

Basic First Aid

Each employee will know how to initially respond to an accident or injury situation, become aware of first aid guidelines and "good practices," and be able to properly treat injuries and respond to emergencies.

Basic Respiratory Protection

The goal of this lesson is to ensure users are qualified and properly trained in the use and maintenance of respirators.

Bloodborne Pathogens

The goal of this introductory course is to help employers provide a safe and healthful work environment for their employees and minimize the possibility of employee exposure to bloodborne pathogens.

Cardiopulmonary Resuscitation (CPR)

This lesson provides refresher training or supplement training from a practical hands-on CPR course on how to respond confidently to a respiratory, cardiac, or choking emergency until professional medical help arrives.

Chemical Safety

This lesson provides required awareness training in occupational hazards common to the handling of chemicals, methods used for evaluating and minimizing chemical exposure, measures that protect against chemical hazards, safe practices for chemical storage and waste disposal, and the correct response to emergency situations involving chemical spills.

Chlorine Safety

The goal of this lesson is to provide awareness training to help workers recognize the occupational hazards and health effects of chlorine exposure and the exposure controls.

Compressed Gases

The goal of this lesson is to make all employees aware of the safety requirements when working with or around Compressed Gas.

Confined Space - Entry Level

The lesson covers the hazards posed by Permit-Required Confined Spaces to employees during entry. It also covers the responsibilities of the Space Entrant, Attendant, or Entry Supervisor before, during, and after the space entry. This training does not qualify employees to enter Permit-Required Confined Spaces.

Confined Spaces

The goal of this introductory course is to make all employees aware of the potential hazards that may exist in a confined space and understand that special precautions, training, and an approved Confined Space Entry Permit or approved Routine Entry Procedures are required for entry.

Criticality Safety

This lesson explains awareness level criticality concepts and terms necessary to properly respond to a criticality alarm and identifies handling restrictions and labels associated with fissionable material.

Driver Safety

The goal of this lesson is to enable drivers to recognize and identify hazardous driving conditions and to minimize their risk of accidents.



Electrical Safety

The goal of this course is to reduce the financial and personnel cost of injuries due to exposure to electrical hazards. It covers general electrical safety in the workplace including the proper use of portable electrical equipment such as appliances and tools, extension cords, and Ground Fault Circuit Interrupters (GFCI).

Emergency Response

Each employee will recognize their employer's responsibilities for communicating the emergency action plan, list their responsibilities in the action plan, identify requirements for alarm systems, recognize the elements of the fire prevention plan, and state responsibilities for responding to weather-related disasters, natural disasters, bomb threats, fire, workplace violence, and hazardous material incidents.

Environmental Management

Upon completion of this lesson, the student will be able to identify waste management concepts, the hazards of environmental waste, the regulations in place to manage waste reduction and waste generation, and actions to take if a spill or release of hazardous material occurs.

Excavation, Trenching and Shoring Safety

Each employee will recognize key terms associated with excavation work, identify correct principles and practices used in designing excavations, recognize proper principles and practices associated with constructing an excavation, and identify the dangers and safe practices that must be followed when working in or near excavations.

Fall Protection

The goal of this lesson is to make all employees aware of the requirements for use of Fall Protection, Work Positioning, Fall Restraint, and Fall Arrest systems.

Fire Safety

The goal of this introductory course is to reduce the financial and personnel cost of fires.

Flammable Liquid Safety

This lesson covers the principles of hazard recognition, general safety requirements, flashpoint protection and inventory inspections in the use of flammable and combustible liquids in the workplace.

Formaldehyde Safety

The learner will recognize the occupational hazards and health effects of exposure to formaldehyde and formaldehyde-based products, how this exposure occurs, and the controls necessary to ensure worker safety when exposed to these products in the workplace, including accidental spills or release.

Hand and Power Tool Safety

Each employee using hand and power tools will recognize definitions and types of portable tools, the potential hazards connected with their use, including manual, electric, pneumatic, hydraulic, liquid-fueled, powder-actuated, and abrasive wheel tools, and will demonstrate the proper procedures required for each type of tool.

Hazard Communication Available in Spanish

The goal of this introductory course is to inform workers of their right to know about chemical hazards in their workplace and to meet OSHA requirements for providing employees information about the Hazard Communication Standard.



