

# SafeTrain Courses

## **Slips, Trips, and Falls**

Slips and trips leading to falls have injured an increasing number of people in the workplace and at home. This course reviews some common causes of slips, trips and falls and the methods that can be employed to avoid injuries resulting from falls from the same level. This training will assist users in identifying, avoiding, and correcting issues associated with slips, trips, and falls.

## **Ladder Safety**

This course reviews the OSHA General Industry requirements for portable ladders most commonly used in industry today. The program focuses on how to properly select, inspect, and use various portable workplace ladders. In addition, recommended best practices are also discussed for the safe use of portable ladders. Applying the information learned in this training will help avoid injuries related to the use of ladders.

## **Leadership in Safety**

This course introduces users to the importance of safety in the workplace while discussing the basic leadership principles necessary to have a safe and healthful workplace. This presentation includes a review of the Occupational Safety and Health Administration (OSHA) and its role in workplace safety. Also discussed are accountabilities in developing, implementing, and reinforcing safety policies and procedures while defining success in safety.

## **Safety Orientation: Commitment to Safety**

This program presents the top 10 safety commitments for employees to follow that will lead to a safer workplace. Every employee should be committed to working safely and proactively participating in the development and implementation of a safe culture within the organization. This presentation is an excellent safety orientation, whether it is an employee's first day on the job or whether they are a long-term veteran of the workforce.

## **Defensive Driving**

The application of the information and principles presented in this program on Safe Driving will help users avoid situations on the road that could lead to a collision. Although most people consider themselves "excellent" drivers, nearly every time they drive they are exposed to a variety of risks. How those risks are handled could mean the difference between serious injury or many years of "crash-free" driving.

## **Office Ergonomics**

The primary objective of this online course is to increase an employee's knowledge of ergonomics in order to recognize potential ergonomic problems in the office environment. The program explains a number of common ergonomic risk factors at a typical office workstation that are easily identified and recognized.

## **DOT HAZMAT Awareness**

This program is intended for employees who handle, package, or transfer hazardous materials as regulated under Title 49 of the Department of Transportation (DOT). It covers general awareness of the DOT requirements and familiarization for the recognition and identification of hazardous materials. The training course also has a general safety training component including emergency response information, safe procedures, and control methods.

**Basic First Aid - Part 1**

This course reviews information on basic first aid techniques for treating persons with injuries that are not life threatening. It explains how an injury assessment can help you determine what happened and how to provide assistance and treatment. Basic first aid techniques for treating shock, choking victims, bleeding and broken bones are reviewed in this part of the presentation.

**Basic First Aid - Part 2**

Basic first aid techniques for initial treatment of burns and scalds, head injuries, eye injuries, chemical exposure related illnesses, heat emergencies and sprains and strains are reviewed in this part of Basic First Aid.

**Back Safety**

The course provides knowledge of back safety to help reduce the risk of injury or aggravating a pre-existing back problem. The anatomy of the spine is covered to understand how injury occurs and can be prevented. The different categories of back problems are reviewed, their common causes, first aid techniques, proper back posture methods, and proper lifting procedures are presented.

**Bloodborne Pathogen Awareness**

Training is provided in accordance to the requirements of OSHA 29 CFR 1910.1030 for awareness and control. The program explains where bloodborne pathogens are found, what they are and how they are transmitted, and how employees are to protect themselves. Major misconceptions of bloodborne disease are covered. Protective equipment and the proper handling of sharps and spills are presented.

**Hazard Communication**

This program covers both the physical and health hazard categories of chemicals, protective measures fundamental to employee protection, common labeling techniques used to communicate chemical hazards, how to read a Material Safety Data Sheet (MSDS) as well as the basic rules for safe chemical handling and use. In addition, this program reviews the requirements OSHA 1910.1200.

**Control of Hazardous Energy Sources (Lockout/Tagout)**

This online program emphasizes not only the compliance requirements of OSHA 1910.147 regulation, but most importantly, covers in detail the various types of active and stored energies and controls necessary for employee protection.

**Confined Space Entry**

OSHA 29 CFR Part 1910.146 required training is provided in a manner that illustrates the potential dangers on entering a confined space. It covers identification of confined spaces, associated physical, chemical, and atmospheric hazards, as well as control procedures with a permit system.

**Electrical Safety - Related Work Practices**

This program is designed to meet the OSHA compliance training requirements of 29 CFR Part 1910.331 for "non-qualified" employees. It provides essential information to employees who work around electrical equipment in a way that is easy to understand. Methods of electrical hazard identification and control are covered in detail.

**Powered Industrial Truck Safety**

This training program is designed to meet the instructional requirements of OSHA 1910.178. It provides for understanding of operating responsibilities, operating parameters, stability, inspections, and safe driving skills as well as proper load handling and hazard identification.

**Occupational Ergonomics**

This unique training program presents the subject of ergonomics in a way that is easy to understand and apply to the performance of work. A number of practical ergonomic goals, such as maximizing neutral body postures and avoiding awkward postures are covered.

