

# Microlearning Course Catalog

The Microlearning programs/courses listed below are available in English. Most of the courses are also available in Spanish. With the exception of the Laboratory Safety and HAZWOPER Series all of the courses will be available in Spanish shortly. This listing is organized by curricula and their associated Microlearning programs/courses.

## Accident Investigation

- Accidents and “Near Misses”
- Investigations...and “Root Causes Analysis”
- Case Study 1: Equipment
- Case Study 2: Training
- Case Study 3: Procedures
- Learning From Accidents

## Active Shooter

- Preparing for the Unpredictable
- Recognizing and Surviving an Attack
- Running from a Shooter
- Hiding from a Shooter
- Fighting a Shooter
- When the Police Arrive

## Aerial Lifts in Industrial & Construction Environments: Types of Lifts & Their Hazards

- OSHA, ANSI and the MEWP’s Standards
- Developing a “Safe Use Program”
- Types of Lifts and Required Training
- Hazards Associated with Aerial Lifts

## Aerial Lifts in Industrial & Construction Environments: Working with a Lift & On the Ground Around One

- Inspecting an Aerial Lift and Its Worksite
- Preparing to Use a Lift
- Operating an Aerial Lift
- Wrapping Up Your Work with a Lift
- Working on the Ground Near an Aerial Lift

## Arc Flash

- “Shock”...and How to Avoid It
- What is “Arc Flash”?
- Personal Protective Equipment

- Creating an “Electrically Safe Condition”
- Avoiding Arc Flash Situations

## Asbestos Awareness

- Asbestos: Miracle and Menace
- The Health Effects of Asbestos
- Types of Asbestos Hazards
- Thermal System Insulation
- Surfacing Materials, Flooring & Ceiling Tiles
- Protective Equipment & Safe Work Practices
- Decontamination & Medical Surveillance

## Back Safety

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## Back Safety in Construction Environments

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## Back Safety in Food Processing & Handling Environments

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

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## **Back Safety in Healthcare Environments (For Medical Personnel)**

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Patient Handling
- Taking Care of Your Back 24/7

## **Back Safety in Healthcare Environments (For Office & Maintenance Personnel)**

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## **Back Safety in Industrial Environments**

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## **Back Safety in Office Environments**

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## **Back Safety in Transportation & Warehouse Environments**

- How the Back Works
- Types of Back Injuries
- Better Posture for a Healthier Back
- How to Lift Things Safely
- Taking Care of Your Back 24/7

## **Bloodborne Pathogens in Commercial & Industrial**

- HIV and Hepatitis

- Infection and the Exposure Control Plan
- Methods of Exposure Control
- Personal Protection and Vaccination
- Housekeeping and Regulated Waste
- Accidental Exposure

## **Bloodborne Pathogens in First Response Environments**

- HIV, Hepatitis & Sources of Infection
- The Exposure Control Plan
- Labeling
- Reducing Exposure: Work Practices
- Reducing Exposure: Housekeeping
- Reducing Exposure: Materials & Equipment
- Personal Protective Equipment
- Vaccination Accidental Exposure
- Post Exposure Procedures

## **Bloodborne Pathogens in Healthcare Facilities**

- HIV, Hepatitis & Sources of Infection
- The Exposure Control Plan
- Labeling
- Reducing Exposure: Work Practices
- Reducing Exposure: Housekeeping
- Reducing Exposure: Materials & Equipment
- Personal Protective Equipment
- Vaccination Accidental Exposure
- Post Exposure Procedures

## **Bullying & Other Disruptive Behavior (For Employees)**

- Workplace Bullies & What They Do
- The Effects of Workplace Bullying
- How to Handle a Workplace Bully
- Other Disruptive Behavior
- Defusing Disruptive Behavior

## **Bullying and Other Disruptive Behavior (For Managers & Supervisors)**

- Bullying and Its Effects
- Other Disruptive Behavior

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- “Coaching” Your Department About Bullying & Disruption
- Handling a Report of Bullying & Other Disruption
- “Informal Responses” and “Awareness Intervention”
- Conducting and Investigating
- Additional Levels of Intervention

## **Caught-In/Between Hazards in Construction Environments**

- What are ‘Caught-In/Between’ Hazards?
- Three Types of Caught-In/Between Hazards
- Trenching, Scaffolding & Demolition
- Vehicles and Heavy Equipment
- Powered Tools and Machinery

## **Compressed Gas Cylinders**

- Types of Gases and Their Cylinders
- The Hazards of Compressed Gas Cylinders and the Gases They Contain
- Storing Compressed Gas Cylinders
- Handling Cylinders Safely
- Installing Compressed Gas Cylinders
- Finding and Dealing with Leaks

## **Computer Workstation**

- Arranging Your Work Area
- Using Neutral Positions
- Reducing Eyestrain
- Stretching and Relaxation Exercises

## **Confined Space Entry**

- Reducing Risk with a Permit Space Program
- The Entry Permit
- Testing for Hazardous Atmospheres
- Making a Space as Safe as Possible
- A Step-by-Step Approach to Safe Entry
- Attendants and Evacuation
- Some Special Situations

## **Conflict Resolution in Industrial Facilities**

- Understanding Workplace Conflict
- Responses That Can Make Things Worse
- Resolving Conflicts Effectively
- How to Handle a Confrontation

## **Conflict Resolution in the Office**

- Understanding Workplace Conflict
- Responses That Can Make Things Worse
- Resolving Conflicts Effectively
- How to Handle a Confrontation

## **Coronavirus: Guarding Against COVID-19**

- The Coronavirus, Vaccination, Testing & Contact Tracing
- Hand Washing and “Touch Discipline”
- Social Distancing and “Respiratory Etiquette”
- If You Think You’re Getting Sick
- Returning to Work During the Pandemic

## **COVID-19 in Healthcare Environments (OSHA’s Emergency Temporary Standard)**

- The COVID-19 Plan & Required Precautions
- Physical Considerations & Administration
- The Coronavirus, Vaccination, Testing & Contact Tracing
- Hand Washing and “Touch Discipline”
- Social Distancing and “Respiratory Etiquette”
- If You Think You’re Getting Sick
- Returning to Work During the Pandemic

