Standard for Fire Prevention During Welding, Cutting and Other Hot Work

Available Language(s):	Length:
English	34 Minutes

First Aid - Basic

Incidents requiring first aid can happen anywhere and at any time. The first response to such an incident is the most important. First aid given at the scene can improve a victim's chances of survival and recovery. This course presents ways to respond to basic first aid situations until the Emergency Medical Services (EMS) personnel arrive.

Course Objectives

- Basic first aid techniques for the treatment of:
- Breathing emergencies
- Choking
- Severe bleeding
- Shock
- Fractures
- Sprains and strains
- Burns

References:

29 CFR 1910.151 29 CFR 1910.1030(d)(3)

Available Language(s):

English

Length:

45 Minutes

First Aid - Medical Emergencies

Injuries, both on and off the job, represent a significant health problem. The outcome of injuries depends on not only the severity of the injury, but also on the rendering of first aid care. Prompt, properly administered first aid care can mean the difference between life and death. This course will cover a variety of emergency scenarios and the appropriate first aid care.

Course Objectives

- Sudden illness (such as fainting, seizures, asthma attacks, heart attacks, diabetic emergencies, stroke, and severe allergic reactions)
- Poisoning
- Stings and Bites
- Heat and cold-related illnesses

References:

29 CFR 1910.151 (OSHA), 29 CFR 1926.50 (OSHA)

Available Language(s):

English

Length:

37 Minutes

Flammable and Combustible Liquids

You're taking this training because you work with flammable and combustible liquids. This may not seem like a really big deal. After all, gasoline is a flammable liquid, and practically everyone uses it. Of course, about one gas station in every thirteen experiences a fire every year. Flammable and combustible liquids are just as dangerous in your workplace.

Course Objectives

- Explain the risks associated with flammable and combustible liquids
- Select correct general safety procedures for working with and around flammable and combustible liquids
- Identify proper storage methods for flammable and combustible liquids
- And notice violations of flammable and combustible liquid safety principles and procedures

References:

N/A

Available Language(s):

English

Length:

30 Minutes

Formaldehyde

Formaldehyde is commonly used in anatomy labs, medical research and teaching facilities as a tissue preservative or as an organic chemical reagent. This course will inform you of the health risks, precautions, and handling procedures you need to know when working with formaldehyde.

Course Objectives

- The uses of formaldehyde
- Potential health effects of formaldehyde
- How to handle formaldehyde safely
- Personal protective clothing and appropriate equipment
- How to respond to a chemical spill
- When medical surveillance may be necessary

References:

29 CFR 1910.1450

Available Language(s):

English

Length:

26 Minutes

Guarding Floor, Wall Openings and Holes v2

This is a summary of the Guarding Floor and Wall Openings and Holes Standard 1910.23 of the Occupational Safety and Health Act. This module is not intended to be totally inclusive but rather to highlight the information and requirements in the complete OSHA standard.

Course Objectives

- Floor openings/holes
- Wall openings
- Open-sided floors, platforms and runways
- Railing, toeboards and cover specs

References:

29 CFR 1910.22, 29 CFR 1910.23

Available Language(s):

English, Spanish

Length:

26 Minutes

Hand and Power Tool Safety

This presentation focuses on the importance of hand and power tool safety and the precautions needed to work safely with these tools. Increasing your knowledge about these topics will help reduce the risk of injury when working with tools.

Course Objectives

- Facts about injuries from hand and power tools
- Hazards associated with hand tools
- Precautions for using hand tools
- Hazards associated with power tools
- Precautions for using power tools

References:

N/A

Available Language(s):

English, Spanish

Length:

26 Minutes

Hand, Wrist and Finger Safety

Your hands and wrists help you do a remarkable variety of tasks. You use your hands all day, everyday, both at home and at work and this makes them highly prone to accidents and injuries. Throughout the day, our hands can encounter any number of hazards. Hand and wrist injuries can be accompanied by initial pain, but also may require prolonged recovery, including long hours of physical rehabilitation. Fortunately, these injuries are preventable. This course will present potential hand, wrist and finger hazards, as well as the steps to take to avoid them.

Course Objectives

- Common injuries
- Identifying potential hazards
- Ergonomic factors
- PPE for the hands, wrists and fingers

References:

29 CFR 1910.138, 29 CFR 1915.157, 29 CFR 1926 Subpart E

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	30 Minutes

Hazard Communication

More than 32 million workers work with and are potentially exposed to one or more chemical hazards in more than 3 million American workplaces. With over 650,000 existing chemical products, and new ones are being introduced every day, a serious problem is posed for exposed workers and their employers. Hazard Communication (Hazcom) training is designed to provide workers with the information they need to know in order to understand the hazards and identities of the chemicals they are exposed to when working.

Course Objectives

- Hazard Communication Standard
- Chemical warning labels
- Classes of chemical hazards
- Right To Know training
- Use of MSDS to find hazards, first aid, and handling requirements

References:

29 CFR 1910.1200

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	39 Minutes

Hazard Communication for Construction

More than 32 million workers work with and are potentially exposed to one or more chemical hazards in more than 3 million American workplaces. With over 650,000 existing chemical products, and new ones are being introduced every day, a serious problem is posed for exposed workers and their employers. Hazard Communication (Hazcom) training is designed to provide construction workers with the information they need to know in order to understand the hazards and identities of the chemicals they are exposed to when working.

Course Objectives

- Hazard Communications Standard
- Chemical warning labels
- Classes of chemical hazards
- Right To Know training
- Use of MSDS to find hazards, first aid, and handling requirements

References:

N/A

Available Language(s):	Length:
English	44 Minutes

Hazards of Speeding - Large Vehicles

The vast majority of speeders realize the potential consequences of their actions. Yet many motorists continue to put themselves and others at risk when they refuse to adopt a common sense approach to driving. In this course, we will examine the hazards of speeding. We'll also explore reasons why speeding just doesn't make good sense, even when you're rushing to meet a deadline.

Course Objectives

- Hazard of speeding
- Speed and stopping distance
- Reduce the need to speed

References:

49 CFR 177.816

Available Language(s):	Length:
English	13 Minutes

Hazards of Speeding - Light Commercial Vehicles

Chances are you've been instructed on the dangers of speeding at some point; and as the operator of a light commercial vehicle, you carry the responsibility of protecting not only your company's assets, but also the lives of others as well as your own. In this course, we will examine the hazards of speeding. We'll also explore reasons why speeding just doesn't make good sense, even when you're rushing to meet a deadline.

Course Objectives

- Hazard of speeding
- Speed and stopping distance
- Reduce the need to speed

References:

49 CFR 177.816

Available Language(s):	Length:
English	13 Minutes

HAZWOPER Refresher Training v2 - Module 01 - Scope, Application and Training Requirements

The Occupational Safety and Health Administration (OSHA) 29 CFR 1910.120 regulations mandate training for all individuals who are involved in Hazardous Waste Operations or in emergency response to hazardous substance releases - this is usually called HAZWOPER training. All new employees must be trained before entering work assignments in the scope of this standard and contaminated work zones. They must also receive refresher training. This is Part One of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part One covers the scope, application and training requirements of the HAZWOPER standard.

Course Objectives

- Key terms relating to Hazardous Waste
- Operations and Emergency Response or HAZWOPER
- Laws that regulate hazardous waste and the agencies that enforce them
- Operations that are covered by the HAZWOPER standard (the scope of the standard)
- What you are responsible for knowing about HAZWOPER
- What training you must receive for your level of involvement in HAZWOPER

References:
N/A

Available Language(s):	Length:
English	57 Minutes

HAZWOPER Refresher Training v2 - Module 02 - Environmental Issues for HAZWOPER

Hazardous waste operations and emergency response need to be conducted in an environmentally responsible manner and in compliance with all applicable environmental laws and regulations. This is Part Two of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Two covers operations that are regulated by the US Environmental Protection Agency (EPA) and reviews environmentally responsible ways of dealing with industrial waste to prevent pollution from hazardous waste.

Course Objectives

- Environmental issues of concern in hazardous waste operations and emergency response, including
- Hazardous waste
- Non hazardous waste
- Industrial wastewater
- Storm water
- Best management practices (BMPs) for dealing with industrial waste

References:
N/A

Available Language(s):	Length:
English	44 Minutes

HAZWOPER Refresher Training v2 - Module 03 - Hazard Communication: Your Right to Know

This is Part Three of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Three covers Hazard Communication (HazCom), which provides workers with the information they need to know in order to understand the hazards and identities of the chemicals they may be exposed to when working.

Course Objectives

- Physical and health hazards of chemicals
- Items to include in a hazardous chemical inventory
- The Written Hazard Communication program
- Information contained in a Material Safety Data Sheet (or MSDS) and how it is used and maintained in the workplace
- Where and how hazard warning labels must be used Elements of the Hazard Communication Standard training program

References:
N/A

Available Language(s):	Length:
English	50 Minutes

HAZWOPER Refresher Training v2 - Module 04 - Hazards and Risk Assessment Techniques

This is Part Four of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Four covers hazard and risk assessment. Individuals involved in hazardous waste operations and emergency response need to know and understand what hazards they may encounter in their work environment. They must be trained to identify hazards so that they can first assess them, and then take steps to control them whenever possible. This module examines the different types of hazards, their properties, and systems available for identifying them. It also discusses risk and how to assess the scene of an emergency involving hazardous waste.

