



**HIGH RELIABILITY**  
PARTNERS

# Course Catalog



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# High Reliability Training

## Critical Steps\*

- Introduction\*
- Critical Steps and its Attributes\*
- How to Think about Human Performance Risk\*
- Work Execution Process\*
- Risk Important Actions\*
- Performing Critical Steps\*
- Managing Critical Steps\*
- Annual Refresher\*

## Coaching to Enhance Performance®

- Introduction
- Why Coach?
- Coaching Vs Counseling
- Coaching Human Performance & Safety
- Shaping the Behaviors you want in your Organization
- Enhancing your Observation Skills
- Reinforcement and Interventions
- CTEP Observation and Feedback Process
- Measuring Outcomes of Coaching
- CTEP Summary
- CTEP Worker Awareness
- Annual Refresher

## HOP Event Reporting & Analysis (HERA)\*

- Introduction to HERA Process\*
- HERA Data Collection\*
- Quick HOP Event Initial Response\*
- Active & Latent Pathways to Harm\*
- Full HERA Investigation\*
- Summary and Understanding\*
- Annual Refresher\*

## Trigger Training®

- Triggers Defined and Described
- Organizational Weaknesses
- Questioning Attitude
- STOP When Uncertain
- Summary and Check for Understanding
- Annual Refresher
- Triggers - Mining Industry

## Human Performance Fundamentals

- Introduction to HOP Principles and Practices
- HOP Fundamental Principles
- Human Error
- Error Precursors and Traps
- Performance Modes - GEMS Model
- Managing Risk with Defense-in-Depth
- Introduction to System Weaknesses
- Risk Management and Critical Steps
- Risk Important Actions
- Introduction to HOP Core Tools

## Human Performance Tools\*

- Introduction to HOP Core Tools\*
- Self-Checking\*
- Independent Verification\*
- Concurrent Verification\*
- Peer Checking\*
- Formal Communication\*
- Procedure Use and Adherence\*
- Two Minute (Rule) Drill\*
- Introduction to Pre-Work Discussions\*
- Stop When Unsure and Questioning Attitude\*
- Correct Component Verification\*
- Prework Discussion\*
- HOP Core Tools Final Exam/Refresher\*

## Peer to Peer Coaching\*

- Introduction to Peer Coaching\*
- The Peer Coaching Process\*
- Stop Work Authority/ Responsibility\*
- Peer Coaching Summary\*
- A Leader's Role for Peer Coaching\*

## Precision Execution

- Closing the Risk Perception Gap
- Defense in Depth "The CBS Strategy"
- Critical Steps & Risk Management
- Risk Important Actions
- Precision Execution Module
- Summary and Check for Understanding
- Annual Refresher

\*Supervisor Version Available



# High Reliability Training

## **EQ 101 - Emotional Intelligence for Thought Leaders**

Introduction

What is Emotional Intelligence?

Assessment Areas

Emotional Intelligence Predicts Performance

# General Industry Series

## **New Hire Orientation - General Industry**

- Safety Measures
- Housekeeping
- Hazard Communication
- Emergency Action Plan
- Fire Safety
- Exit Routes
- Walking and Working Surfaces
- Machine Guarding
- Defensive Driving
- Material Handling
- Emergency Response
- Lockout/ Target
- Electrical Safety
- Equipment Operation
- Personal Protective Equipment
- Bloodborne Pathogens
- Injury Reporting
- Substance Abuse
- Security Measures
- OSHA Worker Rights

## **Alcohol and Substance Abuse**

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## **Back Safety**

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## **Back Safety - Sitting and Lifting**

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## **Benzene Awareness**

- What is Benzene?
- Benzene Exposure
- Personal Protective Equipment

## **Bloodborne Pathogens**

- What are Bloodborne Pathogens
- Needlestick Prevention
- Prevention and Cleanup

## **Box Cutter Safety - Orientation**

- Box Cutters and Their Uses
- Safety Measures
- Preventing Injury

## **Cadmium Awareness**

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## **Communicable Disease Safety**

- Learning Objectives
- Handwashing
- Prevention

## **Compressed Gas Cylinders**

- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## **Defensive Driving**

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

# General Industry Series

## OSHA Recordkeeping & Reporting - 300 Forms

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## OSHA Right to Know

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

## Personal Protective Equipment

- Types of PPE
- Workplace Hazards
- Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Hearing Protection

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Personal Protective Equipment - Respirator Protection

- Types of Respirators
- Fit testing
- Incident Prevention

## Preventing Workplace Violence For Employees

- Identifying Risk Factors and Warning Signs
- Violence Prevention and Reporting
- Protecting Yourself and Others

## Preventing Workplace Violence For Supervisors

- Legal Considerations and Risk Assessment
- Communication, Conflict Resolution, and Reporting
- Employee Training and Education
- Policies, Procedures, and Emergency Planning

## Safety Committee

- How to Develop a Safety Committee
- Responsibilities of a Safety Committee
- Hazard Detection and Identification
- Incident Investigation and Reporting

## Slips, Trips, and Falls

- Housekeeping Practices
- Wet and Slippery Surfaces
- Workplace Obstacles
- Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

- Hazard Identification
- Fall Protection
- Inspection and Training

## Stop Work Authority

- Strategies to Support Implementation
- Challenges Implementing Stop Work Authority
- Challenges Implementing Stop Work Authority and Strategies
- Why People May Not Use Their Stop Work Authority

## Two Minute Drill

- What is a Two Minute Drill?
- Two Minute Drill Operations

## Unsafe Acts

- What is an Unsafe Act
- Types of Incidents
- Unsafe Act Prevention



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# Construction Series

## New Hire Orientation - Construction

- Safety Measures
- Housekeeping
- Fall Protection
- Portable Ladders
- Scaffolding
- Electrical Safety
- Defensive Driving
- Hazard Communication
- Personal Protective Equipment
- Bloodborne Pathogens
- Lockout / Tagout
- Hand and Power Tools
- Compressed Gas Cylinders
- Material Handling
- Rigging and Cranes
- Fire Prevention
- Confined Space
- Injury Reporting
- Substance Abuse
- Security Measures
- OSHA Worker Rights

## Aerial Work Platforms

- Types of Aerial Work Platforms
- Aerial Work Platform Inspection
- Aerial Work Platform Operation
- Incident Prevention

## Alcohol and Substance Abuse

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## Ammonia Awareness

- What is Ammonia?
- Ammonia Regulations
- Ammonia Storage and Handling
- Ammonia Incident Management
- Ammonia PPE
- Health Effects and First Aid

## Asbestos Awareness for Employees

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Asbestos Awareness for Supervisors

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Back Safety

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## Back Safety - Sitting and Lifting

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## Benzene Awareness

- What is Benzene?
- Benzene Exposure
- Personal Protective Equipment

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needle stick Prevention
- Prevention and Cleanup

## Cadmium Awareness

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention





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# Construction Series

## Compressed Gas Cylinders

Handling, Usage, and Storage  
Labeling and Identification  
Inspection and Maintenance  
Transportation  
Safety Plan

## Confined Space

Confined Space Standards  
Permit Required  
Hazards and Solutions

## Crane Safety

Types of Cranes  
OSHA Requirements  
Inspection and Handling  
Material Handling

## Crane Safety - Crane Mechanics

Part of a Crane  
Crane Attachments  
Crane Hazard Prevention

## Defensive Driving

Vehicle Inspection  
Defensive Driving Basics  
Distracted and Impaired Driving  
Road Rage  
Nighttime Driving  
Hazardous Weather  
Accidents and Breakdowns

## Defensive Driving - Distracted Driving

Types of Distractions  
Potential Distractions  
Driver Focus

## Defensive Driving - Speed Kills

The Stopping Distance  
Environmental Hazards  
How Speeding Costs

## Defensive Driving - Hazardous Weather

Friction  
Types of Hazardous Weather  
Winter Driving

## Dump Truck

Pre-Work Inspection  
Driving Safely  
Site and Operational Safety

## Electrical Safety

How Electricity Works  
Ground Fault Protection  
Hazard Recognition

## Emergency Action Plan

EAP Development  
Evacuation Elements  
EAP Response  
EAP Reporting and Review

## Ergonomics

Musculoskeletal Disorders  
Workplace Conditions  
Hazard Control

## Excavator Safety

Excavator Components  
Operator Responsibility  
Workplace Awareness  
Incident Prevention

## Excavation and Trenching

Understanding Excavation and Trenching  
Site Preplanning  
Protective Systems  
Additional Hazards and Protections

## Fall Protection

Accident Prevention  
Workplace Hazards  
Common Equipment



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# Construction Series

## Fire Extinguisher

How a Fire Extinguisher Works  
Types of Extinguishers  
How to use an Extinguisher  
Hydrostatic Testing

## Forklift Operator

Types of Forklifts  
Forklift Certification  
Forklift Operations  
The Fulcrum  
Workplace Hazards  
Forklift Maintenance

## Forklift Operator - Operator Safety

Codes of Practice  
Counterbalance and Stability  
Forklift Inspection  
Attachments and Platforms