## **Crane Safety in Industrial & Construction Environments**

- Different Types of Cranes
- Crane Hazards and Safety Standards
- Making a Crane Safety Inspection
- Preparing a Boom Crane
- Moving Rigging and Lifting a Crane’s Load

## **Dealing With Drug & Alcohol Abuse (For Employees)**

- Substances That Are Often Abused

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- Alcohol, Marijuana and Other Depressants
- Stimulants and Narcotics
- How People Get Hooked
- Drug Dependency
- Becoming a Substance Abuser
- Alcohol and Drug Policies
- Overcoming Substance Abuse

## **Dealing With Drug & Alcohol Abuse (For Managers and Supervisors)**

- How Substance Abuse Can Affect a Workplace
- What Substances Are Abused
- Laws You Need to Know About
- Creating a Drug and Alcohol-Free Workplace
- Substance Abuse Education and Training
- Recognizing On-The-Job Substance Abuse
- Handling Substance Abuse Situations

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## **Dealing With Hazardous Spills**

- HAZMAT Basics and The Emergency Action Plan

- The Spill Response Team
- Responding To A Spill: The First Steps
- Characterizing a Spill and Cleaning it Up
- Special Hazards, Decontamination & Waste Disposal

## **Distracted Driving**

- The Cost of Distracted Driving
- Multi-Tasking and Distraction
- Cell Phones
- Eliminating Distractions Before You Drive
- Fighting Distraction on the Road

## **Diversity in the Workplace (For Employees)**

- What is Diversity?
- The Benefits of a Diverse Workplace
- Stereotyping, Bias & Discrimination
- Building Diversity Skills

## **Diversity in the Workplace (For Managers)**

- What is Diversity?
- The Benefits of a Diverse Workplace
- Stereotyping, Bias & Discrimination
- Making a Personal Commitment to Diversity
- Promoting Diversity in Your Department

## **DOT Cargo Securement**

- The DOT Cargo Securement Standard
- Securement Systems
- Working With "Load Limits"
- Loading and Restraining Cargo

## **DOT Commercial Motor Vehicle Inspections**

- Overview of FMCSA Inspection Requirements
- "Pre-Trip" Inspections
- "En-Route" and "Roadside" Inspections
- "Post-Trip" Inspections

## **DOT Drug and Alcohol Testing for CDL Drivers**

- DOT/FMCSA Drug and Alcohol Regulations
- Drug and Alcohol Testing Basics

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- How Drug and Alcohol Tests Are Conducted
- Removal and Return-to-Duty
- Substance Abuse: Getting Help

## **DOT HAZMAT General Awareness**

- The Hazardous Materials Regulations
- Training Requirements
- Hazardous Materials in the Workplace
- Shipping Papers and the Emergency Response Guidebook
- Packing and Loading Hazardous Materials
- Shipping and Unloading Hazardous Materials

## **DOT HAZMAT Safety Training**

- DOT HAZMAT Regulations and Training
- HAZMAT Labels, Placards and Hazard Classes
- Shipping Papers and Emergency Response Information
- Using the DOT Emergency Response Guidebook
- Shipping and Receiving HAZMATs
- HAZMAT Emergencies and Exposure

## **DOT HAZMAT Security Awareness**

- The Need for HAZMAT Security Training
- Understanding Internal Threats
- Securing HAZMATs and the Facility
- Preparing to Ship Hazardous Materials
- Protecting HAZMAT Shipments
- Unloading HAZMAT Shipments

## **DOT In-Depth HAZMAT Security Training**

- DOT HAZMAT Security Regulations
- Creating a Security Plan
- The Need for "Personnel Security"
- Preventing "Unauthorized Access"
- The Fundamentals of Safe Shipping
- Protecting HAZMATs "En Route"
- Receiving Shipments of Hazardous Materials

## **DOT Hours of Service**

- An Overview of the Regulations

- Keeping Track of Your Time
- 14-Hour Duty and 11-Hour Driving Limits
- 60-Hour/7-Day and 70-Hour/8-Day Limits
- Using the Sleeper Berth Provision

## **DOT Reasonable Suspicion Testing for Managers and Supervisors: Part I**

- DOT/FMCSA Drug and Alcohol Regulations
- An Overview of a Reasonable Suspicion Testing
- What Makes Suspicion "Reasonable"?
- General Signs of Substance Abuse
- Behavioral Signs of Drug Use
- Physical Signs of Drug Use

## **DOT Reasonable Suspicion Testing for Managers and Supervisors: Part II**

- Behavioral Signs of Alcohol Use
- Physical Signs of Alcohol Use
- Approaching the Employee
- Drug and Alcohol Testing Basics
- How Drug and Alcohol Test Are Conducted
- Removal and Return-to-Duty
- Getting Help for Substance Abuse

## **DOT Reasonable Suspicion Testing Overview (For Managers and Supervisors)**

- An Overview of "Reasonable Suspicion" Testing
- What Makes Suspicion "Reasonable"?
- Recognizing Signs of Substance Abuse
- Approaching the Employee

## **Driving Defensively**

- The Fundamentals
- Dealing With Distracted Drivers
- Coping With Aggressive Drivers
- Using Your Headlights
- Driving Safely in Bad Weather
- Handling a Blowout
- Sharing the Road with Trucks and Buses

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## **Driving Defensively for CDL/Large Vehicle Drivers: The Basics**

- The Mental Side of Driving Defensively
- Preparing for Your Trip
- Hitting the Road
- Using Your Headlights
- Negotiating Curves and Downgrades
- Right-of-Way, Lane Control & Passing
- Turns and Intersections

## **Driving Defensively for CDL/Large Vehicle Drivers: Handling Adverse Conditions**

- Driving Safely in Bad Weather
- Handling a Blowout
- Sharing the Road With Other Trucks & Buses
- Dealing With Distracted & Aggressive Drivers
- Pedestrians, Work Zones & Emergency Situations

