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Caterpillar University

Convergence Safety Course Catalog

Library	#	Course Title	Course Description	Course Duration	Translated	English (E)	Chinese (C)	Czech (CS)	Dutch (NL)	French (F)	German (G)	Italian (I)	Japanese (J)	Korean (KO)	Polish (PL)	Portuguese (PT)	Russian (R)	Spanish (AR)	Spanish (ES)	Spanish (LA)	Spanish (UY)	Tamil (T)	Thai (TH)
Industrial Maintenance	41180	5S Methodology	Is your workplace a mess? Tired of spending hours searching for the right tool? This course will teach you about the 5S methodology, which focuses on organizing and standardizing the workplace to increase efficiency and effectiveness. Its five principles, sorting, straightening, sweeping, standardizing and sustaining, will make you and your co-workers better prepared to accomplish all of your tasks while being safer and more efficient in the process.	:21		Y																		
Health & Safety (EHS)	52468	Aboveground Storage Tank Requirements (AST)	Any storage container of at least 55 gallons that is completely aboveground, partially buried (<10%), or located in a bunker or subterranean vault is considered an aboveground storage tank, or AST. The majority of storage tanks hold petroleum products, so ASTs pose a significant threat to the environment. To prevent leaks, ASTs are regulated by the Spill Prevention, Control, and Countermeasures (SPCC) rule. This module will summarize the SPCC regulations that apply to aboveground storage tanks.	:36		Y																		
Industrial Maintenance	44432	AC Motor Operations and Types	DC, or direct current is the electricity that flows in a single direction within a circuit or motor. AC, or alternating current, is the electricity that flows back and forth. The main components of an AC induction motor are the rotor and the stator. The motor converts electrical energy to mechanical energy when the rotor is pulled by the fluctuating magnetic field in the stator. This course will discuss single-phase and three-phase motor construction and operation.	:23		Y																		
HR Compliance & Soft Skills	41181	Adult Learning	People learn in a variety of different ways. That is why it is critical to understand the basics of adult learning when training people at work. This course explains how people learn and lists specific principles of adult learning. It also covers different learning styles and the importance of active learning, explains how information is stored in and later retrieved from the brain, and gives tips for aiding that process.	:20		Y																		
Health & Safety (EHS)	40290	Aerial Work Platform Safety	Aerial work platforms provide a temporary workspace as an alternative to ladders or scaffolding. They can be used to perform inspection, maintenance, or repairs. This course describes basic types of aerial work platforms and how to work with them safely. It provides an overview of safety requirements, controls, preparation, work rules, hazards, and other safety precautions related to elevated platforms. This course discusses vertical towers, articulating boom platforms, aerial ladders, and extensible boom platforms.	:20	Y	Y												Y						
Health & Safety (EHS)	45362	Air-Purifying Respirators	Air-purifying respirators are one of two major classes of respirators (the other being air-supplying respirators). This course explains the basics of air-purifying respirators, including the three major types: single-use disposable respirators, also called dust masks; air-purifying respirators with a flexible, elastomeric quarter-mask, half-mask, or full-mask facepiece; and powered air-purifying respirators, or PAPRs. Topics covered include uses, inspection, maintenance, cleaning, and storage of air-purifying respirators.	:29		Y																		
Health & Safety (EHS)	45363	Air-Supplying Respirators	Air-supplying respirators are one of two major classes of respirators (the other being air-purifying respirators). This course explains the basics of air-supplying respirators, including the three major types: self-contained breathing apparatuses, or SCBAs; supplied-air respirators (SARS), also called airline respirators; and combination respirators. Topics covered include uses, inspection, maintenance, cleaning, and storage of air-supplying respirators.	:26		Y																		
Health & Safety (EHS)	40301	Alert Driving	Understanding the importance of being an alert driver can mean the difference between life and death. Learn how to observe conditions around you, anticipate hazardous situations, and react to avoid hazards with our Alert Driving course. Our course discusses driving at safe speeds, the dangers of driving while impaired, and illustrates how to increase your reaction time by following the two-second rule. Alert driving is a fundamental element of safe, defensive driving techniques.	:11	Y	Y												Y						
Health & Safety (EHS)	44352	Anhydrous Ammonia Awareness	Anhydrous ammonia is a chemical compound composed of nitrogen and hydrogen that has been liquefied and compressed into a gas. It is used as fertilizer, in power plants, and as a refrigerant. This course describes what anhydrous ammonia is and how it is used in general industry. This course also discusses the permissible exposure limits of anhydrous ammonia, the personal protective equipment that should be worn when working with or around anhydrous ammonia, handling precautions, as well as emergency response procedures.	:23		Y																		
Health & Safety (EHS)	41000	Arc Flash Safety	An arc flash is a type of electrical explosion. It's a serious hazard when working on or near energized electrical equipment. OSHA requires that all employees understand the electrical hazards to which they are exposed. This course introduces the dangers of arc flash and presents common methods for preventing and protecting against those dangers. It's based primarily on the National Fire Protection Association (NFPA) 70E® "Standard for Electrical Safety in the Workplace," which is the recognized industry resource in the United States for best electrical work practices.	:24	Y	Y												Y						
Health & Safety (EHS)	40293	Asbestos Awareness	Dispel some of the common myths about asbestos by educating your team about Asbestos Containing Materials (ACM) and how to work safely around them. This course describes the most common types of asbestos as well as the hazards asbestos may present. It provides an overview of the history of asbestos use, exposure limits, detection, prevention, and regulation. It also covers some of the potential effects of long-term exposure including asbestosis, lung cancer, and mesothelioma.	:20	Y	Y												Y						
Health & Safety (EHS)	41182	Back Injury Prevention	If you work with heavy loads or repeatedly twist to move materials from one location to another, you may be at a greater risk of back injury. Back injuries are suffered by more than one million workers every year, account for twenty percent of all workplace injuries, and cost companies billions of dollars. This course will help prevent back injuries at your workplace by raising awareness about the common causes of acute and cumulative back injuries, signs and symptoms of back injuries, and the engineering and administrative controls that can be implemented to prevent back injuries.	:23	Y	Y												Y						
Health & Safety (EHS)	52469	Behavior-Based Safety	Behavior-based safety, or BBS, is an approach to improving workplace safety by focusing on what workers do and why they do it, and then applying strategies to promote safe behaviors in the future. It is based on the belief that human behaviors contribute in some way to many or most accidents. BBS cannot comprise a safety program all by itself. Rather, it is a tool that can be used along with other tools to create an effective workplace safety program.	:32		Y																		
Industrial Maintenance	45373	Belt Drive Adjustment	The primary function of all belt drives is the transmission of power from a source, such as an engine or electric motor, to a variety of devices. Improper tension and misalignment are the main problems that cause belts to fail. Both of these can be prevented with regular inspections, and basic knowledge of how to adjust tension and alignment. This course will describe safety measures for working with belts and drives, how to prevent common belt problems, how to inspect a belt, as well as how to remove and replace belts.	:18		Y																		
Industrial Maintenance	45374	Belt Drive Basics	Belt drives are known as flexible machine elements. This type of element has the advantage of being able to absorb significant amounts of shock and vibration. The primary function of all belt drives is the transmission of power from a source, such as an engine or electric motor, to a variety of devices. This course will discuss advantages and disadvantages of belt drives, belt types, common belt problems, and proper belt handling.	:24		Y																		
Health & Safety (EHS)	52470	Bioremediation Tactics	Bioremediation refers to a set of processes which involve the use of living things to break down hazardous substances in the environment into less toxic or non-toxic substances and restore contaminated soil or water to its original unpolluted state. There are many methodologies which fall into the category of bioremediation. All involve living organisms. Some work by stimulating or enhancing the inclination of certain microorganisms to break down undesirable, polluting substances. Other methods involve the use fungi or plants to achieve the same purpose.	:34		Y																		

Health & Safety (EHS)	45375	Blocking and Cribbing for Heavy Equipment	Blocking and cribbing is a phrase which describes a variety of procedures used to stabilize heavy equipment, or large components of heavy equipment, during maintenance. Blocking refers to any of a number of methods for securing a machine, or part of a machine, while it is being worked on. Cribbing refers to the technique of stacking a group of uniform blocks to create a temporary, but sturdy, elevated structure capable of supporting a heavy load. This course describes equipment and guidelines for successful blocking and cribbing operations.	:21		Y																	
Health & Safety (EHS)	40294	Bloodborne Pathogens	This course defines bloodborne pathogens and describes common methods of transmission. It also provides details related to exposure risks, exposure prevention, and steps to take in the event of exposure to blood or potentially infected material. Hepatitis B, Hepatitis C, HIV, proper hygiene, and waste disposal are also discussed.	:13	Y	Y													Y			
Industrial Maintenance	41187	Centerlining Methodology	Centerlining is a methodology used to reduce product and process variability and increase machine efficiency in manufacturing and other industrial processes. The two objectives of Centerlining are to determine the best settings for a production process and to ensure the best settings are always used during production. This course illustrates the key concepts of Centerlining and will guide your production team to produce products that are consistently made, which leads to satisfied customers and lower costs.	:24		Y																
Industrial Maintenance	45376	Chain Drive Basics	A chain drive is a system that includes two or more sprockets and a chain. One sprocket is driven, and its teeth mesh with the gaps in the links of the chain. When the sprocket is turned, it catches the chain, and transfers the force of the input to the rest of the system. The purpose of a chain drive is to transmit power from one place to another. This course covers the common components of chain drives as well as several procedures that can be performed to optimize chain drive performance.	:26		Y																
Mining Safety (MSHA)	40296	Chemical Hazards at a Mine	Hazardous chemicals are any liquids, gases, or solids which can harm people or damage property. This course offers information on protecting miners and mine property from hazardous chemicals by controlling exposure to chemicals, properly preparing for working around chemicals, and adhering to best practices for working with chemicals. This course also discusses what is involved in an Emergency Spill Response Plan with example instructions.	:16		Y																
Health & Safety (EHS)	42896	Chemical Unloading Basics	All personnel involved in bulk unloading of chemicals must be properly trained in general safety awareness, equipment function and emergency shut down, hazardous chemicals, personal protection measures, and security. This course will focus on some basic procedures and safety practices for unloading bulk liquid chemicals from tank trucks and railroad tank cars. Totes and drums will also be discussed.	:24		Y																
Health & Safety (EHS)	40983	Chlorine Dioxide Awareness	Chlorine dioxide, or ClO2, is a chemical compound that is commonly used in pulp bleaching and water treatment processes. Because it is very unstable and can react violently, ClO2 poses a number of health hazards. Working with or around ClO2 is sometimes unavoidable however, so it is critical that you use the proper PPE, follow standard procedures, and know how to handle leaks, spills, and other emergency situations.	:21		Y																
Industrial Maintenance	45377	Circuits and Switch Basics		:15		Y																	
Industrial Maintenance	45378	Clamps, Blades, Saws, and Bits	A number of projects, large and small, professional and amateur, require the use of basic tools, including clamps, saws, saw blades, and drills. Since these tools often come in a variety of styles, sizes, and purposes, knowing how to make the best choices is practical knowledge to have. This course will identify and describe the common types of clamps, saws, saw blades, and drills as well as safety guidelines for using them.	:37		Y																
Health & Safety (EHS)	44802	Cold Stress	People who are exposed to cold or wet conditions sometimes can't keep their body warm, which leads to cold stress. This course discusses the factors that increase cold stress as well as what frostbite, trench foot, and hypothermia are and how they are treated. This course also illustrates safe work practices to help with the prevention of cold stress.	:23	Y	Y											Y				
Health & Safety (EHS)	40297	Combustible Dusts	It's only DUST! What's the big deal? Under the right conditions, many types of industrial dust, including coal, paper, and wood dust, can ignite and produce a devastating explosion. With our Combustible Dusts course, you'll learn to identify the hazards of combustible dust by using the Dust Fire and Explosion Pentagon. You'll get a clear understanding of dust control and preventions measures as well as dust analysis and explosion risk reduction. Our course will also help identify additional risks and prevention techniques associated with primary and secondary dust explosions.	:15	Y	Y											Y				
Health & Safety (EHS)	52471	Commercial Explosives Safety	An explosion is a sudden, violent release of energy accompanied by the expansion of high-pressure gases. An explosive is any chemical compound, mixture, or device intended to create an explosion. This course discusses types of explosive materials and their UN (United Nations) hazard classifications. It reviews common explosion hazards as well as the recommended personal protective equipment. This course illustrates proper material handling, storage security, best practices for blasting operations, and explosives disposal.	:26		Y																
Industrial Maintenance	40298	Compressed Air Fundamentals	Prepare yourself and your team to work safely with and around compressed air systems. Use this course to get a better understanding of the benefits and uses of compressed air. This course discusses the types of compressors (reciprocating, rotary screw, and centrifugal), the relationship between pressure, temperature and volume, gauge vs. absolute pressure, and air quality considerations. Additional topics include air cooling and drying as well as managing airborne, oil, and moisture contamination.	:24		Y																
Health & Safety (EHS)	40299	Compressed Gas Cylinder Safety	Prepare yourself and your team to work safely with and around compressed gas cylinders. This course describes compressed gas cylinders and how they are commonly used. Use this course to raise awareness about potential hazards and learn best practices for storage, transport, installation, and use of compressed gas cylinders. Missile hazards and types of compressed gases are also discussed.	:23	Y	Y											Y				
Industrial Maintenance	45379	Condensate Recovery and Steam Traps	Whenever steam condenses in a process, it creates hot liquid condensate. It is the role of steam traps to remove condensate from steam lines and process equipment with a minimum loss of live steam. The condensate has economic value, so it is typically collected and reused. This module discusses the collection and re-use of condensate in a steam generation system. Three major classifications of steam traps are discussed, including their principles of operation, and their strengths and weaknesses.	:39		Y																