Course Objectives

- Definitions of hazard, risk and mishap
- Hazard identification
- Hazard identification systems and how to use them
- Common process equipment hazards
- How to conduct a hazard assessment of a spill or release scene

References:
N/A

Available Language(s):	Length:
English	61 Minutes

HAZWOPER Refresher Training v2 - Module 05 - Toxicology

This is Part Five of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Five covers toxicology. Everyone is exposed on and off the job to a variety of chemical substances. Most are not hazardous under ordinary circumstances, but they all have the potential to cause injury at some concentration. How a material is used is the major factor for determining its hazard potential. The module provides an overview of toxicology to help trainees understand the potential effects of the hazardous substances they work with.

Course Objectives

- Definition of toxicology
- Important terminology associated with toxicology
- Routes of entry for toxic exposure
- Target organs
- Possible responses to toxic exposure

References:

N/A

Available Language(s):

English

Length:

47 Minutes

HAZWOPER Refresher Training v2 - Module 06 - Monitoring and Medical Surveillance

This is Part Six of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Six covers monitoring and medical surveillance. Because of the potentially harmful effects of hazardous waste, the OSHA HAZWOPER standard requires monitoring and medical surveillance of certain employees involved with hazardous waste operations and emergency response. Monitoring helps to determine what protection is needed before exposure to hazardous materials. Medical surveillance allows for the early detection of diseases or conditions caused by exposure to hazardous materials so treatment can be given to prevent further illness.

Course Objectives

- What monitoring is
- Air monitoring equipment and how it is used
- Requirements of a medical surveillance program
- Who is covered by the medical surveillance program
- What medical examinations are given as part of the program

References:

N/A

Available Language(s):

English

Length:

50 Minutes

HAZWOPER Refresher Training v2 - Module 07 - Respiratory Protection

This is Part Seven of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Seven covers respiratory protection. Respirators provide vital protection against chemicals and oxygen-deficient atmospheres. For this reason it is critical to know how to select and use the appropriate respirator for the job. All respirators are not created equal: not all of them will provide protection in atmospheres with low oxygen or certain other atmospheric hazards. In this module, those with a role in hazardous waste operations and emergency response will learn how to protect themselves fully from the breathing hazards they may face.

Course Objectives

- When respirators must be used
- What a respiratory protection program is
- Types of respirators
- Selecting a respirator for emergency response
- Fit testing

References:

N/A

Available Language(s):

English

Length:

40 Minutes

HAZWOPER Refresher Training v2 - Module 08 - Personal Protective Equipment

This is Part Eight of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Eight covers PPE, personal protective equipment, your last line of defense against hazardous materials in your work environment. Although PPE cannot provide protection from all exposure, when properly selected and worn it can prevent unnecessary harmful exposures. For this reason it is critical to select the appropriate protective equipment for the job.

Course Objectives

- PPE selection
- Levels of PPE protection and the PPE components applicable to each level

References:

N/A

Available Language(s):

English

Length:

29 Minutes

HAZWOPER Refresher Training v2 - Module 09 - Confined Spaces

This is Part Nine of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Nine covers confined spaces. Many work environments contain spaces that are considered 'confined' because their shape and size make conditions difficult for employees who must enter, work in, and exit them. There are many instances where employees who work in confined spaces face increased risk of exposure to serious hazards. In some cases, confined space work keeps employees closer to hazards, such as asphyxiating atmospheres. Work-related accidents in confined spaces usually result in serious injury or death. For this reason, special procedures must be followed when working in confined spaces and they are reviewed in this module.

Course Objectives

- Permit-required confined spaces and non-permit required confined spaces
- Hazards associated with confined spaces
- Roles and responsibilities of the confined space entry team
- The entry permit and other procedural safeguards when conducting a confined space entry
- Emergency response in confined spaces

References:
N/A

Available Language(s):	Length:
English	42 Minutes

HAZWOPER Refresher Training v2 - Module 10 - Spill Prevention

This is Part Ten of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part Ten covers spill prevention. Those working in hazardous waste operations and emergency response need to know how to prevent spills or leaks of hazardous materials and how to respond if or when they do occur. Prompt and proper action can mean the difference between an emergency and a disaster. This module of the HAZWOPER refresher training presents leak and spill control procedures – how to prevent them in the first place and what to do about them if they do occur.

Course Objectives

- Preventive measures for spills and releases
- Basic precautions for handling drums and containers
- Steps to take in spill response
- Physical and chemical methods of leak control

References:
N/A

Available Language(s):	Length:
English	37 Minutes

HAZWOPER Refresher Training v2 - Module 11 - Site Control

This is Part 11 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part 11 covers site control. If uncontrolled, a spill or release of hazardous waste could spread rapidly, leading to contamination on a large scale. For this reason, site control is required on a hazardous waste site. Site control helps limit the spread of contamination in the event of a spill or release of a hazardous substance and is a critical component of the HAZWOPER standard. The site control program is designed to reduce the spread of hazardous substances from contaminated areas to clean areas, to identify and isolate contaminated areas of the site, to facilitate emergency evacuation and medical care, to prevent unauthorized entry to the site, and to deter vandalism and theft. This module examines the elements of a site control program and how they can be implemented.

Course Objectives

- Elements of a site control program
- How site control program elements are used to prevent contamination

References:
N/A

Available Language(s):	Length:
English	31 Minutes

HAZWOPER Refresher Training v2 - Module 12 - Decontamination

This is Part 12 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. Part 12 covers decontamination, an important set of procedures designed to protect the environment, emergency responders, and other people from exposures or contamination resulting from a hazardous materials incident. This module presents the basics of decontamination to prevent the spread of hazardous materials to people and the environment.

Course Objectives

- Regulatory requirements for decontamination
- How personnel contamination occurs
- Common decontamination procedures

References:
N/A

Available Language(s):	Length:
English	31 Minutes

HAZWOPER Refresher Training v2 - Module 13 - Emergency Response

This is Part 13 of a 13-part series of modules on HAZWOPER designed to provide the annual refresher training as required by OSHA for all employees affected by this regulation. This final module of our hazwoper training deals with emergency response. Emergency incidents are actual or potential spills or releases of hazardous materials into the environment. Because the possibility of damage to people, property and the environment is so serious, prompt and proper emergency response is critical. Training in safe emergency response practices will reduce the chances of harm to people or property. All organizations must plan for emergencies. Depending on operations, formal HAZWOPER emergency response planning may be required and that is covered in this module.

Course Objectives

- Onsite and off site emergencies
- Preplanning for emergencies
- Personnel considerations in the event of an emergency
- Elements of an emergency response plan

References:

N/A

Available Language(s):	Length:
English	41 Minutes

Hearing Conservation

Every year, approximately 30 million people in the U.S. are exposed to hazardous noise on the job. Damage to your hearing caused by hazardous noise exposure is PERMANENT. The good news is that noise-induced hearing loss is fully preventable. This course will introduce the requirements of your employer’s hearing conservation program and will describe how you and your employer can work together to prevent hearing loss.

Course Objectives

- The effects of noise on hearing
- The major components of the hearing conservation program
- Advantages and disadvantages of various types of hearing protectors
- The use and care of hearing protection
- The purpose of audiometric testing and an explanation of the testing procedures

References:

29 CFR 1910.95, 29 CFR 1926.52, 29 CFR 1926.101, 29 CFR 1904.10

Available Language(s):	Length:
English, Spanish	31 Minutes

Heat Stress

Heat exposure may occur in many workplaces. Furnaces, bakeries, smelters, foundries and heavy equipment are significant sources of heat inside workplaces. For outdoor workers, direct sunlight is the main source of heat. In mines, geothermal gradients and equipment contribute to heat exposure. Humidity in workplaces also contributes to heat stress. The key to preventing excessive heat stress is knowing the hazards of working in heat and the benefits of implementing proper controls and work practices. You’ll learn about all of these in this training.

Course Objectives

- How the body handles heat
- The most common safety problems associated with heat
- Symptoms of the common health problems associated with exposure to heat and how to treat them
- Ways to reduce the likelihood of heat stress
- Special considerations to keep in mind when working in hot environments

References:

N/A

Available Language(s):	Length:
English, Spanish	33 Minutes

Hot Work

The OSHA standards lay out precautions for hot work and reference the National Fire Protection Association (NFPA) 51B Standard for Fire Prevention During Welding, Cutting and Other Hot Work for more detail about these precautions. This course is based on the OSHA standards and NFPA code, but your institution may have its own rules, and because your insurance company and local Fire Marshal have something to say about fire prevention it’s quite likely that your company’s procedures will be more stringent than the minimum requirements of the standards we’ll discuss.

Course Objectives

- Where hot work is – and is not – permitted
- How to prepare an area for hot work and the safety precautions needed
- The responsibilities of individuals involved in hot work
- How a hot work permit is used
- What emergency procedures need to be in place for hot work.

References:

29 CFR 1910.252

Available Language(s):	Length:
English	34 Minutes

Housekeeping on the Job

Good housekeeping makes your job easier, more efficient and not to mention - safer. This training provides key information to eliminating and controlling clutter, chemicals and other hazards when practicing good housekeeping on the job.

Course Objectives

- Effects and benefits of housekeeping practices
- Elements of a good housekeeping program
- Common housekeeping tasks

References:

29 CFR 1910.22, 29 CFR 1910.106, 29 CFR 1910.176

Available Language(s):

English

Length:

47 Minutes

Hydrogen Sulfide Safety - Part 1

Part 1 of this two-part course describes hydrogen sulfide (known as H₂S) and emphasizes the critical rules of H₂S safety. Any worker who has the potential to be exposed to H₂S at or above the Threshold Limit Value of 10 parts per million in an 8 hour workday must receive this training prior to working in that environment and on an annual basis thereafter.

