

Health and Safety Online Course Offerings

Available through September 2021

These trainings are available for County and Regional Training and Development Consortium employees.

- **County/City LMS Consortium Employees:** Register via LMS at <https://sanmateocounty.csod.com>. **These sessions will be listed under “Online” and “Safety” subject categories on the LMS Home Page**
- **City Consortium Employees not on LMS:** Please register via your [Training Coordinator](#) to be proxy enrolled into the sessions

Mandatory Evaluation:

- A completed evaluation is required to get credit for these courses. Following a course session:
 1. Go to the “Learning” tab
 2. Click on “View Your Transcript”
 3. Find the online course title and click on EVALUATE

Minimum System Requirements for Online Training:

- Intel/AMD compatible multimedia computer
- Windows 2000/XP or higher
- 350 MHz Processor
- 128MB RAM
- Flash Player 8 plugin or newer
- Browser Settings: JavaScript enabled, cookies enabled, pop-up blockers disabled
- Java (you may need to uninstall previous versions and re-install latest version)
- Internet Explorer 6 or newer OR Firefox 2 or newer
- Broadband Internet connection, 256kbps or higher
- Local bus or PCI Video
- Soundcard
- Some online sessions may require speakers/headphones
- VGA Monitor

Note: Please see your internal IT support person if you have any questions regarding the above system requirements, or if, after following the instructions from your Training Coordinator, you are unable to launch the course.

Accident Procedures: Driver Training Series_2019

Provides step-by-step procedures for what to do after a crash.

Approximate Length: 20 minutes

Active Shooter/Active Threat: Organizational Preparedness & Recovery (English)_2019

Designed to help members of management and Human Resources prepare employees for a potential active threat incident. It also provides guidance to help the company and those who have survived such an incident recover from the tragedy.

Approximate Length: 35 minutes

Aerial Lifts for General Industry_2019

Designed to familiarize learners with hazards related to aerial lifts and provide best practices to ensure safety while operating or working near one.

Approximate Length: 25 minutes

Arc Flash/Arc Blast Awareness & Safety_2019

Educates unqualified employees on the real, and dangerous possibility of being injured by an arc flash.

Approximate Length: 20 minutes

Back Safety: Keep Your Back In Action_2019

Educate your employees on maintaining a healthy back and taking preventive measures to avoid back injuries.

Approximate Length: 60 minutes

Backing Techniques: Driver Training Series

Designed to help reduce the number of backing accidents by teaching drivers how to recognize the dangers of backing and provide expert-level backing procedures. It covers the proper procedures for each backing maneuver, including straight-line, alley dock, sight-side jackknife, and blind-side jackknife backing and parallel parking.

Approximate Length: 20 minutes

Bloodborne Pathogens in First Response Environments_2019

Helps meet OSHA's Bloodborne Pathogens training requirements.

Approximate Length: 60 minutes

Bloodborne Pathogens: Safety in the Workplace (with EyeCue)_2019

Designed to help learners keep themselves and those around them safe from exposure to bloodborne pathogens. Specifically, it covers the basics of bloodborne pathogens, how to protect themselves, and what to do in the event of an exposure, including the de

Approximate Length: 45 minutes

Cargo Securement: FLATBEDS_2019

Helps prepare drivers to properly secure different types of cargo on flatbed trailers.

Approximate Length: 40 minutes

City Driving: Master Driver_2019

Help your drivers prevent accidents and stay safe on the road

Approximate Length: 45 minutes

Cold Stress_2019

Designed to help learners understand how the body reacts to cold conditions, recognize the most common types of cold stress, learn how to prevent cold stress, and how to treat (first aid) workers with cold stress injuries until medical personnel arrive.

Approximate Length: 30 minutes

Computer Workstation Design & Use_2019

Designed to help learners understand how to prevent common injuries that occur due to routinely working in front of a computer.

Approximate Length: 23 minutes

Confined Spaces: Entry Team Training - Maintenance Activities (with EyeCue)_2019

Helps employees meet requirements of the OSHA standard regarding confined spaces. Enhanced with the EyeCue Visual Learning System.

Approximate Length: 45 minutes

Construction Safety Basics: Safe Use of Equipment_2019

Designed to provide learners with a high-level overview of a number of construction-related safety topics. Specifically, it covers an introduction to the safe use of tools and equipment.

Approximate Length: 20 minutes

Construction Safety Basics: Work Practices_2019

Designed to provide learners with a high-level overview of a number of construction-related safety topics. Specifically, it covers an introduction to generic safe work practices.

Approximate Length: 20 minutes

Corrective Action Training: 14-Hour Rule

This Corrective Action Training module is designed to provide learners with remedial training related to the 14-hour rule. Specifically, this course was designed to remind drivers to complete all commercial driving within the first 14 consecutive hours of duty, avoid fatigue, and know whether the exceptions apply to them.

Approximate Length: 5 minutes

Corrective Action Training: 60- or 70-Hour Limit

This Corrective Action Training module is designed to provide learners with remedial training related to the 60- or 70-hour limit. Specifically, this course was designed to remind drivers to stop driving if you reach the maximum allowed hours of work, only use the 70-hour/8-day limit if your carrier operates CMVs every day of the week, prevent fatigue and stay in compliance by following the limits, and reset hours back to zero by taking 34 consecutive hours off duty.