Health & Safety (EHS)	44354	Confined Space Entry - Permit Required	A confined space is defined as a work area which has sufficient space for a person to fit within and perform work, limited means of entry and exit, and a design that was not intended for continuous worker occupancy. Working in a confined space can present hazardous atmospheres and physical dangers to employees. There are two types of confined spaces: Non-permit Required Confined Spaces and Permit-required Confined Spaces. This course will describe the dangers, best practices, and permit requirements necessary when working in a permit-required confined space.	:40	Y	Y	Y	Y	Y	Y	Y	Y		Y		Y		Y				Y	Y
Health & Safety (EHS)	44362	Confined Space Entry Awareness	A confined space is defined as a work area which has all of the following characteristics: sufficient space for a person to fit within and perform work, limited means of entry and exit, and a design that was not intended for continuous worker occupancy. This course will provide general awareness on confined spaces, differentiate between a permit-required and non-permit required confined space, and describe the job roles and responsibilities involved in confined space entry.	:29	Y	Y	Y	Y	Y	Y	Y	Y		Y		Y		Y				Y	Y
HR Compliance & Soft Skills	41188	Conflict Management	When people work together, there will inevitably be disagreements. Some of these disagreements are minor, but some can turn into major conflicts. If conflicts are not resolved, they can lead to long-term tension and unhappiness among employees. This course illustrates how to resolve conflicts using the SLOW method, reasons for different points of view, and tips for face-to-face communication. Following the ideas in this course can help your team use conflict situations as an opportunity to solve work or personal problems, and therefore become more productive and unified.	:23		Y																
Health & Safety (EHS)	52474	Construction Site Stormwater Run-off Control	Construction site activities often disturb or expose soil, which can increase erosion and cause sediment to be picked up and carried off by stormwater runoff. If not controlled, this sediment and other pollutants at construction sites can be carried away and deposited in nearby wetlands, waterways, and fragile habitats. This can harm aquatic plants, fish, and wildlife, and degrade water quality for municipal, industrial, and recreational uses. In the U.S., operators of large construction sites are often required to obtain stormwater discharge permits from the EPA, the state, or local authority. To begin this process, you must create and implement a stormwater pollution prevention plan (SWPPP).	:34		Y																
Industrial Maintenance	45380	Conveyor Belt Replacement	Belt conveyors are used in manufacturing and industrial environments to move materials from one location to another. Conveyors can reduce workloads and make production more efficient. They can also prevent injuries that result from carrying materials manually. After time however, they become worn and must be replaced. This course will discuss the steps necessary to remove and replace conveyor belts.	:23		Y																
Health & Safety (EHS)	41201	Conveyor Safety	Conveyors are involved in about 50 deaths in the U.S. every year. When used properly, conveyors can reduce workloads, make production more efficient, and prevent injuries that result from carrying materials manually. This course will discuss the most common types of conveyors and their hazards, the types of guarding around conveyors, general conveyor safety, and what to do during and after an emergency. Taking this course and understanding the hazards conveyors present will help keep you and your co-workers safe.	:26		Y																
Industrial Maintenance	45381	Conveyor Types and Components	Hundreds of conveyor types are used in manufacturing and industrial environments to move materials from one location to another. Conveyors can reduce workloads and make production more efficient. They can also prevent injuries that result from carrying materials manually. Different material handling systems require different conveyor types to move products or raw materials effectively. This module will discuss common components of conveyors as well as specific conveyor types and their uses.	:23		Y																

Health & Safety (EHS)	42189	Crane and Hoist Rigging Safety	Setting up safe and secure rigging for a crane lift is of the utmost importance; possibly more important than the operation of the crane itself. This course gives an overview of the primary rigging issues that affect crane and hoist safety. Workers will learn about the materials used for rigging and slings, the various sling hitches used, and basic safety precautions. It is based on OSHA General Industry and Construction regulations, as well as recognized best rigging practices. It is also aligned with the 2010 OSHA regulations that require riggers in the construction industry to be qualified.	:32		Y																	
Health & Safety (EHS)	52477	Crane Hand Signals	Clear and consistent communication between a signal person and a crane operator is essential for safe crane operation. The use of standard hand signals will ensure there are no misunderstandings between the signal person and the crane operator. This module will cover standard hand signals that can be used for most crane operations.	:20	Y	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	Y	Y				Y	Y
Health & Safety (EHS)	52478	Crystalline Silica Awareness	Crystalline silica is a form of silicon dioxide which occurs naturally in the Earth's crust. When it is broken up by high energy activities into small airborne respirable particles, it can cause serious health hazards when inhaled. The symptoms caused by inhalation may not be immediately apparent. It is critical that individuals working around crystalline silica are knowledgeable of its physical properties, understand its safety risks, and know how to effectively avoid exposure. With the proper protective measures, training, and PPE, exposure to respirable crystalline silica can be reduced to the point that it is no longer a health threat to those who must work around it.	:37	Y	Y												Y					
Industrial Maintenance	44433	DC Motor Operation	A DC motor is an electrical device powered by direct current, or DC. DC is a type of electrical current that flows in one direction only, from sources such as batteries or solar panels. DC may also be produced through the use of a rectifier, which is an electrical device that converts alternating current (AC) to DC. Although motor designs may vary, all DC motors perform the same basic function. They convert electrical energy into mechanical energy to spin, lift, wind, or move objects.	:13		Y																	
Industrial Maintenance	44363	DC Motor Types	DC motors are electrical motors powered by direct current, or DC. DC is a type of electrical current that flows in one direction only, from sources such as batteries or solar panels. DC may also be produced through the use of a rectifier, which is an electrical device which converts alternating current (AC) to DC. This module will describe the design, operation, and applications of series, shunt, compound, permanent magnet, and separately excited motors.	:16		Y																	
HR Compliance & Soft Skills	45382	Disabilities in the Workplace	A disability is defined as a physical or mental impairment that substantially limits one or more of a person's major life activities. Employers often struggle with how to respond and cope with workers with disabilities, but learning the basics about etiquette, as well as rights and responsibilities as outlined by the American Disabilities Act, or ADA, can make the situation better for everyone. This course describes the ADA, the benefits of hiring workers with disabilities, types of disabilities, reasonable accommodations, interviewing and etiquette, as well as how to prevent and deal with discrimination.	:31		Y																	
HR Compliance & Soft Skills	42290	Discrimination in the Workplace	100,000 charges of workplace discrimination are filed every year. Workplace discrimination is the unfair or illegal treatment of a person based on their race, color, religion, sex, national origin, age, or disability. Discrimination amongst employees can contribute to a hostile work environment and negative company culture, leading to lower efficiency and high employee turnover. This course raises awareness by discussing the civil rights laws protecting people from discrimination, the types of discrimination, and how discrimination can affect the workplace.	:24		Y																	
HR Compliance & Soft Skills	42292	Diversity in the Workplace	Diversity is acknowledging, accepting, and respecting differences among people. These differences can include age, class, race, and gender. Companies can increase their creativity and openness to different ideas by building and encouraging a diverse workforce. This course covers the definition and benefits of diversity, the challenges in a diverse workplace, and how employees can be proactive and positive on a daily basis to promote the differences between workers.	:21		Y																	
Health & Safety (EHS)	45383	DOT HAZMAT Safety	Over 4 billion tons of hazardous materials are transported in the U.S. every year. Due to their inherent risks to life, property, and the environment, the U.S. DOT established the Hazardous Materials Regulations (HMR) to cover the classification, labeling, packaging, and handling of hazardous materials. They also regulate hazmat training, incident reporting, hazard communication, and security. This course describes existing regulations for the transport of hazardous materials in commerce in the U.S., including the Hazardous Materials Table (HMT).	:40		Y																	
Health & Safety (EHS)	40303	Driving Hazard Recognition	Safe drivers recognize potential hazards and stay out of harm's way. With our Driving Hazard Recognition course, you'll learn techniques for negotiating intersections and blind spots as well as avoiding erratic drivers, pedestrians, animals, and parked vehicles. You'll also learn about driving with limited visibility and in slippery conditions. Paying extra attention to common driving hazards can help ensure that your passengers and cargo return home safely.	:13	Y	Y												Y					
Health & Safety (EHS)	43940	Driving Large Vehicles and Heavy Equipment	Vehicles on public roadways come in many different shapes and sizes. Most passenger vehicles – cars, vans, SUVs, and pickup trucks – have similar configurations and controls, and drivers of these vehicles understand their capabilities and limitations. However, drivers of large trucks and heavy equipment must use extra caution in order to safely navigate and share the roads with smaller vehicles. This course covers some of the things that must be considered when driving large vehicles or operating heavy equipment in order to ensure the safety of operators and people who are nearby. Topics covered include blind spot awareness, how to safely back up, dealing with inclement weather and poor road conditions, construction and work zone considerations, and minimizing in-cab distractions.	:24		Y																	
Health & Safety (EHS)	40302	Driving Preparation	Be prepared for any trip with our Driving Preparation training that provides the basics of vehicle maintenance and inspection as well as suggestions for planning your route. Our course also suggests some valuable emergency supplies that can help prevent a minor inconvenience from becoming a major problem, such as common tools, spare tire, jumper cables and more. In addition to saving time and other costs, proper driving preparation can ultimately save your life as well as the lives of other drivers, passengers, and pedestrians around you.	:13	Y	Y												Y					
Industrial Maintenance	44364	Electric Motor Basics	Electric motors are key components of many consumer products and industrial processes, from kitchen mixers to pump motors generating thousands of horsepower. This course describes the operation and common uses for AC motors, DC motors, servomotors, and linear motors.	:32		Y																	
Health & Safety (EHS)	52480	Electric Shock	Electrical appliances and machinery are found in virtually every home and workplace. While they are common and convenient, they can also be quite dangerous. Thousands of people are shocked every year. An average of 60 people die each year from electric shock from small appliances, power tools, and lighting equipment. Knowing how to reduce the risk of electric shock, as well as how to respond should an injury occur, is essential for everyone.	:28		Y																	
Health & Safety (EHS)	40304	Electrical Safety General Awareness	Spark discussion with your team on effective ways to recognize, evaluate, and avoid electrical hazards. Topics covered include personal protective equipment related to electrical safety, OSHA requirements for working on equipment, and electrical injuries such as shocks, burns, electrocutions, and falls.	:18	Y	Y	Y													Y			
Industrial Maintenance	52632	Electrical Wiring and Connections	One of the greatest benefits of electricity is its ability to transfer energy from where it is generated to where it is needed. Electrical wires, cables and cords are used to accomplish the transfer. Electrical wiring consists of a conductive material such as copper surrounded by an insulating material such as thermoplastic. The primary dangers associated with the distribution of electric power are electrocution and the generation of heat. These hazards must be considered when laying out and connecting all types of wiring.	:31		Y																	
HR Compliance & Soft Skills	52598	Email Basics	Almost 145 billion emails are sent every single day. They are easy to send and virtually instantaneous. Emailing has become one of the most common ways for people to communicate with friends and family, as well as co-workers and customers. While email is simple and familiar, there are important rules to follow to ensure that messages are clear, polite, and effective. This course will outline those rules so that every email sent is a professional one.	:28		Y																	
Health & Safety (EHS)	40495	Emergency Action Plans	This course covers the importance of creating emergency action plans in preparation for unexpected emergencies, accidents, and evacuations at industrial workplaces. Based on OSHA standards and recognized industry best practices, this course is intended as an introduction or refresher for general industry workers and those responsible for developing an emergency action plan.	:16		Y																	
Mining Safety (MSHA)	40305	Emergency Procedures at a Mine	An "emergency" is a serious, unexpected, and potentially dangerous situation that requires immediate action. This course provides information on common emergencies at mine sites as well as warning methods, emergency communication methods, and evacuation procedures. It also discusses reporting procedures, emergencies involving equipment damage and personal injury, and emergencies involving fires.	:14		Y																	

Mining Safety (MSHA)	40306C	Environmental Hazards at a Mine	Since miners and equipment at surface mining operations are exposed to the elements, it is important to work cautiously and recognize the hazardous conditions that weather can create. This course discusses several different weather conditions that can affect the mine site including high winds, ice, excessive rain, lighting, and fog. This course also discusses airborne hazards as well as unstable ground conditions and water hazards.	:23		Y																
Health & Safety (EHS)	44365	Equipment Hazard Basics	Equipment in the workplace causes many incidents every year. Hazards exist where there is a risk of human contact with a machine's moving parts. Movement can occur at startup, during operation, or while a machine is stopping. Many incidents occur due to malfunctioning or missing machine guarding, or to workers taking shortcuts. It is important to know the types of hazards that equipment typically creates in order to avoid incidents. This course will cover common types of hazards associated with equipment, as well as how to identify and avoid these hazards.	:23		Y														
Mining Safety (MSHA)	40307	Equipment Hazards at a Mine	Unexpected contact with powerful mobile equipment and moving machine parts at a mine can cause serious injuries and even death. This course discusses common mobile equipment hazards, haul road design, traffic patterns, and other traffic control measures. It illustrates some visual limitations that machine operators experience, including blind spots, the six foot visibility point, and grade visibility. The importance of stationary equipment clearance, guarding, and immobilization are also covered.	:40		Y														
Industrial Maintenance	41189	Equipment Maintenance and Reliability	In industrial facilities, it is extremely important that the equipment runs smoothly and reliably. If proper maintenance is not done regularly, it can cost a company thousands of dollars, and potentially compromise the safety of its workers. This course answers the questions: What is equipment maintenance? Why is it so important? and what are the benefits of maintaining equipment? It also covers some safety and work guidelines related to performing equipment maintenance.	:18		Y														
