



# SAFETY COURSES

 **PEP**



## Accident Investigation (Multimedia)

16 minutes

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.

## Accident Investigation (Multimedia) (Spanish)

16 minutes

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.

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

22 minutes

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.

## Active Shooter On-Site: What Every Employee Should Do (Multimedia) (Spanish)

22 minutes

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.

## Acute Respiratory Illness Pandemics: Prevention and Response

25 minutes

For most healthy adults, seasonal viruses are not generally life-threatening. But as you've seen in the news, respiratory disease pandemics, such as those caused by coronaviruses or influenza, are something else. They often involve new strains of viruses to which people have developed no immunity. These kinds of viruses can spread quickly and widely, and they can pose a major global health threat. That's why you need to know about acute respiratory illness pandemics and how to prepare for them.

## Acute Respiratory Illness Pandemics: Prevention and Response (Spanish)

24 minutes

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.

## Aerial Lift Safety

26 minutes

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.

## Aerial Lift Safety (Spanish)

28 minutes

This online aerial lift safety training course focuses on teaching employees about aerial lift safety on the job. 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 while at work.

## Arc Flash Safety: Unqualified Person

30 minutes

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.

## Asbestos Awareness

30 minutes

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.





## Asbestos Awareness (Spanish)

24 minutes

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.

## Avoiding Back Injuries

23 minutes

Back injuries are among the most common workplace injuries that cause lost days away from work. No matter what job you perform, you can injure your back on the job. Fortunately, there are a number of steps you can take to avoid back injuries and the lifetime of pain and medical bills that can come with them. In this training session, you'll learn what risk factors and hazards expose you to back injuries and what you can do to help keep your back healthy and pain-free.

## Avoiding Back Injuries (Spanish)

23 minutes

Back injuries are among the most common workplace injuries that cause lost days away from work. No matter what job you perform, you can injure your back on the job. Fortunately, there are a number of steps you can take to avoid back injuries and the lifetime of pain and medical bills that can come with them. In this training session, you'll learn what risk factors and hazards expose you to back injuries and what you can do to help keep your back healthy and pain-free.

## Avoiding Exposure to Bloodborne Pathogens

35 minutes

Bloodborne pathogens such as hepatitis B, hepatitis C, and human immunodeficiency virus (HIV) can be highly infectious when workers are directly exposed to them. With proper awareness and training, they can reduce or eliminate the risk of infection. This course provides information about bloodborne pathogens hazards and safe work practices for workers likely to be exposed to blood or other potentially infectious materials (OPIM), including healthcare workers, first-aid responders, janitorial and maintenance personnel at healthcare facilities, and workers who clean areas contaminated with blood or OPIM. It does not cover the additional requirements for research laboratories and production facilities. By the end of the course, you will be able to evaluate bloodborne pathogen hazards; identify the types and symptoms of bloodborne diseases; recognize how these diseases are spread; determine exposure risk; protect against exposure; and follow postexposure procedures.

## Avoiding Exposure to Bloodborne Pathogens (Spanish)

25 minutes

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.

## Basic First Aid for Medical Emergencies

27 minutes

When a medical emergency occurs, seconds count. It's critical to know how to respond and to act quickly to help an injured or ill person while waiting for emergency medical services to arrive.

This course provides an overview of first-aid procedures for a range of medical emergencies. It is not a substitute for a first-aid or cardiopulmonary resuscitation (CPR) certification course; rather, it provides basic awareness training to give employees who witness a medical emergency on the job the knowledge and skills to act quickly and seek help when needed.

By the end of the course, you will be able to assess emergency situations and determine when first aid is needed, act quickly to contact the appropriate responders during a medical emergency, identify and apply the correct first-aid actions during a variety of medical emergencies, assist in administering first-aid when a coworker is injured, and do no further harm to a person who requires first-aid treatment.

## Basic First Aid for Medical Emergencies (Spanish)

25 minutes

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 coworker is injured; and do no further harm.

## Battery Safety

23 minutes

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.

## Battery Safety (Spanish)

22 minutes

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.

## Blasting and Explosives Safety

35 minutes

Adherence to safety precautions is of utmost importance in every area of working with dangerous explosives, and safety precautions are strictly enforced by OSHA. By the time the session is over, you will understand the importance of treating the explosives you work with and the blasting process with utmost respect, key blaster qualifications and skills, federal regulations for handling, storing, and transporting explosives, how to take proper precautions when loading and detonating explosives, and the rules to follow during and after the blasting process.

## Blasting and Explosives Safety (Spanish)

38 minutes

Adherence to safety precautions is of utmost importance in every area of working with dangerous explosives, and safety precautions are strictly enforced by OSHA. By the time the session is over, you will understand the importance of treating the explosives you work with and





the blasting process with utmost respect, key blaster qualifications and skills, federal regulations for handling, storing, and transporting explosives, how to take proper precautions when loading and detonating explosives, and the rules to follow during and after the blasting process.

## Chain Saw Safety for Construction Workers

18 minutes

The main objective of this session is to give you information that will help you use chain saws safely. At the end of the training session, you will be able to understand how chain saws work, including maintenance tips, identify the basic risks associated with chain saw use, prepare and protect yourself with the right personal protection equipment, or PPE, and learn safe work practices for using a chain saw, as well as what not to do.

## Chain Saw Safety for Construction Workers (Spanish)

16 minutes

The main objective of this session is to give you information that will help you use chain saws safely. At the end of the training session, you will be able to understand how chain saws work, including maintenance tips, identify the basic risks associated with chain saw use, prepare and protect yourself with the right personal protection equipment, or PPE, and learn safe work practices for using a chain saw, as well as what not to do.

## CMV Accident Procedures

23 minutes

The main objective of this session is to inform you about postaccident procedures. By the time the session is over, you should be able to: recognize the importance of taking proper action following an accident; identify postaccident procedures; understand alcohol and drug test requirements and procedures; respond effectively to emergency situations arising from an accident; and provide complete and accurate information about the accident to your employer.

## Commercial Motor Vehicle Driver Logs

17 minutes

The main objective of this session is to provide you with the information you need to complete the daily driver's log fully and correctly. By the time the session is over, you should be able to: identify record of duty status requirements; complete the daily log correctly; log changes of duty status accurately on the grid; and retain and submit logs in a timely manner.