Approximate Length: 5 minutes

Corrective Action Training: Annual (Periodic) Inspections

This Corrective Action Training module provides drivers with remedial training related to annual (periodic) inspections. Specifically, this course is designed to remind drivers to ensure their vehicle is current with an annual inspection, provide proof of inspection, and not to drive a vehicle that hasn't had its annual inspection.

Approximate Length: 5 minutes

Corrective Action Training: Brake Hoses and Tubing

This Corrective Action Training module is designed to provide learners with remedial training related to brake hoses and tubing. Specifically, this course was designed to remind drivers to make sure brake tubing and hoses are in good condition and function properly before driving, inspect brake tubing and hoses daily, and report any damaged or defective hoses or tubing to be fixed before driving.

Approximate Length: 5 minutes

Corrective Action Training: Breakaway Brakes

This Corrective Action Training module provides drivers with remedial training related to breakaway and emergency braking systems. Specifically, this course is designed to remind drivers emergency braking equipment will maintain brakes for the tractor and trailer if the trailer is disconnected from the tractor.

Approximate Length: 5 minutes

Corrective Action Training: CDLs & Medical Cards

This Corrective Action Training module provides drivers with remedial training related to CDLs and medical cards. Specifically, this course is designed to remind drivers to carry the proper credentials while driving, ensure they have the proper license for their vehicle, and carry their medical card for as long as required for their license class.

Approximate Length: 5 minutes

Corrective Action Training: Distracted Driving

This Corrective Action Training module is designed to provide learners with remedial training related to distracted driving. Specifically, this course was designed to remind drivers to identify all possible distractions and plan ahead to stay focused on driving.

Approximate Length: 5 minutes

Corrective Action Training: Drug Use

Designed to provide learners with remedial training related to drug use. Specifically, this course was designed to remind drivers to comply with the drug prohibitions in Section 392.4, not use or possess any substance that might affect safe driving, be aware of the exceptions to the prohibitions, and understand the consequences for violating the regulations.

Approximate Length: 5 minutes

Corrective Action Training: Emergency Equipment

This Corrective Action Training module provides drivers with remedial training related to emergency equipment. Specifically, this course is designed to remind drivers to carry proper emergency equipment, perform a daily fire extinguisher inspection, and verify the proper number of reflective triangles or flares.

Approximate Length: 5 minutes

Corrective Action Training: Hard Braking

This Corrective Action Training module provides drivers with remedial training related to hard braking. Specifically, this course is designed to remind drivers to avoid distractions while driving, keep control of speed and space, and prevent tire damage and accidents.

Approximate Length: 5 minutes

Corrective Action Training: Harsh Acceleration

This Corrective Action Training module provides drivers with remedial training related to harsh acceleration. Specifically, this course is designed to remind drivers to communicate arrival times, prevent fines, prevent vehicle wear, and drive safely.

Approximate Length: 5 minutes

Corrective Action Training: Hazmat Emergency Response Information

This Corrective Action Training module provides drivers with remedial training related to hazmat emergency response information. Specifically, this course is designed to remind drivers to maintain emergency response information, acceptable forms of information and to make sure that it is visible, and in reach in the cab of the vehicle.

Approximate Length: 5 minutes

Corrective Action Training: Hazmat Orientation Arrows

This Corrective Action Training module is designed to provide learners with remedial training related to hazmat orientation arrows. Specifically, this course was designed to remind drivers to look for and recognize correct placement of the required orientation arrows on combination packagings.

Approximate Length: 5 minutes

Corrective Action Training: Hazmat Placarding

This Corrective Action Training module provides drivers with remedial training related to hazmat placarding. Specifically, this course is designed to remind drivers that the correct display of placards identifies hazardous materials for their safety and the safety of others.

Approximate Length: 5 minutes

Corrective Action Training: Hazmat Shipping Papers

This Corrective Action Training module provides drivers with remedial training related to hazmat shipping papers. Specifically, this course is designed to remind drivers that shipping papers must have correct information, and that they are readily available.

Approximate Length: 5 minutes

Corrective Action Training: Hours of Service Documentation

This Corrective Action Training module provides drivers with remedial training related to Hours of Service (HOS) documentation. Specifically, this course is designed to remind drivers of log requirements, exemptions, and ELD compliance.

Approximate Length: 5 minutes

Corrective Action Training: Learners' Permits

This Corrective Action Training module is designed to provide learners with remedial training related to learners' permits. Specifically, this course was designed to remind drivers to carry the proper credentials, only drive with a qualified CDL holder, and to comply with other restrictions.

Approximate Length: 5 minutes

Corrective Action Training: Metered Cargo Tank Emergency Shut Offs

Designed to provide learners with remedial training related to metered cargo tank emergency shut offs. Specifically, this course was designed to address when metered delivery cargo tanks must be equipped with an emergency off-truck remote shut off system.

Approximate Length: 5 minutes

Corrective Action Training: Passing

This Corrective Action Training module is designed to provide learners with remedial training related to passing. Specifically, this course was designed to remind drivers to monitor speed and space to safely complete a passing maneuver and to avoid passing in a no passing zone.

Approximate Length: 5 minutes

Corrective Action Training: Railroad Crossings

This Corrective Action Training module is designed to provide learners with remedial training related to railroad crossings. Specifically, this course was designed to remind drivers to look and listen when approaching railroad crossings, obey all traffic control devices, and proceed across safely.

