



New courses – English

- **NEW** represents the most recently added courses

NEW - Cryogen Safety (15 minutes)

Cryogenic liquids help us store materials and conduct experiments at extremely low temperatures. We must be careful to work with them safely to avoid the risk of frostbite, asphyxiation and over-pressurization of containers that can lead to explosions. Take this course to learn about what cryogenic liquids are, the risks they present and how to use them safely. This course lays the foundation for the workplace-specific, hands-on training your employer will provide to you. It is ideal for anyone who works with or around or manages people who work with or around cryogenic liquids.

NEW - Corrosive Safety (24 minutes)

You may know that corrosive materials can be hazardous to your skin and eyes, but are you aware of their other hazards? Corrosives (acids and bases) are materials that can cause chemical damage on contact with the skin, eyes, respiratory tract, digestive tract or even metal. Many chemicals commonly used in laboratories and the home are corrosive. Besides their health hazards, corrosives can be highly reactive. They can cause fires, explosions, or violent exothermic (heat-releasing) reactions, like an explosion. Take this training to learn how to safely identify, use and store corrosive materials, as well as methods for preventing and responding to exposure incidents and emergencies. This training is beneficial for anyone who has the potential to use or be near the use of corrosives.

Diversity and Inclusion in the Workplace (45 minutes)

Part of being a successful company or employer today is creating an environment that recognizes and includes the contributions of a diverse and dynamic workforce. This course explains how culture influences values, assumptions, thought processes, and work relationships. Topics in this course include: Definition, Importance, Change, Laws, and Stereotypes. After completing this course, learners will be able to identify how to create an environment that nurtures strong working relationships with people from different backgrounds.

Fall Protection: Rescues (12 minutes)

A worker falls, but his personal fall arrest system stops his descent. Now the worker is suspended in midair and screaming for help. What do you do? This can be a chilling moment if you do not have a plan. This course highlights common considerations in fall protection rescue planning and provides advice for reducing post-fall suspension trauma. It is ideal for workers, supervisors and managers.

NEW - Field Service Cranes Part 1: Planning a Safe Lift (12 minutes)

Safe crane operation begins before you ever reach the controls. Take this course to learn what you can do to establish a safe work area and plan a safe lift. This course is ideal for field service crane operators and may be taken with other training and hands-on practice.

NEW - Field Service Cranes Part 2: Performing a Safe Lift (11 minutes)

Once you establish a safe work area and plan a lift, it is time to perform the lift safely. Take this course to learn how. This course is ideal for field service crane operators and may be taken with other training and hands-on practice.

NEW - First Aid - Mental Wellness (19 minutes)

How would you describe your mental state? Do you ever feel that it impacts your work or personal life? Take this course to learn about the importance of improving your mental wellness and reducing your stress. It will also include topics on how to improve your mental health and well-being so that you can be happier and more productive at work and at home. This course is ideal for anyone feeling the pressure of your job or personal relationships.

NEW - First Aid - Stress (19 minutes)

Stress is a phenomenon that each one of us experiences. Even though stress is part of our everyday life, excessive stress can affect personal health and emotional stability. It can also affect our overall quality of life by reducing productivity or by creating or aggravating health problems. This course highlights types of stress and provides immediate and long-term ways to reduce stress.

NEW - HAZWOPER First Responder Awareness (21 minutes)

First responders at the awareness level play an important role in emergencies involving hazardous substances. The information they report helps to prepare the personnel who will contain materials, address fires and explosions and treat victims. Take this course to learn more about hazardous substances, how to recognize and identify them and what to do when you encounter an emergency in which they are involved. This course is ideal for industrial workers and their managers who aspire to become a responder or better understand what the role entails.

Low-Speed and Utility Vehicle Safety (11 minutes)

When it comes to utility vehicles, such as golf carts, low speed doesn't mean low risk. Take this course to learn about the unique hazards you should consider before getting behind the wheel and learn how you can safely operate low-speed and utility vehicles. This course is ideal for anyone who operates or rides in low-speed and utility vehicles.

Lockout/Tagout (LOTO) Programs and Procedures (24 minutes)

Energy powers equipment, but when it is uncontrolled it can harm or even kill people. That is why we have lockout/tagout procedures and energy control programs. Take this course to learn what these procedures and programs are and how we use them to stay safe at work. Your employer may ask you to complete this training as part of their process for obtaining lockout/tagout authorization. This course is ideal for workers in general industry and construction.

NEW - Machine Guarding Part 1: Hazards (8 minutes)

Moving parts and power sources are among the machine hazards that can be dangerous when they are not guarded. Take this course to learn why machine guarding is important and the hazards from which it can protect you. Ideal learners are workers who operate, maintain or work near machines.

NEW - Machine Guarding Part 2: Precautions (19 minutes)

When people install, use and maintain machine guards properly, they can help prevent injuries such as crushed digits or amputations. Take this course to learn what machine guards are and how to work with them safely. Ideal learners are workers who operate, maintain or work near machines.