## **Driving Safety: The Basics**

- Preparing to Drive Safely
- The Fundamentals
- Driving with Other Vehicles
- Driving at Night and in Bad Weather
- Distracted Driving and Road Rage
- Handling an Emergency

## **Driving Safety**

- Preparation to Drive Safely
- General Safe Driving Principles
- Driving Around Trucks and Buses
- Night Driving and Adverse Weather Conditions
- Distracted Driving
- Road Rage
- Driving Emergencies

## **Electrical Safety**

- The Basics of Electricity
- Circuits and the Flow of Electrical Current
- Recognizing and Avoiding Electrical Hazards
- Special Electrical Environments

- Dealing With an Electrical Accident

## **Electrocution Hazards in Construction Part I**

- Electrical Hazards and OSHA Standards
- High Voltage Power Lines
- Tools, Extension Cords & Receptacles
- Grounding, Continuity & GFCIs
- Lock-Out/Tag-Out

## **Electrocution Hazards in Construction Part II**

- Electricity, OSHA & Employee Safety
- Working Near Power Lines
- Electrical Tools and Cords: Best Practices
- Reducing Ground Fault Hazards
- Energy Isolation, Equipment Guarding & Lock-Out/Tag-Out

## **Emergency Planning**

- The Planning Process
- The Threat of Terrorism
- Your Role in Emergency Planning
- Emergency Action Drills...the Process
- Emergency Action Drills...Playing Your Part

## **Evacuation Procedures**

- The Evacuation Team
- Preparing Yourself for an Evacuation
- Basic Evacuation Procedures
- Evacuating Multi-Story Buildings
- Coping with Fires and Explosions
- Dealing with HAZMAT Emergencies

## **Eye Safety**

- Preventing Eyestrain
- Protecting Against Particles and Splashes
- Avoiding Radiation Hazards
- What to Do in Case of an Eye Injury

## **Eye Safety in Construction Environments**

- Preventing Eyestrain
- Protecting Against Particles and Splashes

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- Avoiding Radiation Hazards
- What to Do in Case of an Eye Injury

## **Fall Protection in Industrial and Construction Environments**

- Preventing Slips, Trips & Falls
- Edges, Openings & Guarding
- Using Portable and Fixed Ladders
- Working Safely on Scaffolding
- Personal Fall Protection

## **Fighting Fatigue in the Workplace**

- What is Fatigue & What Causes It?
- The Hazards of Fatigue
- Reducing Fatigue in the Workplace
- How “Sleep Hygiene” Can Help
- Healthy Diet and Exercise

## **Using Fire Extinguishers**

- How Fires Burn
- Classes of Fires
- Extinguisher Types: Dry Chemicals & Carbon Dioxide
- Extinguisher Types: Water & Foam
- Using a Fire Extinguisher
- Maintaining Extinguishers in the Workplace

## **Fire Prevention in Healthcare Facilities**

- How Fires Burn
- Four Classes of Fires
- Dealing With an Emergency
- Patient Safety and Evacuation Procedures
- Fire Hazards in Healthcare Facilities
- Controlling Electrical Hazards

## **Fire Prevention in the Office**

- How Fires Burn
- Four Classes of Fires
- Extinguishing Fires
- Preventing Office Fires
- Dealing with a Fire Emergency

## **First Aid**

- Eye Injuries
- Cuts, Burns & Abrasions
- Strains, Sprains, Fractures & Shock
- Heart Attack and Cardiac Arrest
- Choking
- Heat-Related Illnesses

## **First Aid in Construction Environments**

- Eye Injuries
- Cuts, Burns & Abrasions
- Strains, Sprains, Fractures & Shock
- Heart Attack and Cardiac Arrest
- Choking
- Heat-Related Illnesses

## **Fitness and Wellness**

- Eating Right
- Getting Enough Exercise
- Stress and High Blood Pressure
- The Effects of Smoking
- The Effects of Alcohol and Drugs

## **Food Handling Safety**

- Sources of Foodborne Illnesses
- Personal Hygiene for Food Handlers
- Washing Your Hands
- Cleaning and Sanitizing
- Preventing Cross-Contamination
- Controlling Food Temperatures

## **Forklift/Powered Industrial Truck Safety**

- OSHA Training Requirements
- Types of Powered Industrial Trucks
- Inspection and Maintenance
- Safe Operating Procedures
- Operating Conditions
- Lifting a Load with a Forklift
- A Forklift’s Stability and Handling
- Driving a Forklift Safely

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## **Forklift Safety: Industrial Counterbalance Lift Trucks**

- What Makes Forklifts Different
- Driving a Forklift Safely
- Using the Mast and Forks
- Operating Safely in the Workplace
- Inspecting a Forklift
- Refueling and Recharging Safely

## **GHS Container Labels**

- The Goals of Hazard Communication
- The Benefits of the GHS System
- GHS Pictograms
- Text Elements of GHS Labels

## **GHS Container Labels in Construction Environments**

- The Goals of Hazard Communication
- The Benefits of the GHS System
- GHS Pictograms
- Text Elements of GHS Labels

## **GHS Safety Data Sheets**

- Hazard Communication, The Globally Harmonized System & Safety Data Sheets
- Materials and Their Hazards
- Responding to HAZMAT Emergencies
- Handling and Storing Hazardous Materials

## **GHS Safety Data Sheets in Construction Environments**

- Hazard Communication, The Globally Harmonized System & Safety Data Sheets
- Materials and Their Hazards
- Responding to HAZMAT Emergencies
- Handling and Storing Hazardous Materials
- Important Technical Information

## **Good Manufacturing Practices in the Food Industry: Part I**

- What are GMP's
- Personnel
- Plant and Grounds
- Sanitary Operations

## **Good Manufacturing Practices in the Food Industry: Part II**

- What are GMP's
- Sanitary Facilities and Controls
- Equipment and Utensils
- Manufacturing Processes and Controls, Warehousing & Distribution