## Commercial Motor Vehicle Inspections

17 minutes

The main objective of this session is to explain the requirements of federal CMV inspection regulations. By the time this session is over, you should be able to understand the inspection, repair, and maintenance requirements of the Federal Motor Carrier Safety Regulations; perform pre- and postoperation vehicle inspections and write and review inspection reports; identify periodic inspection requirements; and comprehend inspector qualifications and recordkeeping requirements under the regulations.

## Compressed Gas Cylinder Safety

31 minutes

Compressed gases are used in millions of products and processes across a wide variety of industries. But did you know that these gases are considered hazardous materials because they

are stored under high pressure and can cause fires, explosions, and suffocation if not handled properly?

This online training course discusses how to work safely with compressed gas cylinders that are used in general industry workplaces and how to protect against the hazards they pose. This course does not address specific requirements for welding or construction. At the end of this training session, you will be able to recognize the common hazards of compressed gases; identify compressed gases by the labels; safely transport, handle, and store compressed gas cylinders; safely use cylinders and regulators and check for leaks; and implement safe practices for working with specific compressed gases.

## Contractor Safety

28 minutes

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.

## Contractor Safety (Spanish)

29 minutes

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.

## COVID-19 and the Workplace: Housekeeping and Hygiene

34 minutes

As the COVID-19 pandemic enters a new phase, the Occupational Safety and Health Administration, or OSHA, has released updated guidance for non-healthcare employers and employees as they return to or continue to go into the workplace. Unless otherwise required by federal, state, local, tribal, or territorial laws, rules, and regulations, most employers no longer need to take steps to protect their fully vaccinated workers who are not otherwise at risk from COVID-19 exposure. However, employers and employees alike will need to continue to implement measures to protect unvaccinated or otherwise at-risk workers in their workplaces so that they can provide a safe workplace free from recognized hazards that are causing or likely to cause death or serious physical harm.

The main objective of this training session is to inform unvaccinated and otherwise at-risk workers who are not covered by OSHA's emergency temporary standard about appropriate steps they can take to prevent exposure to and infection with COVID-19.

## COVID-19 and the Workplace: Housekeeping and Hygiene (Spanish)

19 minutes

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.





## Crane Rigging

34 minutes

Cranes are used at many workplaces, across all major industries, to lift and move materials. But if a crane is not properly set up, rigged, and balanced, it can tip over or drop its load, causing injuries or even death to people in the area. Proper rigging is an essential step to preventing these incidents.

## Crane Rigging in Construction

41 minutes

This training session focuses on safe rigging for crane and derrick operations at construction sites. A critical job for the safety of any crane or derrick operation is rigging the load. Rigging is the most time-consuming of any crane operation and represents the greatest hazard potential. In this training session we'll cover the fundamentals of rigging cranes and derricks.

## Crane Rigging in Construction (Spanish)

43 minutes

This training session focuses on safe rigging for crane and derrick operations at construction sites. A critical job for the safety of any crane or derrick operation is rigging the load. Rigging is the most time-consuming of any crane operation and represents the greatest hazard potential. In this training session we'll cover the fundamentals of rigging cranes and derricks.

## Defensive Driving for Noncommercial Motorists (Multimedia)

19 minutes

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.

## Defensive Driving for Noncommercial Motorists (Spanish)

25 minutes

By the time this session is over, Spanish-speaking employees will be able to identify driving hazards, understand defensive driving techniques, and use defensive driving techniques to prevent accidents and injuries on the road and while at work.

## Defensive Driving: Commercial Motor Vehicles

29 minutes

This training presentation will explain how to recognize driving hazards and dangerous conditions, respond to a specific hazard or dangerous condition and react in time to avoid an accident, inspect and maintain your vehicle, operate your vehicle safely, and respond to emergencies and accidents.

## Defensive Driving: Commercial Motor Vehicles (Spanish)

25 minutes

This training presentation will explain how to recognize driving hazards and dangerous conditions, respond to a specific hazard or dangerous condition and react in time to avoid an accident, inspect and maintain your vehicle, operate your vehicle safely, and respond to emergencies and accidents.

## Dipping, Coating, and Cleaning Operations

29 minutes

The main objective of this session is to talk about the hazards of dipping and coating operations and the precautions you must take to protect your health and safety. By the time this session is over, you will be able to recognize the health and safety hazards of dipping, coating, and cleaning operations, understand controls used to protect you from accidents and exposures, work safely with flammable liquids used in the processes, and know what to do in an emergency.

## Dipping, Coating, and Cleaning Operations (Spanish)

31 minutes

The main objective of this session is to talk about the hazards of dipping and coating operations and the precautions you must take to protect your health and safety. By the time this session is over, you will be able to recognize the health and safety hazards of dipping, coating, and cleaning operations, understand controls used to protect you from accidents and exposures, work safely with flammable liquids used in the processes, and know what to do in an emergency.

## Disaster Planning: What Employees Need to Know

26 minutes

Fires, extreme weather, hazardous chemical spills and releases, acts of terrorism, pandemics, explosions, workplace violence—these unfortunate disasters do happen—often bringing with them destruction, injuries, and sometimes even death.

This course provides information about how employees can prepare for a disaster in the workplace and how to react if one should happen. It describes how to prevent some types of workplace disasters from happening, how employees' actions can reduce the catastrophic results of other disasters, and what steps employees should take if a disaster does occur.

By the end of the training, you will be able to identify the disasters that have the potential to occur at your workplace; implement the measures needed to prevent the occurrence of certain events such as chemical spills and explosions; recognize the actions you can take to prevent a worst-case scenario; and conduct an effective evacuation from your facility.

## Disaster Planning: What Supervisors Need to Know

36 minutes

The objective of this training session is to prepare you to deal with workplace disasters and other emergencies. At the end of the training session you will be able to recognize the types of workplace disasters you may face, understand the requirements of our emergency response plan, satisfy employee training requirements, and carry out emergency response duties effectively.





## DOT Alcohol and Drug Testing Rules: What Supervisors Need to Know

25 minutes

The main objective of this session is to review the Department of Transportation (DOT) alcohol and drug testing rules so that you know how you can help us comply with the regulations. By the time this session is over, you should be able to understand the requirements of the DOT alcohol and drug testing rules; recognize the performance effects of drug and alcohol use; identify signs and symptoms of substance use on the job; and make proper reasonable-suspicion determinations.