Health & Safety (EHS)	41731	Ergonomics for Industrial Environments	Every year, hundreds of thousands of workers are diagnosed with musculoskeletal disorders, or MSDs. Understanding how to recognize and reduce the stress on your body from your daily work environment will help greatly reduce the likelihood of developing an MSD. This course discusses MSD prevention techniques in industrial environments, including engineering and administrative controls as well as motion-based, physical, environmental, and psychological risk factors associated with MSDs. Following the tips and guidelines illustrated in this course will reduce your chances of suffering from an MSD and help you have a healthy, productive work experience.	:29	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	Y		Y				Y	Y
Health & Safety (EHS)	41626	Ergonomics for Office Environments	Every year, hundreds of thousands of workers are diagnosed with musculoskeletal disorders, or MSDs. Understanding how to recognize and reduce the stress on your body from your daily work environment will help greatly reduce the likelihood of developing an MSD. This course discusses MSD prevention techniques in office environments, examples of awkward postures and positions, proper lifting technique, workstation setup, work habits, and stretches. Following the tips and guidelines illustrated in this course will reduce your chances of suffering from an MSD and help you have a healthy, productive work experience.	:29		Y														
Health & Safety (EHS)	40309	Escape Respirators and SCSRs	A respirator is a piece of personal protective equipment that guards the user against hazards in the air. There are many types of respirators and each type protects its user from a specific airborne hazard. Escape respirators allow a person who works in a normally safe environment enough time to escape if a respiratory hazard suddenly occurs. This course will discuss the different types of hazardous atmospheres that require escape respirators, how to select, inspect, and put on a self-contained self-rescuer, also called an SCSR, as well as how to use an SCSR.	:24		Y														
Health & Safety (EHS)	40310	Fall Prevention and Protection	Working at elevated heights presents a serious danger of falling. Falls can be caused by inattentiveness, slippery surfaces, working in awkward or out-of-balance positions, or insufficient training. This course highlights numerous methods of prevention and protection, including fall arrest systems, the equipment associated with fall prevention and protection systems, vertical and horizontal lifelines, as well as inspection and maintenance guidelines. This course also discusses associated topics such as the proper procedure for putting on a body harness, lifeline swing hazards, calculating fall space clearance, and harness suspension syndrome.	:28	Y	Y	Y	Y	Y	Y	Y	Y		Y	Y	Y		Y				Y	Y
Industrial Maintenance	45386	Fastener Basics	Devices that are used to connect two or more objects together mechanically, are called "fasteners." There are countless types of mechanical fasteners, and each one is specifically designed for a particular application. This module will identify and describe screw types, identify and describe bolt types, and describe how to use a torque wrench.	:21		Y														
Health & Safety (EHS)	40311	Fire Extinguisher Safety	We see them hanging on the wall every day but most people know very little about fire extinguishers. Use this course to educate your team on the fire tetrahedron, the types of fires that can occur in the workplace, and how and when to use a fire extinguisher. This course also describes when to evacuate and provides some proper maintenance tips for fire extinguishers.	:44	Y	Y													Y			
Health & Safety (EHS)	40312	Fire Safety	Every second counts in the event of a fire. In only 30 seconds, small flames can get out of control and turn into a major fire, which can lead to an injury or a fatality. In this course, you will learn about the nature of fire, preventative and protective measures, fire sprinklers, smoke detectors, alarms, fire extinguisher use, evacuation, the stop, drop, and roll procedure, and more.	:23	Y	Y											Y					
Health & Safety (EHS)	45384	First Aid - Alcohol and Drug Overdose	Alcohol and drug overdoses are serious situations at work. They can lead to poor job performance, workplace violence, severe injuries, and even death. In this course, you'll learn some common types of drugs that can be overdosed on, symptoms of alcohol and drug overdoses, best practices for interacting with someone who's overdosed on alcohol or drugs, and first aid to help the person who's overdosed.	:13		Y														
Health & Safety (EHS)	52481	First Aid - Animal and Human Bites and Scratches	People can receive bites or scratches from small animals, larger animals including livestock and large predatory animals, and even other humans. All of these may be situations that require at least simple, basic first aid, and in some cases they may require additional emergency medical care. In this course, you'll learn the basics of what to do if someone is bitten or scratched by a small animal, livestock, a larger predatory animal, or another person.	:28		Y														
Health & Safety (EHS)	45385	First Aid - Automated External Defibrillator (AED)	In some first aid situations, the victim's heart will be beating too quickly or in an irregular manner. In cases like these, an automated external defibrillator, also known as an AED, can be used to shock the person's heart back into a normal rhythm. In this course, you'll learn when and how to use an AED, including an automatic AED and a semi-automatic AED.	:32		Y														
Health & Safety (EHS)	52482	First Aid - Bleeding Emergencies	There are certain cases when a person is bleeding that are always emergencies. These include extreme blood loss, amputations, abdominal evisceration wounds, sucking chest wounds, and internal bleeding. This course explains the importance of calling for emergency medical assistance in these situations and lists the appropriate steps of first aid to provide.	:32		Y														
Health & Safety (EHS)	45388	First Aid - Broken Bones and Dislocations	Broken and dislocated bones are a common injury in all walks of life, including at the workplace. By following safe work practices, properly guarding hazards, and wearing appropriate PPE, these injuries can be avoided. However, in some cases, broken bones will still occur. In this course you'll learn some different types of broken bones and dislocations and how to provide first aid for them. You'll also get some guidelines for when it's necessary to summon emergency medical assistance to transport the person for additional medical care after first aid is provided.	:16		Y														
Health & Safety (EHS)	45389	First Aid - Burns	Burns are a common occurrence in life, including at work. These may be something as simple as a sunburn or as frightening as a radiation burn. Burns are generally discussed in terms of their severity—first degree, second degree, and third degree. In this course, you'll learn how to prevent burns from occurring at work, how to recognize the degree of a burn, how to provide first aid for different degrees of burns, and how to provide first aid for special types of burns, including electrical burns, burns from chemical spills, and thermal (heat) burns.	:28		Y														
Health & Safety (EHS)	45390	First Aid - Cardiopulmonary Resuscitation (CPR)	If a person's not breathing and their heart is not beating, they can die or suffer permanent brain damage very quickly. In situations like this, it's important to know how to perform cardiopulmonary resuscitation, or CPR. This course explains when and how to perform cardiopulmonary resuscitation. The proper process for providing Hands-Only CPR is also explained.	:23		Y														
Health & Safety (EHS)	45391	First Aid - Dehydration	Dehydration can be a serious health concern and if severe enough, can even be fatal. This course explains ways to stay properly hydrated, explains how people get dehydrated and symptoms of dehydration, and explains first aid techniques for mild and severe dehydration.	:18		Y														
Health & Safety (EHS)	52483	First Aid - Diabetic Emergencies	Diabetes is a disease that is becoming increasingly more common in the United States and in other parts of the world. As a result, the chances that you or a coworker may suffer from a diabetes-related health emergency have increased as well. In this course, you'll get a basic idea of what diabetes is, learn how to recognize symptoms of a diabetes-related health crisis, and will learn some tips for providing first aid to a person suffering from a diabetic emergency, including both high blood sugar (hyperglycemia) and low blood sugar (hypoglycemia).	:28		Y														
Health & Safety (EHS)	45392	First Aid - Eye Injuries	A person's eye can be injured easily while on the job. As a result, safety glasses or similar eye and face protection is important when appropriate. In addition, however, workers should know how to provide first aid for eye injuries suffered at work. This course covers first aid for eye injuries from chemicals, cuts and scratches, and for objects embedded in the eye, and provides general procedures for using safety showers and safety eyewashes.	:24		Y														
Health & Safety (EHS)	45365	First Aid - Fire Ant Bites and Stings	Fire ants are aggressive ants that sometimes bite and sting. This course explains where in the U.S. fire ants are most commonly found and, within those regions, the types of areas you're most likely to find them. It gives tips for bite/sting prevention, and discusses first aid procedures for bites and stings, including first aid for people who are allergic to the bites and stings.	:13		Y														

Health & Safety (EHS)	45366	First Aid - Flying Insect Stings	Flying insects, such as bees, wasps, hornets, yellow jackets, and even so-called “killer bees” are common throughout the United States. In most cases, they aren’t aggressive and they don’t seek to sting humans. However, when stings do occur, they’re typically minor and require only limited first aid. In other cases, however, especially if the person who’s stung is allergic to the sting, or if the person is stung many times, the situation can be quite severe or even potentially fatal. In this course, you’ll learn how to avoid being stung by flying insects, what to do if someone has been stung and is having a mild reaction, and what to do in the event of a severe reaction to a flying insect sting, including what to do if the stung person is allergic.	:16		Y																	
Health & Safety (EHS)	45393	First Aid - Head Injuries and Concussions	Head injuries are common at work. In some cases, they can be quite minor, but in others, they can be very serious or even deadly. In this course, you’ll learn some tips for avoiding head injuries, how to recognize a concussion, how to provide first aid for minor and more serious head injuries, and how to provide first aid if the person has lost consciousness.	:16		Y																
Health & Safety (EHS)	45394	First Aid - Head, Neck, Back, and Spine Injuries	Injuries to the head, neck, back, or spine can be especially dangerous because they can involve damage to the brain or spine, leading to death or permanent paralysis. This course describes the potential severity of these injuries, lists some tips for recognizing potentially serious injuries to the head, neck, back, or spine, and provides first aid tips for these situations.	:12		Y																
Health & Safety (EHS)	52484	First Aid - Heart Attacks and Cardiac Arrest	Heart attacks and cardiac arrest are both health emergencies involving the heart. They are relatively common in America and they can lead to death if the person doesn’t get rapid first aid followed up by prompt medical care. This course explains what heart attacks and cardiac arrest are, how to recognize their symptoms, how to provide first aid, and the importance of summoning additional medical care for people suffering heart attacks and cardiac arrest.	:16		Y																
Health & Safety (EHS)	45395	First Aid - Initial Steps	It’s not always clear what to do in a situation that requires first aid. Especially if it’s an emergency situation. This course spells it out, providing guidelines for what to do in an emergency first aid situation, and the order in which to do them. The course introduces a method called “DR. ABC” that stands for looking for danger before responding; checking to see if the victim is responsive; checking to see if the victim’s airway is clear; checking to see if the victim is breathing; and checking to see if the victim’s circulatory system is working. The course also explains the purpose (and limits) of emergency first aid, and the importance of summoning emergency medical assistance. Finally, it provides some general legal information about providing first aid.	:32		Y																
Health & Safety (EHS)	45396	First Aid - Poisoning	The word “poison” is a general term used to describe a substance that can cause illness or death. Poisons can include many things, including medicines, drugs, household products, workplace chemicals, plant and animal toxins, and gases. Poisons can be ingested, inhaled, injected, or absorbed into the body. This course explains what poisons are, lists some common poisons, gives tips for preventing exposure to poisons, explains the importance of contacting a Poison Control Center in the event of a poisoning, and explains first aid procedures for poison exposures.	:20		Y																
Health & Safety (EHS)	45367	First Aid - Scorpion Stings	Scorpions can be found throughout most of the United States. However, the only scorpion commonly thought to be dangerous to a healthy adult is the bark scorpion, which is typically found in the Southwest. In most cases, a scorpion sting calls for only some minor first aid and perhaps some rest. But bites from a bark scorpion, or bites to children, elderly, or ill people, may require additional first aid. This course explains first aid for a scorpion bite. It also explains where scorpions live and what they look like; gives tips for preventing scorpion bites; and explains the symptoms of scorpion bites.	:13		Y																
Health & Safety (EHS)	52485	First Aid - Seizures	A seizure is caused when there is sudden, abnormal electrical activity in the brain. Causes of seizures include diseases, such as epilepsy, brain injuries, fever, and reactions to drugs. Although most seizures are brief and cause no lasting harm, some seizures may be prolonged, presenting both immediate danger and long-term effects. In this course, you’ll learn about the symptoms and causes of seizures as well as first aid to provide a person experiencing a seizure.	:18		Y																
Health & Safety (EHS)	45397	First Aid - Shock	When a person goes into shock, it can be a very serious and even fatal health situation. As a result, this course will explain some reasons people go into shock, list some symptoms of shock, explain first aid to provide to someone in shock, and note the importance of calling for qualified medical assistance to aid someone in shock.	:10		Y																
Health & Safety (EHS)	45398	First Aid - Snake Bites	Bites from snakes of any type can be hazardous and require first aid. This is especially true with bites from poisonous snakes. This course focuses on first aid for bites from the four most common poisonous snakes in the United States: rattlesnakes, water moccasins, coral snakes, and copperheads. Information focuses on snake identification, bite prevention, and proper first aid.	:23		Y																
Health & Safety (EHS)	45368	First Aid - Spider Bites	Spider bites are typically minor issues, but they can be more serious. And that’s especially true in the U.S. if the spider is a black widow, a brown recluse, or a hobo spider. In this course, you’ll learn basic first aid for minor spider bites. In addition, you’ll learn what black widows, brown recluses, and hobo spiders look like; where in the U.S. they tend to live; the kind of areas they’re commonly found in; why they tend to bite and how to avoid their bites; proper PPE to wear when in an area they may live in; symptoms of their bites; first aid for their bites; and the importance of calling for qualified medical care if one of these three spiders has bitten someone.	:21		Y																
Health & Safety (EHS)	45369	First Aid - Sprains and Strains	Sprains and strains aren’t the most serious injury a person can experience at work, but they are among the most common. This course explains what sprains and strains are, explains the RICE method for training sprains and strains, and gives tips on when a person with a strain or sprain should seek additional medical care.	:15		Y																
Health & Safety (EHS)	52486	First Aid - Stroke	A stroke is a serious medical issue requiring emergency medical assistance. This course explains some causes and types of strokes, lists common stroke symptoms, introduces the American Stroke Association’s F.A.S.T. method for identifying stroke symptoms and calling for first aid, and provides first aid procedures.	:18		Y																
Health & Safety (EHS)	45370	First Aid - Tick Bites	Ticks are small insects commonly found in grassy areas pretty much everywhere in the United States. They bite people and suck their blood; while doing so, they can transmit many dangerous diseases to the person they’re biting, with Lyme disease being the most notable. In this course, you’ll learn what a tick looks like and where ticks live; how to avoid being bitten by a tick; how to inspect your body for ticks; how to remove a tick from your body if you have been bitten; first aid for tick bites; symptoms of tick bites and serious reactions to tick bites; and tips for seeking medical care after a tick bite.	:15		Y																