## Forklift Operator - Straddle Stackers

Forklift Inspection  
Operation and Stability  
Incident Prevention

## Forklift Operator Orientation for Supervisors

How to Train  
Driver Evaluation  
Accident Prevention  
Workplace Hazards  
Report an Accident

## Front End Loader

Inspection and Maintenance  
Operation and Awareness  
Common Hazards  
Incident Prevention

## Hand and Power Tools

Types of Tools  
Tool Maintenance  
Guards and Switches  
Power Safety

## Hand and Power Tools - Circular Saws

Chop Saw  
Miter Saw  
Radial Saw  
Prevention and Response

## Hand and Power Tools - Hand Held Saws

Circular Saws  
Jig Saws  
Incident Prevention

## Hand and Wrist Injuries

How the Hand Works  
Types of Injuries  
Accident Prevention

## Hand and Wrist Injuries - Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?  
Common Causes  
Prevention and Recovery

## Hazard Communications

Globally Harmonized System GHS  
Safety Data Sheets  
Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

Globally Harmonized System GHS  
Safety Data Sheets  
Container Labeling



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# Laboratory Series

## Laboratory Safety Orientation For Employees

- General Laboratory Safety
- Personal Protective Equipment
- Chemical Hazards
- Biological Hazards
- Physical Hazards
- Safety Hazards

## Laboratory Orientation for Supervisors

- Hierarchy of Controls
- Chemical Hazards
- Chemical Hygiene Plan
- Exposure Determination
- Hazard Communication Standard

## Ammonia Awareness

- What is Ammonia?
- Ammonia Regulations
- Ammonia Storage and Handling
- Ammonia Incident Management
- Ammonia PPE
- Health Effects and First Aid

## Autoclaves and Sterilizers - Laboratory Series

- Autoclave Operation
- Risks & Exposures
- Incident Prevention

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needlestick Prevention
- Prevention and Cleanup

## Cadmium Awareness

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

- Fume Hood Operation
- Risks and Exposure
- Incident Prevention

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention

## Compressed Gas Cylinders For Laboratories

- What is Compressed Gas?
- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## Ergonomics for Laboratories

- What are Ergonomics?
- Laboratory Ergonomics
- Ergonomic Safety Measures

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Formaldehyde

- Application and Use
- Risks and Exposures
- Incident Prevention





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# Laboratory Series

## **Glassware Safety In Laboratories**

- Glassware Selection and Inspection
- Proper Glassware Usage
- Cleaning and Storage

## **Hazard Communications for Laboratories**

- What is Hazard Communications?
- The Globally Harmonized System
- Safety Data Sheets (SDS)
- The Chemical Hygiene Plan
- Labeling and Other Forms of Warning
- Chemical Storage and Transfer

## **Hydrogen Sulfide**

- Exposure Controls
- What is Hydrogen Sulfide?
- Workplace Assessment
- Emergency Action Plan

## **Personal Protective Equipment - Laboratory Series**

- Eye and Face Protection
- PPE Assessment
- Respiratory Protection

## **Safety Showers & Eye Washes - Laboratory Series**

- Eye Wash Stations
- Incident Prevention
- Safety Showers



# Hospitality Series

## **Kitchen Safety**

- Workplace Introduction
- Knife Safety
- Slips, Trips, and Falls
- Burn Safety
- Workplace Violence

## **Kitchen Safety - Burns**

- Where Burns Happen
- Avoiding Burns
- First Aid for Burns

## **Kitchen Safety - Food Safety**

- Food Sanitation
- Bloodborne Pathogens
- Foodborne Diseases

## **Kitchen Safety - Knife Safety**

- Types of Knives
- Safety Skills
- Injury Prevention

## **Kitchen Safety - Slips, Trips, and Falls**

- Kitchen Operations
- How Incidents Occur
- Other Potential Hazards

## **Ladder Safety**

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

## **Latex Standard**

- Latex Prevention
- Latex Protection
- Latex Use

## **OSHA Recordkeeping & Reporting**

- Training Records
- The OSHA 300 Forms
- The Final Rule

## **OSHA Recordkeeping & Reporting - 300 Forms**

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## **OSHA Right to Know - Orientation**

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

## **Personal Protective Equipment**

- Types of PPE
- Workplace Hazards
- Accident Prevention

## **Personal Protective Equipment - Eye and Face Protection**

- Types of Hazards
- Training and Fit
- Incident Prevention

## **Personal Protective Equipment - Hearing Protection**

- Ears and Sound
- Exposure Controls
- Hearing Conversation

## **Personal Protective Equipment - Respirator Protection**

- Types of Respirators
- Fit testing
- Incident Prevention

## **Unsafe Acts**

- What is an Unsafe Act?
- Types of Incidents
- Unsafe Act Prevention



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# Human Resources Series

## **Alcohol and Substance Abuse**

Alcohol Awareness  
Marijuana Awareness  
Drugs and Testing

## **Americans with Disabilities Act (ADA) for Employees**

ADA Fundamentals  
Navigating the ADA  
Reporting Process

## **Americans with Disabilities Act (ADA) for Supervisors**

Protections and Prohibitions  
Reasonable Accommodations  
Notification Process  
Hiring and Managing Disabled Employees

## **Anti-Bribery and Corruption**

Global Laws and Regulations  
Identifying Public Officials and their roles  
“Anything of Value”  
Facilitation Payments  
Preventing Bribery and Corruption

## **Bullying and Harassment Prevention**

Recognizing Bullying and Harassment  
Legal Framework and Compliance  
Prevention  
Intervention and Reporting

## **Diversity, Equity and Inclusion for Employees**

What is DEI?  
What is Implicit Bias?  
Prejudice and Microaggressions  
DEI Learning Tactics

## **Diversity, Equity and Inclusion for Supervisors**

What is DEI?  
What is Implicit Bias?  
Prejudice and Microaggressions  
DEI Learning Tactics

## **Drug Free Workplace Program for Employees**

Impact of Substance Abuse  
How People Use Alcohol and Drugs  
Understanding Addiction  
Signs and Symptoms of Abuse  
Family and Coworker Impact  
Employee Rights  
Specific Drugs of Abuse  
Employee Training

## **Drug Free Workplace Program for Supervisors**

Drug Free Workplace Policies in Tennessee  
Substance Abuse and Addiction  
Recognizing Signs and Symptoms  
Documenting and Reporting Substance Abuse  
Streamlining Communication & Upholding Confidentiality  
Reasonable Suspicion Testing  
Confronting Employees in Substance Use Situations  
Employee Assistance Program (EAP)  
Return to Work Employee Procedures

## **Ethical Interviewing Practices for Fair Hiring**

Candidate Categories and Anti-Discrimination Laws  
Inclusivity in Job Advertisements  
Fair Hiring Process  
Continuous Improvement and Best Practices

## **Family and Medical Leave Act (FMLA)**

FMLA Compliance  
Employee Rights and Eligibility  
Employer Obligations



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# Human Resource Series

## Health Insurance Portability and Accountability Act (HIPAA)

- What is HIPAA?
- Privacy Rule Standards
- Covered Entities
- Permitted Uses and Disclosures
- HIPAA Security Rule

## Sexual Harassment

- What is Sexual Harassment?
- Types of Sexual Harassment
- Sexual Harassment Evolution
- How to Report Sexual Harassment
- Employer Responsibility

## Sexual Harassment for Supervisors

- Types of Sexual Harassment
- Recognizing Sexual Harassment
- Preventing Sexual Harassment
- Employer Responsibilities

## Unconscious Bias

- Recognizing Different Types of Workplace Biases
- Influence of Bias on Workplace Decisions
- Understanding, Recognizing, and Addressing Bias

## Pregnant Workers Fairness Act for Supervisors

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility
- Best Practices for PWFA Compliance
- Legal Implications of Non- Compliance with the PWFA

## Pregnant Workers Fairness Act for Employees

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility

## Preventing Workplace Violence for Employees

- Identifying Risk Factors and Warning Signs
- Violence Prevention and Reporting
- Protecting Yourself and Others

## Preventing Workplace Violence for Supervisors

- Legal Considerations and Risk Assessment
- Communication, Conflict Resolution, and Reporting
- Employee Training and Education
- Policies, Procedures, and Emergency Training



# Manufacturing Series

## Rigging and Lifting

Types of Equipment  
Rigging and Lifting  
Accident Prevention

## Scaffolding

Scaffolding Hazards  
Types of Scaffolding  
Scaffolding Setup and Inspection  
Safe Work Practices

## Scissor Lift Aerial Platform

Scissor Lift Components  
Scissor Lift Inspection  
Operational Guidelines  
Hazards and Incident Prevention

## Silica Awareness

What is Silica?  
Silica Exposure  
Silica Prevention

## Slips, Trips, and Falls

Housekeeping Practices  
Wet and Slippery Surfaces  
Workplace Obstacles  
Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

Hazard Identification  
Fall Protection  
Inspection and Training

## Stop Work Authority

Strategies to Support Implementation  
Challenges Implementing Stop Work Authority  
Challenges Implementing Stop Work Authority and Strategies  
Why People May Not Use Their Stop Work Authority