Approximate Length: 5 minutes

Corrective Action Training: Special Corrosive Loading

Designed to provide learners with remedial training related to hazmat special corrosive loading. Specifically, this course was designed to address loading and securing storage batteries containing electrolyte and to address loading prohibition for packages containing nitric acid of 50% or greater.

Approximate Length: 5 minutes

Corrective Action Training: Stop Signs

This Corrective Action Training module provides drivers with remedial training related to stop signs. Specifically, this course is designed to remind drivers come to a full stop and check oncoming and cross traffic at stop signs.

Approximate Length: 5 minutes

Corrective Action Training: Tires

This Corrective Action Training module provides drivers with remedial training related to tires. Specifically, this course is designed to remind drivers to properly inspect, repair and care for their tires.

Approximate Length: 5 minutes

Corrective Action Training: Traffic Lanes

This Corrective Action Training module provides drivers with remedial training related to traffic lanes. Specifically, this course is designed to remind drivers stay alert, stay within the lines, and make safe lane changes.

Approximate Length: 5 minutes

Corrective Action Training: Vehicle Leaks

This Corrective Action Training module provides drivers with remedial training related to vehicle leaks. Specifically, this course is designed to remind drivers to inspect, report, and fix leaks to maintain safe operations of their vehicle.

Approximate Length: 5 minutes

Corrective Action Training: Windshields & Wipers

This Corrective Action Training module provides drivers with remedial training related to 30-minute breaks. Specifically, this course is designed to remind drivers of the hours-of-service 30-minute break rule to prevent violations and fatigue-related crashes.

Approximate Length: 5 minutes

Coupling & Uncoupling: Double Trailers

Designed to help drivers understand the techniques that will help them safely couple and uncouple double trailers. Specifically, it covers how to safely position a converter dolly, how to connect the dolly to the front and rear trailers, how to disconnect the rear trailer, and the safe process for moving the dolly to storage.

Approximate Length: 15 minutes

Coupling & Uncoupling: Master Driver_2019

Emphasizes critical precautions needed for safe hooking up and unhooking

Approximate Length: 45 minutes

Crane Safety_2019

High-impact training covering the essentials of crane safety

Approximate Length: 60 minutes

Crystalline Silica for Construction Employees_2019

Designed to educate workers on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1926.1153, OSHA's Respirable Crystalline Silica Rule for Construction.

Approximate Length: 30 minutes

Crystalline Silica for General Industry Employees_2019

Designed to educate employees on how to protect themselves from the dangers of crystalline silica dust. Specifically, it covers 29 CFR 1910.1053, OSHA's Respirable Crystalline Silica Rule for General Industry.

Approximate Length: 30 minutes

CSA: Know the BASICS_2019

Train drivers on CSA, the 7 BASICS, scoring & evaluation and FMCSA interventions.

Approximate Length: 60 minutes

Defensive Driving for CMV Drivers: Look_2019

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

Approximate Length: 25 minutes

Defensive Driving for CMV Drivers: Prepare_2019

Designed to help drivers develop their defensive driving skills. Specifically, it offers up best practices on how to anticipate the potential for danger and avoid it.

Approximate Length: 15 minutes

Distracted Driving_2019

Designed to provide drivers with info that can help them manage distractions while on the road.

Approximate Length: 30 minutes

Driving Techniques: Driver Training Series_2019

Reinforces the importance of safe driving techniques.

Approximate Length: 15 minutes

Drug & Alcohol Clearinghouse: What Drivers Need to Know

Designed to educate drivers who are subject to FMCSA DOT drug and alcohol testing on Clearinghouse requirements. Drivers will learn what information is provided to the Clearinghouse, the process to challenge inaccurate information in the system, and their responsibilities for granting consent to the employer for Clearinghouse queries.

Approximate Length: 25 minutes

Effective Communication - Supervisor Training_2019

Helps supervisors master effective communication skills and promote these techniques among their employees.

Approximate Length: 60 minutes

Electrical Safety: Training for Unqualified Employees (with EyeCue)_2019

Help train unqualified employees on the basics of electrical safety, including how to recognize and avoid electrical hazards. Enhanced with the EyeCue Visual Learning System. This course is available in both English and Spanish.

Approximate Length: 45 minutes

Emergency Eyewash & Shower Use_2019

Designed to familiarize learners with the recognition and use of emergency eyewashes and showers and ways to ensure quick access to them.

Approximate Length: 20 minutes

Emergency Preparedness & Response_2019

High-impact training covering the essentials of emergency planning.

Approximate Length: 20 minutes

Entry-Level Driver Training Module 02: Control Systems/Dashboard

This course is designed to introduce learners to the controls and instruments found in commercial motor vehicles (CMVs).

Approximate Length: 25 minutes

Entry-Level Driver Training Module 04: Basic Control

This course is designed to address basic control issues learners need to master in order to become a professional driver. It is important that learners have a good understanding of these issues, as many of the skills covered in this course are the foundation for future lessons.

Approximate Length: 30 minutes

Entry-Level Driver Training Module 06: Backing and Docking

This course is designed to focus on the basics of backing including safe backing and the types of backing maneuvers commonly used.

Approximate Length: 25 minutes

Entry-Level Driver Training Module 08: Visual Search

This course is designed to introduce learners to the skills required to conduct an effective visual search.