Course Objectives

- Properties and characteristics of hydrogen sulfide
- Exposure limits and toxic levels of hydrogen sulfide
- Safe hydrogen sulfide work procedures

References:

N/A

Available Language(s):

English

Length:

54 Minutes

Hydrogen Sulfide Safety - Part 2

Part two of this two-part course identifies how you can detect, monitor and protect yourself from hydrogen sulfide (H₂S). This course also addresses H₂S contingency and emergency response plans.

Course Objectives

- Properties and characteristics of hydrogen sulfide
- Exposure limits and toxic levels of hydrogen sulfide
- Safe hydrogen sulfide work procedures

References:

N/A

Available Language(s):

English

Length:

54 Minutes

Industrial Ergonomics

Jobs in an industrial environment can be physically demanding. Preventing work-related musculoskeletal problems rests on an ergonomically sound work environment, good work practices and employee awareness. This course will introduce common risk factors and methods to prevent musculoskeletal injury.

Course Objectives

- Signs and symptoms of musculoskeletal disorders
- Workplace factors contributing to musculoskeletal disorders
- Strategies to reduce and prevent musculoskeletal disorders

References:

OSHA Act Section 5(a)(1) OSHA's General Duty Clause

Available Language(s):

English, Spanish

Length:

39 Minutes

Injury Illness Prevention Program

California's Occupational Safety and Health Act requires every employer in California to have a written Injury and Illness Prevention Program (IIPP). This training describes the IIPP program requirements so employees can comply and know where to go with questions, concerns and ideas on safety and health issues.

Course Objectives

- Description of California's Injury and Illness Prevention Program (IIPP) requirement
- IIPP Elements
- Employee, supervisor and employer IIPP responsibilities

References:

Title 8 California Code of Regulations, Section 3203 (General Industry Safety Orders) Title 8 California Code of Regulations, Section 1509 (Construction Safety Orders)

Available Language(s):

English

Length:

37 Minutes

Introduction to Industrial Hygiene

Industrial hygiene is a science that benefits everyone. It helps employers and industrial hygienists anticipate, recognize, evaluate and control environmental and physical hazards, which can affect the health and well-being of workers and community members.

Course Objectives

- Industrial hygiene overview and historical perspective
- Role of today's industrial hygienist Environmental factors, stresses or hazards
- Occupational standards and limits

References:

29 CFR 1910.1000, 29 CFR 1910.1200

Available Language(s):

English, Spanish

Length:

37 Minutes

Introduction to OSHA

After the Occupational Safety & Health Act was passed in 1970, OSHA (Occupational Safety and Health Administration) was established to help make our workplaces safer. This course examines OSHA's role in promoting the health and safety of America's workers as well as the rights and responsibilities of the employer and the employee.

Course Objectives

- OSHA's Mission
- OSHA's Coverage
- OSHA's Impact
- What Does OSHA Do?
- Outreach, Education and Compliance Assistance

References:

29 CFR 1903, 29 CFR 1904, 29 CFR 1910, 29 CFR 1926

Available Language(s):	Length:
English	70 Minutes

Ionizing Radiation

Although radiation offers many benefits, exposure to it can also threaten our health and the quality of our environment. We cannot eliminate radiation, but this training shows how we can reduce our risk by controlling our exposure to it.

Course Objectives

- Types and sources of radiation
- Occupational exposure and potential health effects
- Radiation controls measures
- Handling ionizing radiation emergencies and reports

References:

N/A

Available Language(s):	Length:
English	35 Minutes

Job Hazard Analysis

What if you could eliminate or minimize risks before an incident occurs? You can. In fact, a job hazard analysis provides a systematic way to identify potential hazards for a task so you can take measures to remove or control the risks. There are also additional benefits to conducting a job hazard analysis, which you'll learn about in this course.

Course Objectives

- What is a Job Hazard Analysis (JHA)?
- JHA Benefits
- Approaches to conducting a JHA
- JHA Process
- JHA Follow up

References:

1910 Subpart 1, OSHA General Duty Clause

Available Language(s):	Length:
English	36 Minutes

Ladder Safety

Many preventable accidents occur when employees are climbing and working on ladders. This training teaches your employees how to use ladders safely and prevent injury or death. It also covers the consequences of unsafe ladder use and proper methods for inspecting and storing ladders.

Course Objectives

- Using different types of ladders
- Do's and don'ts of ladder safety
- Ladder inspection and storage Consequences of unsafe ladder use

References:

29 CFR 1910.25-27, 29 CFR 1915.72

Available Language(s):	Length:
English, Spanish	33 Minutes

Laser Safety

Lasers have been used in many engineering, biological and industrial applications to produce many scientific breakthroughs. However, lasers can present a variety of potentially serious hazards. It's important that you know and understand the hazards associated with lasers so you can work safely with and around them.

Course Objectives

- Laser properties and components
- Hazards associated with lasers
- Laser hazard assessment and classes
- Control measures required for different laser systems
- Laser safety and usage rules

References:

N/A

Available Language(s):	Length:
English	43 Minutes

Lead Poisoning Awareness

Exposure to lead can cause serious health effects, so it's important that you understand what the effects are and how you can avoid them as well as the responsibility your employer has to notify you of potential lead exposure. By taking this training, you'll gain the knowledge you need to protect yourself from lead poisoning.

Course Objectives

- Health hazards of lead exposure
- OSHA's Lead Standard Provisions
- Exposure monitoring and hazard controls
- Medical surveillance, medical removal protection and recordkeeping

References:

29 CFR 1910.1025

Available Language(s):	Length:
English	48 Minutes

Load Securement and Distribution

The North American Cargo Standard forms the basis for the cargo securement and distribution regulations in the United States and Canada. The regulations are designed to ensure cargo stays in place, keeping drivers and other motorists safe. This training details the securement regulations for most types of cargo.

Course Objectives

- Forces acting on cargo
- Securement system elements and their properties
- Safe and legal securement and distribution methods
- Tiedown regulations for varied cargo

References:

North American Cargo Securement Standard

Available Language(s):	Length:
English	51 Minutes

Lockout/Tagout

Failure to lock out machinery before working on it is a major cause of injury and death in the United States. These deaths and injuries can be prevented by establishing and following an effective lockout/tagout program.

Course Objectives

- Lockout/tagout standard
- Energy Control Program
- Types of lockout/tagout devices Lockout/tagout responsibilities
- Lockout/tagout inspections and training requirements

References:

29 CFR 1910.147 (OSHA)

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	46 Minutes

Machine Guarding

Machine guards are designed to protect you from the hazards of moving machinery parts. This training describes common hazards associated with moving machinery parts and the requirements and safeguards that should be used to minimize your risk of injury.

Course Objectives

- Common mechanical hazards
- Types of machine guards, safety devices and other safeguards
- Personal protective equipment for industrial machinery

References:

29 CFR 1910.212, 29 CFR 1910 Subpart O, 29 CFR 1917.151, 29 CFR 1917 Subpart G, 29 CFR 1910.215, 29 CFR 1910.217, 29 CFR 1926.300, 29 CFR 1910.213, 29 CFR 1910.211, 29 CFR 1910.211-.218

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	35 Minutes

Materials Handling and Storing v2

Nobody wants to be in an accident on the job. This is why you need to be aware and take the proper precautions when performing your job functions each day. But, there are a large number of people who forget to safely move, handle and store Materials they work with everyday, because the task may seem ordinary to them, not something they really need to be concerned with. In spite of this perception (or perhaps because of it) there are hundreds of thousands of Materials handling accidents every year, ranging from small splinters, cuts or scrapes, to crushed fingers, hands and feet – even deaths.

Course Objectives

- Potential Hazards
- Methods of Prevention
- Moving, Handling, and Storing Materials
- Using Materials-Handling Equipment
- Ergonomic Safety and Health Principles

References:

29 CFR 1910.176

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	55 Minutes

Office Ergonomics v4

In all work locations, we must take the time to evaluate our work areas to ensure we have them set up to best fit the individual. The goal of this learning module is to assist employees in evaluating and modifying their own office work environment to reduce ergonomic risk.

Course Objectives

- Ergonomic risk factors
- Computer workstation ergonomics

References:

OSH Act section 5(a)(1) OSHA's General Duty Clause

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	35 Minutes

Office Safety

Office safety is everyone's responsibility. It involves two major factors. First, you must understand what you can do to stay safe on the job. Second, you need to be aware of how to correct unsafe conditions. This course provides the information you need to work safer in your office environment.

Course Objectives

- Common office hazards
- Emergency response plan
- Prevention techniques
- Injury reporting process
- Workplace security

References:

N/A

Available Language(s):	Length:
English	40 Minutes

OSHA 300 - OSHA Recordkeeping Requirements v2

OSHA has a set of rules for recordkeeping. This training summarizes the key provisions of the new rules. It also highlights the major changes from OSHA's previous recordkeeping regulation.

Course Objectives

- OSHA 300 Rule
- Recording work-related injuries and illnesses
- Classifying injuries and illnesses
- Calculating injury and illness incidence rates

References:

N/A

Available Language(s):	Length:
English	47 Minutes

OSHA Inspections for Construction and Multi-Employer Worksites

Very few people really look forward to OSHA inspections. All the same, an average of 1,000 employers per week receive a compliance inspection. Like it or not, inspections happen, so employers need to be prepared. This training provides an overview of the OSHA inspection process for construction and multi-employer worksites.

Course Objectives

- The different types of inspections that may be conducted
- The inspection process
- The employer's rights during and after the inspection
- OSHA citations and penalties
- OSHA's multi-employer worksite citation process

References:

1926.3 (OSHA) OSHA Directive CPL 02-00-124 - CPL 2-0.124 (OSHA) OSHA Section 5(a)(1) (OSHA) OSHA's General Duty Clause (OSHA)

Available Language(s):	Length:
English	43 Minutes

Overhead and Gantry Crane Safety

It's important for operators and supervisors to realize the power of overhead and gantry cranes since the very power that makes them so useful also makes them dangerous. By properly maintaining and operating the cranes with which you work, you can protect yourself and coworkers.

