

Simplify Training (Individual Online Safety Courses)

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Accident Investigation 5

This course will take approximately 22 minutes to complete.

This training session will show the importance of accident investigation, how to talk to witnesses, what questions to ask when evaluating an accident scene, how to determine causal factors, and how to identify corrective actions.

Accident Investigation (MM)

This course will take approximately 18 minutes to complete.

As much as you try to prevent them, accidents at work happen. No matter what kind of accident you may be faced with at work, one of the most important things you can do after it happens is to investigate it and learn from the experience so it doesn't happen again. This training session will cover everything you need to know about investigating accidents. Duration: 16 Minutes.

Active Shooter On-Site: What Every Employee Should Do (MM)

Mass shootings have become all too commonplace, whether they are due to acts of terrorism, hate, or mental instability. Fortunately, there are things you can do to be prepared and to respond to survive.

This training course is designed for workers who could find themselves in an active shooter situation before law enforcement arrives, and it describes methods to limit the damage and save lives both before and during these traumatic incidents.

During this session, you'll learn what an active shooter is, how to prepare for and respond to an active shooter, and how to recognize warning signs of potential violence. Duration: 22 minutes.

Acute Respiratory Illness Pandemics: Prevention and Response

For most healthy adults, seasonal viruses are not generally life-threatening. But as you've seen in the news, acute respiratory illness pandemics, such as those caused by coronaviruses or influenza, can spread quickly and widely, and pose a major global health threat.

The main objective of this course is to make nonhealthcare workers aware of the risks of pandemics and the precautions to take to keep themselves safe. By the time the session is over, you will be able to describe what a pandemic is; identify types of viruses that can cause acute respiratory illness pandemics and recognize their symptoms; appreciate the risks of infection; prevent the spread of infection; prepare for and address a pandemic at work and at home; and react responsibly if you get sick. Duration: 24 Minutes

Aerial Lift Safety

This course will take approximately 26 minutes to complete.

Aerial lifts are extremely useful pieces of equipment and are commonly used in many industries. But this equipment can be hazardous to both operators and employees working nearby unless proper precautions are taken by all employees.

Why Training about "Aerial Lift Safety Training" Matters

- OSHA estimates that there are about 68,000 fall-related injuries in the workplace each year.
- OSHA requires equipment with aerial lifts to be designed and constructed according to certain standards. The primary goal is to protect the worker in the lift by providing failsafe mechanisms that will prevent a free-fall descent of the work platform.
- One of the primary hazards of working in aerial lifts is falling out of the lift.
- If you work in aerial lifts or near them on the ground, you need to understand the hazards, the basic regulatory requirements, and the safety work practices that must be followed to prevent accidents and injuries.

Arc Flash Safety: Unqualified Person

More than 2,000 people annually are treated in burn centers with severe arc flash injuries, and many of the victims report that failure to wear the appropriate personal protective equipment (PPE), inappropriate use of tools, and working on live circuits contributed to their injuries.

This course provides information about arc flash and shock hazards and safe work practices for "unqualified" persons who work around but not directly on or near exposed, energized electrical equipment or parts.

By the end of the course, unqualified persons will be able to identify the hazards and risks of arc flash, implement safe work practices, recognize appropriate PPE, and respond to an arc flash incident. 28 Mins.

Asbestos Awareness

This training session is designed for employees who may contact or work near asbestos-containing material (known as ACM), asbestos-containing building material (known as ACBM), or presumed asbestos-containing material (known as PACM), but do not disturb it as part of their normal work activities. Duration: 25 minutes

Avoiding Back Injuries

The main objective of this session is to help you prevent back injuries. By the time the session is over, you should be able to: identify causes of back injuries; prevent back injuries; use proper lifting, load carrying, and unloading techniques to help protect your back; and think smart about your back and the importance of keeping it healthy. Duration: 25 minutes

Avoiding Exposure to Bloodborne Pathogens

This session discusses how you might be exposed to bloodborne pathogens and infectious diseases, how you can protect yourself from exposure, and how to clean up and properly dispose of blood or bodily fluids. Employees most likely to be exposed include first-aid responders, janitorial and maintenance personnel, and workers assigned to clean up after an industrial accident. Even if your job does not normally expose you to blood or bodily fluids, this session is helpful to raise your awareness of bloodborne pathogens, to understand why you should not come in contact with them, and to understand that it is important to report spills of blood or bodily fluids so that they can be cleaned up safely. Duration: 26 minutes

Back Safety 5

This course will take approximately 21 minutes to complete.

This training presentation will help you to understand how back injuries occur, prevent back injuries; use proper lifting, load carrying, and unloading techniques; and think intelligently about your back.

Why Training about "Back Safety Training (Ergonomics Training)" Matters

- Back injuries are among the most frequent workplace injuries and cost employers billions of dollars every year.
- Back injuries are the second most common cause of days away from work, next to the common cold. U.S. workers lose an average of 7 workdays per year due to back injuries.
- Twenty percent of all workplace injuries and illnesses each year are related to back injuries.
- Once a back is injured, it is more likely to be reinjured. This makes training employees in back injury prevention a priority.

Basic First Aid for Medical Emergencies

The main purpose of this session is to familiarize you with basic first-aid procedures. By the time the session is over, you will be able to recognize the benefits of obtaining first-aid and CPR certification; identify proper procedures for a variety of medical emergencies; assist in administering first aid when a co-worker is injured; and do no further harm. Duration: 26 minutes.

Battery Safety

The main objective of this session is to make sure you work safely with batteries on the job. By the time the session is over, you will be able to identify battery hazards; understand how batteries work; charge batteries safely; assist in maintaining batteries properly; select appropriate PPE for battery maintenance; and follow proper emergency procedures. Duration: 23 minutes.