Hazardous Waste Operations and Emergency Response Refresher

This course provides the basic information needed to meet the annual refresher requirements in OSHA 29 CFR 1910.120 Hazardous Waste Operation and Emergency Response (HAZWOPER) for workers at hazardous waste sites who have already completed their initial 40-hour or 24-hour HAZWOPER training. Specifically, this course provides the refresher training for workers who perform hazardous waste site operations that are subject to the requirements of 29 CFR 1910.120(a) through (p). This course does not encompass refresher training for persons subject to 29 CFR 1910-120(q)--that is, those who engage in emergency response to hazardous substances incidents.

Hearing Conservation

The goal of this introductory course is to enable the employee to correctly apply the principles of hazard recognition, risk management, and rights and responsibilities when working in areas where noise is a hazard.

Heat and Cold Stress

The goal of this course is to reduce the financial and personnel cost of personal injuries on the job resulting in lost workdays due to heat and cold stress illnesses.

Hot Work with Arc Welding

The goal of this lesson is to provide required training in the hazards of hot work and the basic requirements for reducing the risk of injury.

Incident Investigation

This lesson covers the purpose for conducting an incident investigation, the procedures to follow, and what information should be determined during the investigation. It also covers who to interview, how to properly conduct the interview, and how to complete an investigation report and recommend corrective action following the investigation.

Indoor Air Quality

This lesson defines indoor air quality, explains the consequences of contamination, and covers the causes and sources of major indoor air contaminants. It also covers health effects and major risks of contamination, and how exposure controls help maintain good indoor air quality.

Industrial Ergonomics

To minimize the possibility of employee accidents and illness due to chronic work-related physical and psychological stresses and maximize productivity and efficiency.

Laboratory Safety

The goal of this lesson is to provide required awareness training in the occupational hazards common to most laboratory operations, safe work practices to help reduce or eliminate exposure to these hazards, special equipment and precautions to ensure personal safety, and the correct response to emergency situations in laboratories.

Ladder Safety

Learn common hazards associated with ladder work and how to follow safe practices to reduce these hazards. Also, learn the fall protection requirements associated with ladder work and when and how to inspect ladders.

Lead Awareness

This lesson provides awareness training to help workers recognize the occupational hazards and health effects of lead exposure, where lead is found, and the exposure controls.

**Lock and Tag Available in Spanish**

The goal of this introductory course is for the general worker to understand and comply with the lockout/tagout system of his or her workplace location/facility.

Machine Guarding

This lesson covers the mechanical hazards associated with machinery use and the safeguarding requirements for those machines. It also covers methods for machine guarding, types of machine safeguards and safe practices for working around them, including PPE use and training requirements.

Office Ergonomics

To minimize the possibility of employee accidents and illness due to chronic work-related physical and psychological stresses and maximize productivity and efficiency.

Overhead and Gantry Crane Safety

The goal of this course is that all employees operating bridge cranes will be able to identify the requirements for inspection, operational testing, proper rigging and lifting procedures, and other safety practices relevant to crane operation.

Personal Protective Equipment Available in Spanish

The goal of this introductory course is to protect employees from work-related illness and injury. The student learns how to determine what personal protective equipment is required to perform a particular job, to inspect this equipment for defects before donning it, and how to determine when this equipment needs to be replaced.

Process Safety Management

To provide awareness training on "highly hazardous" chemical processes and the importance of having and following certain procedures to prevent or minimize the release of these chemicals.

Radio Communications

This lessons covers proper two-way radio use, including how proper use can save lives and property in an emergency, and how time spent waiting for a clear channel can delay or prevent emergency response.

Safety Audits

The goal of this lesson is to provide awareness training for managers, supervisors, and general employees on the importance of safety audits and how to plan and conduct an audit.

Scaffold Safety

Each employee working around scaffolds will recognize definitions and types of scaffolds, the potential hazards connected with their use, including electrical, structural instability, falls, and falling objects, and will demonstrate proper use of procedures required for working on or near scaffolds.

Slips, Trips and Falls

The goal of this introductory course is to teach employees to identify safe and correct methods for using portable ladders and scaffolds. The student learns to identify good housekeeping practices to prevent accidents, as well as safe procedures for working on elevated surfaces.

Traffic Control (Flagger)

The student will recognize general guidelines for traffic control, the signs, barriers, flags, stop/slow paddle and lights used at the work site, clothing regulations, and how to properly position himself/herself for optimum safety. The student will also identify how to judge traffic speed and congestion and regulate traffic accordingly.