## **HACCP...Hazard Analysis & Critical Control Points in the Food Industry**

- History, Background and Prerequisites
- Developing a HACCP Plan
- Principles 1 – 3: Hazards, CCP's & Limits
- Principles 4 – 7: Monitoring, Corrective Actions, Verification & Recordkeeping

## **Hand and Power Tool Safety**

- Hand and Power Tool Hazards
- Tool Inspection and maintenance
- Personal Protective Equipment (PPE)
- Using Electrical Power Tools Safety
- Preventing "Kickbacks"
- Reducing Hazards in Your Work Area

## **Hand and Power Tool Safety in Construction Environments**

- Hand and Power Tool Hazards
- Tool Inspection and Maintenance
- Personal Protective Equipment (PPE)
- Using Electrical Power Tools Safely
- Preventing "Kickbacks"
- Reducing Hazards in Your Work Area

## **Hand, Wrist and Finger Safety**

- The Hand's Design and Structure
- Safe Work Practices
- Preventing Ergonomic Injuries
- Choosing Tools and Using Them Safely
- Selecting the Best Gloves for the Job



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## **Hand, Wrist and Finger Safety in Construction Environments**

- The Hand's Design and Structure
- Safe Work Practices
- Preventing Ergonomic Injuries
- Choosing Tools and Using Them Safely
- Selecting the Best Gloves for the Job

## **Handling a Sexual Harassment Investigation**

- What is Sexual Harassment?
- Company Policy and Preventing Harassment
- Conducting and Ethical Investigation
- Beginning and Investigation
- Gathering the Facts
- Resolving the Situation

## **Hazard Communication in Auto Service Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials
- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Communication in Cleaning and Maintenance Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials
- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Communication in Construction Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials

- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Communication in Healthcare Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials
- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Communication in Hospitality Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials
- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Communication in Industrial Environments**

- Sources of HAZMAT Information
- Exposure to HAZMAT's
- Toxins, Corrosives and Irritants
- Carcinogens and Radioactive Materials
- Flammables, Combustibles and Oxidizers
- PPE and Safe Storage
- Responding to a HAZMAT Spill

## **Hazard Recognition**

- The Need for Hazard Recognition
- Hazardous Conditions and Unsafe Acts
- Identifying Hazards in Advance
- Real-Time Hazard Recognition
- Investigating Accidents and Near Misses

## **Hazardous Materials Labels**

- Regulatory Labeling Requirements
- GHS Labels

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- DOT Hazard Class Labels: Part I
- DOT Hazard Class Labels: Part II
- HMIS Labels
- The NFPA System
- Hazardous Waste Labels

## **HAZWOPER: Accidental Release Measures & Spill Cleanup Procedures**

- Planning for HAZMAT Emergencies
- The Five Levels of HAZWOPER Training
- PPE Part 1
- PPE Part 2
- Site Characterization and Spill Containment
- Spill Cleanup
- Decontamination Procedures

## **HAZWOPER: Confined Space Entry**

- Permit Space Entry Programs
- The Entry Supervisor and Entry Team Attendant
- Rescue Personnel
- Entrants
- Initial Atmospheric Monitoring
- Additional Atmospheric Tests
- The Action Plan
- Emergency Situations

## **HAZWOPER: Dealing With the Media in Emergency Situations**

- Media Strategy and the Public Information Center
- The Public Information Officer in Action
- How to Respond to Reporters' Questions
- What Not to Say to the Media

## **HAZWOPER: Decontamination Procedures**

- The Exclusion Zone
- The Contamination Reduction Zone
- Decontamination Equipment
- The Contamination Reduction Corridor
- CRC Follow-Up Procedure

## **HAZWOPER: Electrical Safety in HAZMAT Environments**

- Arcs, Sparks and Heat
- The National Electric Code
- NEC Class I Areas
- Engineering Controls and Work Practices
- Purging and Inerting
- NEC Class II Areas
- NEC Class III Areas
- Dealing with Electricity During a HAZMAT Incident

## **HAZWOPER: Emergency Response Plan**

- The Incident Commander
- The HAZMAT Team
- Communicating During Emergency Situations
- Personal Protective Equipment
- Safe Work Practices and Training

## **HAZWOPER: Exposure Monitoring and Medical Surveillance**

- Terms and Definitions
- Monitoring with Direct-Reading Instruments
- Monitoring with Sampling Collection Devices
- Monitoring for IDHL
- General On-Site Monitoring
- Perimeter Monitoring
- Periodic Monitoring
- Personal Monitoring
- Medical Surveillance and Removal

## **HAZWOPER Fire Prevention**

- Heat and Fuel
- Flashpoints
- Oxygen and Water
- The Four Classes of Fires
- Preventing Fires
- Sparks
- Chemical Spills
- Being Prepared for a Fire
- Sprinkler Systems and Fire Extinguishers
- Evacuation Procedures

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## **HAZWOPER Handling Hazardous Materials**

- Flammable and Combustible Materials
- Explosives and Oxidizers
- Acute and Chronic Health Hazards
- Corrosives and Irritants
- Toxins and Carcinogens
- Identifying & Transporting Hazardous Materials
- First Aid Measures
- HAZMAT Emergencies
- Cleanup and Decontamination Procedures

## **HAZWOPER: HAZMAT Labeling**

- The DOT's Labeling Requirements
- DOT Hazard Classes and UN Numbers
- Hazard Communication/HMIS Labeling System
- Personal Protection and Hazard Communication
- The NFPA Labeling System
- Hazardous Waste Labels
- Labeling Containers of Hazardous Waste
- Other Types of Hazardous Materials Labels

## **HAZWOPER: Heat Stress**

- How Your Body Cools Itself
- Fluids and Minerals
- Heat Rash, Heat Cramps & Heat Exhaustion
- Heat Stroke
- First Aid Procedures
- Acclimatization
- Medications, Food & Clothing

## **HAZWOPER: Introduction to HAZWOPER Retraining**

- Recognizing Hazards
- Site Safety & Health/Emergency Response Plans
- Site Characterization
- Site Control Programs
- Personal Protective Equipment
- Standard Operating Procedures
- Exposure Monitoring
- Decontamination
- Medical Surveillance