Bloodborne Pathogens: General

This course will take approximately 28 minutes to complete.

This session will train you to identify bloodborne pathogens, or BBPs, that might be present in the workplace; understand how certain diseases are transmitted through blood; determine your risk of exposure to bloodborne pathogens in the workplace; protect yourself from exposure through prevention and by following certain procedures if you are exposed; respond appropriately if you are exposed to bloodborne pathogens; and understand your right to medical evaluations.

Why Training about "Bloodborne Pathogens Training" Matters

- Nearly 6 million American workers are at risk for infectious diseases such as hepatitis and HIV.
- OSHA's BBP Standard is often one of the top 10 most frequently violated standards, with penalties in the hundreds of thousands of dollars.
- An estimated 600,000 to 800,000 needlestick and other sharps injuries are reported each year, but the actual number is probably much higher.
- The risk of contracting hepatitis B from exposure to infected blood may be as high as 30 percent.
- Required by 29 CFR 1910.1030

COVID-19 and the Workplace: Housekeeping and Hygiene

Employers face a complex new reality as they open their doors amid the COVID-19 pandemic. Not only are they required to follow the same safety rules as before the crisis, but they must also now follow extensive new guidelines issued by the Centers for Disease Control and Prevention (CDC), the Occupational Safety and Health Administration (OSHA), and the U.S. Environmental Protection Agency (EPA) for proper housekeeping and hygiene if they want to ensure a safe workplace and protect their workers.

Fortunately, there are many steps employees can take to help clean and disinfect the workplace and maintain hygienic practices to help protect themselves, their coworkers, and the public from the threat of the coronavirus.

By the end of the training, you will be able to develop a cleaning and disinfection plan for your workplace; implement the plan while following CDC, OSHA, and EPA rules and guidelines;

respond appropriately if a coworker becomes sick; and maintain safe hygiene practices like hand-washing, respiratory etiquette, wearing face coverings if recommended, social distancing, and staying home when sick.

Duration: 19 Minutes

Compressed Gases

This presentation will identify compressed gases by the labels and discuss safe transport, handling, and storage of compressed gas cylinders. 18 Mins

Contractor Safety

The main objective of this session is to make sure you understand our safety rules and policies so that you can avoid accidents and injuries while you are in our facility. By the time this session is over, you will be able to recognize the hazards of our workplace; understand emergency procedures and accident-reporting rules; follow safety policies and safe work practices; and avoid accidents and injuries in our facility. Duration: 28 minutes.

Crane Rigging

Cranes are used at many workplaces, across all major industries, to lift and move materials. Crane operators are generally trained and often certified in safe crane operations and inspection. However, many accidents involving cranes are caused by failures of crane rigging and rigging hardware.

Why Training about "Crane Rigging Safety Training" Matters

- Because crane operations can be hazardous, and complicated, OSHA has adopted rules about safe crane regulations, including proper rigging.
- If not properly balanced, cranes can topple over when lifting a load, and if a load is too heavy, the load line or crane hook can snap, dropping the load on anything, or anyone, below.
- The American National Standards Institute, ANSI, in conjunction with the American Society of Mechanical Engineers, or ASME, have issued a series of standards for crane operations that are often used in construction and other industries.
- Other professional organizations have issued standards governing crane organizations in certain industries. For instance, the American Petroleum Institute, the API, lists their crane standards for the energy industry, in API Recommended Practice 2D.
- Without effective rigging, no load can be lifted safely, and an improperly rigged load can slip from its sling, or break the sling, and fall, killing or seriously injuring workers or members of the public.

Defensive Driving for Noncommercial Motorists 5

This course will take approximately 21 minutes to complete.

Whether you drive on the job or just commute to work by car, you're in danger on the road unless you drive defensively. Motor vehicle accidents are the number one cause of accidental death in the United States. They are also the number one cause of work-related fatalities.

The main purpose of this session is to talk about defensive driving techniques so that you can be safe behind the wheel and avoid accidents. By the time this session is over, you will be able to identify driving hazards, understand defensive driving techniques, and use defensive driving techniques to prevent accidents and injuries on the road.

Why Training about "Defensive Driving Training for Noncommercial Motorists" Matters

- Motor vehicle accidents are the number one cause of accidental death in the United States. They are also the number one cause of work-related fatalities.
- A person dies in a crash on U.S. roads every 11 minutes.
- In fact, motor vehicle accidents are the most common cause of death in the United States—more than cancer or heart attacks.
- One in four work fatalities involves a motor vehicle accident. These statistics are cause for concern. They also provide the explanation for this safety training session. We don't want you to become a statistic.

Defensive Driving For Noncommercial Motorists (MULTIMEDIA)

Motor vehicle accidents are the most common form of death of all workplace fatalities, and vehicle accidents, injuries, and fatalities outside of work are also on the rise due to all different kinds of distracted driving and other hazards. Whether you drive on the job or just commute to work, it's important that you stay on your toes and drive defensively to keep yourself—and other drivers and pedestrians—safe. During this training session, we're going to talk about some techniques that will help you avoid driving accidents and injuries. Duration: 19 Minutes.

Disaster Planning: What Employees Need to Know

This course will take approximately 24 minutes to complete.

Making sure that all employees receive basic emergency response training is a critical part of disaster planning, whether you are planning for a workplace fire or a natural disaster like a tornado or flood. This training session will help you to identify different types of workplace disasters, understand the requirements of your emergency response plan, carry out emergency response assignments effectively, and evacuate quickly and safely in an emergency.