Health & Safety (EHS)	45371	First Aid - Unconsciousness	People can lose consciousness for many reasons. This course explains some of the most common reasons, explains the importance of calling for qualified medical assistance, and gives tips for providing first aid.	:13		Y																
Health & Safety (EHS)	41530	Flammable and Combustable Liquids	This course provides important information on flammable and combustible liquids found in a variety of industrial workplaces. Based on OSHA standards, this course helps raise awareness of the potential hazards presented by common workplace products while offering practical instruction on labeling, storage, handling, and managing spills and waste to help establish safe work habits for yourself and your team.	:24		Y																
Health & Safety (EHS)	52487	Floor and Walkway Safety and Auditing	Slips, trips, and falls (or STFs) are a leading cause of work-related injuries, including sprains, strains, fractures, contusions, and abrasions. STFs also account for 15 percent of all accidental deaths; second only to motorized vehicles as a cause of workplace fatalities. STFs also account for ~15% of workplace fatalities, second only to those related to motorized vehicles. While STFs can occur on level surfaces and at elevated heights, this module focuses only on STFs which occur on level surfaces.”	:40		Y																
Industrial Maintenance	44434	Flow, Level, and Pressure Sensors	Flow measurement devices, or flow sensors, measure the volume of a liquid or gas that passes through a container in a given amount of time. This course discusses the common flow, level, and pressure sensor designs as well as defines common industry terms such as “turndown ratio,” “psi,” and “atmospheric pressure.”	:29		Y																
Health & Safety (EHS)	40316	Forklift Safety	Give your forklift safety a boost. This course covers basic forklift operating procedures intended to increase safety and help prevent the most common forklift accidents. This course includes important information required by OSHA’s general industry standards (29 CFR 1910.178) as well as best practices on operating powered industrial trucks. This course can be used as an introduction to forklift safety and operation or as a refresher on forklift basics. This training video provides information on the most common types of forklifts used in general industry and warehouse environments; it doesn’t cover rough terrain forklifts, aerial work platforms, or forklifts with extendable booms.	:49	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y				Y	Y
Health & Safety (EHS)	41523	Forklift Training - Reducing Property Damage	This course covers the common ways forklift operators cause product damage in a warehouse environment, and recommended practices for avoiding this damage. It is meant to be used as an introductory or refresher course for forklift operators. It is based on research of the most common types of forklift product damage and on industry best practices.	:24		Y																
Health & Safety (EHS)	40317	Formaldehyde Awareness	Breathe easy with a better understanding of working safely around Formaldehyde. This course provides information on the history and production of formaldehyde as well as its uses, sources, exposure regulations, the types of formaldehyde, and the effects of exposure to formaldehyde gas.	:14		Y																
Industrial Maintenance	45399	Gear Drive Basics	Gears are mechanical devices, designed with teeth specifically shaped to minimize wear, vibration, and noise, while also maximizing a power transmission’s efficiency. They are able to reverse the direction of rotation, change the speed of rotation, and transfer rotation to a different axis. This course will describe the purpose, types, performance, and applications of gears.	:20		Y																
Mining Safety (MSHA)	40365	General Physical Characteristics of Surface Mines	The characteristics of every surface mine depend upon the mine’s location and the material being mined. However, there are physical characteristics common to most surface mines as a result of similarities in mining operations, types of materials being mined, and federal regulations. This course covers those common physical characteristics of surface mines.	:15		Y																

Health & Safety (EHS)	44803	Globally Harmonized System of Classification and Labeling of Chemicals (GHS Global)	In the past, there were many different ways to determine the hazards of a chemical and many different ways to communicate those hazards. This led to confusion and an increased risk from working with hazardous chemicals. To help reduce this confusion, the United Nations created a global system for standardizing and harmonizing the classification and labeling of chemicals. This standard is known as the Globally Harmonized System of Classification and Labeling of Chemicals, or GHS. This course describes hazardous chemical risks, the goal of GHS, safety data sheets, and chemical labels.	:20	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	Y		Y				Y	Y
Mining Safety (MSHA)	52367	Ground Control Inspections at a Mine	A ground control inspection is a documented, in-person examination of on-site terrain formations and locations that slope into working areas at a mine. As part of an ongoing ground control plan, these inspections help establish and reinforce prudent engineering design, reduce ground instability, and contribute to safer working conditions for miners and others on-site. This course covers the definition and purpose of a ground control inspection and includes examples of ground instability hazards, the definition of "angle of repose," descriptions and examples of slope failures, and common ground control corrective actions.	:36		Y																	
Health & Safety (EHS)	40319	Hand and Power Tools	The power to recognize and avoid injury is right at your fingertips. This course includes information on hand tools and power tools, including electrical, pneumatic, hydraulic, liquid fuel, and powder-actuated power tools. Topics covered include general tool safety, maintenance, guards, best practices, and operating guidelines.	:23	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y		Y					
Health & Safety (EHS)	40320	Hand Safety	Imagine performing daily activities such as writing, driving a car, or using a phone without your hands. Because hands are used so frequently, hand safety can be taken for granted. The construction and manufacturing industries pose a particular risk to the hands due to the size and complexity of the equipment and machinery present. This course will provide general hand safety awareness and discuss techniques for avoiding common hand injuries.	:12		Y																	
Health & Safety (EHS)	40727	Hand Washing and Hygiene	Each year in the U.S., food contamination leads to millions of illnesses and thousands of deaths. Salmonella poisoning, E. coli, Listeria, Hepatitis, and Norovirus can all be contracted by poor hand hygiene and can have potentially deadly consequences. Knowing proper hand hygiene techniques, the routes of hand contamination, the importance of the time spent washing the hands, and the difference between soaps and sanitizers will help keep you and your co-workers safe from the many foodborne illnesses that surround us.	:15	Y	Y												Y					
Mining Safety (MSHA)	40321	Hazard Communication for Mining	Mining facilities normally have chemicals on-site that require specific labeling and documentation to inform miners about the potential chemicals hazards they may face at work. MSHA's Title 30 CFR - Part 47 Hazard Communication standard, or "HazCom," outlines chemical labeling and documentation requirements to help mine operators reduce injuries and illnesses for miners and mining contractors. This course provides important information on MSHA's HazCom standard and how it relates to the new Globally Harmonized System (GHS) as well as requirements for MSDS and SDS documentation.	:28		Y																	
Health & Safety (EHS)	40728	Hazard Communication GHS	Many workplaces use hazardous chemicals. But, it's not always easy to understand the various labeling requirements for these chemicals and the information provided to employees about the hazards these chemicals present. Concern and confusion about these issues increased when OSHA updated its Hazard Communication Standard in 2012 so "HazCom" would more closely align with the Globally Harmonized System (GHS). This course provides an overview of the key issues covered in the Hazard Communication Standard, including the 2012 revision to align with GHS, and provides the information that employees need to know about the labeling of hazardous chemicals in all parts of their product cycle.	:37		Y																	
Health & Safety (EHS)	52488	Hazardous Material Classifications	To ensure workers are provided with sufficient information to understand the hazards of the chemicals they work with, OSHA maintains a Hazard Communication Standard (HCS). The Hazard Communication Final Rule (HazCom 2012) is aligned with the Globally Harmonized System of Classification and Labeling of Chemicals, or GHS, which provides standard criteria for determining chemical hazards to ensure different manufacturers and importers classify hazards similarly. This module will focus on the hazard classes defined by HazCom 2012.	:39		Y																	
Health & Safety (EHS)	52489	Hazardous Material Labeling	People commonly work near or with many different hazardous chemicals. Pesticides, paints, solvents, acids, gasoline, compressed gases such as propane, and liquid cleaning products such as bleach are just a few of the hazardous chemicals workers can be exposed to on a regular basis. To ensure workers are provided with sufficient information to understand the hazards of the chemicals they work with, OSHA maintains a Hazard Communication Standard (HCS). Hazardous material labeling is a key element of the HCS. This module will cover the labeling requirements of the Globally Harmonized System of Classification and Labeling of Chemicals (GHS) and alternative workplace labeling options.	:28		Y																	
Health & Safety (EHS)	52490	Hazardous Material Storage	People commonly work near or with many different hazardous chemicals. Pesticides, paints, solvents, acids, gasoline, compressed gases such as propane, and liquid cleaning products such as bleach are just a few of the hazardous chemicals workers can be exposed to on a regular basis. The risk of being exposed to a hazardous chemical is greatly reduced when the chemical is handled and stored according to manufacturer recommendations and in compliance with facility standards. This module will present best practices for the safe storage of hazardous chemicals.	:23		Y																	
Health & Safety (EHS)	40323	Hearing Conservation	Protect one of your most valuable senses with a better understanding of the anatomy of the ear, how sound works, how the ear interprets sound, the effects of noise on hearing, and annual audiometric testing. Learn how to avoid occupational hearing loss by choosing and using the right hearing protection for your job, such as ear muffs and ear plugs.	:18	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y				Y	Y
Industrial Maintenance	42897	Heat Exchanger Basics	Heat exchangers are typically used to transfer heat between fluids using conduction, convection, and radiation. This course details the three heat transferring methods used by heat exchangers as well as how heat exchangers are classified. It also illustrates common heat exchangers types such as shell-and-tube, plate, extended surface, and regenerative heat exchangers.	:23		Y																	
Health & Safety (EHS)	41001	Heat Stress Causes	Heat stress is a serious concern in many workplaces. Every year heat stress affects thousands of people, and some die as a result. This course provides the information you'll need to "beat the heat" and keep yourself and other workers safe. You'll learn about the different types of heat stress, from the least severe (heat rash) to the most severe (heat stroke). It will explain how the body reacts to heat, and the causes of heat stress. Finally, it will list some factors that affect how individuals tolerate heat.	:21	Y	Y												Y					
Health & Safety (EHS)	44366	Heat Stress Symptoms and Prevention	Heat stress can take a number of different forms, including heat rash, heat cramps, heat syncope (fainting), heat exhaustion, and heat stroke. Each of these conditions has its own signs, symptoms, and treatments. This course will help you to recognize each condition, and to know which ones require simple corrective actions, like taking a break, and which ones may require a trip to the hospital.	:24	Y	Y												Y					
Health & Safety (EHS)	52491	Heavy Equipment Safety Introduction	Heavy construction equipment is extremely productive. The size and power of these machines however, presents a degree of risk to the men and women who operate and work around them. This course will cover the basics for remaining safe around heavy equipment as well as some specific concepts and guidelines for you to follow when working with and around heavy construction equipment.	:64		Y																	
Health & Safety (EHS)	44372	Heavy Equipment Visibility	When operating heavy equipment, the driver's view is likely to be blocked in several directions. These "blind spots" can even obscure a person standing right next to the equipment. One wrong move and that person could be injured or even killed. But these incidents do not have to happen. This module will discuss how to safely operate and work around heavy equipment to avoid injuries.	:15		Y																	
Health & Safety (EHS)	40324	Hexavalent Chromium	Protect yourself and your team from increased risk of cancer with our training designed to raise awareness about the dangers of hexavalent chromium exposure. Welders and other workers who handle or assemble electronic components may be at higher risk of exposure to this known human carcinogen. Learn what hexavalent chromium is, how it's formed, the health hazards it presents, and what personal protective equipment you can use to protect yourself. Our training will also give you a better understanding of OSHA permissible exposure limits, monitoring, record keeping, medical surveillance, and employee notification. You'll also learn about industry best practices related to engineering and administrative controls to protect workers from dangerous exposure to hexavalent chromium.	:34		Y																	
Health & Safety (EHS)	40353	Hot Work Permit	This course covers the use of hot work permits at general industry facilities. A hot work permit refers to an employer's written authorization to perform hot work operations. There is no one standard for Hot Work Permits; different facilities will have different forms and different procedures. This course serves as an introduction to the common protocols in place at most workplaces that are meant to ensure safe conditions before hot work can begin.	:25		Y																	
Health & Safety (EHS)	40485	Hot Work Safety	This course covers basic guidelines and best work practices for performing hot work safely. Before welding, cutting, or brazing metal or performing any work that could generate enough heat or sparks to start a fire, everyone involved should be properly trained on the fundamentals of hot work safety. Based on NFPA 51B and 29 CFR Subpart Q regarding welding, cutting, brazing, and other hot work, this course is intended to help workers recognize the potential hazards of hot work and avoid injuries and property damage by properly planning, preparing for, and performing hot work.	:15	Y	Y	Y	Y	Y	Y	Y				Y	Y		Y		Y			

Industrial Maintenance	42898	HVAC - Heating and Cooling	HVAC systems are used to maintain clean, conditioned air in enclosed spaces. The term "conditioned" refers to the fact that the temperature and humidity of the air are maintained within desired ranges. This module describes the two most common cooling systems as well as heating devices used in HVAC systems.	:28		Y																
Industrial Maintenance	42899	HVAC - Hot Water and Ventilation	The purpose of heating, ventilation, and air conditioning systems (commonly referred to as HVAC systems) is to provide environments that are comfortable for people and allow equipment to operate safely and reliably. HVAC systems are used in residential, commercial, and industrial facilities. This module contains information on hot water heating systems, air distribution systems, and HVAC control systems.	:28		Y																
Industrial Maintenance	42900	HVAC Basics	The purpose of Heating, Ventilation and Air Conditioning (HVAC) systems is to provide environments that are comfortable for people and allow temperature- or humidity- sensitive equipment to operate safely and reliably. HVAC systems are used in residential, commercial and industrial facilities. This module will identify safe work practices to use when working around HVAC systems and the most common HVAC system components.	:23		Y																
Health & Safety (EHS)	40496	Hydraulic Fluid Safety	This course covers basic guidelines and best practices for working safely around common hydraulic equipment. From bottle jacks to forklifts and shop equipment, this course provides important information on the principles of hydraulics and the hazards that hydraulic systems can present. Based on OSHA documents and industry experience, this course is designed to help workers understand how to recognize common hydraulic hazards and avoid serious injuries.	:27	Y	Y	Y												Y			