## DOT Alcohol and Drug Training for Supervisors

121 minutes

The main objective of this session is to train supervisors who oversee commercial drivers that perform safety-sensitive functions to make reasonable suspicion determinations for drug and alcohol use in compliance with DOT's alcohol and drug regulations at 49 CFR 382.603 (training for supervisors), and the organization's policy and procedures. By the time the session is over, supervisors will be able to identify the requirements of DOT's alcohol and drug regulations; understand how alcohol and drugs affect health and performance; identify signs and symptoms of alcohol and drug use; make appropriate reasonable suspicion determinations; conduct effective reasonable suspicion interviews; and understand when alcohol and drug tests are required and how tests are conducted.

## Driver Qualifications (INT)

26 minutes

The objective of this training session is to help you understand the qualification requirements that apply to you as the driver of a commercial motor vehicle. By the end of this session, you should have a good understanding of what the driver qualification requirements are and how to comply with them, what your driver qualification file is and what it contains, and the investigations your motor carrier is required to perform both during the hiring process and while you are employed as a CMV driver.

## Driver Wellness (INT)

24 minutes

In order to do your job well, you have to be well. Your good health is an important part of everything you do—both on the job and off. Today, we're going to talk about some wellness strategies you can use to help prevent accidents and injuries on the job. We'll also talk about simple ways to maintain a healthy lifestyle that will assist in avoiding disease and disabilities so that you keep working and keep doing all the things you like to do in your life.

## Electrical Safety for Unqualified Construction Workers

21 minutes

This session will help remind you how important it is to work safely near electrical equipment and to prevent injuries. At the end of the training, you will understand the hazards of electricity, how to identify and avoid common electrical hazard exposures, and safe work practices you should follow.

## Electrical Safety for Unqualified Construction Workers (Spanish)

21 minutes

This session will help remind you how important it is to work safely near electrical equipment and to prevent injuries. At the end of the training, you will understand the hazards of electricity, how to identify and avoid common electrical hazard exposures, and safe work practices you should follow.

## Electrical Safety: Unqualified Person

19 minutes

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.

## Electrical Safety: Unqualified Person (Spanish)

28 minutes

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.

## Emergency Action and Fire Prevention (Multimedia)

25 minutes

Workplace emergencies are responsible for killing hundreds of workers and injuring thousands more every year in part because workers aren't trained to recognize the hazards that lead to emergencies and the measures that can be taken to prevent them. This course informs employees how to prevent fires and respond safely to other emergencies in the workplace, as well as the steps to take if an emergency does occur.

## Emergency Action and Fire Prevention (Spanish)

25 minutes

Workplace emergencies are responsible for killing hundreds of workers and injuring thousands more every year in part because workers aren't trained to recognize the hazards that lead to emergencies and the measures that can be taken to prevent them. This course informs employees how to prevent fires and respond safely to other emergencies in the workplace, as well as the steps to take if an emergency does occur. By the end of the course, you will be able to identify the hazards of various types of emergencies; describe the facility's emergency action plan; implement the measures needed to prevent fires; and conduct an effective evacuation from the facility.

## Ergonomics: Industrial

21 minutes

According to the Occupational Safety and Health Administration, or OSHA, work-related musculoskeletal disorders, or MSDs, are among the most frequently reported causes of lost or restricted work time. Workers in many different industries and occupations can be exposed to MSD risk factors at work. Fortunately, work-related MSDs can be prevented. By understanding basic ergonomic principles and applying them to your job, you can minimize MSD risk factors, avoid strains on your body, and reduce your risk of injury.





## Ergonomics: Industrial (Spanish)

29 minutes

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.

## Excavation Safety for Construction Workers

22 minutes

The main objective of this session is to help you learn how important it is to work safely in excavations or trenches. At the end of the training session, you will understand, preventive measures required by law, your role in working safely, your employer's obligations to protect you, hazardous atmospheres, and types of protective systems.

## Excavation Safety for Construction Workers (Spanish)

24 minutes

The main objective of this session is to help you learn how important it is to work safely in excavations or trenches. At the end of the training session, you will understand, preventive measures required by law, your role in working safely, your employer's obligations to protect you, hazardous atmospheres, and types of protective systems.

## Exit Routes: Supervisors

24 minutes

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.

## Extreme Weather Driving for All Drivers

23 minutes

The main objective of this session is to provide safety tips for driving in extreme weather so that you can avoid accidents and breakdowns. By the time the session is over, you should be able to: recognize extreme weather driving hazards; identify appropriate safe driving precautions for different weather conditions; prepare yourself and your vehicle for any kind of weather; and prevent accidents and reach your destination safely when driving in extreme weather conditions.

## Eye Protection (Multimedia)

14 minutes

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.

## Eye Protection (Spanish)

16 minutes

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.

## Fall Protection in Construction

30 minutes

This training presentation will teach you how to recognize fall hazards and identify when fall protection is needed, use basic fall protection systems, prevent objects from falling, inspect personal fall arrest systems, and rescue yourself and others from falls.

## Fall Protection in Construction (Spanish)

40 minutes

This training presentation will teach you how to recognize fall hazards and identify when fall protection is needed, use basic fall protection systems, prevent objects from falling, inspect personal fall arrest systems, and rescue yourself and others from falls.

## Fire Extinguishers Safe Use and Handling (INT)

18 minutes

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.

## Fire Extinguishers Safe Use and Handling (Spanish)

20 minutes

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.

## Flaggers' Safety in Highway Work Zones

27 minutes

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.

## Flaggers' Safety in Highway Work Zones (Spanish)

26 minutes

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.





## Forklift Operator Safety

25 minutes

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.

## Forklift Operator Safety (Spanish)

25 minutes

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.

## Forklifts and Pedestrian Safety

21 minutes

Many workers who work in or walk through areas where forklifts operate are at risk of serious injury from contact with a forklift. There are simple, safe practices and precautions that pedestrians can take to avoid direct contact and prevent injury.

This course provides information for workers and others who walk in areas where forklifts operate about the hazards of forklifts and safe practices to prevent contact incidents and injuries.