## Two Minute Drill

What is a Two Minute Drill?  
Two Minute Drill Operations

## Unsafe Acts

What is an Unsafe Act?  
Types of Incidents  
Unsafe Act Prevention

## Office Series

### **Hand and Wrist Injuries - Carpal Tunnel Syndrome**

What is Carpal Tunnel Syndrome?  
Common Causes  
Prevention and Recovery

### **Hazard Communication**

Globally Harmonized System GHS  
Safety Data Sheets  
Personal Protective Equipment

### **Hazard Communications - Safety Data Sheets**

Globally Harmonized System GHS  
Safety Data Sheets  
Container Labeling

### **Hazard Communications - Solvent Safety**

Solvent Hazards  
Solvent Exposure  
Accident Prevention

### **Hazard Communications For Supervisors**

Hazard Communication Responsibilities  
Hazardous Chemical Inventory  
Safety Data Sheets (SDS)  
What is Hazard Communications?  
Written Plan  
Employee Training

### **Incident Investigation**

Investigation Principles  
Investigation Cause  
Investigation Program  
Investigation Process

### **Ladder Safety**

Types of Ladders  
Ladder Placement  
Ladder and Loads  
Accident Prevention

### **Latex Standard**

Latex Prevention  
Latex Protection  
Latex Use

### **Office Safety**

Potential Hazards  
Workplace Violence  
Safety Precautions

### **Office Safety - Ergonomics**

Musculoskeletal Disorders  
Workplace Conditions  
Hazard Controls

### **Office Safety - Workplace Violence**

Workplace Violence  
Consequences of Workplace Violence  
Preventing and Responding

### **Office Safety - Electrical Safety**

Types of Electricity  
How Electricity Works  
Electricity Hazards  
Working Safely

### **OSHA Recordkeeping & Reporting**

Training Records  
The OSHA 300 Forms  
The Final Rule

### **OSHA Recordkeeping & Reporting - 300 Forms**

OSHA Form 300  
OSHA Form 300A  
OSHA Form 301

### **OSHA Right to Know**

Employer Responsibilities  
Right to Safety Workplace  
Whistle Blower Protection

### **Unsafe Acts**

What is an Unsafe Act?  
Types of Incidents  
Unsafe Act Prevention



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# Warehouse Series

## Heat Awareness

How Heat is a Hazard  
Heat Exposure and Response  
Heat Prevention

## Housekeeping

Housekeeping Practices  
Housekeeping Programs  
Areas of Concern

## Hydrogen Sulfide (H<sub>2</sub>S)

Exposure Controls  
What is Hydrogen Sulfide?  
Workplace Assessment  
Emergency Action Plan

## Incident Investigation

Investigation Principles  
Investigation Cause  
Investigation Program  
Investigation Process

## Ladder Safety

Types of Ladders  
Ladder Placement  
Ladder and Loads  
Accident Prevention

## Lockout Tagout and Hazardous Energy Sources

What is Lockout/Tagout?  
What is Hazardous Energy?  
Lockout/Tagout Operation

## Lockout Tagout For Affected Employees

What is Lockout/Tagout?  
What is Hazardous Energy?  
Lockout/Tagout Operation

## Machine Guarding

Machine Hazards  
Types of Guards  
Personal Protective Equipment

## Machine Guarding - Amputation Protection

Hazardous Components  
Hazardous Motions  
Amputation Prevention

## OSHA Recordkeeping & Reporting - 300 Forms

OSHA Form 300  
OSHA Form 300A  
OSHA Form 301

## OSHA Right to Know

Employer Responsibilities  
Right to Safety Workplace  
Whistle Blower Protection

## Personal Protective Equipment

Types of PPE  
Workplace Hazards  
Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

Types of Hazards  
Training and Fit  
Incident Prevention

## Personal Protective Equipment - Hearing Protection

Ears and Sound  
Exposure Controls  
Hearing Conversation

## Personal Protective Equipment - Respirator Protection

Types of Respirators  
Fit testing  
Incident Prevention



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# Warehouse Series

## Rigging and Lifting

Types of Equipment  
Rigging and Lifting  
Accident Prevention

## Scaffolding

Scaffolding Hazards  
Types of Scaffolding  
Scaffolding Setup and Inspection  
Scaffolding: Safe Work Practices

## Silica Awareness

What is Silica?  
Silica Exposure  
Silica Prevention

## Skid Steer Loaders

What are Skid Steers?  
Safety Features  
Entry and Exit  
Accident Prevention

## Slips, Trips, and Falls

Housekeeping Practices  
Wet and Slippery Surfaces  
Workplace Obstacles  
Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

Hazard Identification  
Fall Protection  
Inspection and Training

## Stop Work Authority

Strategies to Support Implementation  
Challenges Implementing Stop Work Authority  
Challenges Implementing Stop Work Authority and Strategies  
Why People May Not Use Their Stop Work Authority

## Two Minute Drill

What is a Two Minute Drill?  
Two Minute Drill Operations

## Unsafe Acts

What is an Unsafe Act?  
Types of Incidents  
Unsafe Act Prevention



# Back Safety & Ergonomics Series

## **Back Safety**

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## **Back Safety - Sitting and Lifting**

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## **Ergonomics**

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## **Office Safety - Ergonomics**

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Controls

# Chemical Series

## Ammonia Awareness

What is Ammonia?  
Ammonia Regulations  
Ammonia Storage and Handling  
Ammonia Incident Management  
Ammonia PPE  
Health Effects and First Aid

## Benzene Awareness

What is Benzene?  
Benzene Exposure  
Personal Protective Equipment

## Cadmium Awareness

What is Cadmium?  
Cadmium Exposure  
Personal Protective Equipment

## Dibromochloropropane (DBCP) Awareness

What is Dibromochloropropane?  
Dibromochloropropane Exposure  
Personal Protective Equipment

## Ethylene Oxide Awareness

What is Ethylene Oxide?  
Ethylene Oxide Exposure  
Personal Protective Equipment

## Hexavalent Chromium

What is Hexavalent Chromium?  
Hexavalent Chromium Exposure  
Personal Protective Equipment

## Hydrogen Sulfide

What is Hydrogen Sulfide?  
Exposure Controls  
Workplace Assessment  
Emergency Action Plan

## Latex Standard

Latex Prevention  
Latex Protection  
Latex Use



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# Industrial Equipment Series

## **Aerial Work Platforms**

Types of Aerial Work Platforms  
Aerial Work Platform Inspection  
Aerial Work Platform Operation  
Incident Prevention

## **Crane Safety**

Types of Cranes  
OSHA Requirements  
Inspection and Handling  
Material Handling

## **Crane Safety - Crane Mechanics**

Parts of a Crane  
Crane Attachments  
Crane Hazard Prevention

## **Dump Truck**

Pre-Work Inspection  
Driving Safely  
Site and Operational Safety

## **Excavator Safety**

Excavator Components  
Operator Responsibility  
Workplace Awareness  
Incident Prevention

## **Excavation and Trenching**

Understanding Excavation and Trenching  
Site Preplanning  
Protective Systems  
Additional Hazards and Protections

## **Forklift Operator Orientation For Supervisors**

How to Train  
Driver Evaluation  
Accident Prevention  
Workplace Hazards  
Report an Accident

## **Forklift Operator**

Types of Forklifts  
Forklift Certification  
Forklift Operations  
The Fulcrum  
Workplace Hazards  
Forklift Maintenance

## **Forklift Operator - Operator Safety**

Codes of Practice  
Counterbalance and Stability  
Forklift Inspection  
Attachments and Platforms

## **Forklift Operator - Straddle Stackers**

Forklift Inspection  
Operation and Stability  
Incident Prevention  
Report an Accident

## **Front End Loader**

Forklift Inspection  
Operation and Stability  
Incident Prevention  
Report an Accident

## **Scissor Lift Aerial Platform**

Scissor Lift Components  
Scissor Lift Inspection  
Operational Guidelines  
Hazards and Incident Prevention

## **Skid Steer Loaders**

What are Skid Steers?  
Safety Features  
Entry and Exit  
Accident Prevention

# Supervisor Series

## **American Disabilities Act (ADA) for Supervisors**

- Protections and Prohibitions
- Reasonable Accommodations
- Notification Process
- Hiring and Managing Disabled Employees

## **Asbestos Awareness For Supervisors**

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## **Cybersecurity for Supervisors - Data Security and Privacy Policies**

- Asset Identification
- Developing a Privacy Policy
- Protecting Your Data
- Incident Mitigation

## **Cybersecurity for Supervisors - Employees Practices and Policies**

- Employees Policies
- Fraud Protection
- E-mail Security
- Mobile Devices

## **Drug Free Workplace Program for Supervisors**

- Drug Free Workplace Policies
- Substance Abuse and Addiction
- Recognizing Signs and Symptoms
- Documenting and Reporting Substance Abuse
- Streamlining Communication & Upholding Confidentiality
- Reasonable Suspicion Testing
- Confronting Employees in Substance Use Situations
- Employee Assistance Program (EAP)
- Return to Work Employee Procedures