Course Objectives

- Crane inspections
- Safe crane operating procedures
- Safe working conditions

References:

29 CFR 1910.179

Available Language(s):	Length:
English, Spanish	40 Minutes

Performing Safety Inspections

Safety inspections help employers identify unsafe work conditions and practices, eliminate any barriers to safe, efficient production, recognize and share safer, more efficient ways to get the job done, demonstrate their commitment to employee safety, raise safety awareness, meet regulatory requirements and avoid liability and prevent injuries and incidents. This training focuses on the general techniques and approaches that can be used to conduct efficient and effective safety inspections.

Course Objectives

- Planning for the inspection
- Conducting the inspection
- Following up to make sure corrective actions are taken

References:

OSHA Section (5)(a)(1)-General Duty Clause

Available Language(s):	Length:
English	38 Minutes

Personal Protective Equipment (PPE) Overview

Workplaces can be very dangerous and unpredictable places with loud noises, falling objects, flying sparks, toxic chemicals, whirling blades and belts, you name it. So what's one way to keep yourself safe? By wearing personal protective equipment, commonly known as PPE, you can protect yourselves against hazards and reduce your chances of getting hurt - or even killed.

Course Objectives

- Identify different types of PPE
- Select the appropriate PPE for the hazards present
- And recognize the principles of proper PPE use, care and maintenance

References:

29 CFR 1910, OSHA Occupational Safety and Health Standards(General Industry), Subpart I - Personal Protective Equipment 29 CFR 1926, OSHA Safety and Health Regulations for Construction, Subpart E - Personal Protective and Life Saving Equipment 29 CFR 1910.95, OSHA Occupational Noise Exposure Various Consensus Standards - ANSI, ASTM

Available Language(s):	Length:
English	44 Minutes

Personal Protective Equipment (PPE) Part 01 - Introduction

This course introduces the 10-part training suite on personal protective equipment (PPE). In this introduction, you'll learn about OSHA's PPE standard and how employer's determine PPE requirements.

Course Objectives

- The main requirements of OSHA's PPE standard
- The types of hazards that may be found in your workplace
- Examples of engineering, work practice and administrative controls that could be implemented before PPE is used

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	17 Minutes

Personal Protective Equipment (PPE) Part 02 - Head Protection

Head injuries can turn fatal. Therefore, it's important to be aware of potential hazards and always wear the proper head protection. This course presents head protection basics guiding you on selecting the right class of protection.

Course Objectives

- Head protection basics
- Types of head protection
- Care and maintenance of head protection

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

17 Minutes

Personal Protective Equipment (PPE) Part 03 - Eye and Face Protection

You increase your risk of eye and face injuries when they don't wear personal protective equipment (PPE) or select the right kind of protection for the hazard. Learn how to select hazard-specific eye and face protection in this course.

Course Objectives

- Regulatory requirements for eye and face protection
- Types of eye and face protection Optical radiation
- Selecting, wearing and maintaining eye and face protection

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

19 Minutes

Personal Protective Equipment (PPE) Part 04 - Hand and Arm Protection

When engineering, work practice or administrative controls do not eliminate hand and arm hazards, you must wear the appropriate type of protection. This portion of the Personal Protective Equipment (PPE) training suite helps you guard against hand and arm injuries.

Course Objectives

- Hand and arm hazards
- Types of hand and arm protection
- Selecting, wearing and maintaining hand and arm protection

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

15 Minutes

Personal Protective Equipment (PPE) Part 05 - Body Protection

Body protection is available to protect you against specific hazards. Learn more about hazard-specific body protection in this portion of the Personal Protective Equipment (PPE) training suite.

Course Objectives

- Body hazards
- Types of body protection
- Selecting hazard-specific body protection
- Care and maintenance of body protection

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

10 Minutes

Personal Protective Equipment (PPE) Part 06 - Foot Protection

Think about it – how would your job change if you had a foot injury? Doesn't it make sense to wear foot protection when you need it? This course examines types of foot and leg protection.

Course Objectives

- Foot and leg hazards
- Types of foot and leg protection
- Foot protection selection, inspection and maintenance

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

24 Minutes

Personal Protective Equipment (PPE) Part 07 - Hearing Conservation

Protection against excessive noise exposure is the only way to avoid permanent hearing damage. In this course, you'll learn about types of hearing protection as well as how to select, wear and maintain hearing protection.

Course Objectives

- Types of noise
- Types of hearing protection
- Selecting, wearing and maintaining hearing protection

References:

N/A

Available Language(s):

English, Spanish, Italian, Chinese, French, German

Length:

18 Minutes

Personal Protective Equipment (PPE) Part 08 - Respiratory Protection

Hazardous materials can enter your body by ingestion, absorption or inhalation. Proper respirator usage can protect you from inhalation hazards. Learn more about respiratory protection in this portion of the Personal Protective Equipment (PPE) training suite.

Course Objectives

- Respiratory hazards
- Types of respiratory protection
- Care and maintenance of respirators

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	16 Minutes

Personal Protective Equipment (PPE) Part 09 - Electrical Protective Devices

When working around electricity you always follow proper safety precautions and choose the right tools for the job. This includes wearing the right type of personal protective equipment (PPE). This portion of the PPE training suite explores the types of electrical protective devices as well as their classes and ratings.

Course Objectives

- Electrical hazards
- Types of electrical protective devices
- Electrical PPE requirements
- PPE maintenance and inspection
- Repairing and storing electrical PPE

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	18 Minutes

Personal Protective Equipment (PPE) Part 10 - Levels of Protection and Protective Gear

When faced with hazards, you must select the appropriate level of protection based on the severity of the hazard. This course examines personal protective equipment (PPE) selection factors and levels of protection.

Course Objectives

- PPE selection factors
- PPE levels of protection
- PPE applicable to each level of protection

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	21 Minutes

Personal Protective Equipment (PPE) Part 08 - Respiratory Protection

Hazardous materials can enter your body by ingestion, absorption or inhalation. Proper respirator usage can protect you from inhalation hazards. Learn more about respiratory protection in this portion of the Personal Protective Equipment (PPE) training suite.

Course Objectives

- Respiratory hazards
- Types of respiratory protection
- Care and maintenance of respirators

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	16 Minutes

Pest Management

Besides being a nuisance, pests have the potential to harm people, equipment and facilities. This course explores pest management strategies that prevent pest problems. Emphasis is placed on safety information for the person handling and applying pesticides, and personal safety strategies when encountering and removing pests.

Course Objectives

- Potential harm of pests
- Pest management strategies
- Personal safety strategies

References:

29 CFR 1910.141(a)(5), 29 CFR 1926.51(h)

Available Language(s):	Length:
English	30 Minutes

Powered Industrial Trucks Part 1: Introduction Pre Operation Procedures v2

Powered Industrial Trucks like forklifts, motorized pallet jacks, tuggers, tow motors and other powered equipment are used every day to lift and move equipment or materials. According to the U.S. Bureau of Labor Statistics, every year powered industrial trucks are involved in approximately 68,400 accidents, 34,000 injuries and 85 fatalities. Because of this high risk of injury and even death while operating a powered industrial truck, OSHA regulates their operation. This course covers OSHA-required information that needs to be communicated to operators during the classroom portion of their training. Module 1 covers the basics of Powered Industrial Trucks and their safe operation.

Course Objectives

- What a Powered Industrial Truck is
- Classes of Powered Industrial Trucks
- Types of Powered Industrial Trucks
- Data plates and Markings
- The Equipment History File
- Operator responsibilities
- Pre-operation safety
- Traveling
- Stopping and end-of-shift considerations

References:

29 CFR 1910.178, 29 CFR 1915.120, 29 CFR 1917.43, 29 CFR 1918.65

Available Language(s):	Length:
English, Spanish	35 Minutes

Powered Industrial Trucks Part 2: Pre-Operation Inspection and Maintenance v2

Powered Industrial Trucks like forklifts, motorized pallet jacks, tuggers, tow motors and other powered equipment are used every day to lift and move equipment or materials. According to the U.S. Bureau of Labor Statistics, every year powered industrial trucks are involved in approximately 68,400 accidents, 34,000 injuries and 85 fatalities. Because of this high risk of injury and even death while operating a powered industrial truck, OSHA regulates their operation. This course covers OSHA-required information that needs to be communicated to operators during the classroom portion of their training. Module 2 covers pre-use inspections, maintenance and refueling/recharging.

Course Objectives

- Pre-use inspections
- Maintenance in general
- Refueling
- Changing and charging batteries

References:

29 CFR 1910.178, 29 CFR 1915.120, 29 CFR 1917.43, 29 CFR 1918.65

Available Language(s):	Length:
English, Spanish	36 Minutes

Powered Industrial Trucks Part 3: Stability and Handling Loads v2

Powered Industrial Trucks like forklifts, motorized pallet jacks, tuggers, tow motors and other powered equipment are used every day to lift and move equipment or materials. According to the U.S. Bureau of Labor Statistics, every year powered industrial trucks are involved in approximately 68,400 accidents, 34,000 injuries and 85 fatalities. Because of this high risk of injury and even death while operating a powered industrial truck, OSHA regulates their operation. This course covers OSHA-required information that needs to be communicated to operators during the classroom portion of their training. Module 3 covers stability and safe load handling.