Industrial Maintenance	44370	Hydraulic System Basics	In a hydraulic system, pressure applied anywhere to a contained, incompressible fluid is transmitted undiminished throughout the fluid. This course is an introduction to hydraulic systems and their uses. It covers hydraulic theory, common components, what mechanical advantage is, and how hydraulic fluid is contaminated.	:13		Y																
Industrial Maintenance	42093	Hydraulic System Equipment	In a hydraulic system, pressure applied anywhere to a contained, incompressible fluid is transmitted undiminished throughout the fluid. This course covers the purpose and function of the valves and various components used in a typical hydraulic system to control pressure, transmit fluid, and filter contaminants.	:20		Y																
Industrial Maintenance	42094	Hydraulic System Valves and Components	In a hydraulic system, pressure applied anywhere to a contained, incompressible fluid is transmitted undiminished throughout the fluid. This course covers the purpose and function of the major equipment used in a typical hydraulic system.	:23		Y																
Health & Safety (EHS)	40325	Hydrogen Sulfide Awareness	Sometimes what you can't smell can hurt you. Protect yourself and your team with this critical information that raises awareness of what Hydrogen Sulfide (H2S) is and discusses exposure risks and effects, toxicity, ignition, detection, prevention, and evacuation.	:13		Y																
Health & Safety (EHS)	40354	Incident Investigation	As long as people work, there will be safety-related incidents and near misses. But those incidents can be used to make the workplace safer if they are investigated, analyzed, and corrected to prevent their recurrence. This course discusses reasons for incident investigations, the phases of an incident investigation, team leader responsibilities, and who comprises the investigation team. It then provides information on best practices for interviewing witnesses, determining the root cause of an incident, and corrective and follow-up actions.	:34		Y																
Health & Safety (EHS)	52532	Industrial Hygiene Basics	"Industrial hygiene" (or "occupational hygiene," outside of the U.S.) is the discipline of evaluating and controlling workplace hazards in order to protect the health and well being of workers and the community. This involves monitoring of work environments, evaluating exposures to hazards, and employing controls to prevent or minimize exposures and their effects. This module describes the job responsibilities of an industrial hygienist, discusses common workplace hazards, and details measures that can be used to control these hazards.	:44		Y																
Health & Safety (EHS)	41529	Job Hazard Analysis	This course provides basic guidelines for performing a job hazard analysis (JHA) in a variety of industrial workplaces. Based on industry best practices and OSHA guidelines, this course offers insights into why a JHA is a critical part of any safety program. From identifying common workplace hazards to accepted means of hazard control, this course provides the fundamental elements critical to establishing safe work habits for yourself and your team.	:16		Y																
Health & Safety (EHS)	40326	Ladder Safety	Ladders are tools commonly used to gain access to higher levels that are otherwise unreachable. When maintained properly and used according to safety guidelines, they are a simple and effective tool. However, each year thousands of workers are either injured or killed in ladder related accidents. This course describes different types of ladders, as well as ladder construction, ladder selection, height requirements, weight capacity, hazardous conditions, inspections, ladder setup, safe practices when using ladders, storage, and maintenance.	:23	Y	Y	Y												Y			
Health & Safety (EHS)	40327	Laser Safety	Lasers have become an integral part of society. Due to their ability to carry large amounts of data with little or no signal degradation over long distances, they are commonly used in fiber optic communication systems. Use this course to learn safe work practices around Light Amplification by Stimulated Emission of Radiation (LASERs). This course covers the theory of laser light, how lasers work, types of lasers, laser classifications, laser hazards, low-power laser hazards, and laser pointer safety guidelines.	:16	Y	Y	Y				Y						Y				Y	Y
Health & Safety (EHS)	40328	Lead Awareness	Before you cut, grind, or burn through any painted surface at work or at home, better make sure you know what you're dealing with. Protect yourself and your team from unintentional lead exposure with this course that defines what lead is and provides information on its history and usage, reduction efforts, lead exposure, effects, detection and treatment, personal protective equipment (PPE), and prevention methods.	:15		Y																
Health & Safety (EHS)	40532	Lead-Based Paint Safety	This course covers basic guidelines and best practices for working safely around lead-based paint. Even though U.S. legislation passed in 1978 has dramatically limited the allowable lead levels in paint, lead-based paint is still present in many residential and commercial buildings. Based on OSHA standards set forth in 29-CFR 1910.1025 related to lead exposure in the workplace, this course is designed to help workers recognize and avoid the hazards associated with lead-based paint.	:28		Y																
Industrial Maintenance	45400	Lighting Basics	All workplaces depend on high quality lighting. In addition to providing illumination of workspaces, good lighting also plays a role in enhancing employee satisfaction and performance, as well as providing general comfort and safety. It reduces the risk of eye strain and any of the physical symptoms that accompany it, including headaches or neck pain. In the industrial setting, lighting does all this, plus it provides clear visual indication of functions, and control of various processes. This module will describe different types of lights and their common uses.	:18		Y																
Health & Safety (EHS)	42187	Line Breaking Safety	Line breaking is the intentional opening of a pipe, line, or duct that contains or has contained material capable of causing injury. OSHA requires that all members of a line breaking team understand the hazards related to the material and equipment involved. This course illustrates common hazards of line breaking and provides suggested preventative measures for this type of work. Based on general industry best practices and OSHA regulations, this course covers basic safe work procedures recommended by industry professionals when planning or working on a line break.	:39	Y	Y											Y					
Mining Safety (MSHA)	40329	Line of Authority	This course provides a description of the line of authority at a mine, including the roles and responsibilities of miners, supervisors, safety personnel, miners' representatives, and mine operators.	:15		Y																
Health & Safety (EHS)	43611	Load Securement	The North American Cargo Securement Standard provides the basis for the rules and regulations covering load securement on motor vehicles in the United States and Canada. This standard was created because unsecured loads can cause loss of life and load, cargo and vehicle damage, and accidents with other vehicles. This course covers the purpose of load securement, preparing loads, methods of load securement (including tie-down assemblies), working load limits, tie-down types, and safety.	:26		Y																
Health & Safety (EHS)	44374	Lockout Tagout for Affected Employees	Lockout/tagout can be defined as the placement of a lock or tag on an energy isolating device, in accordance with an established procedure, ensuring that the energy isolating device and the equipment being controlled cannot be re-energized until the locking device is removed. While an authorized person usually performs the lockout, an "affected employee" is an employee that is affected by the lockout. This course will focus on the general awareness needed for these "affected employees."	:18	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y				Y	Y
Health & Safety (EHS)	44375	Lockout Tagout for Authorized Employees	Don't count on luck, count on the lock. Protect yourself and your team from unintentional exposure to all types of hidden energy with this course that describes hazardous energy types and energy control procedures, including preparation, shutdown, isolation, lockout, stored energy check, verification, and release of lockout. Additional topics include lockout hardware and administration of an Energy Control Program (ECP). This course is intended for the "authorized employees" who typically perform lockout/tagout procedures.	:29	Y	Y	Y	Y	Y	Y	Y	Y		Y	Y	Y		Y				Y	Y
Industrial Maintenance	42901	Lubricants and Oils	When two moving solid surfaces interact, material from those surfaces can be lost. This loss of material is known as "wear." Wear on equipment can shorten the lifespan of machines, disrupt production, and result in product loss. Lubrication is the process of using substances called lubricants to reduce wear. This course covers what lubricants are, what they are made of, and common types of lubricants. This course also illustrates the differences between common lubricating methods as well as safe storage and handling requirements.	:31		Y																
Industrial Maintenance	45401	Lubrication Basics	Whenever two moving, solid surfaces contact each other, there is friction which creates heat and leads to destructive wear. Lubrication is the process of introducing a lubricant substance between the surfaces in order to reduce that friction and wear. A lubricant can be a solid such as molybdenum disulfide or Teflon; a semi-solid, such as grease; a liquid, such as oil; or even a gas such as air. This module will focus primarily on the industrial uses of liquid oils and grease as lubricants.	:39		Y																

Health & Safety (EHS)	41524	Machine Guarding	This course covers the importance of having industrial machine hazards properly guarded and protected against. This course is aligned with OSHA General Industry standards and industry best practices. It is meant to be used as an introductory or refresher course for general industry workers who will be operating or working near industrial machinery.	:15	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y		Y					
Health & Safety (EHS)	44804	Maintencance Safety	Industrial facilities rely heavily on complex equipment. To run efficiently and effectively, the equipment needs regular maintenance. However, performing maintenance can introduce many safety hazards. This course addresses best practices for safely maintaining and repairing equipment.	:32		Y																	
Industrial Maintenance	42902	Matter States and Temperature	All matter on earth exists in one of three phases or states: solid, liquid, or gas. A substance's phase is determined by the speed of its molecular motion, often referred to as kinetic energy. Adding or removing heat energy from a substance can change it from one state to another. This course illustrates the types and properties of matter states, and concludes with a discussion of temperature scales and the different types of heat transfer.	:16		Y																	
Industrial Maintenance	45402	Measurement - Dimensions	Distance measuring units include the U.S. standard, (inch, feet, yard), decimal-inch (tenth, hundredth, thousandth, ten-thousandth), or the metric (millimeter, centimeter, meter). Being able to measure distance or determining if something is square are integral parts of many projects. This can include weekend do-it-yourself jobs to major landscaping and construction projects. While measuring cannot be done without some variation, errors can be reduced by following basic principles covered in this course.	:20		Y																	
Industrial Maintenance	42903	Measurement - Temperature, Force, and Fluids Properties	Monitoring and measurement are an essential part of almost every job. Proper measurement of physical properties requires the knowledge of specific terms, measuring units, and measuring devices. This course covers the terminology needed to accurately monitor and measure equipment, as well as the measuring units and techniques that apply to temperature, force, and fluids. It also discusses the challenges associated with measuring different physical properties.	:26		Y																	
Health & Safety (EHS)	52551	Mechanical Power Press Safety	A mechanical power press (MPP) is a machine that uses dies and pressure to shear, punch, form, and assemble metal or other material. They can develop up to several thousand tons of pressure, and the area where they perform work - the "point of operation" - poses a serious pinch point hazard. They also contain rotating component and in-running nip point hazards. The primary and secondary safeguards that are used on MPPs depend on several things. All safeguards must be inspected and tested on a regular basis to make sure that they function correctly and meet all current safety standards.	:42		Y																	
Industrial Maintenance	41190	Meeting Customer Expectations	Meeting the needs and expectations of the customer is important in any successful product design. Waste, products with inconsistent-quality, and even a poor company reputation can lead to not meeting customer expectations. This course focuses on ways to discover the needs and expectations of the customer, the different categories of product features, and the importance of following established production procedures.	:18		Y																	
Health & Safety (EHS)	45403	Metal on Metal Safety	When working on heavy construction equipment, there are often situations when you have the need to strike a metal component of a machine with a hammer. Most hammers have hardened steel heads, and there is a hidden danger in striking two hardened metal surfaces together. This action can lead to sharp pieces of metal breaking out of the hammer or the struck piece of metal at very high velocity. This course will describe why this happens and what can be done to minimize the danger and protect yourself from injury.	:15		Y																	
Health & Safety (EHS)	42904	Mold Awareness and Prevention	Mold is everywhere! Thousands of species of this type of fungus can be found growing year round, both indoors and outdoors, even in the most sterile of environments. Mold has a number of benefits, however it can also become a problem. Mold can destroy construction materials and also negatively impact people's health. Knowing how to recognize mold, as well as how to clean it up and prevent it from recurring, is essential to a safe and healthy environment at work and at home.	:21		Y																	
Industrial Maintenance	44371	Motor Control Circuits and Functions	A small motor can be started by simply plugging it into an electrical receptacle or by using a switch or circuit breaker. A large motor requires a specialized switching unit called a motor starter or motor contactor. Once they are running, there are many other aspects to safe and efficient motor operation. Motor control refers to manual or automatic methods for starting, stopping, controlling speed, reversing, and protecting a motor. These controls are achieved using a variety of circuits, connections and sensors.	:32		Y																	
Health & Safety (EHS)	52552	Mounting and Dismounting Heavy Equipment	Accessing the operator's cab on heavy equipment requires more physical activity than sitting down into a car or small truck. "Mounting" and "dismounting" often requires the use of access supports such as ladders, steps, and handholds. This course will cover some specific safety guidelines to prevent injuries during the mounting and dismounting of heavy equipment.	:12		Y																	
Mining Safety (MSHA)	52369	MSHA Surface Miner Training and Documentation	This course discusses the development of the Federal Mine Safety and Health Act of 1977 (the Mine Act) and the creation of the Mine Safety and Health Administration (MSHA). It also discusses MSHA activities, CFR Title 30 - Part 46 required training topics, and compliant documentation.	:26		Y																	
Health & Safety (EHS)	52557	Near Miss Best Practices	The Occupational Safety and Health Administration (OSHA) has described "near misses" as incidents where no property was damaged and no personal injury sustained, but where, given a slight shift in time or position, damage and/or injury easily could have occurred. It has been shown that injury and damage-producing events are frequently preceded by warning signs or near miss incidents. For this reason, a program designed to identify, record, and address near miss incidents will improve worker safety and the safety culture of an organization.	:20		Y																	
Health & Safety (EHS)	41191	NFPA 70E Introduction	NFPA 70E is the "Standard for Electrical Safety in the Workplace." It establishes safe practices for working with or near electrical equipment and was created to protect workers from two major electrical dangers, electric shock and arc flash. This course provides an introduction to NFPA 70E and summarizes some of its important safety guidelines, including safety boundaries around electrical equipment, personal protective equipment requirements, and some requirements for electrical equipment and devices.	:24		Y																	