## **Forklift Operator Orientation For Supervisors**

- How to Train
- Driver Evaluation
- Accident Prevention
- Workplace Hazards
- Report an Accident

## **Hazard Communications For Supervisors**

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?
- Written Plan
- Employee Training

## **How to Develop a Safety Program - The Company Commitment**

- How to Develop Culture
- How to Educate Management
- How to Maintain Awareness

## **How to Develop a Safety Program - Workplace Risks and Hazards**

- Workplace Assessment
- Workplace Survey
- Workplace Review

## **How to Develop a Safety Program - Plans and Process**

- Prevention and Control
- Written Plans
- Emergency Action Plan

## **Incident Investigation**

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process

# Supervisor Series

## **Laboratory Safety Orientation For Supervisors**

- Hierarchy of Controls
- Chemical Hazards
- Chemical Hygiene Plan
- Exposure Determination
- Hazard Communication Standard

## **OSHA Recordkeeping & Reporting**

- Training Records
- The OSHA 300 Forms
- The Final Rule

## **OSHA Recordkeeping & Reporting - 300 Forms**

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## **Pregnant Workers Fairness Act for Supervisors**

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility
- Best Practices for PWFA Compliance
- Legal Implications of Non- Compliance with the PWFA



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# Course Catalog





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# General Industry Series

## **New Hire Orientation - General Industry**

- Safety Measures
- Housekeeping
- Hazard Communication
- Emergency Action Plan
- Fire Safety
- Exit Routes
- Walking and Working Surfaces
- Machine Guarding
- Defensive Driving
- Material Handling
- Emergency Response
- Lockout/ Target
- Electrical Safety
- Equipment Operation
- Personal Protective Equipment
- Bloodborne Pathogens
- Injury Reporting
- Substance Abuse
- Security Measures
- OSHA Worker Rights

## **Alcohol and Substance Abuse**

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## **Back Safety**

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## **Back Safety - Sitting and Lifting**

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## **Benzene Awareness**

- What is Benzene?
- Benzene Exposure
- Personal Protective Equipment

## **Bloodborne Pathogens**

- What are Bloodborne Pathogens
- Needlestick Prevention
- Prevention and Cleanup

## **Box Cutter Safety - Orientation**

- Box Cutters and Their Uses
- Safety Measures
- Preventing Injury

## **Cadmium Awareness**

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## **Communicable Disease Safety**

- Learning Objectives
- Handwashing
- Prevention

## **Compressed Gas Cylinders**

- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## **Defensive Driving**

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns





# General Industry Series

## Defensive Driving - Distracted Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Speed Kills

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

## Defensive Driving - Hazardous Weather

- Friction
- Types of Hazardous Weather
- Winter Driving

## Electrical Safety

- How Electricity works
- Ground Fault Protection
- Hazard Recognition

## Emergency Action Plan

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

## Ethylene Oxide Awareness

- What is Ethylene Oxide?
- Ethylene Oxide Exposure
- personal Protective Equipment

## Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Fall Protection

- Accident Prevention
- Workplace Hazards
- Common Equipment

## Formaldehyde

- Application and Use
- Risks and Exposures
- Incident Prevention

## Handrail Safety

- Purpose of Handrails
- Handrail Safety
- Stairway Safety
- Falls in the Workplace

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools - Circular Saws

- Chop Saw
- Miter Saw
- Radial Saw
- Prevention and Response

## Hand and Power Tools - Hand Held Saws

- Circular Saws
- Jig Saws
- Incident Prevention

## Hand and Wrist Injuries

- How the Hand Works
- Types of Injuries
- Accident Prevention



# General Industry Series

## Hand and Wrist Injuries - Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome
- Common Causes
- Prevention and Recovery

## Hazard Communications

- Globally Harmonized System GHS
- Safety Data Sheets
- Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

- Globally Harmonized System GHS
- Safety Data Sheets
- Container Labeling

## Hazard Communications - Solvent Safety

- Solvent Hazards
- Solvent Exposure
- Accident Prevention

## Hazard Communications For Supervisors

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications Written Plan
- Employee Training

## Heat Awareness

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Hexavalent Chromium

- What is Hexavalent Chromium?
- Hexavalent Chromium Exposure
- Personal Protective Equipment

## Housekeeping

- Housekeeping Practices
- Housekeeping Programs
- Areas of Concern

## Hydrogen Sulfide (H2S)

- Exposure Controls
- What is Hydrogen Sulfide?
- Workplace Assessment
- Emergency Action Plan

## Incident Investigation

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process

## Ladder Safety

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

## Lockout/Tagout and Hazardous Energy Sources

- What is Lockout/Tagout?
- What is Hazardous Energy?
- Lockout/Tagout Operation

## Lockout Tagout for Affected Employees

- Affected Employees
- Authorized Employees
- What is Hazardous Energy?
- What is Lockout Tagout?

## OSHA Recordkeeping & Reporting

- Training Records
- The OSHA 300 Forms
- The Final Rule



# General Industry Series

## OSHA Recordkeeping & Reporting - 300 Forms

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## OSHA Right to Know

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

## Personal Protective Equipment

- Types of PPE
- Workplace Hazards
- Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Hearing Protection

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Personal Protective Equipment - Respirator Protection

- Types of Respirators
- Fit testing
- Incident Prevention

## Preventing Workplace Violence For Employees

- Identifying Risk Factors and Warning Signs
- Violence Prevention and Reporting
- Protecting Yourself and Others

## Preventing Workplace Violence For Supervisors

- Legal Considerations and Risk Assessment
- Communication, Conflict Resolution, and Reporting
- Employee Training and Education
- Policies, Procedures, and Emergency Planning

## Safety Committee

- How to Develop a Safety Committee
- Responsibilities of a Safety Committee
- Hazard Detection and Identification
- Incident Investigation and Reporting

## Slips, Trips, and Falls

- Housekeeping Practices
- Wet and Slippery Surfaces
- Workplace Obstacles
- Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

- Hazard Identification
- Fall Protection
- Inspection and Training

## Stop Work Authority

- Strategies to Support Implementation
- Challenges Implementing Stop Work Authority
- Challenges Implementing Stop Work Authority and Strategies
- Why People May Not Use Their Stop Work Authority

## Two Minute Drill

- What is a Two Minute Drill?
- Two Minute Drill Operations

## Unsafe Acts

- What is an Unsafe Act
- Types of Incidents
- Unsafe Act Prevention



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# Construction Series

## New Hire Orientation - Construction

- Safety Measures
- Housekeeping
- Fall Protection
- Portable Ladders
- Scaffolding
- Electrical Safety
- Defensive Driving
- Hazard Communication
- Personal Protective Equipment
- Bloodborne Pathogens
- Lockout / Tagout
- Hand and Power Tools
- Compressed Gas Cylinders
- Material Handling
- Rigging and Cranes
- Fire Prevention
- Confined Space
- Injury Reporting
- Substance Abuse
- Security Measures
- OSHA Worker Rights

## Aerial Work Platforms

- Types of Aerial Work Platforms
- Aerial Work Platform Inspection
- Aerial Work Platform Operation
- Incident Prevention

## Alcohol and Substance Abuse

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## Ammonia Awareness

- What is Ammonia?
- Ammonia Regulations
- Ammonia Storage and Handling
- Ammonia Incident Management
- Ammonia PPE
- Health Effects and First Aid

## Asbestos Awareness for Employees

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Asbestos Awareness for Supervisors

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Back Safety

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## Back Safety - Sitting and Lifting

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## Benzene Awareness

- What is Benzene?
- Benzene Exposure
- Personal Protective Equipment

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needle stick Prevention
- Prevention and Cleanup

## Cadmium Awareness

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention





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# Construction Series

## Compressed Gas Cylinders

- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## Confined Space

- Confined Space Standards
- Permit Required
- Hazards and Solutions

## Crane Safety

- Types of Cranes
- OSHA Requirements
- Inspection and Handling
- Material Handling

## Crane Safety - Crane Mechanics

- Part of a Crane
- Crane Attachments
- Crane Hazard Prevention

## Defensive Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Distracted Driving

- Types of Distractions
- Potential Distractions
- Driver Focus

## Defensive Driving - Speed Kills

- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

## Defensive Driving - Hazardous Weather

- Friction
- Types of Hazardous Weather
- Winter Driving

## Dump Truck

- Pre-Work Inspection
- Driving Safely
- Site and Operational Safety

## Electrical Safety

- How Electricity Works
- Ground Fault Protection
- Hazard Recognition

## Emergency Action Plan

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

## Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## Excavator Safety

- Excavator Components
- Operator Responsibility
- Workplace Awareness
- Incident Prevention

## Excavation and Trenching

- Understanding Excavation and Trenching
- Site Preplanning
- Protective Systems
- Additional Hazards and Protections

## Fall Protection

- Accident Prevention
- Workplace Hazards
- Common Equipment



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# Construction Series

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Forklift Operator

- Types of Forklifts
- Forklift Certification
- Forklift Operations
- The Fulcrum
- Workplace Hazards
- Forklift Maintenance