Approximate Length: 20 minutes

Entry-Level Driver Training Module 10: Distracted Driving

This course is designed to provide learners with information that can help them manage distractions while on the road.

Approximate Length: 20 minutes

Entry-Level Driver Training Module 12: Space Management

This course is designed to focus on the importance of learners managing their vehicle's space.

Approximate Length: 20 minutes

Entry-Level Driver Training Module 14: Extreme Driving Conditions

This course is designed to introduce learners to the challenges of operating a tractor-trailer in extreme driving conditions.

Approximate Length: 45 minutes

Entry-Level Driver Training Module 16: Skid Control/Recovery, Jackknifing, and Other Emergencies

This course is designed to address what causes a vehicle to skid and skid recovery. It also goes over appropriate responses to other common emergencies, teaching learners how to maintain directional control.

Approximate Length: 30 minutes

Entry-Level Driver Training Module 18: Identification and Diagnosis of Malfunctions

This course is designed to present learners with a general understanding of the basics of vehicle construction and vehicle systems as well as the importance of diagnosing and reporting vehicle malfunctions to maintain a safe vehicle.

Approximate Length: 60 minutes

Entry-Level Driver Training Module 20: Maintenance

This course is designed to introduce learners to different types of vehicle maintenance, their role in keeping vehicle components in good working order, and the costs of poor vehicle maintenance.

Approximate Length: 20 minutes

Entry-Level Driver Training Module 22: Environmental Compliance Issues

This course is designed to discuss the environmental hazards and issues related to the operation of commercial motor vehicles (CMVs). We will also address some of the environmental requirements learners must comply with as a professional driver.

Approximate Length: 30 minutes

Entry-Level Driver Training Module 24: Fatigue and Wellness Awareness

This course is designed to focus on several of the factors that contribute to driver health and wellness.

Approximate Length: 35 minutes

Entry-Level Driver Training Module 26: External Communications

This course is designed to address how to navigate a roadside inspection with tips on communicating using verbal and non-verbal messages.

Approximate Length: 15 minutes

Entry-Level Driver Training Module 28: Trip Planning

This course is designed to focus on the five basic steps of trip planning: paperwork, selecting the route, estimating time, estimating fuel use, and estimating trip expenses.

Approximate Length: 35 minutes

Entry-Level Driver Training Module 30: Medical Requirements

This course is designed to cover some of the regulatory requirements learners must meet in order to be qualified to operate a commercial motor vehicle (CMV).

Approximate Length: 20 minutes

Entry-Level Driver Training Module 32: CSA

This course is designed to help learners answer this and many more questions on the topic.

Approximate Length: 30 minutes

Entry-Level Driver Training Module 34: Crossing the Canadian Border

This course is designed to provide an awareness of and knowledge about some of the processes and procedures that can help make a learner's border crossing experience smooth and relatively easy.

Approximate Length: 30 minutes

Excavations for Construction_2019

Teaches construction workers how to be safe when working around excavations.

Approximate Length: 45 minutes

Face Masks: How to Properly Fit and Remove a Face Mask

Designed to provide employees with step-by-step instructions to put on a face mask, get the right fit, check the seal, and remove the mask safely.

Approximate Length: 3 minutes

Fall Protection for General Industry_2019

Designed to help learners understand OSHA fall protection requirements under the Walking-Working Surfaces rule.

Approximate Length: 30 minutes

Fire Extinguisher Use_2019

Teaches employees when and how to use fire extinguishers.

Approximate Length: 20 minutes

First Aid Basics_2019

Helps learners respond appropriately to 1st aid and emergency situations that may arise at work, home, and around the community.

Approximate Length: 60 minutes

Flammables and Explosives in the Laboratory_2019

High-impact training covering the essentials of flammables and explosives in the laboratory

Approximate Length: 30 minutes

Forklift Training (with EyeCue® Visual Learning System)_2019

Designed to help learners choose, inspect, and operate a forklift in a safe way, protecting themselves and their coworkers from the potential hazards associated with their use.

Approximate Length: 60 minutes

Forklift Training: Equipment Inspections (with EyeCue® Visual Learning System)_2019

Designed to help you inspect a forklift in preparation for your shift, protecting yourself and your coworkers from the potential hazards associated with its use.

Approximate Length: 10 minutes

Forklift Training: Non-Operator Safety_2019

Designed to help you protect yourself from the potential hazards associated with working near forklifts.

Approximate Length: 10 minutes

Forklift Training: Refresher (with EyeCue® Visual Learning System)_2019

Designed to reinforce the key concepts that help forklift operators stay safe while at work.

Approximate Length: 20 minutes

Forklifts Ultimate HPC: Advanced_2019

Advanced forklift training in a hazard perception challenge style.

Approximate Length: 30 minutes

Forklifts Ultimate HPC: Intermediate_2019

Intermediate forklift training in a hazard perception challenge style.

Approximate Length: 30 minutes

GHS Safety Data Sheets in the Laboratory_2019

Covers the essentials of GHS Safety Data Sheets as they relate to a laboratory setting.

Approximate Length: 30 minutes

Hand & Foot Protection: PPE Employee Essentials_2019

Familiarizes workers with protective equipment for hands and feet.