Why Training about "Disaster Planning - What Employees Need to Know" Matters

- Fires are the most common type of workplace emergency. The National Fire Protection Association reports that a fire department somewhere in America responds to a fire every 16 seconds. The Bureau of Labor Statistics estimates that fires cause as many as 10,000 employee injuries and 200 employee deaths every year. In addition, the U.S. Fire Administration says that losses from industrial fires cost U.S. businesses over \$4 billion a year in property losses and more than \$8 billion in business interruption costs.
- Explosions resulting from fires, bombs, or other causes can claim many lives, leave many more badly injured, and destroy property.
- Natural disasters such as earthquakes and tornadoes can strike with little or no warning. Hurricanes and floods may be forecast, but effective emergency action in these situations may nevertheless be required.
- Toxic chemical releases can require emergency response within the workplace and in the surrounding community.
- Workplace violence can erupt at any time in any department. We must be prepared to respond quickly and appropriately in these dangerous and sometimes life-threatening situations.
- Since the Oklahoma bombing, the events of September 11, 2001, and subsequent terrorist activity around the world, it has become clear to all Americans that we must be prepared to face the possibility of terrorist attacks in the workplace at any time.

Disaster Planning: What Supervisors Need to Know

This course will take approximately 23 minutes to complete.

This course will help you to recognize the types of workplace disasters you may face, understand the requirements of the emergency response plan, satisfy employee training requirements, and carry out emergency response duties effectively.

Why Training about "Disaster Planning - What Supervisors Need to Know" Matters

- Fires are the most common type of workplace disasters. The National Fire Protection Association reports that a fire department somewhere in America responds to a fire every 16 seconds.
- The Bureau of Labor Statistics estimates that fires cause as many as 10,000 employee injuries and 200 employee deaths every year.
- The U.S. Fire Administration says that losses from industrial fires cost U.S. businesses over \$4 billion a year in property losses and more than \$8 billion in business interruption costs.
- Explosions resulting from fires, bombs, or other causes can claim many lives, leave many more badly injured, and destroy property.
- Natural disasters such as earthquakes and tornadoes can strike with little or no warning. Hurricanes and floods may be forecast, but effective emergency action in these situations may nevertheless be required.

Electrical Safety at Work – Unqualified Worker 5 (Multimedia)

This training session covers electrical safety for unqualified workers. “Unqualified” workers are workers who are not specifically trained to repair or work with certain electrical equipment. The main objective of this session is to inform unqualified workers about the basic safety procedures when working around electricity. We will also cover the hazards of electricity and how to avoid them, as well as safe work procedures.

Duration: 19 Minutes.

Eye Protection (Multimedia)

Every day, more than 2,000 workers suffer serious eye injuries, and every year, 100,000 workers will suffer temporary or permanent vision loss because of a work injury. Of these eye injuries, ninety percent can be completely prevented by using the right protective eyewear. During this session, we’ll talk about which eyewear you need to wear depending on the hazards you deal with on the job. And we’ll show you exactly how to use and maintain it. Duration: 14 Minutes.

Electrical Safety: Unqualified Person

This course will take approximately 24 minutes to complete.

This training session will discuss the hazards of electricity and how to prevent exposure to electrical hazards. By the end of the training session, you will be able to understand the hazards of electricity, identify and avoid common electrical hazards, and follow safe work practices around electrical equipment.

Why Training about "Electrical Safety Training for Unqualified Workers" Matters

- We've all experienced minor electric shocks, but shocks can be severe enough to kill. Careless use of electricity causes 10 percent of job-related deaths, as well as many serious injuries.
- Electrical shock can cause pain, loss of muscle control and coordination, internal bleeding, damage to nerves, muscles, or tissues, and cardiac arrest. It could also cause you to fall and be injured.
- OSHA has very detailed regulations designed to keep electricity from becoming a dangerous hazard (29 CFR, Subpart S, 1910.301 to 1910.399).

Emergency Action and Fire Prevention

This course will take approximately 23 minutes to complete.

This training presentation will teach you to understand hazards that lead to an emergency, evacuate an area in an emergency, respond to an emergency, protect yourself from fire and other hazards, prevent fires, and respond to fires and spills.

Why Training about "Emergency Preparedness & Fire Prevention Training" Matters

- OSHA estimates that approximately 200 workplace deaths and 5,000 workplace injuries each year are due to fire, one of the most common types of emergencies.
- In one recent year, OSHA issued more than 300 citations for violations of its rule on Emergency Action Plans.
- Safety experts all agree that knowing how to act quickly and properly in an emergency is the key to saving lives and preventing injuries.
- Required by 29 CFR 1910, Subpart E

Ergonomics: Industrial

This course will take approximately 24 minutes to complete.

This session will look at some of the basic principles of ergonomics so that you can use a commonsense approach to working safely. In particular, the information presented here will focus on musculoskeletal disorders, or MSDs, and how ergonomics helps prevent them.

Why Training about "Industrial Ergonomics Training" Matters

- Ergonomics is the science of modifying jobs to fit the capabilities of the people who do them. Work-related MSDs result when there is a mismatch between the physical capability of workers and the physical demands of their jobs. Ergonomics helps resolve this mismatch.
- Ergonomics helps reduce MSDs that can result when the worker's job requires repetitive reaching, using forceful exertions, bending and lifting, working with vibrating equipment, or other repetitive motions.
- Ergonomic engineering controls may change the design of a workstation, a production line, or the way a job is performed for the purpose of reducing MSDs.
- Ergonomics may introduce safe work practices, such as providing alternative tasks or allowing workers to rotate through different types of jobs throughout the day so that their exposure to risk factors is reduced.
- Finally, ergonomic personal protective equipment, or PPE, may be used to provide additional protection from MSDs.