By the end of the training session, you will be able to identify the hazards of working around forklifts, recognize the hazardous conditions and risk factors that contribute to forklift/pedestrian incidents, describe worksite safety controls to protect pedestrians from contact with forklifts, apply safe work practices and precautions while working or walking near forklifts to prevent injury, and report near misses, unsafe conditions, and injuries.

## Gas Safety for Construction Workers

18 minutes

The main objective of this session is to make sure you, as a construction worker, know the broad scope of gas safety and what is required to comply with the law. By the time the session is over, you will understand why gas safety is important, what the OSHA standards are, procedures to stay safe when working with gas, and your responsibilities for gas safety.

## Gas Safety for Construction Workers (Spanish)

19 minutes

The main objective of this session is to make sure you, as a construction worker, know the broad scope of gas safety and what is required to comply with the law. By the time the session is over, you will understand why gas safety is important, what the OSHA standards are, procedures to stay safe when working with gas, and your responsibilities for gas safety.

## Good Housekeeping

18 minutes

The main objective of this session is to emphasize the importance of good housekeeping and explain what it really involves. By the time this session is over, you should be able to, recognize the importance of good housekeeping, understand housekeeping responsibilities, develop good housekeeping habits, identify and eliminate housekeeping hazards, and help prevent workplace fires and accidents.

## Hazard Communication and GHS: What Employees Need to Know

36 minutes

Hazardous chemicals are found in many workplaces, and every day millions of workers face potential exposure. Therefore, it is important to know what chemicals are in your workplace, what hazards they present, and how to limit exposure to those chemicals.

The Occupational Safety and Health Administration's (OSHA) Hazard Communication (HazCom) Standard requires that employees be informed of the hazards associated with the chemicals in their workplace and how to protect themselves from those hazards. This course describes how that information is conveyed to employees.

By the end of the training you will be able to explain the purpose of the HazCom standard; recognize the risks posed by hazardous chemicals in your workplace; explain the purpose and content of safety data sheets (SDSs) and how to access that information; interpret the information on chemical labels; and identify and apply appropriate measures to protect yourself from the chemical hazards in your workplace and respond to emergencies.

## Hazard Communication and GHS: What Employees Need to Know (Spanish)

28 minutes

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.

## Hazard Communication and GHS: What Supervisors Need to Know

38 minutes

Today, we're going to talk about the Occupational Safety and Health Administration's, or OSHA's, Hazard Communication Standard, or HazCom. The standard, which is also referred to as the worker right to know standard, makes sure that you know all about the possible dangers of the hazardous chemicals used in your workplace and gives you the information to protect yourself from those hazards. Your employer is required to provide you with this information, and as a supervisor, you must ensure that employees are properly informed and equipped to deal with the hazardous chemicals they use in their jobs.

During this session, we're going to talk about how to recognize hazards, how to protect yourself, and how to interpret critical information designed to make your workplace safer. The main objective of this session is to teach you about hazard communication.

## Hazardous Materials Transportation

37 minutes

Today, we're going to talk about the safe transportation of hazardous materials, which are also referred to as HAZMAT. The Department of Transportation, or DOT, says that most incidents involving the release of hazardous materials are the result of human error. This means that most incidents can be prevented if you know proper safety procedures and follow the requirements of the HAZMAT transportation regulations. The more you know about how to transport hazardous materials, the safer you'll be personally and the safer the shipments you're involved with will be, as well.





## Hazmat Transportation: Hazardous Materials Table

24 minutes

This session will cover the Hazardous Materials Table. The table is an essential part of the U.S. Department of Transportation's hazardous materials, or hazmat, regulations. Understanding the table and knowing how to use it effectively helps ensure safe transport of hazardous materials and compliance with the regulations. The Hazardous Materials Table lists some 3,000 hazardous materials alphabetically by proper shipping name. The table provides you with the information needed to complete shipping papers, mark and label hazmat packages, select appropriate placarding, and perform other transportation-related duties in compliance with the regulations.

## Hazmat Transportation: Packaging Safety

24 minutes

The main objective of this session is to ensure that you prepare hazardous materials safely for shipment. By the time the session is over, you should be able to: identify the packaging requirements of the hazardous materials transportation regulations; determine hazard class, ID number, packing group, and other essential information about hazardous materials to be shipped; select appropriate packaging for shipments; and package shipments in compliance with the regulations.

## Hazmat Transportation: Security Awareness

24 minutes

As part of the Department of Transportation (DOT) requirements at 49 CFR 172.704 Subpart H, shippers and carriers of certain hazardous materials must develop and implement security plans as well as ensure that their employee training programs include a component on security. This training session focuses on the awareness-level component of this training requirement.

## Hazmat Transportation: Security Plans

23 minutes

The main objective of this session is to familiarize you with the hazmat transportation security plan and the security precautions you must take to help prevent breaches of security. By the time the session is over, you should be able to: recognize hazmat transportation security risks; understand the hazmat transportation security plan; prevent unauthorized access to hazardous materials; and protect hazmat shipments en route.

## Hexavalent Chromium Safety: General Industry

30 minutes

Generated by industrial processes such as plating and pickling passivation, hexavalent chromium, a man-made form of the metal chromium, can be found in the form of chromate, chromic acid, sodium bichromate dehydrate, and cadmium chromate. This session is intended for those employees whose work involves exposure or potential exposure to this substance.

## Home Safety

21 minutes

Accidents at home are the leading cause of injury-involved accidents. These accidents occur because there are no required rules to follow in the home, unlike the OSHA regulations we follow in the workplace. Many at-home injuries can be prevented if appropriate preventive measures are taken to eliminate or minimize hazards. This session is intended for all employees.

## Hours-of-Service Rules (INT)

28 minutes

The federal hours-of-service (HOS) rules were developed to reduce the likelihood of driver fatigue, fatigue-related crashes, and health effects of driving long hours. Although crash rates have been falling, thousands of people are still injured and killed in truck crashes each year, including hundreds of truck drivers. This course reviews the purpose and requirements of the federal HOS rules for commercial motor vehicle (CMV) drivers and explains how to comply with the regulations to prevent accidents and protect health. By the end of this course, you will be able to identify requirements for maximum driving hours and for driving breaks; understand how adverse conditions can affect driving limits; know rules for sleeper berths and short hauls; understand the requirements for daily driver's logs; recognize hazards of fatigue and night driving; and understand out-of-service rules.