Health & Safety (EHS)	52559	Night Shift Safety	Night shift work can expose workers to a range of hazards, including sleep deprivation, limited visibility, and changing weather conditions. This course discusses what constitutes extended or unusual works shifts and the hazards associated with work pattern changes. The dangers of sleep deprivation, as well as nighttime weather hazards, are also explained along with nighttime work area lighting needs, operating mobile equipment at night, and the best practices for working outside at night.	:18		Y																	
Industrial Maintenance	52613	Non-conductive Tools	Electricity can be dangerous to human beings. The use of non-conductive tools is one of many techniques used to reduce the chance of injury when working with electricity. Electrical conductivity is an intrinsic property of a material which quantifies the ability of a material to allow or oppose the flow of electrons produced by a voltage difference across the material. Non-conductive tools help protect an electrical worker by preventing the flow of electricity from a live source to the person holding the tool.	:18		Y																	
Health & Safety (EHS)	44377	Occupational Injuries and Illnesses - Determining Recordability	In the workplace, employees may be confronted with a variety of injury and illness cases. When these occur, employees will need to determine or help determine whether or not a case should be recorded for their facility. The purpose of recordkeeping is to ensure facilities record and report work-related fatalities, injuries and illnesses to help analyze injury causes, identify potential trends, and prevent future occurrences. This course will discuss best practices in recording injuries and illnesses.	:44	Y	Y	Y			Y	Y	Y	Y			Y		Y				Y	Y
HR Compliance & Soft Skills	41192	OJT Mentoring	On-the-job training programs can be very productive when properly structured. This course provides tips to help make people more effective OJT mentors, including explaining the structure of an OJT team, providing four questions to ask before training begins, stressing the importance of a training plan, giving tips for being a good mentor, explaining how to evaluate the OJT mentor and program, and more.	:28		Y																	
Industrial Maintenance	45404	Operator Basic Care	Operator basic care (also known as operator essential care, operator driven reliability, asset basic care, or autonomous maintenance) is an equipment reliability program. Although the name and program details can vary, the general concept is to involve operators in the maintenance of their equipment. By engaging all employees, a consistent product output and quality can be maintained throughout the expected lifespan of a machine. The theory is that maintenance should be driven by operators because they spend the most time with the equipment, so they know the most about the current machine condition. Operator basic care provides a foundation for a successful predictive maintenance program. This course covers the basic concepts and best practices of Operator Basic Care programs.	:32		Y																	
Health & Safety (EHS)	45405	OSHA Electrical General Requirements	The Occupational Safety and Health Administration (OSHA) has developed electrical safety requirements to protect employees from electrical hazards. The Electrical General Requirements standard (29 CFR 1910.303) is one of OSHA's most frequently cited standards. Among these standards, this course covers requirements for listed and labeled equipment, proper use of flexible cords and cables, working space requirements, and effective electrical safety programs.	:31		Y																	
Health & Safety (EHS)	45406	OSHA Electrical Wiring Methods	The Occupational Safety and Health Administration (OSHA) has developed electrical safety requirements to protect employees from hazards such as electric shock, electrocution, fires, and explosions. The Electrical Wiring Methods standard (29 CFR 1910.305) is one of OSHA's most frequently cited standards. This standard covers wiring methods, components, and equipment for general use. This course will address some of the frequently cited requirements and provide some examples to help clarify the standard.	:28		Y																	

Health & Safety (EHS)	45407	OSHA Recordkeeping	In the workplace, employees may be confronted with a variety of injury and illness cases. When these occur, employees will need to determine or help determine whether or not a case should be recorded on the OSHA 300 Log for their facility. Injury records are kept to help analyze injury causes, identify potential trends, and prevent future occurrences. Failure to properly record an injury or illness may also result in an OSHA violation and citation. Thus, it is extremely important to know and understand the OSHA rules and requirements for recording an injury or illness. This course will review the criteria for recording injuries and illnesses for OSHA purposes.	:56		Y																
Health & Safety (EHS)	41773	Overhead Crane Basics	This course covers the basic components and functions of floor-operated overhead cranes used in industrial facilities. It also covers the inspections of cranes and rigging components that many facilities require to be performed before a crane can be operated. This course is based on relevant standards for overhead crane safety from OSHA, ANSI, and ASME, as well as recognized general industry best practices. Using clear and concise diagrams and animations, this training covers the following topics: The components of overhead cranes The function of overhead cranes The function of rigging and slings Common pre-use safety inspections for cranes and rigging Importance of personal protective equipment [website use only] This course can be paired with the course Overhead Crane Operational Safety, which goes into detail about safe operating procedures and practices when operating or working near an overhead industrial crane. [link]	:20	Y	Y	Y	Y	Y		Y	Y			Y	Y	Y	Y		Y			
Health & Safety (EHS)	41193	Overhead Crane Operational Safety	This course gives workers an overview of the safe operating procedures for moving loads with floor-operated overhead industrial cranes. This course covers the dangers associated with lifting and moving a load with an overhead crane, as well as safe procedures that will avoid those dangers. This course is based on relevant standards for overhead crane safety from OSHA, ANSI, and ASME, as well as recognized general industry best practices. Using clear, concise 2D and 3D diagrams and animations, this training covers the following topics: The importance of knowing the load capacity of the crane and the rigging How the sling angle can affect rigging Safe procedures for lifting, moving, and setting down a load Safe procedures for operating a crane near people The importance of personal protective equipment [website use only] This course can be paired with our Overhead Crane Basics course, which covers basic overhead crane concepts and the common pre-use inspections required at most facilities. [link]	:16	Y	Y	Y				Y	Y								Y			
Industrial Maintenance	52615	Painting and Coating Basics	Surfaces are often painted or coated to protect them against corrosion and degradation. Metal corrosion is of particular concern because it can cause equipment failures, which can lead to safety problems, environmental issues, lost production, and increased costs. Wood surfaces are also often painted or coated to provide protection from insects, fungi, and weathering. Paints and coatings for use on masonry surfaces must be formulated for the high pH levels that are often present. Prior to painting or coating, surfaces must be properly prepared, which may include cleaning, sanding, drying, and sometimes priming, in order to achieve even coverage and good adhesion.	:37		Y																
Health & Safety (EHS)	40332	Pedestrian Safety	Don't set foot on the plant floor or walk into the warehouse without this basic training on safely walking in an active work zone. Learn about blind spots, the importance of establishing eye contact, and staying within designated walkways. This course covers pedestrian safety guidelines, mobile equipment guidelines, and forklift driver guidelines.	:12	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y		Y					
Health & Safety (EHS)	40333	Personal Protective Equipment	Every day, someone decides to give up their sight, hearing, fingers, toes, or worse to save a few seconds of effort. Sure it can be inconvenient and uncomfortable, but using personal protective equipment (PPE) properly is better than many unfortunate alternatives. Use this course to educate yourself and your team on head protection, eye and face protection, hand protection, foot protection, respiratory protection, and hearing protection.	:18	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y
Industrial Maintenance	44336	Photoswitches, Proximity Sensors, and Feedback Devices	Photoswitches, proximity sensors, and feedback devices are all used to detect objects or information. They are useful in industrial and manufacturing environments to sense product or personnel in the line of machinery or equipment. This module discusses the operation of the different types of each of these.	:21		Y																
Mining Safety (MSHA)	40334	Physical Hazards at a Mine		:21		Y																
Industrial Maintenance	45408	Physics Basics	Understanding physics is a huge endeavor as it covers so many different scientific elements, from the gravity that keeps people from floating into space to the momentum that keeps an object in motion. Simply defined, physics is a branch of science that studies matter and its motion, as well as how it interacts with energy and forces. It covers such subjects as motion, electricity, work and energy, astronomy, waves and sound, light and optics, and nuclear physics and relativity. This module will focus on how physics relates to motion, work, and energy.	:26		Y																
Industrial Maintenance	45409	Pneumatic Basics	Pneumatics is defined as "using pressurized gases to do work." Pneumatic systems are based on the controlled use of compressed air as a source of stored potential energy. By controlling how the air is released, the energy can be turned into movement. Pneumatics are used in handheld power tools, automatic doors, and conveyor systems. They are also used in aircraft for landing gear, flaps, and other instruments. The air brakes on buses and trucks are pneumatic, as well as some exercise machines. Typically, pneumatic systems are more flexible, less costly, and more reliable than many other types of electric motors.	:28		Y																
Health & Safety (EHS)	42092	Pneumatic Tool Safety	Pneumatic tools are powered by compressed air. Common air-powered hand tools include jack hammers, chipping hammers, wrenches, grinders, and nail guns. Some of these tools shoot or create projectiles which can cause bodily injury. Additionally, pneumatic tools produce ear-damaging noise and release atomized oil and water vapor into the air. This module describes pneumatic tools hazards and how to deal with them.	:15		Y																
Health & Safety (EHS)	52629	Pollution Prevention Best Practices	Pollution is the contamination of the environment by substances that harm plants, animals, people, or natural resources. Most people are familiar with the three major forms of pollution: air, water, and land. Polluting these natural resources has both local and global impacts. This course describes ways to identify and reduce pollution at its source.	:35		Y																
Health & Safety (EHS)	41093	Portable Loading Ramps	Portable loading ramps, also called portable loading docks, forklift ramps, mobile ramps, or yard ramps, provide access to semi-trailers and boxcars from ground level. They can be used in places where permanent loading docks do not exist, such as farm fields or construction sites, or as a cost effective way to expand material handling capabilities. Portability provides the flexibility to load and unload trailers close to the storage location, which can significantly reduce transportation distances in large facilities. This course will cover the basic features and safe operating guidelines for portable loading ramps.	:16		Y																
Health & Safety (EHS)	52561	Pressure Washing Best Management Practices	Pressure washing generally refers to the practice of using water sprayed through a nozzle at high pressure to clean or strip material from various surfaces. This technique typically produces contaminated wastewater that can flow into a nearby waterway without proper intervention. This course describes pressure washing best practices and steps to take to avoid polluting open water.	:26		Y																
Industrial Maintenance	41195	Problem Solving Strategies	Problems arise in the workplace on a daily basis. Often times, they can be very difficult and time consuming to solve. Approaching the problem with a structured plan can help improve your efficiency, determine hidden causes, and increase the likelihood that your solution will actually fix the problem. This course illustrates key concepts using a step-by-step plan for a real world example, along with practical tools and strategies like the "5 Whys" technique, that you can use when troubleshooting problems in your workplace.	:24		Y																

Industrial Maintenance	41196	Process and Instrumentation Diagrams	Process and Instrumentation Diagrams, also known as P&IDs, are basically maps meant to show process connections and equipment relationships pictorially. They are invaluable during the planning and installation of new equipment, maintenance planning and procedures, and when comparing as-installed controls to the original design. This module will discuss how P&IDs are used, how to read the symbols used on P&IDs, and a real world examples of a P&ID system.	:40		Y																
Industrial Maintenance	41197	Process Control Charts	Many production facilities use process control charts to track and visually show the behavior and stability of a process over time. This course covers the benefits of using process control charts, the importance of consistency, the many kinds of process control charts, the different elements of process control charts, and how to continually improve the production process.	:23		Y																
Industrial Maintenance	45410	Process Control Fundamentals	Process control simply refers to the control of a process. The main goal of process control is to stabilize process operations in order to consistently produce the desired results, and it can be automatic or manual. In modern processing and manufacturing industries, process control is frequently implemented by automated, computer- based control systems which utilize a number of different "tools." The fundamental building block of these systems is the "process control loop." This module discusses open and closed loop controllers, as well as specific examples of each.	:20		Y																
Health & Safety (EHS)	41803	Process Safety Management	Process Safety Management is the identification, evaluation, and prevention of highly hazardous chemical releases that could occur as a result of catastrophic failures in processes, procedures, or equipment. This course covers the components of the OSHA regulation in detail. By actively participating in PSM training and following all recommended safe work practices, you can do your part to help improve safety in the workplace.	:45		Y																
Industrial Maintenance	42905	Pump Basics	Pumps are used to add energy to fluids (gases, liquids, or slurries) to produce flow or increase pressure. This course discusses the construction and operation of the two most basic types of pumps: positive displacement and centrifugal. In addition to how pumps function, it is also covers some of the common terms which are used to describe pump performance.	:24		Y																
Industrial Maintenance	45411	Pump Types and Applications	Pumps are used to add energy to fluids (gases, liquids, or slurries) in order to produce flow or increase pressure. They can perform many different functions, including moving a fluid from one location to another, recirculating a fluid in a closed system, such as in a heating or cooling system, and providing pressure, such as in hydraulic systems. These functions are performed primarily by two different types of pumps: centrifugal and positive displacement. This module describes the most common types of pumps and their applications.	:24		Y																
Health & Safety (EHS)	40337	Radiation Safety	The myths surrounding radiation exposure may be great for a Hollywood screenplay, but they won't help you work safely around radiation at your facility. Use this radiation safety course to learn about ionizing and non-ionizing radiation, gamma rays, isotope encapsulation, radiation-based sensor usage, radiation strength, and exposure minimization. We're sure you'll find our radiation course a valuable asset to your safety program!	:20	Y	Y											Y					
Health & Safety (EHS)	41098	RCRA - Emergencies, Inspections, and Training	The Resource Conservation and Recovery Act (RCRA) was passed by congress in 1976 to manage hazardous wastes. RCRA regulations apply to any company that generates, transports, treats, stores, or disposes of hazardous waste. The goal of the emergency preparedness and prevention standards is to minimize the potential of a hazardous waste release and the resulting affects to human health and the environment. This course covers the required equipment needed for emergency preparedness, contingency plans, emergency procedures, inspection requirements, frequency, and logs, as well as personal training requirements and documentation.	:26		Y																