Powered Industrial Trucks Part 1: Classes and Types (16 minutes)

Your job requires you to work with or around powered industrial trucks. What are they and what do you need to know about the different types? Take this course to learn the answers to these questions. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 2: Pre-Operation Inspection (12 minutes)

Powered industrial truck safety begins before the truck is even in motion. This course will teach you how to visually inspect trucks to ensure they will function safely. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 3: Operational Inspection and Maintenance (12 minutes)

Before you use a powered industrial truck, you need to make sure it operates safely and as expected. This course will teach you what is included in an operational inspection and will also help you understand the importance of preventive maintenance. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 4: Fueling and Charging (12 minutes)

Keeping an adequate power supply for a powered industrial truck is vital to its safe operation. Take this course to learn more about how to safely fuel and charge trucks. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 5: Preventing Incidents (14 minutes)

Powered industrial truck operators can prevent incidents like tip-overs, collisions and lost loads by monitoring and avoiding factors that affect truck stability and the general safety of their work area. Take this course to learn how loading, capacity, obstructions, speed, braking, turning and surface conditions affect truck operation. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 6: Picking Up and Placing Loads (8 minutes)

By properly picking up, handling and placing loads, powered industrial truck operators can help avoid dangerous conditions such as overloaded equipment, damaged racks and loads that fall or are damaged. Take this course to learn the general safe practices for using trucks to pick up and place loads. This course is ideal for people who operate powered industrial trucks or those who manage them.

Powered Industrial Trucks Part 7: Loading Dock Operations (9 minutes)

In loading dock areas, traffic, ramps, elevators and ledges increase the danger of powered industrial truck collisions, tip-overs and other incidents. Take this course to learn about the safe decisions truck operators can make to maintain loading dock area safety. This course is ideal for people who operate powered industrial trucks or those who manage them.

NEW - Scaffold Safety Essentials (17 minutes)

Working on scaffolds can be dangerous, but it does not need to be. Take this course to learn about the hazards that are common to all scaffolds and the hazards that are unique to certain types of scaffolds. You will learn how scaffold design and work practices can make your work safer. This course is ideal for employees who work on or around scaffolds as well as their managers.

Vehicle Inspections (14 minutes)

No one wants to deal with a flat tire, overheated engine or some other maintenance problem that could cause delays or accidents. That is why it is essential to maintain your vehicle and perform inspections so that you can identify and address issues. Take this course to learn when, where and how to inspect your vehicle. This course is ideal for anyone who drives a non-commercial vehicle to, from or for work.

Safe Return to Work for Construction (14 minutes)

Recently, the COVID-19 pandemic has affected your life at home and on the jobsite. This training is part of the efforts of your employer to ensure a safe and healthy jobsite. In it, you will learn about evaluating your health and taking precautions to prevent the spread of disease. This course is ideal for all workers on construction jobsites.

Safe Return to the Workspace: Preparing Yourself (4 minutes)

When employers determine it is safe to return to workspaces, it is important to remember that aspects of the threat may still be present. This course specifically looks at evaluating personal wellness before returning, reporting illnesses, using transmission mitigation equipment (TME) like face coverings, and anticipating entry checkpoints. This course is ideal for all workers.

Safe Return to the Workspace: Preparing Your Workspace (4 minutes)

When it is time to return to the workspace, there are changes you and your employer can make to improve health and safety. This course specifically looks at cleaning workspaces, encouraging regular housekeeping, evaluating and separating workspaces, adjusting communal areas like bathrooms and break rooms, and limiting congregations and gatherings.

Safe Return to the Workspace: Sharing Workspaces (4 minutes)

As we return to shared workspaces, we must all look out for and protect each other. This course specifically looks at precautions like avoiding commonly touched surfaces, washing hands, limiting travel, avoiding close contact, and being an advocate for health and safety. Ideal learners are all employees.

Safe Workspaces: Telecommuting (4 minutes)

Some employees might not return to the workspace after an environmental disaster, catastrophic event or pandemic, such as the COVID-19 pandemic. If you continue working from home, you may need to adjust your workspace setup, communications software, security measures and daily routine. You'll also need to learn the best ways to connect and collaborate with your work team while reducing distractions. Ideal learners are all employees.

New courses – Spanish

Concrete and Masonry Awareness

Lead Poisoning

NEW - Lockout/Tagout (LOTO) Programs and Procedures

Low-Speed and Utility Vehicle Safety

NEW - Office Ergonomics Essentials

NEW - Powered Industrial Trucks Part 1: Classes and Types

NEW - Powered Industrial Trucks Part 2: Pre-Operation Inspection

NEW - Powered Industrial Trucks Part 3: Operational Inspection and Maintenance

NEW - Powered Industrial Trucks Part 4: Fueling and Charging

NEW - Powered Industrial Trucks Part 5: Preventing Incidents

NEW - Powered Industrial Trucks Part 6: Picking Up and Placing Loads

NEW - Powered Industrial Trucks Part 7: Loading Dock Operations

Tugger and Tow Tractor Safety, Part 1: Readiness

Rough Terrain Forklift Safety - Part 1: Readiness

Tugger and Tow Tractor Safety, Part 2: Operation

Rough Terrain Forklift Safety - Part 2: Operation

Safety Everywhere: Carbon Monoxide (Spanish)

Work Zone Safety, Part 1: Preparation

Work Zone Safety, Part 2: Operations