- Training Requirements

## **HAZWOPER: Medical Surveillance Programs**

- Goals and Criteria of Medical Surveillance
- Pre-Employment and Periodic Examinations
- Emergency Medical and Follow-Up Examinations
- Examination Requirements and Recordkeeping

## **HAZWOPER: Monitoring Procedures and Equipment**

- Direct-Reading Devices
- Sample Collection Devices
- Using Direct-Reading Devices, Part I
- Using Direct-Reading Devices, Part II
- Characterizing a Site
- Perimeter and Periodic Monitoring
- Personal Monitoring

## **HAZWOPER: Personal Protective Equipment**

- Level A PPE
- Level B, C, and D PPE
- Heat Stress
- Other Physical Effects of PPE
- Decontamination Equipment
- Decontamination Procedures

## **HAZWOPER: Personal Protective Equipment and Decontamination Procedures**

- Four Levels of Personal Protective Equipment
- Heat Stress and Other Issues with PPE
- Decontamination
- CRC Procedure

## **HAZWOPER: Respiratory Protection**

- Defending Against Respiratory Hazards
- Air-Filtering Respirators
- Filter Efficiency
- Supplied-Air Respirators
- Self-Contained Breathing Apparatus
- SCBA Limitations
- Fitting a Respirator
- Fit-Testing

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- Potential Respirator “Seal” Problems
- Cleaning Maintenance

## **HAZWOPER: Safety Data Sheets**

- Safety Data Sheets
- Materials and Their Hazards
- Hazardous Materials Emergencies
- Handling Hazardous Materials
- Other Important Information

## **HAZWOPER: Safety Orientation**

- Avoiding Bad Mental Habits
- Combating Complacency
- Your Physical Limitations
- Pacing Yourself
- Keeping Informed

## **HAZWOPER: The Site Safety & Health Plan**

- Goal of a Site Safety and Health Plan
- Medical Surveillance and Work Practices
- Job Safety Analysis
- The Five Levels of Responder Training
- Responding to a HAZMAT Incident
- Site Evaluation and Cleanup
- PPE and Decontamination

## **HAZWOPER: Understanding Chemical Hazards**

- Safety Data Sheets, Container Labels & the Written Hazard Communication Program
- Toxins, Corrosives and Irritants
- Flammables, Combustibles and Gases
- Carcinogens and Radiation
- Exposure Situations
- Personal Protective Equipment and Storage
- Spills and Cleanup

## **HAZWOPER: Understanding HAZWOPER**

- Hazardous Chemicals and Wastes
- Training Requirements
- Site Characterization
- Medical Surveillance

- System of Controls, Part I
- System of Controls, Part II
- Emergency Response

## **HAZWOPER: Work Practices & Engineering Controls**

- Work Practices
- The Site Safety and Health Plan
- Emergency Response Procedures
- Engineering Controls
- Selecting Ventilation Systems
- Remote-Controlled Devices
- Eye Wash Station

## **Hearing Conservation & Safety**

- The Mechanics of Sound
- How the Ear Works
- Hazardous Noise in the Workplace
- Protective Equipment... Ear Muffs
- Protective Equipment... Ear Plugs and Canal Caps
- Hearing Tests

## **Heat Stress**

- Heat and the Body’s Cooling System
- Heat-Related Illnesses
- Treating Heat-Related Illnesses
- Preparing to Work in Hot Environments
- Engineering Controls for Hot Environments

## **Heat Stress in Construction Environments**

- Heat and the Body’s Cooling System
- Heat-Related Illnesses
- Treating Heat-Related Illnesses
- Preparing to Work in Hot Environments

## **HIPAA Rules & Compliance**

- HIPAA and Protected Health Information
- Covered Entities, Business Associates & Subcontractors
- PHI and Patients’ Rights
- Guidelines for Use and Disclosure of PHI
- Using PHI for Marketing and Fundraising

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- Requirements of the HIPAA Security Rule
- Breach Notification and Penalties

## Hot Work Safety & the Permitting Process

- Hot Work and Its Hazards
- The Purpose of a Hot Work Permit
- First Steps in the Permitting Process
- Preparing the Area and Performing the Work
- Hot Work in Confined Spaces

## I2P2: Illness & Injury Prevention Programs

- What is I2P2?
- Management Responsibilities & Employee Participation
- Hazard Identification and Assessment
- Hazard Prevention and Control
- Education and Training
- Program Evaluation

## Indoor Air Quality

- The Symptoms of Poor Air Quality
- Heating, Ventilation & Air Conditioning
- Sources of Air Contamination
- What People in a Building Can Do

## Industrial Ergonomics

- Understanding Ergonomic Injuries
- The Hand and Wrist
- The Arm and Shoulder
- The Neck and Back
- How to Lift Safely

## Industrial Fire Prevention

- How Fires Burn
- Four Classes of Fires
- Extinguishing Fires
- Handling Flammable Materials Safely
- How to Prevent Fires
- Dealing with a Fire Emergency

## Injury Prevention for CDL Drivers

- In the Cab
- Working in Your Truck's Body
- Positioning at a Loading Dock
- Loading and Unloading Your Truck
- Maneuvering in a Yard

## Introduction to GHS (Globally Harmonized System)

- What is the Globally Harmonized System?
- Why Did OSHA Adopt the GHS?
- Hazard Classification
- The Safety Data Sheet
- Container Labeling (Text Elements)
- Container Labeling (Pictograms)
- Information and Training
- GHS Phase-In Dates

## Introduction to GHS for Construction Workers

- What is the Globally Harmonized System?
- Why did OSHA Adopt the GHS?
- Hazard Classification
- The Safety Data Sheet
- Container Labeling (Text Elements)
- Container Labeling (Pictograms)
- Information and Training
- GHS Phase-In Dates