Health & Safety (EHS)	41099	RCRA - Generator, Container, and Tank Requirements	The Resource Conservation and Recovery Act (RCRA) was passed by congress in 1976 to manage hazardous wastes. RCRA regulations apply to any company that generates, transports, treats, stores, or disposes of hazardous waste. Generators (anyone that generates a hazardous waste) represent the first step in the management of hazardous waste. This course covers the classifications of generators and their regulatory requirements, waste minimization, container management requirements, hazardous waste tanks, and air emission standards and controls.	:45		Y																
Health & Safety (EHS)	41100	RCRA - Introduction	The Resource Conservation and Recovery Act (RCRA) was passed by congress in 1976 to manage both hazardous and non-hazardous wastes to protect human health and the environment. RCRA subtitle C regulations apply to any company that generates, transports, treats, stores, or disposes of hazardous waste. This course covers hazardous waste identification, hazardous waste lists, codes, and characteristics, and the mixture rule.	:21		Y																
Health & Safety (EHS)	41103	RCRA - Preparing for Transportation, Manifesting, and LDR	The Resource Conservation and Recovery Act (RCRA) was passed by congress in 1976 to manage hazardous wastes. RCRA regulations apply to any company that generates, transports, treats, stores, or disposes of hazardous waste. Generators (anyone that generates a hazardous waste) represent the first step in the management of hazardous waste. Once a generator has accumulated hazardous waste, it needs to be treated and disposed of. This often requires transporting the waste off-site to a treatment or disposal facility. A hazardous waste generator's responsibility is to correctly classify, package, and label the hazardous waste so it can be easily identified and appropriately handled by the transporter, and delivered to the treatment, storage, or disposal facility (TSDF). This course covers preparation steps for transportation, hazardous waste training requirements, hazardous waste manifest, land disposal restrictions (LDR), and alternative treatment standards.	:37		Y																
Health & Safety (EHS)	41131	RCRA - Special Wastes and Other Requirements	The Resource Conservation and Recovery Act (RCRA) was passed by congress in 1976 to manage hazardous wastes. RCRA regulations apply to any company that generates, transports, treats, stores, or disposes of hazardous waste. Some hazardous wastes can be safely recycled. Recycling is an excellent way to manage hazardous waste if it can be done legitimately because recycling can avoid environmental hazards and protect natural resources. Most hazardous waste that is recycled is still subject to the full hazardous waste regulations, but some materials are exempt or subject to special regulations. Recycling facilities are not subject to hazardous waste regulations except when storing in containers or tanks prior to recycling. Recycled materials fall into a special category of waste. The regulations for recycling hazardous waste depend on the material and the recycling process.	:37		Y																
Health & Safety (EHS)	45412	Respirator Basics	Respirators are important and commonly used in the workplace. This course explains what a respirator is and the types of hazards for which they can provide protection. It also explains the difference between air-supplying and air-purifying respirators as well as tight-fitting and loose-fitting respirators. The use of respirators within the hierarchy of controls is covered, as are assigned protection factor (APF), selection criteria, and cleaning, maintaining, inspecting, and storing procedures. Finally, training and personal responsibility are covered.	:28		Y																
Health & Safety (EHS)	45413	Respirator Medical Evaluation and Fit Testing	Before workers wear a respirator on the job, they must undergo a medical evaluation to see if they can wear the particular type of respirator safely. The medical evaluation looks for medical issues that might create a problem for the worker. In addition, after the medical evaluation, the worker should undergo a fit test to make sure the respirator fits properly and creates a tight seal. This course explains the medical evaluation and fit test in more detail.	:24		Y																
Mining Safety (MSHA)	52368	Rights and Legal Responsibilities of Miners	According to MSHA's Part 46.2, a miner is any person, including any operator or supervisor, who works at a mine and who is engaged in mining operations. This course discusses miners' rights and legal responsibilities including how they are protected from discrimination and how they can participate in and obtain inspections. It also provides information on compensation, training, and health protection. Consequences of false statements or representations are also discussed.	:24		Y																
Health & Safety (EHS)	40574	Safety and Health - Advanced	This course covers more advanced guidelines and best practices for safety in a variety of industrial workplaces. With safety topics including working around mobile equipment, hazardous chemicals, and moving machine parts, this course provides advanced concepts critical to establishing safe work habits for yourself and your team.	:22		Y																
Health & Safety (EHS)	40551	Safety and Health - Basic	This course covers basic guidelines and best practices for safety in a variety of industrial workplaces. From identifying and avoiding common workplace hazards to housekeeping and incident reporting, this course provides the fundamental elements critical to establishing safe work habits for yourself and your team.	:21		Y																
Health & Safety (EHS)	41732	Safety Showers and Eye Washes	Chemicals are frequently used and stored in industrial environments. It is imperative to handle them with care and wear appropriate PPE to avoid exposure. If an accident does occur, however, safety showers and eye washes can be used to cleanse the affected area and decrease the extent of injury. Knowing use procedures, maintenance practices, and the locations of safety showers and eye washes will reduce the risk of serious injury and lead to safer conditions in the workplace.	:28		Y																
HR Compliance & Soft Skills	41002	Sexual Harassment Awareness	In 2010, more than 11,000 sexual harassment claims were filed with the United States Equal Employment Opportunity Commission (EEOC). The EEOC states that it is illegal to harass a person (an applicant or an employee) because of that person's sex. Sexual harassment can include unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature. This course defines the term "sexual harassment" and explains the different forms it can take. It also delves into the negative effects sexual harassment has on both an individual and on the workplace as a whole, and suggests appropriate responses to sexual harassment.	:18		Y																

Health & Safety (EHS)	52579	Shoulder Injury Prevention	In the U.S., shoulder injuries result in more days away from work than any other work-related injury. Many activities – including reaching and lifting – can strain the body and cause injuries to the back, neck, shoulders, and limbs. To prevent shoulder injuries, make sure equipment and controls are maintained and function correctly, follow safe work practices, use required PPE, don't overexert, maintain good posture, and stretch and take breaks regularly. It is also important to exercise and take care of yourself during non-work hours.	:32		Y																	
Mining Safety (MSHA)	40340	Site Rules and Hazard Reporting	Every mining company has its own set of policies and procedures that guide safety and hazard reporting. This course discusses site rules and hazard reporting procedures that are common to most mine sites, as well as requirements and procedures for reporting hazards to MSHA. It also contains information on immediately reportable incidents and the required contents of a mine's emergency spill response plan.	:10		Y																	
Health & Safety (EHS)	52562	Slip, Trip, and Fall Prevention Inspections	Slips, trips, and falls (STFs) are a leading cause of work-related injuries, and the second leading cause of workplace fatalities, after motorized vehicle incidents. A comprehensive floor and walkway safety program can greatly reduce STF hazards and incidents. Among other things, this program should include floor and walkway audits and STF prevention inspections performed by trained and qualified persons. STF prevention inspections should include annual inspections, routine safety inspections, and change analyses.	:28		Y																	
Health & Safety (EHS)	41525	Slips, Trips and Falls	Falling at work may not seem very dangerous, but falls are the leading cause of workplace injuries. They commonly cause cuts, bruises, broken bones, back injuries, sprains, and strains. Hazards that cause slips, trips, and falls can be controlled and eliminated if they are identified, reported, and corrected. This course describes common causes of slips, trips, and falls, how they can be prevented, and first aid procedures for fall injuries.	:16	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y		Y		Y			
Health & Safety (EHS)	52563	SPCC Inspections	The purpose of the EPA's Spill Prevention, Control, and Countermeasure rule is to prevent oil contamination of navigable waterways and adjoining shorelines. Facilities which store or handle sufficient quantities of oil are required to create an SPCC plan, which includes inspection and testing procedures and schedules. The purpose of SPCC inspections is to prevent oil discharges due to container and equipment failures. Personnel conducting the inspections are trained to look for signs of corrosion, leaks, brittle fracture, overflows, and other problems.	:31		Y																	
Health & Safety (EHS)	52564	SPCC Run-On and Run-Off	The purpose of the EPA's SPCC rule is to prevent oil contamination of navigable waters and adjoining shorelines. Facilities which store or handle large quantities of oil are required to create an SPCC plan whose purpose is to prevent, control, and deal with oil discharges. One way these facilities can unintentionally discharge oil to waterways is with runoff. To prevent this, they can prevent run-on from reaching equipment with the potential for oil discharges, and also prevent oil-containing runoff from leaving the facility. This module describes the containment measures that can be used to accomplish these goals.	:29		Y																	
Health & Safety (EHS)	52565	SPCC Secondary Containment	At facilities regulated by the SPCC Rule, all containers, equipment, and areas with the potential for oil discharges are subject to secondary containment requirements. Affected equipment and areas must have "appropriate containment" that is able to contain the most likely quantity of oil that would be discharged until it can be cleaned up. The original containers, equipment, and piping serve as the "primary containment," while the "secondary containment" serves as "backup" protection against spills, leaks, and primary containment failures. This module describes the secondary containment that can be used to prevent oil discharges.	:40		Y																	
Health & Safety (EHS)	42289	Spill Prevention, Control, and Countermeasures	When oil is spilled, it can endanger public health and the environment, as well as cost millions of dollars in clean up and disposal. To prevent oil contamination of navigable waterways and adjoining shorelines, the U.S. Environmental Protection Agency created the Spill Prevention, Control, and Countermeasure rule. Having a spill prevention plan in place is among the most effective and efficient tools in preventing environmental contamination. This course will discuss spill-related pollution, spill prevention techniques, appropriate procedures for controlling a spill in the event that one occurs, and countermeasure techniques that can be taken to help comply with federal regulations.	:50		Y																	
Health & Safety (EHS)	42906	Steam Pipe Safety	Steam is used around the world in many different ways. In industrial environments, it is commonly used for power generation and in heating and drying applications. When used properly, steam is one of the cleanest, most efficient, and safest forms of energy in use. However, employees should be prepared and aware of the hazards present when working around steam pipes in order to avoid accidents and injuries. This course describes the hazards presented by steam pipes, how to prevent them, as well as how to properly inspect, insulate, and label steam pipes.	:31		Y																	
Health & Safety (EHS)	52568	Steel Erection Safety	Steel erection involves assembling and connecting steel beams to form a structural frame for buildings and bridges. There are many obvious hazards associated with lifting large, heavy steel members and working at heights. According to the United States Bureau of Labor Statistics, an average of 15 ironworkers die each year in work related accidents. Precautions should be taken to prevent injuries during the construction, alteration, and/or repair of single and multi-story buildings, bridges, and other structures where steel erection occurs. This module provides hazard awareness information to prevent the most common incidents.	:32		Y																	
Health & Safety (EHS)	52569	Storage and Handling of Combustibles	Category 3 and 4 flammables, previously identified as "combustibles," have higher flash points than category 1 and 2 flammables, which means that they require higher temperatures to produce vapors that will ignite and burn if an ignition source is present. To safely store and handle combustible liquids, make sure you read and understand their labels and safety data sheets, and fully understand their hazards. Also follow the combustible liquid storage and handling best practices in this module and for your workplace.	:29		Y																	
Health & Safety (EHS)	52570	Storage and Handling of Corrosives	Corrosives are substances that damage or destroy other substances on contact. Most are strong acids, strong bases, or concentrated solutions of weak acids or weak bases. To safely store and handle corrosives, read the container labels and safety data sheets, and follow the requirements and precautions they contain. Also follow the storage and handling best practices for hazardous chemicals and corrosives for your workplace and listed in this module, and keep an accurate inventory at all times.	:32		Y																	
Health & Safety (EHS)	52571	Storage and Handling of Flammables	GHS Category 1 and 2 Flammable liquids have flash points below 73.4 °F (23 °C), which means that they produce vapors that can ignite and burn at normal working temperatures if an ignition source is present. Their ability to self-ignite and to explode under certain conditions make them particularly hazardous. To safely store and handle flammable liquids, read and understand their labels and safety data sheets, and follow the best practices and regulations included in this module and established for your worksite or location.	:39		Y																	
Health & Safety (EHS)	52592	Storage and Handling of Pesticides	Pesticides are used in many different applications to prevent, destroy, repel, and mitigate "pests." A "pest" can be any plant or animal that endangers our food supply, health, or comfort. Because pesticides are toxic, they are inherently hazardous. To avoid their potential hazards, always review and follow the recommendations and precautions listed on pesticide labels and in SDSs, and adhere to the best practices presented in this module, plus any that have been established for your workplace.	:36		Y																	
Health & Safety (EHS)	40341	Stormwater Pollution Prevention	Stormwater runoff is the result of precipitation created by rain or snowmelt flowing over any exposed surface, such as equipment, roofs, roads, and pastures. As the water flows over urbanized and industrial areas it has the potential to pick up a number of contaminants like oil, sediment, chemicals, and litter. This water is then transported to nearby waterways. Polluted stormwater draining from urbanized areas is one of the leading causes of water pollution in lakes, streams, and oceans. This course describes the legal provisions related to stormwater pollution prevention as well as structural and operational best management practices at facilities.	:21		Y																	
HR Compliance & Soft Skills	40617	Stress Management and Prevention	Employees constantly encounter conflicts with bosses, changing responsibilities, financial pressures and many other situations that can lead to stress. Workplace stress can negatively affect a company due to decreased attendance, proficiency, and productivity. This course will help workers identify potential stressful situations, become aware of the effects stress can have on their health, relationships, and careers, as well as list ways to manage stress.	:20		Y																	