## Hydrogen Sulfide Safety

15 minutes

The main objective of this session is to help you understand the hazards of working with Hydrogen Sulfide and also what protective measure you can take to keep yourself and your coworkers safe.

## Infectious Materials Transportation

33 minutes

The Department of Transportation (DOT) says that most transportation incidents involving hazardous materials are the result of human error. DOT concludes that effective employee training is therefore the best means of preventing hazardous materials incidents, including those involving infectious materials.

## Introduction to OSHA and the General Duty Clause

20 Minutes

Employees have rights and responsibilities under workplace safety laws that apply to their own actions and conduct on the job.

The main objective of this session is to inform workers about their rights and responsibilities for a safe and healthy workplace, and how the Occupational Safety and Health Administration (OSHA) and the General Duty Clause can help workers and employers prevent workplace injuries and illnesses.

By the time the session is over, workers will be able to describe the purpose and mission of OSHA; identify OSHA's strategies and the employer's responsibilities for improving workplace safety; describe the purpose and use of the General Duty Clause; and explain worker rights and responsibilities to protect workplace safety and health.

## Introduction to Rough Terrain Forklift Safety

27 minutes

Rough terrain forklifts are a special class of forklifts, known as Class 7 powered industrial trucks, that are designed to carry heavy loads safely indoors and outdoors on rugged and sloped surfaces and in adverse weather conditions. This presentation will review the hazards and explain what you can do to prevent accidents and injuries when operating these lift trucks. The course does not cover vehicles used for earth-moving or over-the-road hauling.





## Introduction to Rough Terrain Forklift Safety (Spanish)

19 minutes

The main objective of this session is to discuss rough terrain forklift safety. By the time this session is over, you should be able to identify rough terrain forklift hazards, understand stability principles, follow basic safety rules, inspect forklifts and worksites for safety, load, unload, and travel safely, and prevent tipovers.

## Job Hazard Analysis

25 minutes

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.

## Ladder Safety (Multimedia)

15 minutes

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.

## Lead Safety in Construction

14 minutes

The objective of this training session is to protect your health and keep you productive. At the end of the training session, you will be able to understand lead hazards, exposure, and control, respiratory protection, medical surveillance, information about chelating agents, engineering controls and work practices, your right to access medical and air sampling records as well as a copy of OSHA lead standard for construction.

## Lead Safety in Construction (Spanish)

14 minutes

The objective of this training session is to protect your health and keep you productive. At the end of the training session, you will be able to understand lead hazards, exposure, and control, respiratory protection, medical surveillance, information about chelating agents, engineering controls and work practices, your right to access medical and air sampling records as well as a copy of OSHA lead standard for construction.

## Lockout/Tagout: Affected Employees

28 minutes

This session covers the safety procedure known as “lockout/tagout” and related hazardous energy control measures designed to protect you from injuries due to unexpected start-up of machinery or equipment or the release of stored hazardous energy during servicing and maintenance operations after the equipment has been turned off. It does not cover the protection measures for normal production operations—that is, while the equipment is still running. This is part of your training as an “affected employee,” or an operator of a machine or equipment that is serviced or maintained by an authorized employee other than the operator. This training is also required if you work in an area where servicing or maintenance of machinery or equipment

is being performed, even though you do not operate the machinery or equipment. For example, material handlers and welders who routinely work in areas near machinery or equipment during servicing or maintenance operations are considered affected employees.

## Lockout/Tagout: Authorized Employee

34 minutes

This session covers the safety procedure known as “Lockout/Tagout,” performed by authorized employees responsible for service and maintenance work on machines and equipment that contain or expose workers to the unexpected release of hazardous energy. Before performing this work, you need to have the knowledge and skills necessary to safely control hazardous energy and perform lockout and tagout of machines and equipment.

## Lockout/Tagout: Authorized Employee (Spanish)

19 minutes

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.

## Machine Guarding

11 minutes

Machines are at the heart of every industrial operation. They can be extremely dangerous, hundreds of workers are severely injured or killed because of unsafe work practices around machines. This session will cover some of the common hazards and safe work practices of machines, and is intended for operators and maintenance personnel who may be working with or servicing machines.

## Machine Guarding (Spanish)

20 minutes

By the end of this training session, you will be able to understand the hazardous actions of different types of machinery, identify the hazards of working with machinery, identify machine safeguards and know how they work, and properly operate machines with guards.

## Metalworking Fluids

39 minutes

The main objective of this session is to learn the hazards of metalworking fluids and steps you can take to reduce your exposure to them. 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.

## Mold Hazards and Prevention

26 minutes

This course provides information about mold hazards in the workplace for those persons responsible for maintaining a safe workplace environment, such as maintenance and custodial staff and their supervisors. Other employees will also benefit from instruction as to how to detect mold and the conditions that promote mold growth.

By the end of this training you will be able to: recognize the potential health hazards of exposure to mold and how it can affect you; identify mold and the places where mold is likely to occur in an indoor environment; implement measures to control moisture indoors and thereby help prevent mold growth; and conduct an effective cleanup of small amounts of mold contamination safely.





## New Employee Safety Orientation

25 minutes

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.

## New Employee Safety Orientation (Spanish)

26 minutes

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.

## Noise and Hearing Conservation (Multimedia)

15 minutes

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.

## Noise and Hearing Conservation (Spanish)

19 minutes

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.

## OSHA Inspections, Citations, and Penalties

33 minutes

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.

## Permit-Required Confined Space Rescue for Supervisors

25 minutes

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.

## Permit-Required Confined Space Rescue for Supervisors (Spanish)

25 minutes

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.

## Permit-Required Confined Spaces in Construction: Attendant

34 minutes

This training session on permit-required confined spaces is designed for construction workers designated as attendants for these spaces. You know that construction sites change constantly as the work progresses. That means confined spaces change, too. In fact, confined spaces can be created during the course of a project, even if none existed at the project's start. This session will help you identify the hazards of confined space entry, including the signs, symptoms, behavioral effects, and consequences of hazard exposure.

## Permit-Required Confined Spaces in Construction: Authorized Entrant

31 minutes

This training session on permit-required confined spaces is for construction workers designated as authorized entrant. You know that construction sites change constantly as the work progresses. That means confined spaces change, too. In fact, confined spaces can be created during the course of a project, even if none existed at the project's start. You need to know how to work safely, especially when it comes to safe entry requirements.