Approximate Length: 15 minutes

Handling Compressed Gas Cylinders in the Laboratory_2019

High-impact training covering the essentials of handling compressed gas cylinders in the laboratory

Approximate Length: 30 minutes

[Hazard Communication in Auto Service Facilities_2019](#)

Helps train employees on essentials of HazCom regulations related to auto service facilities.

Approximate Length: 40 minutes

[Hazard Communication in Construction Environments_2019](#)

Helps train building and construction employees on the essentials of HazCom regs.

Approximate Length: 45 minutes

[Hazard Communication in Hospitality Industry_2019](#)

Helps you train employees on HazCom regulations related to the hospitality industry.

Approximate Length: 40 minutes

[Hazardous Substances: Spill Discovery & Notification_2019](#)

Designed to help you better understand the potential effects hazardous spills can have on your health and safety, the environment, and your organization. It will also cover the initial steps you need to take if a hazardous spill occurs while at work.

Approximate Length: 25 minutes

[HazCom: GHS Safety Data Sheets \(SDS\)_2019](#)

Covers the basics of OSHA's HazCom Standard and the essentials of a GHS Safety Data Sheet (SDS).

Approximate Length: 20 minutes

[HazCom: What You Need to Know_2019](#)

Helps you comply with initial and refresher HazCom training requirements and GHS provisions.

Approximate Length: 45 minutes

[Hazmat: Highway Transportation Driver Training_2019](#)

Helps satisfy the function-specific and modal-specific training requirements for hazmat transport by highway.

Approximate Length: 35 minutes

Hazmat: Lithium Batteries

Designed to address the specific requirements hazmat employees need to follow for preparing a shipment of lithium cells or batteries.

Approximate Length: 30 minutes

Hazmat: Marking_2019

Helps satisfy the function-specific training requirements regarding marking.

Approximate Length: 30 minutes

Hazmat: Placarding_2019

Helps satisfy the function-specific training requirements regarding placarding.

Approximate Length: 25 minutes

Hazmat: Safety Training _2019

Designed to provide you with the information you need to keep yourself, and others, safe around hazardous materials

Approximate Length: 15 minutes

Hazmat: Shipping Papers_2019

Helps satisfy the function-specific training requirements regarding shipping papers.

Approximate Length: 20 minutes

HAZWOPER: Chemical Fundamentals_2019

Designed to inform learners of how chemical-related terms are defined, the health and physical hazards, properties, stability, reactivity, and toxicity of chemicals, and the routes, symptoms, types, and effects of chemical exposure.

Approximate Length: 45 minutes

HAZWOPER: Decontamination_2019

Designed to focus on ways to avoid contamination, the decontamination process including methods and equipment used in decontamination, the limitations associated with decontamination, the decontamination line itself, and emergency decontamination procedur

Approximate Length: 60 minutes

HAZWOPER: Emergency & Post-Emergency Response Procedures_2019

Designed to expose learners to the steps used for notification, preparation, and response during emergency and post-emergency response operations.

Approximate Length: 45 minutes

HAZWOPER: Exposure Monitoring & Sampling_2019

Designed to learners of the purpose and advantages and disadvantages of exposure monitoring and sampling, types and frequency of monitoring and sampling, the instruments used along with calibration and maintenance requirements, methods available for obtai

Approximate Length: 60 minutes

HAZWOPER: Handling & Shipping Drums & Containers_2019

Designed to focus on the precautions and procedures to use when handling, opening, staging, and shipping drums and other containers of hazardous substances. The course goes over the importance of inspection, planning, sampling, and characterizing drums an

Approximate Length: 75 minutes

HAZWOPER: HazCom, Hazmat, & Hazardous Waste_2019

Designed to cover the HazCom, Hazmat, and Hazardous Waste regulations from a HAZWOPER perspective.

Approximate Length: 45 minutes

HAZWOPER: Medical Program_2019

Designed to acquaint the employee with the Medical Program including the types of exams required, emergency and non-emergency treatment, medical records available, and symptoms to watch for that may indicate injury or illness while working with hazardous

Approximate Length: 45 minutes

HAZWOPER: Personal Protective Equipment & Clothing_2019

Designed to inform learners of the different types of PPE and CPC including their uses and limitations, levels of protection, how to don and doff the equipment, and the importance of proper storage, inspection, and maintenance.

Approximate Length: 45 minutes

HAZWOPER: Refresher for Emergency Responders: Chemical Fundamentals

Description: This course is designed to inform learners of how chemical-related terms are defined; the health and physical hazards, properties, stability, reactivity, and toxicity of chemicals; and the routes and types of chemical exposure.

Approximate Length: 30 minutes

HAZWOPER: Refresher for Emergency Responders: Emergency & Post-Emergency Response Procedures

Designed to expose you to the steps used for notification, preparation, and response during emergency response operations, as well as post-emergency activities.

Approximate Length: 30 minutes

HAZWOPER: Refresher for Emergency Responders: Exposure Monitoring & Sampling

Description: This course is designed to to inform learners of the purpose and advantages and disadvantages of exposure monitoring and sampling, types and frequency of monitoring and sampling, the instruments used along with calibration and maintenance requirements, methods available for obtaining samples, and the importance of recognizing result data and keeping accurate records of samples collected.