## Introduction to Industrial Hygiene

- Worksite Analysis
- Air Contaminants
- Chemical and Biological Hazards
- Physical Hazards: Noise and Vibration
- Physical Hazards: Light, Temperature, Heat & Radiation
- Ergonomic Hazards

## Introduction to OSHA

- OSHA and Its Mission
- Your Rights Under OSHA
- Your Employer's Responsibilities Under OSHA
- How OSHA Inspections are Conducted

# Content Catalog

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- Filing a Complaint with OSHA
- Learning About Safety and Health Issues

## **Laboratory Safety: Laboratory Ergonomics**

- Customizing Your Work Area
- Maintaining Neutral Positions
- Protecting Yourself from Ergonomic Injury
- Avoiding Eyestrain
- Avoiding Back and Neck Strain
- Proper Lifting Techniques

## **Laboratory Safety: Laboratory Hoods**

- Chemical Exhaust Hoods
- Testing Laboratory Hoods
- Using Laboratory Hoods
- Specialized Laboratory Hoods
- Preparing for Emergencies

## **Laboratory Safety: Electrical Safety in the Laboratory**

- How Electricity Works
- Grounding
- Safe Work Practices
- Electrical Equipment and Flammables
- Dealing with Electrical Emergencies

## **Laboratory Safety: Flammables & Explosives in the Laboratory**

- Flammables
- Gas Cylinders and Explosives
- Ventilation and Storage
- Safe Work Practices and Waste Disposal
- Cleaning Up Spills and Evacuation

## **Laboratory Safety: GHS Safety Data Sheets in Laboratory Environments**

- Material Safety Data Sheets and GHS SDS
- Materials and Their Hazards
- Hazardous Materials Emergencies
- Handling Hazardous Materials
- Other Important Information

## **Laboratory Safety: Handling Compressed Gas Cylinders in the Laboratory**

- Compression and Its Effects
- Cylinder Storage
- Handling and Installation
- Regulators and Relief Devices
- Dealing with Leak Emergencies

## **Laboratory Safety: Orientation to Laboratory Safety**

- Personal Protective Equipment
- Safety Procedures
- Lab Hoods
- Chemical Storage and Labeling
- Cleanup, Disposal and Emergency Procedures

## **Laboratory Safety: Planning for Laboratory Emergencies**

- Your Laboratory's Emergency Plan
- Handling Fire Emergencies
- Handling Chemical Spills
- Utilizing Safety Showers and Eye Washes

## **Laboratory Safety: Preventing Contamination in the Laboratory**

- Protective Equipment and Engineering Controls
- Safe Work Practices
- Taking Precautions Against Contamination
- Protecting Materials and Equipment

## **Laboratory Safety: Safe Handling of Laboratory Glassware**

- General Safety Practices
- Handling Glassware
- Cutting and Bending Glass Tubing
- Glassware and Vacuum Operations
- Preventing Glassware-Related Accidents
- Cleaning Up Glassware-Related Accidents

## **Laboratory Safety: Safety Showers and Eye Washes in the Laboratory**

- Uses & Characteristics of Showers & Eye Washes
- Accessing and Maintaining Showers & Eye Washes

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- Using Safety Showers
- Using Eye Washes

## Laboratory Safety: The OSHA Formaldehyde Standard

- Formaldehyde and Your Health
- Monitoring for the Presence of Formaldehyde
- Formaldehyde Labeling
- Personal Protective Equipment
- Cleaning Up Formaldehyde Spills
- First Aid

## Ladder Safety

- Selecting the Proper Ladder
- Inspecting Ladders Before Use
- Setting Up and Moving Ladders
- Climbing Ladders
- Working on Ladders
- Ladder Accidents

## Ladder Safety in Construction Environments

- Selecting the Proper Ladder
- Inspecting Ladders Before Use
- Setting Up and Moving Ladders
- Climbing Ladders
- Working on Ladders
- Ladder Accidents

## Lead Exposure in Construction Environments

- The Health Effects of Lead Exposure
- The OSHA Lead Standard & Compliance Programs
- Risk Assessment and Monitoring
- PPE and Respiratory Protection
- Housekeeping and Decontamination
- Medical Surveillance and Removal

## Lead Exposure in General Industry

- The Health Effects of Lead Exposure
- The OSHA Lead Standard & Compliance Programs
- Risk Assessment and Monitoring
- PPE and Respiratory Protection

- Housekeeping and Decontamination
- Medical Surveillance and Removal

## Loading Dock Safety

- Safe Working Procedures
- Preventing Slips, Trips and Falls
- Docking Transport Vehicles
- Operating Materials Handling Equipment on a Loading Dock

## Lock-Out/Tag-Out

- What is Lock-Out/Tag-Out
- Lock-Out/Tag-Out Devices
- Lock-Out/Tag-Out Procedures
- Dissipating Stored Energy
- Special Situations
- Release Procedures
- Working with Electrical Systems
- Working with Hydraulic and Pneumatic Systems

## Machine Guard Safety

- Dangerous Mechanical Motions
- Fixed and Interlock Guards
- Guarding Points of Operation
- Safety Devices
- Protecting Your Hands
- Safe Work Practices

## Manual Pallet Jack Safety

- How Pallet Jacks Work and Potential Hazards
- Using a Pallet Jack Safely
- Moving a Load
- Loading Docks, Inclines and Lift Gates

## Materials Handling Safety

- Preparing Yourself to Work Safely
- Understanding Ergonomics
- Safe Lifting: Step-by-Step
- Hand Trucks and Dollies
- Platform Trucks, Carts and Pallet Jacks
- Forklift Safety

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## Motorized Pallet Truck Safety

- Walkies and Walkie Riders
- Safe Truck Operation
- Moving a Load
- Working on Loading Docks and Inclines

## Office Ergonomics

- Understanding Ergonomic Injuries
- Your Ergonomic Desktop
- Maintaining Neutral Positions
- Staying Limber
- Going Beyond Traditional Ergonomics

## Office Safety

- Avoiding Falls
- Putting Yourself at Risk
- Setting Up Your Workstation
- Preventing Eyestrain
- Using Powered Equipment
- Handling Office Supplies
- Fire Safety in the Office