Exit Routes: Supervisors

This course will take approximately 24 minutes to complete.

This training presentation will explain how to set up and maintain exit routes, implement the requirements of the facility Emergency Action Plan, recognize alarm signals, and implement evacuation procedures.

Why Training about "Emergency Evacuation Training and Exit Routes" Matters

- An exit route is a continuous and unobstructed way of exit travel from any point in a building or structure to a public way. The key words here are "continuous" and "unobstructed." In later slides we will look at the importance of making sure that

workers can easily escape by making the way of exit clear and easy to follow in an emergency.

- The exit route consists of three basic parts, which are composed of both vertical and horizontal ways of travel.
 - The “access to the exit” refers to how employees will travel from their workstation to the exit door. Workers may need to go down hallways, passageways, corridors, open aisle ways, stairwells, through doorways, or lobbies until the exit door is reached.
 - The “exit” is the actual door that leads out of the structure. We will go over how this door needs to be clearly marked and how it must open easily.
 - The “way of exit discharge” refers to where the exit door actually leads. The door may lead out to a parking lot, sidewalk, busy alley, or outdoor courtyard.

Eye Protection

This course will take approximately 15 minutes to complete.

By the end of the training session, you will be able to identify the potential work areas and activities that could cause injury to your eyes; understand how to prevent those injuries; use, maintain, and inspect protective eyewear; and use appropriate first aid for emergencies.

Why Training about "Eye Protection Safety Training in the Workplace" Matters

- According to Prevent Blindness America, a national nonprofit organization, each day of the calendar year results in another 2,000 workers suffering a serious eye injury. Annually, about 100,000 of these eye injuries result in temporary or permanent vision loss.
- Approximately 62,000 of those eye injuries are severe enough that the injured worker misses at least one day of work.
- According to some experts, eye protection can reduce the number and severity of eye injuries in 90 percent of accidents.
- Occupational safety experts say that probably 90 percent of all workplace eye injuries can be prevented.

Fire Extinguishers 5

This course will take approximately 23 minutes to complete.

This training session will teach you about what causes a fire, what fire extinguishers do, how to use an extinguisher, and different fire suppressant materials.

Why Training about "Fire Extinguisher Training - Fire Extinguisher Safety Training" Matters

- A fire extinguisher is a safety necessity in any home, office, manufacturing facility, construction site, and even vehicles.
- Workplace fires and explosions injure more than 5,000 workers each year and fatally injure more than 200 workers each year.

- OSHA requires that employers provide proper exits, fire equipment, and training to prevent fire related deaths and injuries in the workplace.
- It is important to understand what causes a fire, what fire extinguishers do, learn how to use an extinguisher, and learn about different fire suppressant materials.
- If you expect workers to take emergency action in the event of a workplace fire, then OSHA says you have to train each and every one of them to use extinguishers safely and effectively.
- Choosing the right type of extinguisher for the fire is crucial, otherwise you could spread the fire instead of extinguish it.
- Office of Compliance inspectors found 40 fire extinguisher violations during the 2005 Office of Compliance Safety and Health inspections of Capitol Hill. Such violations will fail to prevent small, manageable fires from becoming large, potentially dangerous ones.
- 29 CFR 1910.157

Forklift Operator Safety 5

This course will take approximately 24 minutes to complete.

This session is designed to help you become a better and safer forklift operator. If you're an experienced operator, this session may remind you of safe habits and work practices that you might have forgotten. If you're a brand-new operator, this session will show you the operating practices you need to follow to be a safe operator.

Why Training about "Forklift Operator Safety Training" Matters

- Forklifts can be very dangerous—in an average year, 100 people die in forklift-related accidents and 20,000 are seriously injured in forklift mishaps.
- Tens of thousands of forklift-related injuries occur each year, and about 20,000 of these result in lost workdays.
- Common forklift-related injuries could result from:
 - Hitting a pedestrian with a forklift,
 - Forklift tipover,
 - Improperly positioned loads,
 - Falling from the forks or from a platform positioned on the forks,
 - Falling from a ladder that is struck by a forklift, and
 - Being struck by materials that fall from a forklift.

Fire Extinguishers Safe Use and Handling

When a fire occurs, you have to think and act fast. Do you evacuate or stay and fight the fire with an extinguisher? This training course covers the safe use and handling of portable fire extinguishers by employees designated or allowed to put out fires in their initial or beginning stage. We'll discuss what causes fires and how fire extinguishers put out fires. You'll learn about different classes of fires, the type of extinguisher to use on each class of fire, as well as how to

use a fire extinguisher correctly. And, you'll learn about different fire suppressant materials. Estimated duration: 20 minutes

Flaggers' Safety in Highway Work Zones

The main objective of this session is to provide you with important information about your duties as a flagger and about temporary traffic control zone safety generally. By the time this session is over, you will be able to recognize the hazards of flagging; identify different sections of a temporary traffic control zone; understand the temporary traffic control plan and your responsibilities as a flagger; use signaling devices effectively; and position warning signs, tapers, and flagging stations safely. Duration: 27 minutes.

Forklifts and Pedestrian Safety

The main purpose of this session is to train you to work safely around forklifts. By the time this session is over, you will be able to identify the hazards of working around forklifts; understand the factors that contribute to forklift/pedestrian accidents; comprehend pedestrian safety requirements; and take proper precautions when working around forklifts to protect your safety. Duration: 22 minutes.

Good Housekeeping (Multimedia) 5

Good housekeeping is serious business at work. Not only can it help save your company tens of thousands of dollars in costs—it can also save your life. During this training session, we'll explain what good housekeeping is and why it's so important at work—and we'll also go over exactly what your role in good housekeeping is. Duration: 14 Minutes.