Approximate Length: 40 minutes

HAZWOPER: Refresher for Emergency Responders: Medical Program

Description: This course is designed to acquaint learners with the Medical Program including the types of exams required, emergency and non-emergency treatment, medical records available, and symptoms to watch for that may indicate injury or illness while working with hazardous substances during emergency response operations.

Approximate Length: 40 minutes

HAZWOPER: Refresher for Waste Site Workers: Air Monitoring & Medical Program_2019

HAZWOPER training covering the essentials of monitoring procedures and equipment

Approximate Length: 90 minutes

HAZWOPER: Refresher for Waste Site Workers: Hazard Recognition_2019

HAZWOPER training that covers how to recognizing hazardous substances.

Approximate Length: 90 minutes

HAZWOPER: Refresher for Waste Site Workers: PPE & Other Hazard Control Measures_2019

HAZWOPER training focusing on personal protective equipment (PPE) and control measures.

Approximate Length: 90 minutes

HAZWOPER: Site Control Measures_2019

Designed to inform learners about the importance of maintaining site control and the tools available to help accomplish control, including site characterization, the site control program, and other control measures.

Approximate Length: 60 minutes

HAZWOPER: Written HAZWOPER Plans & Programs_2019

Designed to focus on the plans and programs that are required prior to conducting any work at a hazardous waste cleanup site. The course also touches on a handful of other related programs.

Approximate Length: 45 minutes

Health Hazards for Construction_2019

Provides construction employees with training on recognizing hazards and taking proper protective measures to help avoid injuries and illnesses.

Approximate Length: 75 minutes

Heat Stress_2019

Designed to help learners understand the dangers of heat stress in both indoor and outdoor environments and how to prevent and respond to a heat stress emergency.

Approximate Length: 30 minutes

Hours of Service Canada (A Driver's Guide to)_2019

Up-to-date, online, training to help your drivers comply with Canadian Hours of Service requirements.

Approximate Length: 60 minutes

Hours of Service Rules for Oil & Gas CMV Drivers_2019

Designed to give learners an overview of the FMCSA's hours of service rules and how to comply with them.

Approximate Length: 45 minutes

Hours of Service Training: Basics

Designed to cover the fundamentals of hours-of-service regulations and what it means to be regulated. Drivers will learn what types of activities they are expected to keep track of, and which are considered on-duty or off-duty. They will learn the importance of tracking rest cycles and the amount of work they've completed, which will help them determine if they are safe and legal to drive.

Approximate Length: 30 minutes

Hours of Service Training: Exceptions

Designed to help drivers understand which exceptions can be used and when to use them.

Approximate Length: 35 minutes

Hours of Service Training: Limits

Designed to help drivers avoid operating a commercial motor vehicle when fatigued and comply with the hours-of-service limits by ensuring they understand how each of the limits or clocks work together. It will also help them to know when to take a break and when to rest to restart their hours.

Approximate Length: 30 minutes

Housekeeping & Maintenance_2019

High-impact training covering the essentials of safe housekeeping and accident prevention.

Approximate Length: 20 minutes

Hydrogen Sulfide for Oil & Gas_2019

Teaches oil and gas workers about the hazards of hydrogen sulfide (H₂S), detection methods, and best responses to H₂S exposure and release.

Approximate Length: 90 minutes

Indoor Air Quality_2019

High-impact training covering the essentials of indoor air quality

Approximate Length: 45 minutes

Injury Prevention Around Flatbeds_2019

Help your drivers stay injury-free while working on and around flatbeds.

Approximate Length: 10 minutes

Injury Prevention for CMV Drivers_2019

Designed to help drivers avoid preventable injuries while on the job by recognizing and avoiding risks and adopting safe work practices.

Approximate Length: 40 minutes

Laboratory Hoods_2019

High-impact training covering the essentials of using laboratory hoods

Approximate Length: 30 minutes

Loading & Unloading: Straight Truck Series_2019

Designed to help drivers understand the basic techniques that will help keep them safe while loading or unloading their straight truck. Specifically, how to prevent common injuries during the loading and unloading process and apply cargo securement to avoid

Approximate Length: 15 minutes

Machine Guarding_2019

High-impact safety training covering the essentials of machine guard safety.

Approximate Length: 30 minutes

Materials Handling, Storage, Use & Disposal for Construction_2019

Helps employees learn the importance of safety regarding materials handling, storage, usage, and disposal.

Approximate Length: 60 minutes

Motorcoach: Vehicle Inspections_2019

Vehicle inspection training specific to the motorcoach industry.

Approximate Length: 50 minutes

Night Driving: Driver Training Series_2019

Shows drivers the special considerations for driving at night.

Approximate Length: 15 minutes

Office Safety_2019

High-impact training covering essential safety topics & tips to keep office workers safe.

Approximate Length: 30 minutes

OSHA Formaldehyde Standard_2019

High-impact training covering the essentials of the OSHA Formaldehyde Standard

Approximate Length: 30 minutes

Pattern Driving: Master Driver_2019

Help your drivers prevent accidents and stay safe on the road

Approximate Length: 45 minutes

Personal Protective Equipment: Employee Essentials (with EyeCue)_2019

Covers the different types of PPE, and how to properly care for and use it. Enhanced with the EyeCue Visual Learning System.