Course Objectives

- Powered industrial truck stability
- How lifts differ from automobiles
- Movement
- Line of action
- Handling loads
- Picking up
- Traveling
- Placing

References:

29 CFR 1910.178, 29 CFR 1915.120, 29 CFR 1917.43, 29 CFR 1918.65

Available Language(s):	Length:
English, Spanish	28 Minutes

Pre-Job Briefings for Electrical Work

Every day, all over the country, electrical work takes place. There are many risks associated with this type of work, and many different safety precautions are required depending on what is being done, as well as where and by whom it is carried out. Pre-job briefings make sure workers know about the current hazards and any changes that will affect how they work, as well as the safety precautions they need to take. This course covers how to conduct a pre-job briefing for electrical work.

Course Objectives

- What a pre-job briefing is
- When it takes place
- What it covers
- Who conducts it
- How it should be documented
- When pre-job briefings are not required

References:

N/A

Available Language(s):	Length:
English	16 Minutes

Preventing Back Injury v2

Have you ever had a sharp pain in your back? Each year, millions of workers suffer from back ailments that can be debilitating. This module helps you understand how the back works and what you can do to prevent back injuries.

Course Objectives

- How the back works
- Types of back injuries
- Risk factors and causes of back injuries
- Preventing back injuries

References:

N/A

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	37 Minutes

Preventing Cuts and Puncture Wounds v2

When you get a cut or puncture wound, you must take precautions to prevent infection, which can cause serious or even life threatening implications. This course provides guidance on using machinery, knives and other sharp objects in a safe manner as well as treating cut and puncture wounds.

Course Objectives

- Health risks of cuts and punctures
- General hand safety procedures
- Treating cut and puncture wounds

References:

N/A

Available Language(s):	Length:
English, Spanish	39 Minutes

Preventing Slips, Trips and Falls v2

Preventing slips, trips, and falls is fairly inexpensive and easy, but often ignored in the daily routine of trying to get work done quickly and efficiently. This course defines slips, trips and falls and details how you can avoid them.

Course Objectives

- Slips, trips and falls defined
- Causes and solutions to slips, trips and falls
- Housekeeping and proper equipment use
- Falling techniques

References:

29 CFR 1910.21-27

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	25 Minutes

Process Safety Management

When managing hazards associated with work processes using highly hazardous chemicals, Process Safety Management (PSM) programs require active participation by both the employer and the employee to prevent harm from coming to hundreds and thousands of people. In this 30-minute course, you'll learn about process safety management, which involves proactive identification, evaluation and either prevention or mitigation of chemical releases that could occur as a result of failures in processes, procedures, or equipment.

Course Objectives

- PSM program requirements
- Key aspects of training
- Elements of a Process Hazard Analysis (PHA)
- Elements of written operating procedures, incident investigations, emergency planning and compliance audits

References:

29 CFR 1910.119

Available Language(s):	Length:
English	36 Minutes

Process Safety Management (PSM) - Food Industry

For your safety, you must be aware of safety rules and procedures at your food processing facility. The rules and procedures provide evacuation and emergency procedures in the event of fire, severe weather, natural disaster, acts of terrorism or even the release of hazardous chemicals. This course provides information that could help you during an emergency.

Course Objectives

- OSHA's emergency evacuation requirements
- Types of emergencies
- Process Safety Management (PSM) program
- Protection against anhydrous ammonia

References:

N/A

Available Language(s):	Length:
English	16 Minutes

Radiofrequency (RF) Training

Many consumer and industrial products and applications make use of radiofrequency ("RF") energy. RF energy includes radio waves and microwaves, which is used for providing telecommunications, broadcast and other services. Although RF energy has many important uses, it also poses some significant health risks you need to understand if you may be exposed to RF. In this course, you'll learn about these risks and what you can do to avoid them.

Course Objectives

- RF uses
- Sources of RF exposure
- Health effects related to RF exposure
- Exposure limits
- Antenna and tower site safety

References:

N/A

Available Language(s):	Length:
English	65 Minutes

Reasonable Suspicion Training for Alcohol and Substance Abuse

PureSafety's Reasonable Suspicion Training for Alcohol and Substance Abuse was developed for Managers and Supervisors affected by DOT regulations. This interactive module covers the signs and symptoms of alcohol and drug abuse; how safety and performance standards are enforced, and how to challenge alcohol and drug use in the workplace.

Course Objectives

- Employer responsibilities
- What is considered a violation
- Signs, symptoms and behavioral effects of drug and alcohol abuse
- DOT testing categories
- The testing process

References:

N/A

Available Language(s):	Length:
English, Spanish	52 Minutes

Respiratory Protection

Inhalation is the most common way chemicals enter the body. Therefore, understanding and complying with the OSHA Respiratory Protection Standard could prevent hundreds of deaths and thousands of illnesses annually. This training will present the basic requirements of the respiratory protection program and will focus on the types and limitations of respirators.

Course Objectives

- Respiratory Protection Standard requirements
- Respirator selection
- Capabilities and limitations of respirators
- Respirator maintenance
- Signs of respirator failure

References:

29 CFR 1910.134, 1915.154 1926.103

Available Language(s):	Length:
English, Spanish	38 Minutes

Respiratory Protection Program Administration (RPPA) Training A1: Introduction

This program provides Respiratory Protection Program Administrators with the knowledge and skills necessary to manage a worksite respiratory protection program and ensure its success. Part A1 explains the course structure and the corresponding RPPA topics. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- RPPA course structure and topics

References:

N/A

Available Language(s):	Length:
English	3 Minutes

Respiratory Protection Program Administration (RPPA) Training A2: Overview of Federal Regulations

Part A2 of the Respiratory Protection Program Administrators course examines the federal regulations regarding reparatory protection. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- OSHA respiratory protection regulations
- NIOSH's certification/approval criteria for respirators
- Relationship of OSHA, NIOSH and ANSI regulations
- Accessing OSHA, NIOSH and ANSI respiratory requirements/information

References:

N/A

Available Language(s):	Length:
English	24 Minutes

Respiratory Protection Program Administration (RPPA) Training A3: Chemical Hazards

Part A3 of the Respiratory Protection Program Administrators course reviews chemical hazards and employee protection. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Chemical affects
- Routes of entry
- Respiratory system diseases
- Toxicity

References:

N/A

Available Language(s):	Length:
English	30 Minutes

Respiratory Protection Program Administration (RPPA) Training B1: Overview

Part B1 of the Respiratory Protection Program Administrators course explores the respiratory protection program elements. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Elements of OSHA compliant RPP

References:

N/A

Available Language(s):	Length:
English	9 Minutes

Respiratory Protection Program Administration (RPPA) Training B2: The RPPA's Job

Part B2 of the Respiratory Protection Program Administrators course examines the administrator's areas of responsibility. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- RPPA responsibilities
- Developing a respiratory protection system
- Constructing policies and procedures
- Providing effective training
- Implementing and monitoring the program's effectiveness

References:

N/A

Available Language(s):	Length:
English	38 Minutes

Respiratory Protection Program Administration (RPPA) Training C1: Evaluating the work site

Part C1 of the Respiratory Protection Program Administrators course explores the importance of evaluating the work site before creating a respiratory protection program and selecting the appropriate respiratory protection. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Work site evaluations
- Circumstances for conducting exposure assessments
- Assessing employee exposure

References:

N/A

Available Language(s):	Length:
English	25 Minutes

Respiratory Protection Program Administration (RPPA) Training C2: Evaluating Chemical Hazards

The purpose of this program is to provide Respiratory Protection Program Administrators with the knowledge and skills necessary to manage a worksite respiratory protection program, and to inform them on how to develop and apply basic strategies to ensure Respiratory Protection Program success. Part C covers executing respiratory protection programs. Every RPPA needs to understand the physical forms of chemicals, what constitutes a “chemical dose,” how to understand and recognize OSHA PELs, how chemical exposures are measured and compared to the PEL, and how an RPPA can make a reasonable estimate of exposure. Without this knowledge and skill, it is impossible to safeguard worker health. In this section, you’ll learn about these topics. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Forms of Chemicals
- Measuring concentration of chemicals
- Permissible exposure limit
- Short term exposure limit
- Conducting a worksite survey
- Engineering controls

References:

N/A

Available Language(s):	Length:
English	41 Minutes

Respiratory Protection Program Administration (RPPA) Training C3: Employee Medical Evaluations

The purpose of this program is to provide Respiratory Protection Program Administrators with the knowledge and skills necessary to manage a worksite respiratory protection program, and to inform them on how to develop and apply basic strategies to ensure Respiratory Protection Program success. Part C covers executing respiratory protection programs. This area of the course covers the mandatory medical evaluation process. In it, you’ll learn about who is evaluated and when – who does the evaluations, and what happens as a result of the evaluation. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Medical evaluation requirements
- Regulation of medical evaluations
- Evaluation results and follow-up

References:

N/A

Available Language(s):	Length:
English	14 Minutes

Respiratory Protection Program Administration (RPPA) Training D1: Types of Respirators

Respirator requirements ; Classification types by fit, air pressure and face-piece Respirators are categorized by fit, air pressure type, and class. This section will explain each different respirator. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Respirator requirements
- Classification types by fit, air pressure and face-piece

References:

N/A

Available Language(s):	Length:
English	45 Minutes

Respiratory Protection Program Administration (RPPA) Training D2: Determining Respirator Type

Part D2 of the Respiratory Protection Program Administrators course helps administrators select hazard-specific respiratory protection for employees. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Selecting the proper respirator
- Working conditions
- Protection factors
- Fit testing

References:

N/A

Available Language(s):	Length:
English	32 Minutes

Respiratory Protection Program Administration (RPPA) Training D3: Fit Testing After Evaluation

Part D3 of the Respiratory Protection Program Administrators course examines fit testing requirements for respiratory equipment. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Fit testing requirements
- Types of Fit Testing
- Testing the fit
- Fit testing records

References:

N/A

Available Language(s):	Length:
English	23 Minutes

Respiratory Protection Program Administration (RPPA) Training D4: Use, Care and Maintenance

Part D4 of the Respiratory Protection Program Administrators course explains how to properly maintain, inspect, store and use respirators. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Pre-use checks
- Cleaning a respirator
- Respirator Inspection and maintenance
- Storage requirements

References:

N/A

Available Language(s):	Length:
English	37 Minutes

Respiratory Protection Program Administration (RPPA) Training D5: Documentation and Recordkeeping

Part D5 concludes the Respiratory Protection Program Administrators course by reviewing the RPP documentation requirements. The American Board of Industrial Hygiene (ABIH) has approved the curriculum and will award 3.0 CM points to individuals who successfully complete the RPPA Suite.