## Forklift Operator - Operator Safety

- Codes of Practice
- Counterbalance and Stability
- Forklift Inspection
- Attachments and Platforms

## Forklift Operator - Straddle Stackers

- Forklift Inspection
- Operation and Stability
- Incident Prevention

## Forklift Operator Orientation for Supervisors

- How to Train
- Driver Evaluation
- Accident Prevention
- Workplace Hazards
- Report an Accident

## Formaldehyde

- Application and Use
- Risks and Exposures
- Incident Prevention

## Front End Loader

- Inspection and Maintenance
- Operation and Awareness
- Common Hazards
- Incident Prevention

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools - Circular Saws

- Chop Saw
- Miter Saw
- Radial Saw
- Prevention and Response

## Hand and Power Tools - Hand Held Saws

- Circular Saws
- Jig Saws
- Incident Prevention

## Hand and Wrist Injuries

- How the Hand Works
- Types of Injuries
- Accident Prevention

## Hand and Wrist Injuries - Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome?
- Common Causes
- Prevention and Recovery

## Hazard Communications

- Globally Harmonized System GHS
- Safety Data Sheets
- Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

- Globally Harmonized System GHS
- Safety Data Sheets
- Container Labeling



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# Construction Series

## Hazard Communications - Solvent Safety

- Solvent Hazards
- Solvent Exposure
- Accident Prevention

## Hazard Communications For Supervisors

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?  
Written Plan
- Employee Training

## Heat Awareness

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Hexavalent Chromium

- What is Hexavalent Chromium?
- Hexavalent Chromium Exposure
- Personal Protective Equipment

## Housekeeping

- Housekeeping Practices
- Housekeeping Programs
- Areas of Concern

## Hydrogen Sulfide

- Exposure Controls
- What is Hydrogen Sulfide?
- Workplace Assessment
- Emergency Action Plan

## Incident Investigation

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process

## Ladder Safety

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

## Lockout Tagout and Hazardous Energy Sources

- What is Lockout/Tagout?
- What is Hazardous Energy?
- Lockout/Tagout Operation

## Lockout Tagout for Affected Employees

- Affected Employees
- Authorized Employees
- What is Hazardous Energy?
- What is Lockout Tagout?

## Machine Guarding

- Machine Hazards
- Types of Guards
- Personal Protective Equipment

## Machine Guarding - Amputation Protection

- Hazardous Components
- Hazardous Motions
- Amputation Prevention

## OSHA Recordkeeping & Reporting - 300 Forms

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## OSHA Right to Know

- Training Records
- The OSHA 300 Forms
- The Final Rule



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# Construction Series

## Personal Protective Equipment

- Types of PPE
- Workplace Hazards
- Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Hearing Protection

- Ears and Sound
- Exposure Controls
- Hearing Conversation

## Personal Protective Equipment - Respirator Protection

- Types of Respirators
- Fit testing
- Incident Prevention

## Rigging and Lifting

- Types of Equipment
- Rigging and Lifting
- Accident Prevention

## Slips, Trips, and Falls - Walking and Working Surfaces

- Hazard Identification
- Fall Protection
- Inspection and Training

## Scaffolding

- Scaffolding Hazards
- Types of Scaffolding
- Scaffolding Setup and Inspection
- Safe Work Practices

## Scissor Lift Aerial Platform

- Scissor Lift Components
- Scissor Lift Inspection
- Operational Guidelines
- Hazards and Incident Prevention

## Silica Awareness

- What is Silica?
- Silica Exposure
- Silica Prevention

## Skid Steer Loaders

- What are Skid Steers?
- Safety Features
- Entry and Exit
- Accident Prevention

## Slips, Trips, and Falls

- Housekeeping Practices
- Wet and Slippery Surfaces
- Workplace Obstacles
- Preventative Measures

## Stop Work Authority

- Why People May Not Use Their Stop Work Authority
- Challenges to Implementing Stop Work Authority and Strategies
- Challenges Implementing Stop Work Authority
- Strategies to Support Implementation

## Two Minute Drill

- What is a Two Minute Drill?
- Two Minute Drill Operations

## Unsafe Acts

- What is an Unsafe Act?
- Types of Incidents
- Unsafe Act Prevention





# Laboratory Series

## Laboratory Safety Orientation For Employees

- General Laboratory Safety
- Personal Protective Equipment
- Chemical Hazards
- Biological Hazards
- Physical Hazards
- Safety Hazards

## Laboratory Orientation for Supervisors

- Hierarchy of Controls
- Chemical Hazards
- Chemical Hygiene Plan
- Exposure Determination
- Hazard Communication Standard

## Ammonia Awareness

- What is Ammonia?
- Ammonia Regulations
- Ammonia Storage and Handling
- Ammonia Incident Management
- Ammonia PPE
- Health Effects and First Aid

## Autoclaves and Sterilizers - Laboratory Series

- Autoclave Operation
- Risks & Exposures
- Incident Prevention

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needlestick Prevention
- Prevention and Cleanup

## Cadmium Awareness

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## Chemical Fume Hoods

- Fume Hood Operation
- Risks and Exposure
- Incident Prevention

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention

## Compressed Gas Cylinders For Laboratories

- What is Compressed Gas?
- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## Ergonomics for Laboratories

- What are Ergonomics?
- Laboratory Ergonomics
- Ergonomic Safety Measures

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Formaldehyde

- Application and Use
- Risks and Exposures
- Incident Prevention



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# Laboratory Series

## Glassware Safety In Laboratories

- Glassware Selection and Inspection
- Proper Glassware Usage
- Cleaning and Storage

## Hazard Communications for Laboratories

- What is Hazard Communications?
- The Globally Harmonized System
- Safety Data Sheets (SDS)
- The Chemical Hygiene Plan
- Labeling and Other Forms of Warning
- Chemical Storage and Transfer

## Hydrogen Sulfide

- Exposure Controls
- What is Hydrogen Sulfide?
- Workplace Assessment
- Emergency Action Plan

## Personal Protective Equipment - Laboratory Series

- Eye and Face Protection
- PPE Assessment
- Respiratory Protection

## Safety Showers & Eye Washes - Laboratory Series

- Eye Wash Stations
- Incident Prevention
- Safety Showers



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# Hospitality Series

## Alcohol and Substance Abuse

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## Back Safety

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## Back Safety - Sitting and Lifting

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needlestick Prevention
- Prevention and Cleanup

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention

## Defensive Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Distracted Driving

- Types of Distractions
- Potential Distractions
- Driver Focus

## Defensive Driving - Speed Kills

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

## Defensive Driving - Hazardous Weather

- Friction
- Types of Hazardous Weather
- Winter Driving

## Electrical Safety

- How Electricity works
- Ground Fault Protection
- Hazard Recognition

## Emergency Action Plan

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

## Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Heat Awareness

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Housekeeping

- Housekeeping Practices
- Housekeeping Programs
- Areas of Concern



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# Hospitality Series

## **Kitchen Safety**

- Workplace Introduction
- Knife Safety
- Slips, Trips, and Falls
- Burn Safety
- Workplace Violence

## **Kitchen Safety - Burns**

- Where Burns Happen
- Avoiding Burns
- First Aid for Burns

## **Kitchen Safety - Food Safety**

- Food Sanitation
- Bloodborne Pathogens
- Foodborne Diseases

## **Kitchen Safety - Knife Safety**

- Types of Knives
- Safety Skills
- Injury Prevention

## **Kitchen Safety - Slips, Trips, and Falls**

- Kitchen Operations
- How Incidents Occur
- Other Potential Hazards

## **Ladder Safety**

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

## **Latex Standard**

- Latex Prevention
- Latex Protection
- Latex Use

## **OSHA Recordkeeping & Reporting**

- Training Records
- The OSHA 300 Forms
- The Final Rule

## **OSHA Recordkeeping & Reporting - 300 Forms**

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## **OSHA Right to Know - Orientation**

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

## **Personal Protective Equipment**

- Types of PPE
- Workplace Hazards
- Accident Prevention

## **Personal Protective Equipment - Eye and Face Protection**

- Types of Hazards
- Training and Fit
- Incident Prevention

## **Personal Protective Equipment - Hearing Protection**

- Ears and Sound
- Exposure Controls
- Hearing Conversation

## **Personal Protective Equipment - Respirator Protection**

- Types of Respirators
- Fit testing
- Incident Prevention

## **Unsafe Acts**

- What is an Unsafe Act?
- Types of Incidents
- Unsafe Act Prevention





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# Human Resources Series

## Alcohol and Substance Abuse

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## Americans with Disabilities Act (ADA) for Employees

- ADA Fundamentals
- Navigating the ADA
- Reporting Process

## Americans with Disabilities Act (ADA) for Supervisors

- Protections and Prohibitions
- Reasonable Accommodations
- Notification Process
- Hiring and Managing Disabled Employees

## Anti-Bribery and Corruption

- Global Laws and Regulations
- Identifying Public Officials and their roles  
"Anything of Value"
- Facilitation Payments
- Preventing Bribery and Corruption

## Bullying and Harassment Prevention

- Recognizing Bullying and Harassment
- Legal Framework and Compliance
- Prevention Tactics
- Intervention and Reporting