Approximate Length: 90 minutes

Planning for Laboratory Emergencies_2019

High-impact training covering the essentials of planning for laboratory emergencies

Approximate Length: 30 minutes

Preventing Contamination in the Laboratory_2019

High-impact training covering the essentials of preventing contamination in the laboratory

Approximate Length: 30 minutes

Pulling Doubles_2019

Provides drivers with info they need for pulling two "pup" trailers.

Approximate Length: 60 minutes

Rear End Collisions: Master Driver_2019

Help your drivers prevent accidents and stay safe on the road

Approximate Length: 30 minutes

Respiratory Protection (with EyeCue)

Designed to familiarize you with respiratory hazards, including oxygen-deficient atmospheres. You'll learn how to protect yourself around workplace breathing hazards.

Approximate Length: 45 minutes

Right Turns/Left Turns/Intersections_2019

Helps prepare drivers to follow the proper steps in making right turns, left turns, and handling intersections.

Approximate Length: 30 minutes

Rural Driving: Master Driver_2019

Help your drivers prevent accidents and stay safe on the road

Approximate Length: 45 minutes

Safe and Smart Experienced Driver Training: Basic Controls

This course is designed to help CMV drivers understand basic vehicle controls and maneuvers.

Approximate Length: 13 minutes

Safe and Smart Experienced Driver Training: Control Systems

This course is designed to refresh drivers on the controls and instruments that are essential to basic operation, safety, and maintenance.

Approximate Length: 10 minutes

Safe and Smart Experienced Driver Training: Defensive Driving: Distracted Driving

This course is designed to help CMV drivers recognize and avoid dangerous distractions.

Approximate Length: 10 minutes

Safe and Smart Experienced Driver Training: Defensive Driving: Hazard Perception

This course is designed to help CMV drivers learn how to identify and avoid hazards while driving.

Approximate Length: 12 minutes

Safe and Smart Experienced Driver Training: Defensive Driving: Skid Control/Recovery and Other Emergencies

This course is designed to help CMV drivers learn how to respond to driving emergencies in a safe manner.

Approximate Length: 23 minutes

Safe and Smart Experienced Driver Training: Defensive Driving: Visual Search

This course is designed to help CMV drivers learn the skills required to conduct an effective visual search.

Approximate Length: 10 minutes

Safe and Smart Experienced Driver Training: Handling and Documenting Cargo

This course is designed to help CMV drivers review proper procedures for handling and documenting cargo.

Approximate Length: 12 minutes

Safe and Smart Experienced Driver Training: Human Trafficking Awareness

This course is designed to help CMV drivers identify different types of human trafficking and those most at risk of becoming victims. It also provides you with information on how to notify authorities.

Approximate Length: 15 minutes

Safe and Smart Experienced Driver Training: Post-Crash Procedures

This course is designed to help CMV drivers learn the procedures they need to follow in the event of a crash.

Approximate Length: 12 minutes

Safe and Smart Experienced Driver Training: Roadside Inspections

This course is designed to help CMV drivers prepare for and know how to participate in a roadside inspection.

Approximate Length: 15 minutes

Safe and Smart Experienced Driver Training: The Professional Driver

This course is designed to refresh drivers some of the basics when it comes to being a professional in the transportation industry.

Approximate Length: 10 minutes

Safe and Smart Experienced Driver Training: Vehicle Inspections

This course is designed to help CMV drivers conduct proper pre-trip, on-the-road, and post-trip inspections.

Approximate Length: 35 minutes

Safe and Smart New Driver Training Program: Basic Controls

This course is designed to help CMV drivers understand basic vehicle controls and maneuvers.

Approximate Length: 25 minutes

Safe and Smart New Driver Training Program: Control Systems

This course is designed to introduce drivers to the controls and instruments that are essential to basic operation, safety, and maintenance.

Approximate Length: 19 minutes

Safe and Smart New Driver Training Program: Defensive Driving: Distracted Driving

This course is designed to help CMV drivers learn how to recognize and avoid dangerous distractions.

Approximate Length: 20 minutes

Safe and Smart New Driver Training Program: Defensive Driving: Extreme Driving Conditions

This course is designed to help CMV drivers learn how to prepare for driving in extreme conditions and operate safely when they encounter them.

Approximate Length: 35 minutes

Safe and Smart New Driver Training Program: Defensive Driving: Night Driving

This course is designed to help CMV drivers learn how to improve their safety while driving at night.

Approximate Length: 15 minutes

Safe and Smart New Driver Training Program: Defensive Driving: Speed and Space Management

This course is designed to help CMV drivers learn how to manage their speed and space while driving.

Approximate Length: 15 minutes

Safe and Smart New Driver Training Program: Fatigue and Wellness

This course is designed to help CMV drivers learn about factors that contribute to their health and wellness.

Approximate Length: 26 minutes

Safe and Smart New Driver Training Program: Hours of Service: Record of Duty Status

This course is designed to help CMV drivers learn how to follow recordkeeping requirements.

Approximate Length: 20 minutes

Safe and Smart New Driver Training Program: Hours of Service: Working Time

This course is designed to help CMV drivers learn the different duty statuses and working limits.

Approximate Length: 20 minutes

Safe and Smart New Driver Training Program: Identification and Diagnosis of Malfunctions

This course is designed to help CMV drivers understand the key components of their vehicles and learn how to identify defects.

Approximate Length: 37 minutes

Safe and Smart New Driver Training Program: Post-Crash Procedures

This course is designed to help CMV drivers learn the procedures they need to follow in the event of a crash.