Course Objectives

- Access to records
- RPPA documentation requirements

References:

N/A

Available Language(s):	Length:
English	8 Minutes

Safety Orientation

This employee safety program is much more than an examination of set rules. It is a common sense approach to training employees in order to prevent injuries and illness.

Course Objectives

- Safety philosophies and policies
- Hazardous materials in the workplace
- Safety rules and signs
- Safety tools and equipment
- Reporting safety incidents

References:

29 CFR 1910 Section 5(a)(2)

Available Language(s):	Length:
English, Spanish	25 Minutes

Scaffold Safety Awareness

Every employee who works on or around scaffolding should be aware of scaffold safety requirements as a means of reducing injuries and preventing deaths. This course examines the common hazards associated with scaffolds and the basics to scaffold safety.

Course Objectives

- Scaffold safety principles
- Supervisor and employee responsibilities
- Scaffold design and wire rope shielding
- Inspection checklists
- Fall protection equipment

References:

N/A

Available Language(s):	Length:
English, Spanish	40 Minutes

Spill Prevention, Control and Countermeasures (SPCC)

The SPCC regulation was developed to prevent oil releases at facilities. Any employee involved in oil handling, transfer, storage, spill response or maintenance of oil equipment must participate in a SPCC training program. This course gives such employees a general overview of SPCC requirements.

Course Objectives

- SPCC requirements
- Spill prevention
- Waste and drum handling

References:

N/A

Available Language(s):	Length:
English, Spanish	26 Minutes

Spray Finishing v2

Spray operations can present both physical and health hazards to those involved. This module covers flammable and combustible finishing materials when applied as a spray by compressed air in indoor spray applications.

Course Objectives

- Spray areas/booths
- Sources of ignition
- Ventilation
- Storage and handling of flammable/combustible liquids
- Operations and maintenance guidelines

References:

29 CFR 1910.94, 29 CFR 1910.107

Available Language(s):	Length:
English, Spanish	25 Minutes

Storm Water Pollution Prevention

The laws requires us to regulate stormwater in order to reduce the pollution of rivers and lakes. Identifying sources of storm water pollution and keeping them from coming in contact with runoff is one of the best and most economical ways of protecting the quality of our waters. This course presents best management practices to prevent stormwater pollution.

Course Objectives

- Stormwater regulations
- Sources of stormwater pollution
- Management practices to prevent stormwater pollution
- Responding to a spill

References:

40 CFR 122.26, 40 CFR 122.44, 40 CFR Part 122 Clean Water Act (CWA), 40 CFR Part 264, 40 CFR Part 265, 40 CFR Part 413, 40 CFR Part 433, 40 CFR Part 469 Section 402 - National Pollutant Discharge Elimination System

Available Language(s):	Length:
English, Spanish, Italian, Chinese, French, German	32 Minutes

Tree Trimming Safety

Tree trimming operations require climbing, pruning, and felling trees. Hand and portable power tools such as loppers, trimmers, and chainsaws make the necessary cuts. Aerial lifts and chippers bring workers to the right height and clean up the worksite. All of these activities have the potential to be extremely hazardous. This course covers safety precautions for tree trimming.

Course Objectives

- Hazards of tree trimming
- Precautions to avoid tree trimming hazards

References:

29 CFR 1910.269

Available Language(s):	Length:
English	42 Minutes

Walking/Working Surfaces v2

Slips and falls on walking and working surfaces can occur almost anywhere at any time. Few surfaces can be ignored. This course provides a clear understanding of the general requirements for OSHA's standard on walking and working surfaces.

Course Objectives

- Housekeeping
- Covers and guardrails
- Ladders and Scaffolding
- Other working surfaces

References:

29 CFR 1910.24

Available Language(s):	Length:
English, Spanish	21 Minutes

Warehouse Worker Safety

When working in warehouses, you could be presented with kinds of materials, equipment and vehicles. These items can be dangerous if you don't practice safe work procedures, monitor your surroundings and correct unsafe conditions. This training will help you create a safe warehouse environment.

Course Objectives

- Safe material handling procedures
- Vehicle and equipment use protocols
- Emergency prevention and preparation steps
- Routines to maintain a safe warehouse

References:

29 CFR 1910.176

Available Language(s):	Length:
English	57 Minutes

West Nile Virus

West Nile Virus (WNV) is a potentially serious illness, most often spread by the bites of infected mosquitoes. This course covers the history of the virus and what individuals can do to minimize their risk of exposure to it.

Course Objectives

- How West Nile Virus is contracted
- How to reduce or control the spread of West Nile Virus
- Signs and symptoms of the disease

References:

N/A

Available Language(s):	Length:
English	32 Minutes

Workplace Hazardous Materials Information System (WHMIS)

Canada's Workplace Hazardous Materials Information System (WHMIS) makes hazardous material information uniformly available to all Canadian workers. Given the amount of information and number of parties involved, this can be a complex undertaking. This course explains how WHMIS works, who is responsible for various tasks under WHMIS and how everyone can take full advantage of the hazardous material information available to them.

Course Objectives

- WHMIS legislation and components
- Supplier and employer duties
- Worker rights and responsibilities
- Enforcement and inspections

References:

Section 82 (Occupational Safety & Health Act)

Available Language(s):	Length:
English, French Canadian	61 Minutes

Workplace Violence Prevention

Recent statistics show that every year, about 1.7 million U.S. residents are victims of workplace violence incidents. You or someone you know could be involved in workplace violence at any time, anywhere. This course will give you a basic understanding of what constitutes workplace violence, the warning signs to watch for, and what you and others around you can do to prevent it.

Course Objectives

- Types of workplace violence
- Risk factors associated with workplace violence
- The roles of various groups of people in workplace violence prevention
- Components of workplace violence prevention programs

References:

N/A

Available Language(s):	Length:
English, Spanish	55 Minutes

Workplace Violence Prevention - Health Care and Social Service Workers

Workplace violence is any physical assault, threatening behavior or verbal abuse. It can occur in the work setting including, but not limited to, a work building and its surrounding perimeters, field locations, clients' homes and travel to and from work assignments. This course explores the elements of a good workplace violence prevention program for health care and social service environments.

Course Objectives

- Defining workplace violence
- OSHA's guidelines and recommendations
- Management commitment and employee involvement
- Prevention and control measures
- Recordingkeeping and evaluation

References:

N/A

Available Language(s):	Length:
English	26 Minutes

Workplace Violence Prevention - Late-Night Retail Establishments

Physical assault, threatening behavior and verbal abuse are examples of workplace violence. These types of violence can occur in any work setting including retail and late-night establishments. Therefore, it's important to learn the elements of a good workplace violence prevention program and establish such a program in your workplace.

Course Objectives

- Defining workplace violence
- OSHA's guidelines and recommendations
- Management commitment and employee involvement
- Prevention and control measures
- Recordingkeeping and evaluation

References:

N/A

Available Language(s):	Length:
English	24 Minutes

Semiconductor Chemical Safety Part 1 v2

Improper use of chemicals can result in serious injury or death. To be able to store, handle, and use chemicals safely, it is important to fully understand the hazardous properties associated with them. Chemical safety can be accomplished through engineering, administrative and personal protective equipment controls and following key emergency procedures and practices.

Course Objectives

- Recognize the hazards associated with chemical substances
- Identify hazard communication techniques
- Identify procedures for safe handling and storage of

References:

29 CFR 1910 Subpart Z, 29 CFR 1910 Subpart H, 29 CFR 1910 Subpart I

Available Language(s):

English

Length:

73 Minutes

Semiconductor Chemical Safety Part 2 v2

Improper use of chemicals can result in serious injury or death. To be able to store, handle, and use chemicals safely, it is important to fully understand the hazardous properties associated with them. Chemical safety can be accomplished through engineering, administrative and personal protective equipment controls, and by following key emergency procedures and practices.

Course Objectives

- Identify the main chemicals and processes used in semiconductor manufacturing
- Identify chemical hazards in semiconductor and related operations
- Explain the use of engineering, administrative, and personal protective equipment controls to reduce the risks associated with chemicals

References:

29 CFR 1910 Subpart Z, 29 CFR 1910 Subpart H, 29 CFR 1910 Subpart I, 29 CFR 1910 Subpart E

Available Language(s):

English

Length:

113 Minutes

Semiconductor Electrical Safety Awareness v2

Both Semiconductor Equipment and Materials International (SEMI) safety guidelines, and electrical safety regulations of various countries, require that semiconductor equipment manufacturers incorporate electrical safety into the design of their equipment. This course is designed to provide you with an understanding of the safe work practices necessary to protect you from electric shock, secondary injuries associated with electric shock, fires and arc flashes when working on systems operating between 50 and 600 volts.