HR Compliance & Soft Skills	42291	Substance Abuse Awareness	Drug addiction is when an individual is involved in compulsive drug seeking and use, regardless of any negative health or social consequences. This compulsive drug use can cause employees to be more likely to miss work, be less productive, or even be involved in on-the-job accidents. This course raises awareness by discussing the effects of different types of drugs and alcohol as well as how to recognize and deal with symptoms of abuse.	:28		Y																	
Health & Safety (EHS)	41526	Supported Scaffold Safety	This course covers some of the more important OSHA requirements for supported scaffolds, as well as basic safe practices for working on or near these scaffolds. It is intended as an introductory or refresher course for construction and general industry workers who will be working on or near scaffold systems.	:40	Y	Y											Y					
Mining Safety (MSHA)	40342	Surface Mine Development, Operations, and Reclamation	Mining is the search for, extraction, and processing of valuable materials from the earth's crust. Surface and underground mining are currently the most commonly employed methods for accessing ore, minerals, or other metal and nonmetal commodities. This course covers common mining methods, as well as the lifecycle of a mine, from the development through reclamation.	:28		Y																	
Industrial Maintenance	41198	Table Saw Basics	Table saws are essential tools used to accurately cut lumber and sheet materials like plywood and particleboard. This course discusses the location and function of the major components of a typical table saw and safety guidelines to follow while working on and around a table saw. It concludes by illustrating how to adjust the blade height and blade tilt, as well as how to square the blade and set the cut width. Understanding the table saw will allow you to use the saw properly and effectively, and will help prevent you or your co-workers from being seriously injured.	:23		Y																	

Industrial Maintenance	41729	Table Saw Operations	Table saws are essential tools used to accurately cut lumber and sheet materials like plywood and particleboard. This course discusses the location and function of the major components of a typical table saw, safety guidelines to follow while working on and around a table saw, several different cut types that can be performed by a table saw, and the techniques used make those cuts. Understanding how the table saw operates will allow you to use it properly and effectively, and will help prevent you or your co-workers from being seriously injured.	:20		Y																	
Health & Safety (EHS)	42293	Tanker Rollover	Approximately 1300 tanker truck rollovers occur every year. These rollovers are the reason behind one in four accident-related truck driver deaths. This course emphasizes the importance of drivers paying close attention to the road and its conditions, as well as how their behaviors and decisions can factor in a rollover.	:21	Y	Y											Y					
Industrial Maintenance	42907	Temperature and Light Sensors	Temperature sensors are used to help ensure that a process or application is staying within a safe temperature range during operation. They also aid in measuring the temperature of equipment under hazardous conditions such as extreme heat, or when an area is inaccessible by normal means. At the end of this module you will be able to list the different types of temperature sensors and state how the different types of light sensors work.	:18		Y																	
Health & Safety (EHS)	41510	Trenching and Excavating Safety	This course covers safe work practices for excavation and trenching work. It is meant to be used as an introductory or refresher course for construction workers involved in digging or working in an excavation. It is based on OSHA Construction regulations and industry best practices.	:26	Y	Y											Y					
Health & Safety (EHS)	41527	Trenching and Excavating Soil Properties	This course covers the importance of soil properties and classifications when engaging in excavation work. It is meant to be used as an introductory or refresher course for construction workers who will be digging or working in excavations. It is based on OSHA excavation regulations and on recognized best practices.	:15		Y																
Health & Safety (EHS)	45027	Truck Mounted Crane	Cranes are important pieces of equipment that are carefully designed and manufactured. When used properly, cranes provide a safe way to lift objects, and truck mounted cranes can be especially useful because they are mobile. However, cranes can pose many safety hazards. Cranes can tip over or contact electrical power lines. There is also the potential for moving or falling objects to strike workers, which is the leading cause of crane-related fatalities. Operators must be properly trained and everyone on the jobsite should be familiar with truck mounted crane safety. This course will describe common truck mounted crane types and components. The main focus of the module will be on the safe operation of truck mounted cranes.	:42		Y																	
Health & Safety (EHS)	42908	Turpentine Awareness	Turpentine, also called the spirit of turpentine, oil of turpentine, or wood turpentine, is a fluid obtained by distilling resin from pine trees and other coniferous trees. It is a colorless, volatile liquid with a strong odor. Turpentine is often used as a solvent or thinner for oil-based paints and varnishes. Working with or around turpentine is sometimes unavoidable, so it is critical that you use the proper PPE, follow standard procedures, and know how to handle leaks, spills, and other emergency situations. This course describes what turpentine is, its uses, the hazards it presents, and how to protect yourself from those hazards.	:21		Y																	
Mining Safety (MSHA)	40443	Typical Surface Mining Equipment	Mining operations require the use of many different types of equipment and structures. This course discusses the most common types of mobile and stationary equipment used in the mining industry, such as dozers, dredges, backhoes, and shovels, as well as haulage and human transport vehicles. Information on stationary equipment, such as conveyor systems, generators, bins, hoppers, feeders, crushers, screens, and classifiers is also provided. This course also briefly describes commonly used buildings and structures, such as maintenance shops, truck scales, and equipment washing facilities.	:36		Y																	
Health & Safety (EHS)	52595	Underground Storage Tank Requirements (UST)	Any tank, and associated underground piping, with at least 10% of its volume underground is considered an underground storage tank (UST). Until the 1980s, most USTs were made of bare steel, which easily corroded. This allowed the tank contents to leak into the environment and contaminate soil and groundwater. So, beginning in 1984, Congress passed a series of laws to address leaking underground storage tanks that contain petroleum or other hazardous substances. The federal UST program sets minimum operating requirements and technical standards for tank design and installation, spill and overfill control, leak detection and response, and corrective actions.	:45		Y																	
Industrial Maintenance	41199	Understanding Facility Costs	Reducing costs will make your facility more profitable and more successful. The more successful your facility is, the more job security and opportunities for success you and your coworkers will have. This course discusses the relationship between the business terms: revenue, cost and profit and illustrates the importance of identifying areas to reduce waste at the facility where you work, even when they are small.	:16		Y																	
Health & Safety (EHS)	52596	Universal Waste Storage and Handling	There are four main categories of universal waste: batteries, lamps, pesticides, and mercury-containing equipment. These special categories of hazardous wastes are meant to reduce the management burden and facilitate the recycling of universal wastes. This course will cover storage, container labeling, handling, and spill cleanup procedures for universal wastes.	:31		Y																	
Industrial Maintenance	41003	Valve Basics	Valves are used throughout most industrial work places, but what do you know about them? Given their importance, it's surprising that many people don't know what valves do or how they do it. This course offers a solid introduction to many basic concepts related to the valves used in general industry. So whether you're a complete novice, filling some gaps in your knowledge, or just brushing up, Valve Basics has the information you're looking for.	:29		Y																	
Industrial Maintenance	45414	Valve Common Problems	Valves are critical in many workplaces, and so it's important to know how to avoid, diagnose, and fix common valve-related problems. This course focuses on flashing, cavitation, choked flow, turbulence, and noise, explaining the causes of each and providing possible solutions.	:31		Y																	
Industrial Maintenance	41004	Valve Performance	You may know how valves work, but do you know how to select the right valve for the job based on its performance characteristics? If not, this is the course you've been looking for. Learn all the basic concepts and terms for evaluating a valve, including those for the amount of fluid that can flow through a given valve in a period of time, the distance the valve stem travels from the open to closed position and the relationship between the valve travel distance and the corresponding changes in flow rate. You'll also discover how the performance of a valve can change after it's installed in a real system with varying conditions, how well a valve can withstand pressure and prevent leakage, and how control systems can be used to increase the efficiency of valves.	:18		Y																	
HR Compliance & Soft Skills	41200	Violence in the Workplace	Every year in the U.S., there are an estimated 2 million reported cases of workplace violence. NIOSH defines workplace violence as any act or threat of physical violence, harassment, or intimidation that occurs in the workplace. It can be instigated by criminals, customers, co-workers, or someone you have a personal relationship with. This course will raise awareness of the consequences of workplace violence and describe how to recognize warning signs so you and your coworkers can avoid these dangerous situations.	:18		Y																	
Health & Safety (EHS)	52597	Volatile Solvent Spill Response	Spills involving volatile solvents are a unique class of spills. This is due to the fact that in addition to any damage and pollution directly caused by the spilled liquid, evaporation of a volatile solvent will contaminate the air in the vicinity with the gaseous form of the liquid. Because the vapors from most volatile solvents are flammable and toxic to some degree, the response to this type of spill must take the presence of the vapor into consideration.	:20		Y																	
Health & Safety (EHS)	42909	Warehouse and Loading Dock Safety	Warehouses are large, open rooms or structures commonly used to receive, organize, store, and ship goods to customers or other facilities. Most warehouses have a loading dock where trucks and railcars can be loaded for shipment of finished goods. High noise levels, limited visibility, use of heavy equipment, and 24-hour operations can make warehouses and loading docks extremely dangerous work areas. To safely work in this environment, employees should be properly trained to recognize and avoid common hazards.	:31		Y																	
Health & Safety (EHS)	45026	Welding Safety	Welding is a very effective workplace technique used to fuse or cut metal, though it is not without dangers. Knowing the hazards of welding and following the correct procedures will help prevent personal injury, fatalities, and property damage. This course will cover welding-specific personal protective equipment, arc and gas welding, brazing and soldering, as well as the hazards they present. Lastly, this course discusses safety procedures used to minimize the exposure to different welding hazards.	:26		Y																	
Health & Safety (EHS)	42910	Wire Rope Basics	Wire ropes are used on machines that lift and move heavy loads because they are strong, durable, and resistant to abrasion. They are commonly used in many industrial applications such as wire rope slings, derricks, cranes, hoists, and many more. In this course, you will learn about the basic construction of a wire rope as well as the different core types, strand materials, and rope finishes available for wire ropes. You will also learn the meaning of lay and about different lay types. This course ends with a description of the different construction types, wire rope design compromises, and a wire rope's maximum working load.	:26		Y																	
Health & Safety (EHS)	41730	Wire Rope Safety and Operation	Wire ropes are used on machines that lift and move heavy loads. Because of the potentially high loading on wire ropes, they can be one of the most dangerous pieces of equipment at a worksite. In this course, you will learn which personal protective equipment to wear while using wire ropes, safety guidelines for working with wire ropes, and how to recognize potential wire rope hazards. Because of the potential for accidents, knowing how to properly use and safely work around wire ropes is crucial to your safety and the safety of your co-workers.	:18		Y																	
Industrial Maintenance	45415	Wood and Insulation Basics		:23		Y																

Health & Safety (EHS)	45416	Work Zone Safety	A "work zone" is an area of roadway associated with construction, maintenance, or utility work activities. Work zones are typically marked by signs, channeling devices, pavement markings, and/or work vehicles. Because they are often adjacent to active roadways, work zone workers are exposed to significant risks. Motorists, cyclists, and pedestrians can also face significant risks. Roadways and work activities differ, and weather, traffic volumes, and local environments also vary, so a "one size fits all" approach to work zone safety is not appropriate. However, there are policies, procedures, and guidelines which do apply to all. These are covered in this course.	:31		Y																
Health & Safety (EHS)	52381	Worker Right to Know (RTK)	Workers have the right to know and understand the hazards presented by the chemicals they use and how to work with them safely. Employers must maintain a list of all chemicals on site and provide employees with safety data sheets, which contain detailed information about the chemical and its hazards. This module is designed to ensure workers know what information should be provided to them and to help them understand that information. It describes the requirements of the Right to Know Standard and each section of a safety data sheet.	:31		Y																
Mining Safety (MSHA)	40345	Working Around Mining Equipment	Working around mobile and stationary equipment can expose miners and others on-site to a range of physical and environmental hazards. This course discusses pre-operational equipment checks, seat belt use, equipment blind spots, and communication methods. It also illustrates hazards of working around highwalls, piles, conveyors, and other mining equipment.	:39		Y																
Health & Safety (EHS)	52393	Working Over or Near Water	Working over or near water can expose workers to a range of hazards, including injuries from falls, hypothermia, and drowning. This course discusses best practices for working over or near water, including the proper use of common types of personal flotation devices (PFDs). This course also offers information on what to do in "man overboard" (MOB) situations, including survival tactics and recovery practices.	:28		Y																
Mining Safety (MSHA)	40349	Working with Electricity at a Mine	Working with or around electricity can expose miners and others onsite to a range of hazards, including electric shock, arc flash, and even explosions and toxic chemicals when working with batteries. This course discusses the elements of an effective electrical safety program, testing electrical circuits, using extension cords, working with batteries and generators, and how to work safely around power lines.	:18		Y																
Mining Safety (MSHA)	52370	Workplace Examinations at a Mine	A workplace examination is a physical, in-person inspection of a work area to assess safety and health conditions. These examinations are required to identify and correct hazardous conditions promptly, with the ultimate purpose of improving the health and safety of miners and mining contractors. This course covers the definition and purpose of a workplace examination, the definition of a competent person, documentation requirements, and common hazards associated with mining workplaces.	:16		Y																
Industrial Maintenance	45417	Wrenches and Hammers	Wrenches and hammers are two of the most commonly used tools. From do-it-yourself weekend projects in the garage at home to large scale industrial construction, it is almost inevitable that wrenches and hammers of one kind or another will play a significant role. They are incredibly helpful, and make difficult jobs much easier and more efficient. This course will describe the different types of wrenches and hammers available as well as safe work practices for using them.	:29		Y																