Good Housekeeping

This course will take approximately 18 minutes to complete.

There is a direct correlation between a clean, neat, and orderly workplace and a safe, successful organization. Poor housekeeping, on the other hand, creates hazards and invites accidents. Use this course to train your employees on good housekeeping techniques for a safer workplace.

Why Training about "Housekeeping Training" Matters

- Eliminates accident and fire hazards;
- Maintains safe, healthy work conditions;
- Saves time, money, materials, space, and effort;
- Improves productivity and quality;
- Boosts morale; and
- Reflects an image of a well-run, successful organization.

Hazard Communication – GHS and Your Right to Know 5

The main objective of this session is to teach you about hazard communication. By the time the session is over, you should be able to: Recognize hazardous chemicals; Understand the risks they pose; Interpret the information on chemical labels; Understand safety data sheets; Protect yourself from physical and health hazards; and Respond to emergencies. Duration: 31 minutes

Home Safety 5

The main objective of this session is to help you ensure that your home is safe. By the time the session is over, you will be able to understand the importance of home safety; identify hazards in your home; eliminate or minimize recognized hazards; and keep your home and your family safe and secure. Duration: 25 minutes.

Hazard Communication and GHS: What Employees Need to Know

The main objective of this session is to teach you about hazard communication. By the time the session is over, you should be able to: Recognize hazardous chemicals; Understand the risks they pose; Interpret the information on chemical labels; Understand safety data sheets, or SDSs; Protect yourself from physical and health hazards; and Respond to emergencies. Duration: 29 Minutes.

Hazard Communication and GHS: What Supervisors Need to Know

By December 2013, employers must train their employees how to read and interpret the new safety data sheets (SDSs). Until then, a phase-in period is acceptable to OSHA, during which employers will not be required to maintain two sets of MSDSs and SDSs for compliance purposes. Employers are allowed choose to comply with the HazCom standard for MSDSs; the revised HazCom standard for SDSs; or both during phase-in. The main objective of this session is to describe the purpose of GHS revisions to OSHA's Hazard Communication Standard. By the time the session is over, you should be able to understand the GHS revisions to HazCom and how they affect our workplace, recognize the revised chemical labels and safety data sheets, or SDSs, and train employees to read and interpret GHS-compliant labels and SDSs. Duration: 22 min.

Hazard Communication: Refresher

The main objective of this session is to make sure you identify material hazards and take proper precautions to protect your health and safety whenever you work with or around hazardous materials. By the time the session is over, you will be able to understand the purpose and requirements of OSHA's Hazard Communication standard; identify material hazards and safe work practices using labels and safety data sheets, or SDSs; understand the effects and symptoms of exposures and proper first aid; use appropriate personal protective equipment, or PPE, to protect against specific hazards; and respond quickly and effectively to spills. Duration: 33 minutes.

Hazardous Materials Transportation

This training session will teach you to recognize and identify hazardous materials as regulated under 49 CFR 171 to 180; understand HAZMAT container markings, labels, and placards; load and unload hazardous materials safely; use protective procedures and equipment; avoid accidents with hazardous materials; respond to an emergency; and recognize and respond to security threats.

Duration: 29 minutes

Hexavalent Chromium Safety: General Industry

By the end of the training session, you will be able to identify the characteristics and health hazards of hexavalent chromium, and work activities that may increase the risk of exposure to hexavalent chromium, implement control measures that limit exposure to hexavalent chromium, understand atmospheric monitoring medical surveillance procedures, and wear appropriate personal protective equipment. Duration: 28 minutes

Hydrogen Sulfide Safety

The main objective of this session is to help you understand the hazards of working with hydrogen Sulfide and the preventive measures you can take to protect yourself and your coworkers. Duration: 22 Mins.

Introduction to OSHA and the General Duty Clause

The main objective of this session is to familiarize you with how OSHA and the General Duty Clause affect your job and our workplace. By the time the session is over, you will be able to understand the purpose of OSHA; identify OSHA's strategies for improving workplace safety; recognize the impact of the General Duty Clause; and know your OSHA rights and responsibilities. Duration: 20 minutes.

Job Hazard Analysis

The main objective of this session is to make you more familiar with job hazard analysis. By the time this session is over, you will be able to identify the purpose of job hazard analysis (JHA); recognize the benefits of JHA; understand the JHA process; and analyze jobs effectively to detect and correct hazards. Duration: 25 minutes.

Ladder Safety 5 (Multimedia)

Ladder accidents, injuries, and even fatalities are one of the most common forms of accidents that happen on the job. But there is a lot you can do to avoid becoming one of those accident statistics—and it starts with using the information you will be provided during this training session. Duration: 15 Minutes.

Ladder Safety

This session covers all the key issues involved in working safely with ladders. This session includes information on portable ladders only.

18 Mins

Lockout/Tagout: Affected Employees

The unexpected start-up of equipment that someone is servicing or repairing is a primary cause of workplace injuries and death. Many of these incidents are preventable with hazard awareness and training.

This course is designed for the “affected employee” who operates, uses, or works in areas with machines or equipment when servicing or maintenance is performed by an authorized employee and lockout/tagout procedures are required.

By the end of the training session, you will be able to recognize hazardous energy sources, carry out your responsibilities related to lockout/tagout, and understand the purpose and use of energy control devices and procedures.

Duration: 17 Mins

Lockout/Tagout: Authorized Employee

This session will train you to perform the responsibilities of an "authorized person." An authorized person is an employee who services or maintains machinery and equipment. As an authorized person, you will be able to recognize hazardous energy sources, understand responsibilities to other employees, and control hazardous energy with lockout/tagout. 18 Mins.