## Diversity, Equity and Inclusion for Employees

- What is DEI?
- What is Implicit Bias?
- Prejudice and Microaggressions
- DEI Learning Tactics

## Diversity, Equity and Inclusion for Supervisors

- What is DEI?
- What is Implicit Bias?
- Prejudice and Microaggressions
- DEI Learning Tactics

## Drug Free Workplace Program for Employees

- Overview of Drug Free Workplace Policy
- Impact of Substance Abuse
- How People Use Alcohol and Drugs
- Understanding Addiction
- Signs and Symptoms of Abuse
- Family and Coworker Impact
- Employee Rights
- Specific Drugs of Abuse
- Employee Training

## Drug Free Workplace Program for Supervisors

- Drug Free Workplace Policies
- Substance Abuse and Addiction
- Recognizing Signs and Symptoms
- Documenting and Reporting Substance Abuse
- Streamlining Communication & Upholding Confidentiality
- Reasonable Suspicion Testing
- Confronting Employees in Substance Use Situations
- Employee Assistance Program (EAP)
- Return to Work Employee Procedures

## Ethical Interviewing Practices for Fair Hiring

- Candidate Categories and Anti-Discrimination Laws
- Inclusivity in Job Advertisements
- Fair Hiring Process
- Continuous Improvement and Best Practices

## Family and Medical Leave Act (FMLA)

- FMLA Compliance
- Employee Rights and Eligibility
- Employer Obligations



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# Human Resource Series

## Health Insurance Portability and Accountability Act (HIPAA)

- What is HIPAA?
- Privacy Rule Standards
- Covered Entities
- Permitted Uses and Disclosures
- HIPAA Security Rule

## Sexual Harassment

- What is Sexual Harassment?
- Types of Sexual Harassment
- Sexual Harassment Evolution
- How to Report Sexual Harassment
- Employer Responsibility

## Sexual Harassment for Supervisors

- Types of Sexual Harassment
- Recognizing Sexual Harassment
- Preventing Sexual Harassment
- Employer Responsibilities

## Unconscious Bias

- Recognizing Different Types of Workplace Biases
- Influence of Bias on Workplace Decisions
- Understanding, Recognizing, and Addressing Bias

## Pregnant Workers Fairness Act for Supervisors

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility
- Best Practices for PWFA Compliance
- Legal Implications of Non- Compliance with the PWFA

## Pregnant Workers Fairness Act for Employees

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility

## Preventing Workplace Violence for Employees

- Identifying Risk Factors and Warning Signs
- Violence Prevention and Reporting
- Protecting Yourself and Others

## Preventing Workplace Violence for Supervisors

- Legal Considerations and Risk Assessment
- Communication, Conflict Resolution, and Reporting
- Employee Training and Education
- Policies, Procedures, and Emergency Training



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# Manufacturing Series

## Aerial Work Platforms

- Types of Aerial Work Platforms
- Aerial Work Platform Inspection
- Aerial Work Platform Operation
- Incident Prevention

## Alcohol and Substance Abuse

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

## Ammonia Awareness

- What is Ammonia?
- Ammonia Regulations
- Ammonia Storage and Handling
- Ammonia Incident Management
- Ammonia PPE
- Health Effects and First Aid

## Asbestos Awareness For Employees

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Asbestos Awareness For Supervisors

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

## Back Safety

- How Your Back Works
- Causes of Back Pain
- Safe Lifting and Sitting
- Prevention and Relief

## Back Safety - Sitting and Lifting

- How Sitting Hurts
- Lifting in Pain
- Posture and Health
- Proper Lifting Techniques

## Benzene Awareness

- What is Benzene?
- Benzene Exposure
- Personal Protective Equipment

## Bloodborne Pathogens

- What are Bloodborne Pathogens
- Needlestick Prevention
- Prevention and Cleanup

## Cadmium Awareness

- What is Cadmium?
- Cadmium Exposure
- Personal Protective Equipment

## Communicable Disease Safety

- Learning Objectives
- Handwashing
- Prevention

## Compressed Gas Cylinders

- Handling, Usage, and Storage
- Labeling & Identification
- Inspection & Maintenance
- Transportation
- Safety Plan

## Compressed Gas Cylinders For Laboratories

- What is Compressed Gas?
- Handling, Usage, and Storage
- Labeling and Identification
- Inspection and Maintenance
- Transportation
- Safety Plan

## Dibromochloropropane (DBCP) Awareness

- What is Dibromochloropropane?
- Dibromochloropropane Exposure
- Personal Protective Equipment





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# Manufacturing Series

## Forklift Operator Orientation For Supervisors

- How to Train
- Driver Evaluation
- Accident Prevention
- Workplace Hazards
- Report an Accident

## Front End Loader

- Inspection and Maintenance
- Operation and Awareness
- Common Hazards
- Incident Prevention

## Confined Space

- Confined Space Standards
- Permit Required
- Hazards and Solutions

## Defensive Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Distracted Driving

- Types of Distractions
- Potential Distractions
- Driver Focus

## Defensive Driving - Speed Kills

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

## Defensive Driving - Hazardous Weather

- Friction
- Types of Hazardous Weather
- Winter Driving

## Electrical Safety

- How Electricity works
- Ground Fault Protection
- Hazard Recognition

## Emergency Action Plan

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

## Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## Fall Protection

- Accident Prevention
- Workplace Hazards
- Common Equipment

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

## Forklift Operator

- Types of Forklifts
- Forklift Certification
- Forklift Operations
- The Fulcrum
- Workplace Hazards
- Forklift Maintenance



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## Forklift Operator - Operator Safety

- Codes of Practice
- Counterbalance and Stability
- Forklift Inspection
- Attachments and Platforms

## Forklift Operator - Straddle Stackers

- Forklift Inspection
- Operation and Stability
- Incident Prevention
- Report an Accident

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools - Circular Saws

- Chop Saw
- Miter Saw
- Radial Saw
- Prevention and Response

## Hand and Power Tools - Hand Held Saws

- Circular Saws
- Jig Saws
- Incident Prevention

## Hand and Wrist Injuries

- How the Hand Works
- Types of Injuries
- Accident Prevention

## Hand and Wrist Injuries - Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome?
- Common Causes
- Prevention and Recovery

## Hazard Communications

- Globally Harmonized System GHS
- Safety Data Sheets
- Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

- Globally Harmonized System GHS
- Safety Data Sheets
- Container Labeling

## Hazard Communications - Solvent Safety

- Solvent Hazards
- Solvent Exposure
- Accident Prevention

## Hazard Communications For Supervisors

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?
- Written Plan
- Employee Training

## Heat Awareness

- How Heat is a Hazard
- Heat Exposure and Response
- Heat Prevention

## Hexavalent Chromium

- What is Hexavalent Chromium?
- Hexavalent Chromium Exposure
- Personal Protective Equipment

## Housekeeping

- Housekeeping Practices
- Housekeeping Programs
- Areas of Concern



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# Manufacturing Series

## Hydrogen Sulfide

- Exposure Controls
- What is Hydrogen Sulfide?
- Workplace Assessment
- Emergency Action Plan

## Incident Investigation

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process

## Ladder Safety

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

## Lockout Tagout For Affected Employees

- Affected Employees
- Authorized Employees
- What is Hazardous Energy?
- What is Lockout Tagout?

## Lockout Tagout and Hazardous Energy Source

- What is Lockout/Tagout?
- What is Hazardous Energy?
- Lockout/Tagout Operation

## Machine Guarding

- Machine Hazards
- Types of Guards
- Personal Protective Equipment

## Machine Guarding - Amputation Protection

- Hazardous Components
- Hazardous Motions
- Amputation Prevention

## OSHA Recordkeeping & Reporting

- Training Records
- The OSHA 300 Forms
- The Final Rule

## OSHA Recordkeeping & Reporting - 300 Forms

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

## OSHA Right to Know

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

## Personal Protective Equipment

- Types of PPE
- Workplace Hazards
- Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Hearing Protection

- Ears and Sound
- Exposure Controls
- Hearing Conversation

## Personal Protective Equipment - Respirator Protection

- Types of Respirators
- Fit testing
- Incident Prevention



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# Manufacturing Series

## Rigging and Lifting

- Types of Equipment
- Rigging and Lifting
- Accident Prevention

## Scaffolding

- Scaffolding Hazards
- Types of Scaffolding
- Scaffolding Setup and Inspection
- Safe Work Practices

## Scissor Lift Aerial Platform

- Scissor Lift Components
- Scissor Lift Inspection
- Operational Guidelines
- Hazards and Incident Prevention

## Silica Awareness

- What is Silica?
- Silica Exposure
- Silica Prevention

## Slips, Trips, and Falls

- Housekeeping Practices
- Wet and Slippery Surfaces
- Workplace Obstacles
- Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

- Hazard Identification
- Fall Protection
- Inspection and Training

## Stop Work Authority

- Strategies to Support Implementation
- Challenges Implementing Stop Work Authority
- Challenges Implementing Stop Work Authority and Strategies
- Why People May Not Use Their Stop Work Authority