**Hearing Conservation**

This training program provides employees an understanding of the elements of a hearing conservation program by explaining how the human ear works, how it is potentially damaged by noise and how to protect it.

**Industrial Fire Prevention**

This presentation covers the causes and contributing factors of fire in the workplace. The basic elements of fire prevention and protection are reviewed in a way that is easy to understand.

**Respiratory Protection**

This is a comprehensive training program that provides the academic training to meet OSHA 1910.134. The emphasis of this program is on respiratory hazards, respirator selection, fit, proper use, inspection, care, maintenance and their respective limitations.

**Fall Protection**

This innovative training program graphically demonstrates how to properly use fall protection equipment. The focus is on the identification of potential fall hazards, types of fall protection systems and their proper use, care, and maintenance.

**Fire Control - "Portable Extinguishers"**

This is a graphically presented program that teaches fire suppression through the use of portable fire extinguishers. Different classes of fires and the use of different fire extinguishers are taught in a unique manner to gain understanding. Most importantly, employees will understand what to do and not to do in case of fire in the workplace.

**Personal Protective Equipment**

This program provides an informative overview of the various common types of personal protective equipment (PPE) used in industry. It gives employees information pertaining to when and where PPE is required, how to use it, and explanation of the limitations. Included is information to meet compliance with OSHA 1910.132

**Medical PPE**

The topic of medical personal protective equipment (PPE) is extremely important to the protection of everyone who provides medical treatment, handles medical waste, or has the potential to contact bodily fluids. This program covers the most important points of selecting, using, and maintaining medical personal protective equipment for the prevention of injury in a medical environment.

**Hand and Power Tool Safety**

This presentation discusses various known hazards associated with the use of hand and power tools and methods to avoid disabling injuries, especially to the hands. Users will learn how to select, inspect, and properly maintain tools while using the tool in a manner consistent with its intended use. The recommended PPE for different types of hand and power tools is also discussed.

**Hot Work Safety**

In this course, users learn what tasks are considered hot work; how to inspect the work area; best practices to set-up and prevent the risk of fire and explosion; and how to monitor hot work processes, as well as self-protection options when performing hot work.

**Laboratory Safety**

This program provides information to assist lab personnel in improving their knowledge of hazards and reduction of risk while working in a laboratory setting. This course will also review chemical hazards, chemical hygiene, personal protective equipment and ventilation in the laboratory.

**Battery & Charger Safety**

This program discusses industrial battery changing stations; battery charging; and safety rules and safety equipment that apply when working with industrial batteries. It includes requirements for personal protective equipment; emergency first aid; and commonly applied safe work practices. Hazards associated with changing or charging batteries used in industrial material moving equipment and how you can protect yourself from injury while performing your required work duties are also presented.

**Machine Guarding**

Unguarded or inadequately guarded machinery are a leading cause of these injuries. This presentation discusses the hazards of working around machinery, the types of mechanical motion that require safeguards and various methods of protection that may prevent injury or death.

**Guarding Floor & Wall Openings**

The objectives of this course are to familiarize you with a variety of workplace floor and wall openings that may pose fall hazards; to train you to recognize where guarding is necessary; and how you can be proactive in reporting and correcting unsafe conditions where they exist.

**Walking -Working Surfaces**

Walking – Working Surfaces discusses maintaining a clean workplace, providing safe aisles, passageways and stairways, and safety precautions for all walking - working surfaces.

**Cut and Puncture Prevention**

This program presents various causes of cuts and punctures in the workplace and methods of prevention that can be used to reduce or eliminate cut and puncture injuries. Hazard Assessments, engineering controls, risk controls, worker level controls, PPE selection, cutting tool selection and safety precautions are also presented.

**Sexual Harassment Prevention**

In 1980 the Equal Employment Opportunity Commission issued guidelines prohibiting any unwelcome sexual advances or requests that are made as a condition of employment. These guidelines are explored and several different situations are reviewed that describe what is / is not considered sexual harassment. This course is designed for adults in the workplace and is intended to make you think about what behaviors in your work setting may be considered sexual harassment so you can avoid and take action against any risky behaviors.

**Overhead Crane Safety**

Serious accidents occur while working around or directly operating overhead cranes than any other tool used. This course looks at some of the basics of good overhead crane operation, maintenance and management principles.

**Asbestos Awareness**

Asbestos has become one of the most talked about hazardous materials in the work place today. This training course will give you the background on what asbestos is, the places and products in which can be found and the real dangers it may pose. The presentation will also

cover the composition, types, uses, health hazards and diseases associated with asbestos. A review of workplace programs, labeling requirements, and the OSHA standard will also be conducted.

**Travel Safety**

This course is designed to assist you in developing safe habits during travel and emphasizes the importance of planning safety into trips. It includes basic safety tips and information that can be applied to both business and personal travel. The presentation focuses on air travel, hotel/motel safety and safe practices when driving a rental car.