Machine Guarding

Machinery is a common part of many jobs, but it can cause amputations, fractures, and other severe injuries if you don't know how to use it safely.

This course provides information for workers who use machinery on the job about machinery hazards, the importance of machine guarding, and safe work practices when using machinery.

By the end of this training session, you will be able to identify the hazards of working with machinery and the most hazardous areas of a machine, be familiar with the types of machine safeguards you may encounter and how they work, and operate machines with guards safely.

Duration: 14 minutes

Metalworking Fluids

The main objective of this session is to tell you about the hazards of metalworking fluids as well as the steps you can take to reduce your exposure to these hazards. By the time this session is

over, you will be able to recognize signs of unsafe fluid; identify metalworking fluid hazards; use engineering controls effectively to reduce exposure risks; and take all other necessary precautions to protect your health and safety. Duration: 36 minutes.

Mold Hazards and Prevention

This course will take approximately 27 minutes to complete.

This training session will discuss the hazards of mold both in the workplace and at home. We will learn how to detect mold, where to find it, the health hazards of exposure, how to clean up small mold contamination, and how to prevent mold from growing.

Noise and Hearing Conservation 5

This course will take approximately 18 minutes to complete.

At the end of this training session you will be able to understand the effects of noise on hearing; identify sources of noise in your workplace; describe the purpose of audiometric testing and be able to interpret your test results; and select, fit, and use hearing protection.

New Employee Safety Orientation

When you go to work, you expect to come home at the end of the day in one piece. However, if you don't understand the hazards you could encounter in your workplace, you could be at risk of serious injury or illness. This safety orientation training session provides important information about your role in workplace safety, the hazards you could encounter on the job, and how to protect yourself from injury and illness.

Duration: 25 minutes.

Noise and Hearing Conservation (MM)

Prevention is the big key because once hearing damage happens, it is usually permanent and cannot be regained.

This session will train workers who may be at risk of exposure to noise hazards in their workplaces.

By the end of this session workers will be able to recognize the impact of noise on hearing, identify noise hazards in the workplace, describe the purpose of audiograms, and choose and use hearing protection devices. Duration: 16 Minutes.

OSHA Inspections, Citations, and Penalties 5

The main objective of this session is to prepare you to manage an OSHA inspection effectively to achieve the best possible result. By the time this session is over, you will be able to identify how investigations are triggered; develop an inspection action plan; understand the steps in the

inspection process; assume an effective role in the inspection; and successfully deal with the outcome of an inspection. Duration: 33 minutes.

PPE: Foot Protection

This course will take approximately 12 minutes to complete.

OSHA requires employers to conduct a hazard assessment and determine the appropriate PPE for the different types of work that employees are expected to do. This includes an assessment for potential foot injury hazards. This training session will discuss the potential foot hazards in your workplace that were identified during the hazard assessment.

PPE: Hand Protection

This course will take approximately 29 minutes to complete.

By the end of the training session, you will be able to identify hand hazards, choose appropriate gloves for work tasks, know the limitations of hand protection, and use and care for protective equipment.

Preparing for Weather Emergencies 5

The main objective of this session is to tell you about how you can prepare for weather emergencies and other natural disasters and what you should do when these events occur so that you can survive them safely. By the time this session is over, you will be able to recognize the hazards of weather emergencies and other natural disasters; follow workplace emergency procedures; develop a family emergency plan; and increase your chances of surviving emergencies and minimizing property damage. Duration: 27 minutes.

Preventing Slips, Trips, and Falls – A Guide for Employees (Multimedia)

Slips, trips, and falls are among the most common causes of injury on the job and at home. Everyone slips, trips, or falls on occasion, but sometimes, the result can be serious, painful—and even deadly—injuries. It's important to recognize slip, trip, and fall hazards on the job when you see them so that you can take proper precautions to prevent accidents and protect yourself and coworkers from injury. Duration: 19 Minutes.

Permit-Required Confined Space Rescue: For Supervisors

The main objective of this session is to review the requirements for successful confined space rescue operations. By the time the session is over, you will be able to recognize confined space hazards; plan for rescues; evaluate rescue services; differentiate among types of rescues; train and equip a rescue team; and identify the phases of a rescue operation. Duration: 23 minutes.

Permit-Required Confined Spaces: Attendant

This course will take approximately 27 minutes to complete.

This training session will help you identify the hazards of confined space entry, including the signs, symptoms, behavioral effects, and consequences of hazard exposure of authorized confined space entrants. HTML5

Permit-Required Confined Spaces: Entrant

This course will take approximately 24 minutes to complete.

This training session will teach you to recognize the hazards of confined space entry, including the signs and symptoms of exposure to hazards; test and monitor for hazards, especially atmospheric dangers; work closely with the attendant to enable the attendant to monitor your exposure to dangerous situations; and respond to emergencies, especially evacuating the confined space.

Personal Fall Protection Systems in General Industry: What Employees Need to Know

This presentation will train workers in general industry workplaces exposed to fall hazards from unprotected sides or edges 4 feet or more above a lower level to identify these hazards and to properly use the appropriate personal fall protection systems when needed. By the end of the training session, employees will be able to recognize fall hazards; identify the correct fall hazard controls for each situation; inspect, install, disassemble, and maintain personal fall protection systems; and correctly use personal fall protection systems.

Personal Protective Equipment: What Employees Need to Know

The main objective of this course is to provide you with the information you need to use PPE effectively to protect your health and safety on the job. By the time the course is over, you should be able to understand the PPE hazard assessment process; understand why different types of PPE are selected; and know how to properly wear and care for PPE. 30 Mins.