## Two Minute Drill

- What is a Two Minute Drill?
- Two Minute Drill Operations

## Unsafe Acts

- What is an Unsafe Act?
- Types of Incidents
- Unsafe Act Prevention



## Office Series

### **Alcohol and Substance Abuse**

- Alcohol Awareness
- Marijuana Awareness
- Drugs and Testing

### **Bloodborne Pathogens**

- What are Bloodborne Pathogens?
- Needlestick Prevention
- Prevention and Cleanup

### **Communicable Disease Safety**

- Learning Objectives
- Handwashing
- Prevention

### **Cybersecurity for Employees**

- E-mail and Browsing Practices
- Data Protection
- Mobile Devices
- Incident Reporting

### **Cybersecurity for Supervisors - Data Security and Privacy Policies**

- Asset Identification
- Developing a Privacy Policy
- Protecting Your Data
- Incident Mitigation

### **Cybersecurity for Supervisors - Employees Practices and Policies**

- Employees Policies
- Fraud Protection
- E-mail Security
- Mobile Devices

### **Defensive Driving**

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

### **Defensive Driving - Distracted Driving**

- Types of Distractions
- Potential Distractions
- Driver Focus

### **Defensive Driving - Speed Kills**

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

### **Defensive Driving - Hazardous Weather**

- Friction
- Types of Hazardous Weather
- Winter Driving

### **Electrical Safety**

- How Electricity works
- Ground Fault Protection
- Hazard Recognition

### **Emergency Action Plan**

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

### **Ergonomics**

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

### **Fire Extinguisher**

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to use an Extinguisher
- Hydrostatic Testing

### **Hand and Wrist Injuries**

- How the Hand Works
- Types of Injuries
- Accident Prevention





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## Office Series

### Hand and Wrist Injuries - Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome?
- Common Causes
- Prevention and Recovery

### Hazard Communication

- Globally Harmonized System GHS
- Safety Data Sheets
- Personal Protective Equipment

### Hazard Communications - Safety Data Sheets

- Globally Harmonized System GHS
- Safety Data Sheets
- Container Labeling

### Hazard Communications - Solvent Safety

- Solvent Hazards
- Solvent Exposure
- Accident Prevention

### Hazard Communications For Supervisors

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?
- Written Plan
- Employee Training

### Incident Investigation

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process

### Ladder Safety

- Types of Ladders
- Ladder Placement
- Ladder and Loads
- Accident Prevention

### Latex Standard

- Latex Prevention
- Latex Protection
- Latex Use

### Office Safety

- Potential Hazards
- Workplace Violence
- Safety Precautions

### Office Safety - Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Controls

### Office Safety - Workplace Violence

- Workplace Violence
- Consequences of Workplace Violence
- Preventing and Responding

### Office Safety - Electrical Safety

- Types of Electricity
- How Electricity Works
- Electricity Hazards
- Working Safely

### OSHA Recordkeeping & Reporting

- Training Records
- The OSHA 300 Forms
- The Final Rule

### OSHA Recordkeeping & Reporting - 300 Forms

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

### OSHA Right to Know

- Employer Responsibilities
- Right to Safety Workplace
- Whistle Blower Protection

### Unsafe Acts

- What is an Unsafe Act?
- Types of Incidents
- Unsafe Act Prevention



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# Warehouse Series

## Bloodborne Pathogens

- What are Bloodborne Pathogens?
- Needlestick Prevention
- Prevention and Cleanup

## Compressed Gas Cylinders

- Handling, Usage, and Storage
- Labeling & Identification
- Inspection & Maintenance
- Transportation
- Safety Plan

## Confined Space

- Confined Space Standards
- Permit Required
- Hazards and Solutions

## Crane Safety

- OSHA Requirements
- Inspection and Handling
- Material Handling

## Crane Safety - Crane Mechanics

- Part of a Crane
- Crane Attachments
- Crane Hazard Prevention

## Defensive Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Distracted Driving

- Types of Distractions
- Potential Distractions
- Driver Focus

## Defensive Driving - Speed Kills

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs

## Defensive Driving - Hazardous Weather

- Friction
- Types of Hazardous Weather
- Winter Driving

## Electrical Safety

- How Electricity Works
- Ground Fault Protection
- Hazard Recognition

## Emergency Action Plan

- EAP Development
- Evacuation Elements
- EAP Response
- EAP Reporting and Review

## Ergonomics

- Musculoskeletal Disorders
- Workplace Conditions
- Hazard Control

## Fall Protection

- Accident Prevention
- Workplace Hazards
- Common Equipment

## Fire Extinguisher

- How a Fire Extinguisher Works
- Types of Extinguishers
- How to Use an Extinguisher
- Hydrostatic Testing



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# Warehouse Series

## Forklift Operator

- Types of Forklifts
- Forklift Certification
- Forklift Operations
- The Fulcrum
- Workplace Hazards
- Forklift Maintenance

## Forklift Operator - Operator Safety

- Codes of Practice
- Counterbalance and Stability
- Forklift Inspection
- Attachments and Platforms

## Forklift Operator - Straddle Stackers

- Forklift Inspection
- Operation and Stability
- Incident Prevention

## Forklift Operator Orientation For Supervisors

- How to Train
- Driver Evaluation
- Accident Prevention
- Workplace Hazards
- Report an Accident

## Front End Loader

- Inspection and Maintenance
- Operation and Awareness
- Common Hazards
- Incident Prevention

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools - Hand Held Saws

- Circular Saws
- Jig Saws
- Incident Prevention

## Hand and Wrist Injuries

- How the Hand Works
- Types of Injuries
- Accident Prevention

## Hand and Wrist Injuries - Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome?
- Common Causes
- Prevention and Recovery

## Hazard Communications

- Globally Harmonized System GHS
- Safety Data Sheets
- Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

- Globally Harmonized System GHS
- Safety Data Sheets
- Container Labeling

## Hazard Communications - Solvent Safety

- Solvent Hazards
- Solvent Exposure
- Accident Prevention

## Hazard Communications For Supervisors

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?
- Written Plan
- Employee Training





# Warehouse Series

## Heat Awareness

How Heat is a Hazard  
Heat Exposure and Response  
Heat Prevention

## Housekeeping

Housekeeping Practices  
Housekeeping Programs  
Areas of Concern

## Hydrogen Sulfide (H<sub>2</sub>S)

Exposure Controls  
What is Hydrogen Sulfide?  
Workplace Assessment  
Emergency Action Plan

## Incident Investigation

Investigation Principles  
Investigation Cause  
Investigation Program  
Investigation Process

## Ladder Safety

Types of Ladders  
Ladder Placement  
Ladder and Loads  
Accident Prevention

## Lockout Tagout and Hazardous Energy Sources

What is Lockout/Tagout?  
What is Hazardous Energy?  
Lockout/Tagout Operation

## Lockout Tagout For Affected Employees

What is Lockout/Tagout?  
What is Hazardous Energy?  
Lockout/Tagout Operation

## Machine Guarding

Machine Hazards  
Types of Guards  
Personal Protective Equipment

## Machine Guarding - Amputation Protection

Hazardous Components  
Hazardous Motions  
Amputation Prevention

## OSHA Recordkeeping & Reporting - 300 Forms

OSHA Form 300  
OSHA Form 300A  
OSHA Form 301

## OSHA Right to Know

Employer Responsibilities  
Right to Safety Workplace  
Whistle Blower Protection

## Personal Protective Equipment

Types of PPE  
Workplace Hazards  
Accident Prevention

## Personal Protective Equipment - Eye and Face Protection

Types of Hazards  
Training and Fit  
Incident Prevention

## Personal Protective Equipment - Hearing Protection

Ears and Sound  
Exposure Controls  
Hearing Conversation

## Personal Protective Equipment - Respirator Protection

Types of Respirators  
Fit testing  
Incident Prevention



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# Warehouse Series

## Rigging and Lifting

Types of Equipment  
Rigging and Lifting  
Accident Prevention

## Scaffolding

Scaffolding Hazards  
Types of Scaffolding  
Scaffolding Setup and Inspection  
Scaffolding: Safe Work Practices

## Silica Awareness

What is Silica?  
Silica Exposure  
Silica Prevention

## Skid Steer Loaders

What are Skid Steers?  
Safety Features  
Entry and Exit  
Accident Prevention

## Slips, Trips, and Falls

Housekeeping Practices  
Wet and Slippery Surfaces  
Workplace Obstacles  
Preventative Measures

## Slips, Trips, and Falls - Walking and Working Surfaces

Hazard Identification  
Fall Protection  
Inspection and Training

## Stop Work Authority

Strategies to Support Implementation  
Challenges Implementing Stop Work Authority  
Challenges Implementing Stop Work Authority and Strategies  
Why People May Not Use Their Stop Work Authority

## Two Minute Drill

What is a Two Minute Drill?  
Two Minute Drill Operations

## Unsafe Acts

What is an Unsafe Act?  
Types of Incidents  
Unsafe Act Prevention





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# Back Safety & Ergonomics Series