Course Objectives

- Overview of the electrical hazards present in your workplace
- Protective measures you will need to prevent related injuries

References:

29 CFR 1910.147 29 CFR 1910 Subpart S

Available Language(s):

English

Length:

86 Minutes

Semiconductor Environmental, Health and Safety at Work v2

The course explains environmental, health and safety (EHS) and how it applies to you in the semiconductor industry. It provides general safety precautions, reviews manufacturing hazards, gives procedures in the case of an emergency and teaches you how to properly report an accident. In addition, it describes the company EHS policy and philosophy, as well as your role and responsibilities related to EHS.

Course Objectives

- Explain EHS and how it applies to you
- Follow general safety precautions for your work environment
- Properly report an accident

References:

29 CFR 1910

Available Language(s):

English

Length:

44 Minutes

Semiconductor Ergonomics for Maintenance and Service

Ergonomics is the scientific study of human work. The goal of ergonomics is to reduce work-related musculoskeletal disorders by adapting the work to fit the person, instead of forcing the person to adapt to the work. Following ergonomic principles can prevent many repeated trauma disorders, which currently account for three-quarters of the occupational illnesses and injuries in the semiconductor industry. This lesson offers an overview of the common ergonomic issues associated with semiconductor facilities. Learners will come away from the lesson equipped to identify common musculoskeletal disorders, use common ergonomic strategies in their daily work, and work with other appropriate parties to improve the ergonomics of their workplace.

Course Objectives

- Explain the importance of ergonomics in the design of your workplace
- Describe what musculoskeletal disorders (or MSDs) are
- Identify the major MSD risk factors

References:

N/A

Available Language(s):

English

Length:

51 Minutes

Semiconductor Fabrication Worker Safety v2

Your company's foremost goal is protecting your health and safety during performance of your job. In addition, customers expect that all vendor field personnel will be trained on common hazards found in the fabrication industry and the specific hazards associated with your company's equipment. This course is intended for all fab workers including Field Service Engineers (FSE), Application Engineers, installation teams, and direct and contract personnel who work in a semiconductor fabrication environment.

Course Objectives

- Know when fall protection is required
- Recognize the types of hazardous energies found on tools
- Respond appropriately during an emergency

References:

29 CFR 1910

Available Language(s):

English

Length:

65 Minutes

Semiconductor Hazardous Energy v2

Semiconductor fabrication facilities and equipment manufacturing facilities are complex workplaces containing nearly every type of hazardous energy. Anyone who works in such a facility must understand the hazardous energy types found there and the facility's lockout / tagout program to protect themselves from those hazards. That's why this lesson explains the types of hazardous energy typically found in semiconductor facilities and the reasons they necessitate a lockout / tagout program. The learner will also gain an understanding of key OSHA lockout / tagout requirements and an appreciation for the importance of following facility-specific lockout / tagout policies and procedures.

Course Objectives

- Identify the main types of hazardous energy and recognize which ones apply to you
- Describe the purpose of a lockout / tagout program
- Apply methods and procedures involved in an effective lockout / tagout program

References:

29 CFR 1910.147 29 CFR 1910 Subpart S

Available Language(s):

English

Length:

54 Minutes

Effective Supervision

In today's increasingly competitive marketplace, people are an organization's most valuable resource. Effectively supervising this resource is crucial to success. This course presents the tools needed to be an effective supervisor. The course will help those new to the supervisory role transition to their new responsibilities, while providing a good review for more seasoned supervisors.

Course Objectives

- The importance of being an effective supervisor
- The multiple roles a supervisor plays
- Common mistakes to avoid
- Tips for transitioning to a supervisory position
- Supervisory styles and when and how to use them

References:

N/A

Available Language(s):

English, Spanish

Length:

76 Minutes

Performing Safety Inspections

Safety inspections help employers identify unsafe work conditions and practices, eliminate any barriers to safe, efficient production, recognize and share safer, more efficient ways to get the job done, demonstrate their commitment to employee safety, raise safety awareness, meet regulatory requirements and avoid liability and prevent injuries and incidents. This training focuses on the general techniques and approaches that can be used to conduct efficient and effective safety inspections.

Course Objectives

- Planning for the inspection
- Conducting the inspection
- Following up to make sure corrective actions are taken

References:

OSHA Section (5)(a)(1)-General Duty Clause

Available Language(s):

English

Length:

38 Minutes

Preventing Workplace Harassment - Employees v2

This program addresses a crucial issue in the workplace: respect. Respect is reflected in a broad range of behavior. It's opposite, disrespectful behavior, encompasses behavior that includes racial and sexual harassment, and discrimination. The consequences of disrespectful behavior for employees and the company can be devastating. Everyone deserves a respectful workplace, and this program will help you be able to do your part in creating one.

Course Objectives

- Respect in the workplace
- Types of harassment
- Discrimination
- Reporting disrespectful behavior

References:

N/A

Available Language(s):

English

Length:

41 Minutes

Reasonable Suspicion Training for Alcohol and Substance Abuse

PureSafety's Reasonable Suspicion Training for Alcohol and Substance Abuse was developed for Managers and Supervisors affected by DOT regulations. This interactive module covers the signs and symptoms of alcohol and drug abuse; how safety and performance standards are enforced, and how to challenge alcohol and drug use in the workplace.

Course Objectives

- Employer responsibilities
- What is considered a violation
- Signs, symptoms and behavioral effects of drug and alcohol abuse
- DOT testing categories
- The testing process

References:

29 CFR 1910.21-27, 29 CFR 1910.268

Available Language(s):

English, Spanish

Length:

52 Minutes

Safety And You

As a supervisor your actions directly impact the employees you supervise. How you handle yourself, what you say and even what you don't say impacts how employees behave. Therefore, we'll examine several safety management approaches and help you build an enhanced climate for safety in your workplace.

Course Objectives

- Pros/cons of traditional safety management approaches
- Flaws with discipline-based safety management
- Management skills for effective safety management

References:

N/A

Available Language(s):

English, Spanish

Length:

56 Minutes

Battery Safety for Telecommunications

Telecommunication services depend on batteries and power plants. The chemical and electrical components of these power sources have the potential to seriously injure, or even kill. Fortunately, the proper safety precautions offer protection from these hazards. This course is designed to provide the information needed to stay safe when working with batteries and power plants.

Course Objectives

- Battery Technology
- Battery Safety
- Battery Hazards
- Battery String Voltage
- Power Plant Polarity
- Battery Life Cycle and Disposal

References:

29 CFR 1910.268

Available Language(s):

English

Length:

35 Minutes

Fall Prevention and Protection for the Telecommunications Industry

There are many practices and tools you can use to prevent falling on the job or minimize the impact of a fall. This training is designed to give you an overview of those practices and tools.

Course Objectives

- Fall prevention and protection
- Fall restraint and arrest systems
- Ladder safety

References:

29 CFR 1910.21-27, 29 CFR 1910.268

Available Language(s):

English

Length:

41 Minutes

Radiofrequency (RF) Training

Many consumer and industrial products and applications make use of radiofrequency ("RF") energy. RF energy includes radio waves and microwaves, which is used for providing telecommunications, broadcast and other services. Although RF energy has many important uses, it also poses some significant health risks you need to understand if you may be exposed to RF. In this course, you'll learn about these risks and what you can do to avoid them.

Course Objectives

- RF uses
- Sources of RF exposure
- Health effects related to RF exposure
- Exposure limits
- Antenna and tower site safety

References:

N/A

Available Language(s):

English

Length:

65 Minutes

Defensive Driving: Large Vehicles

Most vehicle accidents are actually the result of human error. If an error is made at the wrong moment, an accident or collision will result. A consistent, defensive approach to driving is the best way to reduce the likelihood of driver error. The goal of this course is simple: to provide you with the knowledge and safe driving techniques you need to prevent collisions and violations.

Course Objectives

- Characteristics of defensive drivers
- Major causes of traffic accidents
- What you can do to control your vehicle as you drive
- Actions to take to remain in control of yourself as you drive

References:

N/A

Available Language(s):

English

Length:

57 Minutes

DOT Driver Compliance

This training covers some important US Department of Transportation (DOT) rules that all Commercial Motor Vehicle (CMV) drivers are required to follow. They include driver qualifications, the revised Hours of Service regulations, how to fill in a log book correctly, requirements for inspections, safety equipment needed on board a truck and some Hazardous Materials HAZMAT issues. The purpose of all of these rules is to keep CMV drivers and everyone else on the road safe.

Course Objectives

- Documents needed for a qualified driver
- Hours of Service regulations
- Filling out a daily log sheet
- Required inspections
- Requirements for drug and alcohol testing
- HazMat compliance issues
- What a DOT auditor will look for during an inspection

References:

49 CFR Part 395, 49 CFR Parts 385, 390, and 395

Available Language(s):

English

Length:

24 Minutes

Fifteen Passenger Van Safety

A 15-passenger van behaves much differently from a passenger car. Most people do not know that these vans are more likely to roll over than any other type of vehicle. This course offers safe van-driving techniques that, if implemented, will drastically reduce the risk of injury or even death when driving a 15-passenger van.

Course Objectives

- Differences between driving a 15-passenger van and driving a car
- Effective driving preparation strategies to maximize safety
- Safe van-driving techniques
- Procedures to safely conclude a trip

References:

N/A

Available Language(s):

English

Length:

46 Minutes

HazMat Transportation v2 - Introduction

Hazardous materials are such a common part of our daily lives despite the fact that they can be poisonous, toxic, flammable, explosive or corrosive by nature. We also transport more than four billion tons of it by highway, air, rail and vessel all across the US each year. The problem comes when there's a release of HAZMAT.