Portable Power Tool Safety

This course will take approximately 16 minutes to complete.

By the end of the training session, you will be able to identify the hazards of portable power tools, take precautions against injury, use tool guards effectively, and understand common safety practices for specific types of tools.

Powered Platform Safety

The main objective of this session is to talk about powered platform safety features and procedures. By the time this session is over, you should be able to identify powered platform components, recognize platform safety features, understand inspection requirements, use

personal fall arrest systems properly, follow safe work practices, and act effectively in an emergency. Duration: 25 minutes.

Preparing for Weather Emergencies (MM)

The main objective of this session is to tell you about how you can prepare for weather emergencies and other natural disasters and what you should do when these events occur so that you can survive them safely. By the time this session is over, you will be able to recognize the hazards of weather emergencies and other natural disasters; follow workplace emergency procedures; develop a family emergency plan; and increase your chances of surviving emergencies and minimizing property damage. Duration: 18 Minutes

Preventing Slips, Trips, and Falls at Industrial Sites: A Guide for Employees

Slips, trips, and falls are among the most common causes of injury on the job. Everyone slips, trips, or falls on occasion. We tend to shrug off these incidents, but sometimes they cause serious, painful—and even deadly—injuries.

This course is intended to help workers in industrial work environments recognize and eliminate potential slip, trip, and fall hazards. The course also discusses “fall from height” hazards and personal fall protection systems used to protect workers.

We will discuss how to recognize slip, trip, and fall hazards, risk factors, and conditions that cause injury, implement procedures to eliminate the hazards, use fall protection devices and equipment, operate personal fall protection systems, and respond to and report incidents.

Duration: 33 mins

Why “Preventing Slips, Trips, and Falls at Industrial Sites: A Guide for Employees” Matters:

- Slips, trips, and falls are the most common incidents that cause injuries at work, according to Bureau of Labor Statistics data.
- A slip, trip, or fall injury can result in over 90 lost workdays and even longer for disabling injuries.
- A sprain or a strain alone can cost up to \$30,000 in doctor’s fees and related costs.

Key Points:

- Watch for and correct physical hazards and risky behavior.
- Clean up spills and wear nonskid shoes.
- Prevent falls first, then use fall arrest.
- Use and operate personal fall protection systems properly.
- Wear head protection, secure tools, and warn others.
- Report incidents and near misses to a supervisor.

Preventing Slips, Trips, and Falls: A Guide for Employees

This course will take approximately 22 minutes to complete.

By the end of the training session, you will be able to identify slip, trip, and fall hazards at work; understand safety specifications and features of walking surfaces and openings; use stairs and ladders safely to avoid falls; and avoid and eliminate slip and trip hazards.

Process Safety Management

This course will take approximately 25 minutes to complete.

Welcome to the training session on safely using, handling, moving, and storing highly hazardous chemicals. This training session is for employees and employees of contractors who work with processes that involve highly hazardous chemicals. It is designed for workplaces covered under Occupational Safety & Health Administration's (OSHA) Process Safety Management Standard (29 CFR 1910.119). It will cover the procedures for safely handling highly hazardous chemicals and operating a chemical process that involves such chemicals.

Recordkeeping: Injury and Illness

This course will take approximately 29 minutes to complete.

By the end of this training session, your employees will understand which employers are affected by recordkeeping standards, appropriate recordkeeping forms, how to reporting to the government, employee rights regarding recordkeeping, and injury and illness recording criteria.

Respirable Silica in Construction: Preventing Exposure

This presentation will help prepare workers at construction sites to recognize potential exposures to hazardous silica dust and take measures to prevent exposure. At the end of the presentation workers will be able to describe respirable crystalline silica and the health effects of exposure to silica dust, at-risk activities on construction worksites that involve airborne release of silica dust, and how to take effective precautions to prevent exposure. Duration: 15 Minutes

Respirator Fit Testing: What Supervisors Need to Know

The main objective of this session is to review respirator fit test options and procedures. By the time the session is over, you will be able to help employees select, assess comfort, and fit a respirator; teach workers to perform positive and negative seal checks; and understand qualitative and quantitative fit test procedures. Duration: 28 minutes.

Respiratory Protection

This course will take approximately 30 minutes to complete.

After this training session, you will be able to identify the hazards of airborne contaminants, identify and use appropriate respiratory protection, recognize the limitations and capabilities of respirators in our workplace, and inspect, maintain, and store respirators.

Safe Forklift Operation

This course will take approximately 23 minutes to complete.

This training session will help you understand the characteristics of a forklift, including differences from driving a car; controls and instruments; motor operation; steering; and other instructions, warnings, and precautions.

Shiftwork Safety

The main objective of this session is to talk about how to keep safe and healthy when working nontraditional shifts. By the time this session is over, you will be able to recognize the health, social, and safety effects of working outside the usual 8-hour day shift; identify strategies for minimizing the negative impact of shiftwork; and stay healthy and safe when working shifts. Duration: 29 minutes.

Slips, Trips, and Falls: What Supervisors Need to Know

The main objective of this session is to help you prevent slips, trips, and falls among the employees you supervise. By the time this session is over, you should be able to identify slip, trip, and fall hazards in the workplace; eliminate slip, trip, and fall hazards in work areas you supervise; prevent falls on stairs and from ladders; help employees prevent slips, trips, and falls outdoors and at home; and teach employees how to minimize injuries if they fall. Duration 24 minutes.