## **Back Safety**

How Your Back Works  
Causes of Back Pain  
Safe Lifting and Sitting  
Prevention and Relief

## **Back Safety - Sitting and Lifting**

How Sitting Hurts  
Lifting in Pain  
Posture and Health  
Proper Lifting Techniques

## **Ergonomics**

Musculoskeletal Disorders  
Workplace Conditions  
Hazard Control

## **Office Safety - Ergonomics**

Musculoskeletal Disorders  
Workplace Conditions  
Hazard Controls



## Chemical Series

### Ammonia Awareness

What is Ammonia?  
Ammonia Regulations  
Ammonia Storage and Handling  
Ammonia Incident Management  
Ammonia PPE  
Health Effects and First Aid

### Benzene Awareness

What is Benzene?  
Benzene Exposure  
Personal Protective Equipment

### Cadmium Awareness

What is Cadmium?  
Cadmium Exposure  
Personal Protective Equipment

### Dibromochloropropane (DBCP) Awareness

What is Dibromochloropropane?  
Dibromochloropropane Exposure  
Personal Protective Equipment

### Ethylene Oxide Awareness

What is Ethylene Oxide?  
Ethylene Oxide Exposure  
Personal Protective Equipment

### Hexavalent Chromium

What is Hexavalent Chromium?  
Hexavalent Chromium Exposure  
Personal Protective Equipment

### Hydrogen Sulfide

What is Hydrogen Sulfide?  
Exposure Controls  
Workplace Assessment  
Emergency Action Plan

### Latex Standard

Latex Prevention  
Latex Protection  
Latex Use



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## Cybersecurity Series

### Cybersecurity for Employees

- E-mail and Browsing Practices
- Data Protection
- Mobile Devices
- Incident Reporting

### Cybersecurity for Supervisors - Data Security and Privacy Policies

- Asset Identification
- Developing a Privacy Policy
- Protecting Your Data
- Incident Mitigation

### Cybersecurity for Supervisors - Employee Practices and Policies

- Employee Policies
- Fraud Protection
- E-mail Security



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# Defensive Driving Series

## Defensive Driving

- Vehicle Inspection
- Defensive Driving Basics
- Distracted and Impaired Driving
- Road Rage
- Nighttime Driving
- Hazardous Weather
- Accidents and Breakdowns

## Defensive Driving - Distracted Driving

- Types of Distractions
- Potential Distractions
- Driver Focus

## Defensive Driving - Hazardous Weather

- How Friction Works
- Types of Hazardous Weather
- Winter Driving

## Defensive Driving - Speed Kills

- How Speeding Kills
- The Stopping Distance
- Environmental Hazards
- How Speeding Costs



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# Electrical Series

## Electrical Safety

How Electricity Works  
Ground Fault Protection  
Hazard Recognition

## Office Safety - Electrical Safety

Types of Electricity  
How Electricity Works  
Electricity Hazards  
Working Safely





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# Hand and Power Tool Series

## Hand and Power Tools

- Types of Tools
- Tool Maintenance
- Guards and Switches
- Power Safety

## Hand and Power Tools - Circular Saws

- Chop Saw
- Miter Saw
- Radial Saw
- Prevention and Response

## Hand and Power Tools - Hand Held Saws

- Circular Saws
- Jig Saws
- Incident Prevention

## Hand and Power Tools - Table Saw

- Table Saw Mechanics
- Point of Operation
- Kickback and Particles
- Incident Prevention



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# Hazard Communications Series

## Hazard Communications

Globally Harmonized System GHS  
Safety Data Sheets  
Personal Protective Equipment

## Hazard Communications - Safety Data Sheets

Globally Harmonized System GHS  
Safety Data Sheets  
Container Labeling

## Hazard Communications - Solvent Safety

Solvent Hazards  
Solvent Exposure  
Accident Prevention

## Hazard Communications For Supervisors

Hazard Communication Responsibilities  
Hazardous Chemical Inventory  
Safety Data Sheets (SDS)  
What is Hazard Communications?  
Written Plan  
Employee Training



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# Industrial Equipment Series

## Aerial Work Platforms

Types of Aerial Work Platforms  
Aerial Work Platform Inspection  
Aerial Work Platform Operation  
Incident Prevention

## Crane Safety

Types of Cranes  
OSHA Requirements  
Inspection and Handling  
Material Handling

## Crane Safety - Crane Mechanics

Parts of a Crane  
Crane Attachments  
Crane Hazard Prevention

## Dump Truck

Pre-Work Inspection  
Driving Safely  
Site and Operational Safety

## Excavator Safety

Excavator Components  
Operator Responsibility  
Workplace Awareness  
Incident Prevention

## Excavation and Trenching

Understanding Excavation and Trenching  
Site Preplanning  
Protective Systems  
Additional Hazards and Protections

## Forklift Operator Orientation For Supervisors

How to Train  
Driver Evaluation  
Accident Prevention  
Workplace Hazards  
Report an Accident

## Forklift Operator

Types of Forklifts  
Forklift Certification  
Forklift Operations  
The Fulcrum  
Workplace Hazards  
Forklift Maintenance

## Forklift Operator - Operator Safety

Codes of Practice  
Counterbalance and Stability  
Forklift Inspection  
Attachments and Platforms

## Forklift Operator - Straddle Stackers

Forklift Inspection  
Operation and Stability  
Incident Prevention  
Report an Accident

## Front End Loader

Forklift Inspection  
Operation and Stability  
Incident Prevention  
Report an Accident

## Scissor Lift Aerial Platform

Scissor Lift Components  
Scissor Lift Inspection  
Operational Guidelines  
Hazards and Incident Prevention

## Skid Steer Loaders

What are Skid Steers?  
Safety Features  
Entry and Exit  
Accident Prevention



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# Personal Protective Equipment Series

## Personal Protective Equipment

- Types of PPE
- Workplace Hazards
- Accident Prevention
- Eye and Face Protection
- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Eye and Face Protection

- Types of Hazards
- Training and Fit
- Incident Prevention

## Personal Protective Equipment - Hearing Protection

- Ears and Sound
- Exposure Controls
- Hearing Conversation

## Personal Protective Equipment - Laboratory Series

- Eye and Face Protection
- PPE Assessment
- Respiratory Protection

## Personal Protective Equipment - Respiratory Protection

- Respirator Definitions
- Respirator Program
- Respirator Selection
- Respirator Fit Testing
- Program Evaluation

## Supervisor Series

### **American Disabilities Act (ADA) for Supervisors**

- Protections and Prohibitions
- Reasonable Accommodations
- Notification Process
- Hiring and Managing Disabled Employees

### **Asbestos Awareness For Supervisors**

- What is Asbestos?
- Asbestos Hazards
- Asbestos Training
- Exposure Prevention and Protection

### **Cybersecurity for Supervisors - Data Security and Privacy Policies**

- Asset Identification
- Developing a Privacy Policy
- Protecting Your Data
- Incident Mitigation

### **Cybersecurity for Supervisors - Employees Practices and Policies**

- Employees Policies
- Fraud Protection
- E-mail Security
- Mobile Devices

### **Drug Free Workplace Program for Supervisors**

- Drug Free Workplace Policies
- Substance Abuse and Addiction
- Recognizing Signs and Symptoms
- Documenting and Reporting Substance Abuse
- Streamlining Communication & Upholding Confidentiality
- Reasonable Suspicion Testing
- Confronting Employees in Substance Use Situations
- Employee Assistance Program (EAP)
- Return to Work Employee Procedures

### **Forklift Operator Orientation For Supervisors**

- How to Train
- Driver Evaluation
- Accident Prevention
- Workplace Hazards
- Report an Accident

### **Hazard Communications For Supervisors**

- Hazard Communication Responsibilities
- Hazardous Chemical Inventory
- Safety Data Sheets (SDS)
- What is Hazard Communications?
- Written Plan
- Employee Training

### **How to Develop a Safety Program - The Company Commitment**

- How to Develop Culture
- How to Educate Management
- How to Maintain Awareness

### **How to Develop a Safety Program - Workplace Risks and Hazards**

- Workplace Assessment
- Workplace Survey
- Workplace Review

### **How to Develop a Safety Program - Plans and Process**

- Prevention and Control
- Written Plans
- Emergency Action Plan

### **Incident Investigation**

- Investigation Principles
- Investigation Cause
- Investigation Program
- Investigation Process





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## Supervisor Series

### **Laboratory Safety Orientation For Supervisors**

- Hierarchy of Controls
- Chemical Hazards
- Chemical Hygiene Plan
- Exposure Determination
- Hazard Communication Standard

### **OSHA Recordkeeping & Reporting**

- Training Records
- The OSHA 300 Forms
- The Final Rule

### **OSHA Recordkeeping & Reporting - 300 Forms**

- OSHA Form 300
- OSHA Form 300A
- OSHA Form 301

### **Pregnant Workers Fairness Act for Supervisors**

- What is the Pregnant Workers Fairness Act?
- Final Rule for the PWFA
- Employee Rights and Protections
- Employer Responsibility
- Best Practices for PWFA Compliance
- Legal Implications of Non- Compliance with the PWFA