Course Objectives

- Benefit and risks of hazardous materials
- Handling and transportation of hazardous materials
- Hazardous Materials Regulations (HMR)

References:

N/A

Available Language(s):

English

Length:

11 Minutes

HazMat Transportation v2 - Part 1 - The Hazardous Materials Table

Because of the risks and dangers associated with shipping hazardous materials, the U.S. Department of Transportation's Pipeline and Hazardous Materials Safety Administration and its supporting agencies regulate the transport of these materials within the US and ensure we comply with the Hazardous Materials Regulations (or the HMR).

Course Objectives

- Identify proper shipping names
- Know how to decipher the codes within the HMT
- Utilize Appendix A and B of the HMT to determine which materials qualify as a hazardous substance or marine pollutant

References:

N/A

Available Language(s):

English

Length:

15 Minutes

HazMat Transportation v2 - Part 2 - Shipping Papers

PureSafety's series of Hazardous Materials Transportation e-Lessons provides general awareness training for the U.S. Department of Transportation's (USDOT) Hazardous Materials Regulations. Module 2 of the PureSafety Hazmat training series covers the components of a properly prepared shipping paper.

Course Objectives

- Describe the information required on shipping papers
- Recognize the correct entries for the shipping and basic descriptions
- Identify shipping paper and certification exceptions
- Select the appropriate retention requirements for shipping papers

References:

N/A

Available Language(s):

English

Length:

25 Minutes

HazMat Transportation v2 - Part 3 - Packaging

If given the task of packaging or inspecting and accepting hazardous materials for transportation could you do so in compliance with the HMR's (Hazardous Materials Regulations) packaging requirements? Your employer wants to make sure you can, since the U.S. Department of Transportation (DOT) and its designated agencies regulate the packaging and transportation of hazardous materials. These agencies also have the authority to inspect hazardous materials, or HAZMAT, packages and, fine or penalize you as well as your employer for any HMR violations. Therefore, this module focuses on the various actions shippers and carriers must take to ensure that hazardous materials meet the general packaging requirements.

Course Objectives

- Identify the packaging requirements and exceptions for hazardous materials
- Determine which types of packages and materials are forbidden from transportation
- Recall the requirements for reusing packaging, as well as for transporting leaking or damaged packages and empty packaging

References:

N/A

Available Language(s):	Length:
English	15 Minutes

HazMat Transportation v2 - Part 4 - Marking

PureSafety's series of Hazardous Materials Transportation e-Lessons provides general awareness training for the U.S. Department of Transportation's (USDOT) Hazardous Materials Regulations. Module 4 of the PureSafety Hazardous Materials Transportation Training Modules covers the marking and labeling of Hazardous Materials.

Course Objectives

- Explore how to mark bulk and non-bulk packages
- Detail special provisions and exceptions in marking certain types of hazardous materials and packaging
- Identify general marking requirements
- Describe special provisions for marking hazardous materials
- Determine when exceptions apply to marking hazardous materials

References:

N/A

Available Language(s):	Length:
English	29 Minutes

HazMat Transportation v2 - Part 5 - Labeling and Placarding

PureSafety's series of Hazardous Materials Transportation e-Lessons provides general awareness training for the U.S. Department of Transportation's (USDOT) Hazardous Materials Regulations. Module 5 of the PureSafety Hazardous Materials Transportation Training Modules covers Placarding.

Course Objectives

- Identify the general requirements for affixing labels and placards to hazardous material (HAZMAT) shipments
- Determine when exceptions to these requirements apply as well as when modifications can be made to labels and placards
- Use the labeling and placarding tables to select the appropriate labels and placard for hazardous materials

References:

N/A

Available Language(s):	Length:
English	27 Minutes

HazMat Transportation v2 - Part 6a - Carrier Requirements - Highway

PureSafety's series of Hazardous Materials Transportation e-Lessons provides general awareness training for the U.S. Department of Transportation's (USDOT) Hazardous Materials Regulations. Module 6 of the PureSafety Hazardous Materials Transportation Training Modules, is comprised of three parts: Module 6A covers Highway Carrier Requirements.

Course Objectives

- Identify the general Highway Carrier Requirements
- Determine segregation requirements for hazardous materials
- Select the appropriate methods of loading, unloading and transporting hazardous materials on private, common and/or contracted "for-hire" motor carriers

References:

N/A

Available Language(s):	Length:
English	28 Minutes

HazMat Transportation v2 - Part 6b - Carrier Requirements - Air (IATA)

When it comes to transporting hazardous materials by air, Part 175 of the Hazardous Materials Regulations (HMR) provides air carriers with the specific requirements they need to accept, handle and transport hazardous materials.

Course Objectives

- Recognize how shippers and carriers must work together to comply with HMR requirements
- Identify which hazardous materials are authorized and restricted for air transportation
- Determine the quantity limitation, stowage and segregation requirements for transporting hazardous materials aboard passenger and cargo aircraft

References:

N/A

Available Language(s):	Length:
English	15 Minutes

HazMat Transportation v2 - Part 6c - Carrier Requirements - Rail

The Department of Transportation (DOT) identifies requirements for transporting hazardous materials by rail in Part 174 of the Hazardous Materials Regulations (HMR).

Course Objectives

- General operating requirements for rail carriers
- Requirements for handling, loading and segregating hazardous materials and positioning rail cars that contain hazardous materials
- Recall the documentation, inspection and movement requirements for hazardous materials by rail
- Identify proper HAZMAT handling and loading requirements
- Determine how to segregate hazardous materials and position rail cars containing these materials

References:

N/A

Available Language(s):	Length:
English	22 Minutes

HazMat Transportation v2 - Part 6d - Carrier Requirements - Water (IMDG)

In this module, we'll focus on the actions we can take to protect our waters and marine life when transporting hazardous materials by any type of vessel or ship.

Course Objectives

- General requirements for operating vessels, as well as handling, stowing and segregating hazardous materials
- Special requirements for carrying hazardous materials on barges and ferry vessels
- Detailed requirements for transporting select classes of hazardous materials
- Determine who is responsible for preparing HAZMAT packages, shipping documentation and the vessel for transportation
- Select the stowage location of hazardous materials according to the segregation restrictions
- Identify the appropriate handling, loading, unloading and inspection requirements for hazardous materials

References:

N/A

Available Language(s):	Length:
English	15 Minutes

Infectious Materials Transporting

Poor management of infectious materials in transportation can lead to disaster. The potential hazards posed by the transportation of infectious or potentially infectious materials are controlled through regulations that impose classification, packaging, marking, labeling, documentation and other requirements on shippers and carriers. This training covers the regulations in detail.

Course Objectives

- Identification of infectious materials
- Ground, air and mail transportation requirements for infectious material
- Classification, packaging, marking, labeling and documentation requirements for infectious materials

References:

N/A

Available Language(s):	Length:
English	62 Minutes

Load Securement and Distribution

The North American Cargo Standard forms the basis for the cargo securement and distribution regulations in the United States and Canada. The regulations are designed to ensure cargo stays in place, keeping drivers and other motorists safe. This training details the securement regulations for most types of cargo.

Course Objectives

- Forces acting on cargo
- Securement system elements and their properties
- Safe and legal securement and distribution methods
- Tiedown regulations for varied cargo

References:

North American Cargo Securement Standard

Available Language(s):	Length:
English, Spanish	51 Minutes

Reasonable Suspicion Training for Alcohol and Substance Abuse

PureSafety's Reasonable Suspicion Training for Alcohol and Substance Abuse was developed for Managers and Supervisors affected by DOT regulations. This interactive module covers the signs and symptoms of alcohol and drug abuse; how safety and performance standards are enforced, and how to challenge alcohol and drug use in the workplace.

Course Objectives

- Employer responsibilities
- What is considered a violation
- Signs, symptoms and behavioral effects of drug and alcohol abuse
- DOT testing categories
- The testing process

References:

N/A

Available Language(s):	Length:
English, Spanish	52 Minutes

Alcohol Awareness

This survival guide is designed to inform you of the facts you should know and understand about alcohol. It will help you identify the many pitfalls and consequences you may face when you choose to drink alcohol excessively, and provide you with eye opening assistance in making right choices for being a responsible drinker.

Course Objectives

- Identify the leading causes of injury or death resulting from excessive drinking
- List the causes of binge drinking
- Identify the risk factors associated with excessive drinking
- List the related short and long-term pitfalls of excessive drinking
- Identify the necessary steps to take in order to drink responsibly
- Recognize the warning signs of a drinking problem
- Identify the ways to seek help for a drinking problem

References:

N/A

Available Language(s):

English

Length:

38 Minutes

Campus Safety & Security

Safety and Security may be the last things on your mind while you're in school, but don't think for a minute they don't affect you. Serious crimes like rape and murder do occur on campus. And every year, tens of thousands of crimes are reported at colleges and universities throughout the United States. However, by taking a few simple, commonsense precautions you can protect your property and yourself and avoid many dangerous situations.

Course Objectives

- Protecting yourself and your property
- Campus policies on fire arms, drugs, and alcohol
- How to avoid becoming the victim of an assault or sex offense
- How to report safety incidents
- Campus Police and Security Office

References:

N/A

Available Language(s):

English

Length:

31 Minutes

Fire Safety

You may not believe it, but there are an average of 1,800 fires every year in residence halls, fraternities, and sororities, many resulting in death. In fact in recent years, eight students were killed in two fires, one at Seton Hall University and one at the University of North Carolina. In a fire, what you don't know can kill you.

Course Objectives

- The primary causes of fires in student housing
- How to prevent fire-related losses, and
- What to do in the event of a fire

References:

29 CFR 1910.120

Available Language(s):

English

Length:

17 Minutes