Stress Management (MM)

A little bit of stress can keep us on our toes and give us the adrenaline we need to get through tough situations. But when stress becomes persistent or excessive, it can create problems—both at work and at home. And even worse—it can take a toll on your physical and mental health. During this session we'll learn about what causes stress, how much is too much, and lots of things you can do to make it more manageable for you. Duration: 20 Minutes

Training the Trainer: Effective Techniques for Dynamic Training

For a highly mobile workforce, when many people are inexperienced at their jobs in their current careers, effective training is essential. Becoming a proficient trainer requires practice, organization, a clear sense of purpose, and an understanding of how to engage trainees in ways that will help them to learn.

Understanding the Safety Data Sheet (SDS) 5

The main objective of this session is to describe the purpose of the GHS and introduce you to the SDS. By the time the session is over, you should be able to understand the GHS and how it affects hazard communication in the workplace; recognize how the SDS improves your access to vital safety, health, and environmental information about chemicals used in the workplace; and identify the 16 sections of the SDS and the information contained in each section. Duration: 22 minutes

Understanding Chemical Labels Under GHS

By December 1, 2013, employers must train their employees how to read and interpret the new safety data sheets (SDSs). Many employers will go through a phase-in period where both MSDSs and SDSs will be present in the workplace. This situation is acceptable to OSHA, and employers will not be required to maintain two sets of MSDSs and SDSs for compliance purposes. During the training phase-in period, employers are allowed choose to comply with the HazCom standard for MSDSs; the revised HazCom standard for SDSs; or both.

Chemical labeling is the first step in the process of using chemicals safely. Occupational Safety and Health Administration's (OSHA) chemical labeling requirements are part of its Hazard Communication Standard (HazCom), which is designed to ensure that you can identify and understand hazardous chemical substances in the workplace. HazCom, including chemical labeling, has been aligned with the Globally Harmonized System for Classification and Labeling of Chemicals (GHS). This training session focuses on the GHS chemical label. Duration: 15 min.

Welding and Cutting Safety 5

The objectives of this session are to discuss important safety points about welding and cutting. By the end of the session, you will be able to identify the major safety and health hazards, know the different welding processes, select appropriate personal protective equipment, or PPE, and implement controls needed to prevent or control fires. Duration: 20 Minutes

What Unqualified Workers Need to Know about Electrical Safety 5

The main objective of this session is to inform you about the basic requirements for electrical safety on the job. By the end of the session, you should be able to: Understand the hazards of electricity; Identify and avoid common electrical hazards; Follow safe work practices around electrical equipment; and Know what to do in an emergency. Duration: 36 Minutes.

Working in the Cold Conditions 5

Cold conditions present hazards that may seriously impact worker health and safety. In this training program, employees will review the hazards posed by cold conditions and learn valuable methods for preventing illness and injury and responding appropriately to any health or safety incidents that may arise. Duration: 28 minutes

Working in the Hot Conditions 5

This course will take approximately 22 minutes to complete.

Not only can working in hot conditions be uncomfortable, it can also be hazardous if you don't take the right precautions. You need to know how to protect your health and safety when you work in hot conditions.

Warehouse Safety

The main objective of this session is to help you prevent accidents and injuries while working in the warehouse and loading dock. By the time the session is over, you should be able to identify warehouse hazards; prevent back injuries; work safely with material-handling equipment; protect against accidents on the loading dock; stack materials safely; and prevent slips, trips, and falls. Duration: 27 minutes.

Welding and Cutting Safety (INT)

The objectives of this session are to discuss important safety points about welding and cutting. By the end of the session, you will be able to identify the major safety and health hazards, know the different welding processes, select appropriate personal protective equipment, or PPE, and implement controls needed to prevent or control fires. Duration: 20 Minutes

Working Safely Outdoors

The main objective of this session is to provide you with the information you need to work safely outdoors. By the time the session is over, you will be able to identify outdoor hazards; take proper precautions to prevent injury or illness; and apply effective first aid in the event of an injury or exposure. Duration: 32 minutes.

Working Safely with Benzene

The main objective of this session is to help you work safely with benzene. By the time the session is over, you will be able to identify benzene hazards; understand exposure limits; use engineering controls, safe work practices, and personal protective equipment, or PPE, to prevent exposures; and know what to do in an emergency involving benzene. Duration: 28 minutes.

Working Safely with Flammable Liquids

The main objective of this session is to help you work more safely with flammable liquids. By the time the session is over, you will be able to understand what a flammable liquid is; identify flammable liquid hazards; take proper precautions when storing, dispensing, and handling flammable liquids; prevent fires, explosions, and exposures; and know what to do in an emergency involving flammable liquids. Duration: 34 minutes.

Working in Cold Conditions (MM)

Those of you who work regularly in cold conditions have more to worry about than just being uncomfortable. Cold working conditions can actually lead to health hazards that you need to protect yourself against. During this session, we'll tell you what hazards to look out for and how you can keep yourself safe ... and warm! Duration: 21 minutes.

Working in Hot Conditions (MM)

While being hot may sometimes be unavoidable, if you get too overheated and dehydrated, it could be downright dangerous. During the session, we'll discuss how working in hot conditions can be hazardous to your health and safety, different types of heat-related illnesses you should be aware of, and what you can do to protect yourself if you work in hot conditions. Duration: 19 Minutes.

Workplace Safety for Employees

This course will take approximately 27 minutes to complete.

At the end of the training session you will be able to understand why safety is such an important workplace issue, identify the requirements of OSHA and the law, know what our safety policy requires, and take an active role in promoting workplace safety and health.

Your Guide to Personal Protective Equipment 5

The main objective of this course is to provide you with the information you need to use PPE effectively to protect your health and safety on the job. By the time the course is over, you should be able to understand the PPE hazard assessment process; understand why different types of PPE are selected; and know how to properly wear and care for PPE.