## OSHA Recordkeeping for Employees

- The OSHA Recordkeeping Rule
- Work-Related Illnesses and Injuries
- Recordable Work-Related Injuries and Illnesses
- OSHA Recordkeeping Forms
- Reporting Injuries and Illnesses

## OSHA Recordkeeping for Managers and Supervisors

- The Importance of Recordkeeping
- Exempt Business
- Defining "Injuries and Illnesses"
- What are Work-Related and New Cases?
- The Three Key Recordkeeping Forms
- Employee Rights
- Other Recordkeeping Issues

## Patient Handling Safety

- Patient Handling and Caregiver Injuries
- Algorithms, Patient Assessment & Body

## Mechanics

- Repositioning A Patient in Bed
- "Lateral Transfer" from Bed to Stretcher
- "Sand-and-Pivot" from Bed to Chair
- Mechanical Lift Devices

## Personal Protective Equipment

- General Requirements
- Head Protection
- Eye and Face Protection
- Respiratory Protection
- Hand Protection
- Foot and Leg Protection

## Personal Protective Equipment in Construction Environments

- General Requirements
- Head Protection
- Eye and Face Protection
- Respiratory Protection
- Hand Protection
- Foot and Leg Protection
- Personal Fall Protection

## Preventing Sexual Harassment (For Employees)

- What is Sexual Harassment?
- Understanding Offensive Behavior
- Company Policy and Appropriate Conduct
- What If Someone 'Crosses the Line'?
- Reporting a Sexual Harassment Incident

## Preventing Sexual Harassment (For Managers)

- What is Sexual Harassment?
- Company Policy and Offensive Behavior
- Sexual Harassment in Your Department
- Handling a Report of Sexual Harassment
- The 'Fact Finding' Process

## Preventing Workplace Discrimination (For Employees)

- Discrimination and the Law
- Company Policy and Discriminatory Behavior



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- How to Respond to Discrimination
- Reporting Workplace Discrimination

## **Preventing Workplace Discrimination (For Managers)**

- Discrimination, the Workplace and the Law
- Discrimination and the Company Policy
- Preventing Discrimination in Your Department
- Handling a Report About Workplace Discrimination
- The “Fact Finding” Process

## **Respiratory Protection and Safety**

- The Need for a Respiratory Protection Program
- Respirator “Basics” and Disposable Masks
- Air-Purifying Respirators and Filter Types
- Atmosphere-Supplying Respirators: SARs and SCBAs
- Fit Testing Your Respirator
- Wearing Your Respirator
- Maintaining Your Respirator

## **Returning to Work During the Coronavirus Pandemic (For Employees)**

- Getting Yourself Ready
- Your “New” Facility
- Working in Your “New” Facility

## **Returning to Work During the Coronavirus Pandemic (For Managers and Supervisors)**

- Creating a Plan
- Conducting a “Job Risk Analysis”
- Ready the Facility
- Preparing Your People

## **Rigging Safety in Industrial and Construction Environments**

- Rigging and Crane Safety
- Choosing the Right Sling for the Load
- How Sling Angles Affect Sling Tension
- Types of Hitches and How to Use Them
- Standard Hand Signals
- Lifting, Moving and Lowering a Load Safely

## **Safe Lifting**

- The Back’s Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## **Safe Lifting in Construction Environments**

- The Back’s Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## **Safe Lifting in Food Processing and Handling Environments**

- The Back’s Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## **Safe Lifting in Healthcare Environments (For Medical Personnel)**

- The Back’s Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry
- Patient Handling

## **Safe Lifting in Healthcare Environments (For Office and Maintenance)**

- The Back’s Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## **Safe Lifting in Industrial Environments**

- The Back’s Structure and Function
- Preparing for a Lift

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- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## Safe Lifting in Office Environments

- The Back's Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## Safe Lifting in Transportation and Warehouse Environments

- The Back's Structure and Function
- Preparing for a Lift
- The Mechanics of Safe Lifting
- Below the Waist Lifting
- Planning a Carry

## Safety Audits

- Performing a Workplace Analysis
- Your Facility's System of Controls
- Evaluating Your Own Work Area
- Performing a Personal Safety Audit
- Dealing with Accidents

## Safety Awareness (For New Employees)

- Slips, Trips and Falls...and Good Housekeeping
- Industrial Ergonomics
- Using Hand and Power Tools and Powered Machinery Safely
- Forklift Safety
- Electrical Safety and Lock-Out/Tag-Out
- Hazard Communication and PPE
- Fire Prevention and Emergency Procedures
- Health Emergencies, First Aid and Bloodborne Pathogens

## Safety Housekeeping and Accident Investigation

- Developing a Good Safety Attitude
- Maintaining Your Work Environment
- Using Tools and Equipment

- Hazardous Materials: Recognition and Storage
- Hazardous Materials: Spill Cleanup and Disposal
- Personal Protective Equipment

## Safety Orientation

- Preparing Mentally for the Job
- Safety Housekeeping and Accident Prevention
- Personal Protective Equipment
- Safe Work Practices
- Preparing for Emergencies

## Safety Orientation in Construction Environments

- Preparing Mentally for the Job
- Safety Housekeeping and Accident Prevention
- Personal Protective Equipment
- Safe Work Practices
- Preparing for Emergencies

## Safety Showers and Eye Washes

- HAZMATs , Showers and Eye Washes
- Standards for Decontamination Equipment
- Using a Safety Shower
- Using an Eye Wash
- What To Do After a HAZMAT Decontamination

## Scissor Lifts in Industrial and Construction Environments

- OSHA, ANSI and the MEWP's Standards
- Developing a "Safe Use Program"
- Types of Lifts and Required Training
- Hazards Associated with Scissor Lift
- Operating a Scissor Lift
- Working on the Ground Near a Scissor Lift