Approximate Length: 25 minutes

Safe and Smart New Driver Training Program: Pre-Trip Vehicle Inspection: Brake System

This course is designed to help CMV drivers ensure their vehicle's brake system is in good working condition.

Approximate Length: 6 minutes

Safe and Smart New Driver Training Program: Pre-Trip Vehicle Inspection: In-Vehicle

This course is designed to help CMV drivers understand what controls and equipment inside the vehicle must be checked to ensure safe operation.

Approximate Length: 8 minutes

Safe and Smart New Driver Training Program: Pre-Trip Vehicle Inspection: Walk-Around

This course is designed to help CMV drivers understand how to conduct an efficient and effective walk-around inspection of their vehicle.

Approximate Length: 15 minutes

Safe and Smart New Driver Training Program: Roadside Inspections

This course is designed to help CMV drivers prepare for and know how to participate in a roadside inspection.

Approximate Length: 20 minutes

Safe and Smart New Driver Training Program: Vehicle Inspection Basics

This course is designed to help CMV drivers understand when inspections and inspection documentation are required.

Approximate Length: 7 minutes

Safety Audits for Employees_2019

Designed to help employees understand the purpose and benefits of safety audits, what they can expect, and how they can play an active role in creating a hazard-free workplace.

Approximate Length: 15 minutes

Sanitary Food Transportation _2019

High-impact food safety training covering the FDA's Sanitary Transportation of Human and Animal Food rule.

Approximate Length: 20 minutes

Scaffolds for Construction_2019

Helps employees learn the importance of scaffold safety in construction workplaces.

Approximate Length: 50 minutes

Scissor Lifts for General Industry_2019

Designed to familiarize learners with the different types of hazards related to scissor lifts, as well as help learners understand what preventive measures they can take to stay safe while operating or working near a scissor lift.

Approximate Length: 20 minutes

Slips, Trips, & Falls Hazard Perception Challenge (with EyeCue)_2019

Increase awareness of slip, trip, and fall hazards, and to foster proactive responses wherever hazards exist. Enhanced with the EyeCue Visual Learning System.

Approximate Length: 45 minutes

Stairways for General Industry_2019

Designed to help learners understand OSHA stairs requirements and identify ways to prevent injuries while using them.

Approximate Length: 10 minutes

Struck-By for Construction (Focus Four Hazards)_2019

Helps construction workers recognize and avoid struck-by hazards on jobsites.

Approximate Length: 40 minutes

Team Building for Supervisors_2019

Helps supervisors better facilitate teamwork among employees to improve communication, cooperation and productivity.

Approximate Length: 60 minutes

Vehicle Inspections: Intermodal Chassis_2019

For all drivers of property-carrying commercial motor vehicles who haul intermodal chassis.

Approximate Length: 10 minutes

Vehicle Inspections: Straight Truck Series_2019

Designed to help drivers understand the basics of a pre-trip, on-the-road, and post-trip inspection on a straight truck. Specifically, the importance of routinely inspecting your vehicle even when it may not be required by the regulations.

Approximate Length: 15 minutes

Walking-Working Surfaces: What Employees Need to Know_2019

Designed to help employees understand the OSHA Walking-Working Surfaces rule and how their job responsibilities may be impacted under the new slips, trips and falls requirements.

Approximate Length: 20 minutes

Walkway Safety for Employees Module 1: Foundations of Walkway Safety

Designed to provide learners an overview of walkway safety, including the different types of events that can lead to falls, where and why they occur, and the different costs associated with them.

Approximate Length: 20 minutes

Walkway Safety for Employees Module 3: Hazard Prevention & Incident Response

Designed to provide learners an overview of different ways both employers and employees can proactively attempt to prevent falls from occurring within the workplace. It'll also describe how to appropriately respond if an incident does occur.

Approximate Length: 28 minutes

Walkway Safety for Supervisors Module 2: Hazard Recognition

Designed to increase the learner's ability to recognize factors and hazards that put individuals at a greater risk of falling. By knowing what to look for, you can identify walkway surfaces and hazards and prevent injuries due to falls.

Approximate Length: 30 minutes

Welding: Safety & Health Protections_2019

Covers safety essentials for the welder and other workers involved in the welding process.

Approximate Length: 30 minutes

Wheel Chocks & Dockboards_2019

Designed to help learners understand how to safely load and unload transport vehicles while using tire chocks and dockboards.

Approximate Length: 10 minutes

Working with Lead Exposure in Construction Environments_2019

Helps provides safety training for employees who work around lead and lead-based materials.

Approximate Length: 60 minutes

Workplace Bullying & Violence Training for Employees_2019

Helps employees learn how to deal with bullying and violence in the workplace.

Approximate Length: 30 minutes

Workplace Injury & Illness: OSHA Reporting & Recordkeeping for Managers_2019

Designed to provide an overview of annual workplace injury and illness recordkeeping and OSHA reporting requirements.

Approximate Length: 45 minutes

Workplace Safety Basics: Safe Use of Equipment_2019

High-level overview of important workplace safety topics related to the safe use of tools and equipment.

Approximate Length: 15 minutes

Workplace Safety Basics: Work Practices_2019

High-level overview of important workplace safety topics related to safe work practices.

Approximate Length: 15 minutes