## Permit-Required Confined Spaces: Attendant

42 minutes

The failure of confined space attendants to understand and perform their tasks has been a contributing factor in many confined space deaths, especially when the attendant attempts an unauthorized rescue and both the rescuer and the entrant do not survive.

This training session on permit-required confined spaces describes the roles and responsibilities of persons designated as attendants for these spaces in general industry workplaces. By the end of the session, confined space attendants will be able to identify the hazards of confined space entry, recall the methods to communicate effectively with entrants during entry operations, describe the means to keep track of multiple entrants, recognize and monitor dangerous conditions, recall the actions to take when unauthorized persons attempt to enter the confined space, and describe procedures to initiate entry rescue.

## Permit-Required Confined Spaces: Attendant (Spanish)

32 minutes

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.





## Permit-Required Confined Spaces: Entrant

32 minutes

Over 2 million workers enter permit-required confined spaces annually, but less than 15 percent are trained to recognize common hazards like oxygen deficiency, engulfment, entrapment, and other safety and health threats from energized systems and toxic materials. Fortunately, there are effective and well-established safe practices, testing protocols, and hazard controls that can prevent injuries and illnesses caused by these hazards in confined spaces. This training session provides information on these safe practices for workers designated as authorized entrants for permit-required confined spaces.

## Permit-Required Confined Spaces: Entrant (Spanish)

24 minutes

Twenty workers die every year in confined-space accidents and 60 percent of confined-space injuries are sustained by the rescuer. This session will train your workers on permit-required confined spaces for workers designated as authorized entrants.

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

25 minutes

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

24 minutes

After this training session, you will understand how a PPE hazard assessment is conducted, which involves evaluating the workplace and job functions for any potential hazards that can be controlled through the use of PPE; be able to select the proper PPE to protect against the hazards found during the hazard assessment; and be able to show employees how to properly wear and care for their PPE.

## Portable Power Tool Safety

16 minutes

Portable power tools are common at many workplaces, but many workers become complacent when using them on the job and are seriously injured as a result. This course is designed for workers who use portable power tools such as drills, sanders, chain saws, circular saws, and grinders and provides information about the hazards and safe practices to prevent injury. By the end of the course, you will be able to identify the hazards of portable power tools, take precautions against injury, use tool guards effectively and correctly, and understand common safety practices for specific types of tools.

## Portable Power Tool Safety (Spanish)

15 minutes

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

26 minutes

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.

## Powered Platform Safety (Spanish)

27 minutes

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.

## PPE: Foot Protection

22 minutes

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

40 minutes

Hands and fingers are complex and versatile tools we use for so many things that we often take them for granted. Think about how difficult it would be to do everyday tasks, such as eating, dialing a phone, using hand tools, or operating machinery, if you had a broken finger, a severely cut thumb, a deep puncture in your palm, or another similar hand injury.

Despite the importance of using our hands in daily life, the Occupational Safety and Health Administration, or OSHA, has found that nearly a quarter of workplace injuries involve hands or fingers, with 70 percent of these incidents related to workers not wearing gloves and the other 30 percent related to using improper or damaged gloves. Fortunately, you can avoid hand injuries if you remember to wear the right gloves for the job and keep them in good condition.

## PPE: Hand Protection (Spanish)

31 minutes

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 (Multimedia)

18 minutes

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.

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

33 minutes

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.

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

19 minutes

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.

## Preventing Slips, Trips, and Falls: A Guide for Employees (Spanish)

23 minutes

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.

## Process Safety Management

34 minutes

This training session is for employees and employees of contractors who work with processes utilizing highly hazardous chemicals that are covered under the Occupational Safety and Health Administration's, or OSHA's, Process Safety Management, or PSM, Standard, located at 29 CFR 1910.119. We will discuss the elements of a PSM program, as well as procedures for safely handling highly hazardous chemicals and operating chemical processes that involve such chemicals.

## Recordkeeping: Injury and Illness

38 minutes

When an employee at your facility reports an injury, do you know how to determine whether it should be recorded on your Occupational Safety and Health Administration (OSHA) 300 log, when an injury or illness case is considered work-related, and when an incident warrants a phone call to OSHA?

This course provides supervisors, managers, and other personnel responsible for recording work-related injuries and illnesses with information to comply with OSHA's injury and illness recordkeeping rule, including electronic recordkeeping and informing workers of their rights and responsibilities for reporting injuries.

By the end of the training, you will be able to determine whether your employer is required to keep injury and illness records; determine whether an injury or illness is a recordable case; fill out recordkeeping forms properly; report fatalities and severe injuries to the government; determine whether your establishment is required to submit records electronically to OSHA; and inform employees of their rights to report injuries and illnesses free from retaliation.

## Refueling Equipment

32 minutes

The main objective of this session is to teach you how to properly refuel the construction machinery you work with every day, while adhering to OSHA's rules and regulations. By the time the session is over, you will understand the hazardous liquids you will be working with, how to properly dispense liquid fuel, the location of appropriate refueling areas and where to store liquid fuels, how to control fuel spills and how to protect yourself against potential fires and explosions, and important OSHA regulations and how they protect you.

## Refueling Equipment (Spanish)

36 minutes

The main objective of this session is to teach you how to properly refuel the construction machinery you work with every day, while adhering to OSHA's rules and regulations. By the time the session is over, you will understand the hazardous liquids you will be working with, how to properly dispense liquid fuel, the location of appropriate refueling areas and where to store liquid fuels, how to control fuel spills and how to protect yourself against potential fires and explosions, and important OSHA regulations and how they protect you.

## Respirable Crystalline Silica in Construction: Preventing Exposure (INT)

15 minutes

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.

## Respirator Fit Testing: What Supervisors Need to Know

31 minutes

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.





## Respiratory Protection

47 minutes

Millions of workers wear respirators in workplaces across a wide variety of industries to protect against airborne contaminants and poor oxygen environments. But just wearing a respirator is not enough. Respirator users must know how to properly fit, use, inspect, and maintain their respirators to fully protect against respiratory hazards.