## Silica Safety in Industrial and Construction Environments

- The Hazards of Respirable Crystalline Silica
- OSHA's Silica Safety Standards
- Exposure to Silica Dust in the Workplace
- A Silica Dust Exposure Control Plan
- Control Systems, Safe Work Practices and PPE
- Medical Surveillance and Recordkeeping

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## **Slips, Trips and Falls**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Construction Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Food Processing and Handling Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Healthcare Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Industrial Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Office Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Slips, Trips and Falls in Transportation and Warehouse Environments**

- Center of Gravity and Maintaining Balance
- Slips, Trips and Falls
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall “Properly” and First Aid

## **Struck-By Hazards in Construction Environments**

- What are ‘Struck-By’ Hazards?
- Personal Protective Equipment
- Traffic Safety
- Heavy Equipment
- Hand and Power Tools
- Masonry Walls, Overhead Work and Building Materials

## **Suspended Scaffolding Safety**

- Climbing Scaffolds
- Safe Work Practices
- Fall Protection
- Preparing for Assembly
- Assembling Scaffolding
- Planking and Platforms: Part I
- Planking and Platforms: Part II
- Working Around Power Lines

## **Suspended Scaffolding Safety in Construction Environments**

- Suspension Devices
- Outrigger Beams
- Suspension Ropes
- Hoists Platforms

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- Boatswain's Chairs
- Safe Work Practices
- Personal Fall Arrest Systems
- Guardrails and Falling Objects

## **Supported Scaffolding Safety in Industrial and Construction Environments**

- Supported Scaffolds and OSHA Regulations
- Building a Firm Foundation
- Assembling a Secure Platform
- Accessing a Scaffold Safely
- Fall Protection

## **Trenching and Shoring in Construction Environments**

- The Hazards of Trenching
- The Competent Person & Inspecting the Worksite
- Soil Types and Protective Systems
- Ongoing Inspection and Testing
- Access, Egress, Setback and Equipment
- Working Defensively

## **Tuberculosis in the Healthcare Environment**

- The Resurgence of Tuberculosis
- How TB Spreads and Guidelines for Fighting It
- TB Risks in Healthcare Environments
- Reducing Risk: Medical Surveillance
- Reducing Risk: Engineering Controls
- Reducing Risk: Wearing a Respirator
- Working with and Treating Active TB

## **Unconscious Bias**

- What is Unconscious Bias?
- The Business Effect of Bias
- Racial, Ethnic and "Name" Bias
- Gender and Sexual Orientation Bias
- Age and Disability Bias
- Identifying and Mitigating Unconscious Bias

## **Walking and Working Surfaces**

- The Fundamentals of Safe Surfaces
- Walkways and Floors

- Stairs and Fixed Ladders
- Portable Ladders
- Scaffolding

## **Walking and Working Surfaces in Construction Environments**

- Construction's Unique Environment
- Floors and Pathways
- Stairs and Fixed Ladders
- Portable Ladders
- Scaffolding

## **Walking and Working Surfaces in Healthcare Environments: for Office and Maintenance Personnel**

- The Fundamentals of Safe Surfaces
- Walkways and Floors
- Stairs and Fixed Ladders
- Portable Ladders
- Scaffolding

## **Walking and Working Surfaces in Industrial Environments**

- The Fundamentals of Safe Surfaces
- Walkways and Floors
- Stairs and Fixed Ladders
- Portable Ladders
- Scaffolding

## **Walking and Working Surfaces in Transportation and Warehouse Environments**

- The Fundamentals of Safe Surfaces
- Walkways and Floors
- Stairs and Fixed Ladders
- Portable Ladders
- Scaffolding

## **Warehouse Safety**

- Warehouse Safety Fundamentals
- Materials Handling Basics
- Pallets, Storing and Stacking
- Working Safely with Forklifts
- Working Safely on a Loading Dock

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## Welding Safety

- Designated Areas, Work Permits & Confined Spaces
- Preventing Fires While Welding
- Protecting Against Toxic Fumes
- Goggles, Helmets and Hand Shields
- Gloves, Clothing and Other Protection
- The Potential Hazards of Welding

## Winter Safety

- Surviving the Cold
- Driving in Winter Weather
- Winter Fun
- Holiday Decorations
- Celebrating the Season

## Work Zone Safety

- Work Zone Safety and Traffic Control
- Traffic Control Equipment and Procedures
- Setting Up a Work Zone
- Best Practices for a Safe Work Zone
- Night Work and Mobile Operations

## Working From Home

- Creating Your Workspace
- Structuring Your Day
- Managing Your Time
- Maintaining Personal Wellness

## Workplace Harassment in Industrial Facilities

- What is Harassment?
- Discrimination, Sexual Harassment and the Law
- Responding to Harassment
- Preventing a Workplace Violence
- Dealing with a Stalker

## Workplace Harassment in the Office

- What is Harassment?
- Discrimination, Sexual Harassment and the Law
- Responding to Harassment
- Preventing Workplace Violence

- Dealing with a Stalker

## Workplace Security

- Identifying Security Issues and Vulnerabilities
- Strengthening Physical Security: Doors, Glass & Locks
- Strengthening Physical Security: Lighting, Surveillance & Alarms
- Cybersecurity: Safeguarding Company Information
- Controlling Access and Monitoring Visitors
- Dealing with Workplace Violence

## Workplace Stress

- The Effects of Stress
- Causes and Signs of Stress
- Relaxation Exercise
- Stress-Reducing Exercises and Positive Thinking
- The Impact of Lifestyle on Stress

## Workplace Violence

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program

## Workplace Violence in Construction Environments

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program

## Workplace Violence in Food Processing and Handling Environments

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program

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Program

## **Workplace Violence in Healthcare Facilities**

- Violence in Healthcare Facilities
- OSHA Guidelines for Preventing Violence
- JCAHO Requirements
- Identifying and Controlling the Potential for Violence
- Employee Education and Training Responding
- Responding to Violence

## **Workplace Violence in Industrial Environments**

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program

## **Workplace Violence in Office Environments**

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program

## **Workplace Violence in Transportation and Warehouse Environments**

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior
- Creating a Workplace Violence Prevention Program