This course will help you recognize respiratory hazards in your workplace and show you how to use and maintain respirators to keep yourself safe. By the end of the training, you will be able to identify common respiratory hazards and explain why respirators are necessary to protect against these hazards; describe how a respirator operates and recognize the capabilities and limitations of each type of respirator; safely wear and use your respirator; properly inspect, maintain, and store your respirator; recognize emergency situations and medical symptoms that limit the effective use of respirators; and summarize your employer's obligations under the Respiratory Protection Standard. This course does not address the requirements for employees who voluntarily use respirators or for interior structural firefighters.

## Safe Driving Techniques for CMVs

17 minutes

The main objective of this session is to provide you with information on safe driving techniques for commercial motor vehicles. By the end of the session, you should be able to: understand the basics of safely operating a commercial motor vehicle; know the risks of unsafe operation of CMVs; identify and avoid risky driving behaviors; and operate a CMV safely.

## Safe Forklift Operation

25 minutes

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

## Scaffolds in Construction

36 minutes

This training session provides basic hazard awareness and safe work practices for workers who use scaffolds to safely perform construction, repair, and maintenance work on structures and for workers who erect, maintain, and disassemble scaffolds. The course covers practices and control measures to protect workers from scaffold-related injuries caused by falls; falling objects; unstable or overloaded scaffolds; electrocution; and slips, trips, and falls on the same level. Note that this session does NOT cover permanent work platforms, aerial lifts, scissor lifts, or lifts suspended from cranes or derricks, which are covered in separate training courses.

## Scaffolds in Construction (Spanish)

23 minutes

This training presentation will teach you to understand the nature of scaffold hazards; identify major types of scaffolds and their use; erect, move, operate, inspect, and maintain a scaffold; and implement safe work practices, use fall protection, and protect yourself from falling objects.

## Scissor Lifts: Operator Safety

29 minutes

Thousands of workers use scissor lifts to perform work at heights across a wide variety of industries. But because of this high rate of usage, there is a similarly high rate of scissor lift-related accidents. Fortunately, the majority of these incidents can be prevented through proper training. This presentation will train scissor lift operators to appreciate the hazards associated with scissor lifts; minimize those hazards; and safely operate, handle materials on, and inspect and maintain scissor lifts.

By the end of the course, workers will be able to recognize the hazards of operating scissor lifts; identify common features of scissor lift equipment; inspect scissor lifts and maintain them in a safe working condition; demonstrate safe stabilization, positioning, and operation of scissor lifts; lift loads, tools, and other work materials properly; and prevent falls through safe work practices and by wearing the appropriate personal protective equipment (PPE).

## Shiftwork Safety

29 minutes

Nontraditional shifts present unique safety concerns. By the time this session is over, you will be able to recognize the health, social, and safety effects of working outside an 8-hour day shift; identify strategies for minimizing the negative impact of shiftwork; and stay healthy and safe when working shifts.

## Silica Dust in General Industry: Preventing Exposure

23 minutes

Workers exposed to airborne silica dust face potentially serious health effects, but they can prevent them by learning to identify the hazards at work and practice effective exposure control measures. This course is designed for workers in general industry workplaces who are exposed to silica dust while performing tasks such as cleaning, milling, grinding, sanding, polishing, and cutting silica-containing materials. By the end of the presentation, you will be able to identify the health hazards associated with exposure to silica dust; recognize job tasks that could lead to exposure; access the respirable crystalline silica rule for general industry; read labels, safety data sheets (SDSs), and signs at the entrances to regulated areas that communicate silica dust hazards; apply silica dust exposure control methods; and describe the medical surveillance program.

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

24 minutes

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.

## Snow and Ice Removal Safety

24 minutes

The main objective of this session is to help you perform snow and ice removal duties safely to prevent accidents, injuries, or illness. By the time the session is over, you will be able to recognize snow and ice removal hazards; inspect equipment properly and use it safely; avoid slips, trips, and falls; shovel and lift safely to prevent back injuries; remove snow safely from roofs; and understand and prevent cold-related illness.





## The Dangers of Distracted Driving: A Guide for CMVs

13 minutes

The main objective of this session is to provide you with information on avoiding distracted driving in commercial motor vehicles. By the end of the session, you should be able to understand the definition of and different categories of distracted driving; identify and avoid distractions when behind the wheel; understand FMCSA regulations as they pertain to driver distractions; and recognize distracted driving in other vehicles.

## Training the Trainer: Effective Techniques for Dynamic Training

30 minutes

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.

## Training the Trainer: Effective Techniques for Dynamic Training (Spanish)

32 minutes

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.

## Transporting Hazardous Materials Safely

23 minutes

The main objective of this course is to provide you with the information you need to contribute to hazardous materials transportation safety. By the time the course is over, you should be able to: recognize and identify hazardous materials; understand shipment markings, labels, placards, documentation, and package requirements; load and unload hazardous materials safely; use personal protective equipment, or PPE, and procedures; avoid accidents with hazardous materials; respond effectively to emergencies; and recognize and respond to security threats.

## Trenching: Competent Person

42 minutes

This session is intended for the “competent person” at trench excavation sites—that is, a person who is capable of identifying existing and predictable hazards and working conditions that are unsanitary, hazardous, or dangerous to employees in and around excavations and who is authorized to take prompt corrective measures to eliminate the hazards.

## Trenching: Competent Person (Spanish)

23 minutes

This session is intended to provide a background of information on which to begin building the competent person's experience. By the end of this session, you as the competent person will be able to recognize hazards associated with trenches, understand the protective systems for trenches, and understand the hazards and prevention measures for the activities associated with excavation.

## Underground Construction (Tunneling) (Spanish)

27 minutes

The main objective of this session is to help you understand the OSHA regulation for protecting the safety and health of underground construction workers. By the end of this session, you will understand the critical role of what OSHA terms a “competent person” in maintaining jobsite safety, see what’s needed to keep everyone connected and aware, know what protections you have for ventilation, illumination, and air monitoring, list site control procedures that are designed to protect workers, know the minimum requirements for air and light, which are critical concerns for all underground workers, understand the rules for special situations, when projects include drilling and blasting, the use of cranes and hoists, or working with gas underground, learn what emergency procedures must be in place at all times, even if just one person is underground, and know what records must be kept on air quality and potentially dangerous exposures—that are available to workers during and after a project.

## Underground Construction Safety

27 minutes

Constructing underground tunnels, shafts, chambers, and passageways exposes workers to many dangers, including reduced visibility, falling rocks and soil, difficult or limited entry and exit in work areas, exposure to air contaminants, and emergencies such as fire and explosion.

This module provides workers involved in underground construction work with information about common hazards and safe work practices to prevent injuries and respond to emergencies.

## Understanding Chemical Labels Under GHS

17 minutes

Each one of us works with chemicals, whether at work or at home. You need to know how to determine their hazards to protect yourself against those hazards. Reading and being able to decipher chemical labels is the first step in the process of using chemicals safely.

## Understanding Chemical Labels Under GHS (Spanish)

17 minutes

Chemical labeling is the first step in the process of using chemicals safely. OSHA's chemical labeling requirements are part of its Hazard Communication Standard, 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. [This course is compliant with the new Globally Harmonized System of Classification and Labelling of Chemicals(GHS).]





## Understanding the Safety Data Sheet (SDS)

24 minutes

Hazardous chemicals are found in many workplaces, and every day millions of workers face the potential for exposure. Therefore, it is important to know what chemicals are in your workplace, what hazards they present, and how to limit exposure to those chemicals. This course provides information on the purpose of the Globally Harmonized System of Classification and Labelling of Chemicals (GHS) and introduces the safety data sheet (SDS) to all persons who may encounter hazardous chemicals in the workplace. By the end of the training, you will be able to summarize 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; explain the accessibility of SDSs in the workplace, and identify the 16 sections of the SDS and the information contained in each section.

## Understanding the Safety Data Sheet (SDS) (Spanish)

24 minutes

Hazardous chemicals are found in many workplaces, and every day millions of workers face the potential for exposure. Therefore, it is important to know what chemicals are in your workplace, what hazards they present, and how to limit exposure to those chemicals. This course provides information on the purpose of the Globally Harmonized System of Classification and Labelling of Chemicals (GHS) and introduces the safety data sheet (SDS) to all persons who may encounter hazardous chemicals in the workplace. By the end of the training, you will be able to summarize 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; explain the accessibility of SDSs in the workplace, and identify the 16 sections of the SDS and the information contained in each section.

## Warehouse Safety

45 minutes

You may not think of the warehouse as a particularly hazardous place, but annual injury and fatality rates are rising, and the fatal injury rate for the warehousing industry is higher than the national average. Warehouse work is physically demanding, with workers constantly on their feet walking, bending, and lifting, and workloads can vary widely from day to day or even from hour to hour. Environmental factors, such as extreme temperatures, high noise levels, and poor lighting, can also affect workers' health and safety.

With every activity in a warehouse covered by at least one Occupational Safety and Health Administration, or OSHA, regulation, the wide variety of potential hazards can seem unavoidable.

Fortunately, there are a number of safe practices that you can follow to address each of these hazards and to ensure your safety while working in a warehouse.

## Welding and Cutting Safety (INT)

19 minutes

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.

## Welding and Cutting Safety for Construction Workers

22 minutes

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.

## Welding and Cutting Safety for Construction Workers (Spanish)

23 minutes

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.

## Whistleblower Protections (INT)

14 minutes

The objective of this training session is to help you understand your rights under whistleblower protection laws. By the end of this session, you will understand your right to a safe and healthy workplace, your specific rights as a motor carrier employee, what protected activity is and what it includes, what retaliation is, when and how to file a complaint about unsafe working conditions or motor carrier safety violations, when and how to file a retaliation complaint, your rights and protections as a whistleblower, how whistleblower complaints are investigated, and the outcome you can expect after filing a retaliation complaint.

## Working in Cold Conditions (Multimedia)

21 minutes

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!

## Working in Cold Conditions (Spanish)

28 minutes

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.

## Working in Hot Conditions (Multimedia)

17 minutes

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.





## Working in Hot Conditions (Spanish)

24 minutes

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.

## Working Safely Around Heavy Equipment

21 minutes

A construction site is an inherently dangerous workplace. You must pay attention not only to what you are doing but also to what other workers around you are doing. The main goal of this session is to help you understand how important it is to work safely near heavy equipment. At the end of the session, you will be able to understand the leading causes of heavy equipment-related accidents, identify dangers associated with heavy equipment, discuss what OSHA regulations say about working safely on or near heavy equipment, and learn basic precautions to stay safe on the worksite.

## Working Safely Around Heavy Equipment (Spanish)

16 minutes

A construction site is an inherently dangerous workplace. You must pay attention not only to what you are doing but also to what other workers around you are doing. The main goal of this session is to help you understand how important it is to work safely near heavy equipment. At the end of the session, you will be able to understand the leading causes of heavy equipment-related accidents, identify dangers associated with heavy equipment, discuss what OSHA regulations say about working safely on or near heavy equipment, and learn basic precautions to stay safe on the worksite.

## Working Safely Near Power Lines

20 minutes

The main objective of this session is to help you understand how important it is to work safely near power lines. This session is intended for general construction workers. At the end of the training session, you will be able to understand the major causes of power line-related accidents, identify dangers associated with power lines, find out what Occupational Safety and Health Administration, or OSHA, regulations say about power line safety, learn preventive measures to stay safe, and get some tips on what to do in case of an emergency.

## Working Safely Near Power Lines (Spanish)

22 minutes

The main objective of this session is to help you understand how important it is to work safely near power lines. This session is intended for general construction workers. At the end of the training session, you will be able to understand the major causes of power line-related accidents, identify dangers associated with power lines, find out what Occupational Safety and Health Administration, or OSHA, regulations say about power line safety, learn preventive measures to stay safe, and get some tips on what to do in case of an emergency.

## Working Safely Outdoors

32 minutes

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.

## Working Safely Outdoors (Spanish)

31 minutes

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.

## Working Safely with Benzene

26 minutes

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.

## Working Safely with Flammable Liquids

30 minutes

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 recall the basic characteristics of a flammable liquid; identify flammable liquid hazards; describe precautions to safely store, dispense, transfer, and otherwise handle flammable liquids; recognize measures to prevent fires, explosions, and exposures, and explain actions to respond in an emergency involving flammable liquids.

## Workplace Safety for Employees

30 minutes

The objective of this training session is to familiarize you with workplace safety issues you may encounter and your role in maintaining a safe workplace.



