

# First Online Safety Training (FOST)

## Online Course Catalog



First Insurance  
Company of Hawaii®  
A Member of the Tokio Marine Group



**TOKIO MARINE**  
**GROUP**



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Company of Hawaii®**  
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At First Insurance Company of Hawaii, Inc. we strive to provide our clients with the highest customer trust and services.

FICOH's First Online Safety Training and Risk and Safety Management Department are proud to announce our service partnership with SafetySkills and First Online Safety Training (FOST) to offer our clients with safety training that is convenient and easy for the administrator via our web based training resource FOST. The result is safety training that is efficient, cost effective and accessible to all via the web.

FOST is a learning management resource that provides our policyholders with online safety training that is OSHA and DOT compliant.

Our policyholders can choose from more than 100 titles, based on lines of coverage, from topics such as Accident Investigation and Preparedness, Behavior Based Safety, Driver Safety, Ergonomics, Fire Safety and Prevention, and more.

FOST is a service and resource of the First Insurance Company of Hawaii Risk and Safety Management department. For more information contact us at (808) 527-7347 or visit us at [fcoh.com](http://fcoh.com)

*Protecting Hawaii's families and businesses since 1911.*



# Accessible, Centralized, Flexible Training Solutions



## Easy For Your People

With FOST, students can easily access their training information 24/7 from any location, on their own time and schedule. Deliver training that combines engaging content with quality production, all powered by our easy-to-use online management system. Straightforward assignments, easy scheduling, access to historical training information, and more — it's all right here.



## Easy For Your Business

FOST is your single-source provider for ready-to-go, yet easy-to-customize training. Create more engagement and retention, and see higher productivity, flexibility, and savings. Our technology platform allows you to easily and quickly train, track, and report, keeping your program on track and in compliance, regardless of location. With FOST, you can:

- Improve safety culture and employee satisfaction
- Reduce incidents and costs associated with downtime
- Decrease costs without sacrificing quality, time or resources
- Proactively schedule training targeted to the right employee(s)
- Monitor employee course progress for increased accountability



## Easy For You

FOST helps you easily manage all of your training solutions from a single, powerful, and scalable platform, so you can effectively plan in advance, as well as respond to emerging training needs. Our goal is to help you improve your safety culture, reduce your incidents and associated costs, and show your value as a safety professional.



# Training Content

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The value of effective training extends well beyond compliance — lives are saved by safety and emergency care training in the workplace. Effective training starts with quality content that resonates with your employees.

Each FOST course embodies the industry's highest standards for technical accuracy, production excellence, creativity, and innovation. The goal of our research and production teams is to provide training that is current, relevant, and based on regulations that will help lower accidents and incidents in your workplace.





# Delivery Methods

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FOST training services feature multiple formats to accommodate your needs — your teaching style, your students' learning styles, and the size of your organization.

## Online

Deliver engaging content with quality production through our easy-to-use online management system. Students can easily access their training information from any location, any time it fits their schedule.

## Classroom

Keep your classroom training efficient, informative, and effective with engaging, award-winning video presentations.

## Onsite

Find the right instructor or consultant for your on-location needs. Our highly qualified, experienced risk and safety management professionals and trainers are available for superior onsite consultation and training.



## Electrical Safety

Oil & Gas Qualified Electrical Workers — Electricity Basics (Microlearning)	5 min
Oil & Gas Qualified Electrical Workers — Electrical Injuries (Microlearning)	6 min
Oil & Gas Qualified Electrical Workers — Electrical Hazards (Microlearning)	12 min
Oil & Gas Qualified Electrical Workers — Hazard Controls (Microlearning)	10 min
Electrical Safety in Laboratories	30 min
Electrical Safety California: Electricity & its Dangers (Microlearning)	9 min
Electrical Safety California: Electrical Injuries (Microlearning)	8 min
Electrical Safety California: Electrical Hazards (Microlearning)	9 min
Electrical Safety California: Control & Prevent Electrical Hazards (Microlearning)	15 min
Electrical Safety Oil & Gas: Potential Injuries (Microlearning)	6 min
Electrical Safety Oil & Gas: Electricity Basics (Microlearning)	6 min
Electrical Safety Oil & Gas: Site Electrical Hazards (Microlearning)	7 min
Electrical Safety Oil & Gas: Controlling Hazards (Microlearning)	10 min
Electrical Safety / NFPA 70E for Oil & Gas Personnel	31 min
Electrical Safety / NFPA 70E for Qualified Workers in the Oil & Gas Industry	33 min
Electrical Safety / NFPA 70E — Cal/OSHA	31 min
Electrical Safety / NFPA 70E for Construction	31 min
Electrical Safety / NFPA 70E*	31 min
Electrical Safety / NFPA 70E in Research & Education	34 min
<b>Special Topics</b>	
Electrical Safety / NFPA 70E — Arc Flash — Cal/OSHA	35 min
Electrical Safety — Grounding*	13 min
Electrical Safety above 601 Volts*	13 min
Electrical Safety / NFPA 70E — Arc Flash*	35 min

Electrical Safety above 601 Volts: Basics & Roles (Microlearning)	5 min
Electrical Safety above 601 Volts: High Voltage Hazards (Microlearning)	4 min
Electrical Safety above 601 Volts: Safe Work Practices (Microlearning)	2 min
Electrical Safety: Work with Arc Flash Hazards (Microlearning)	7 min
Electrical Safety: Arc Flash Characteristics (Microlearning)	6 min
Electrical Safety: Arc Flash Controls (Microlearning)	6 min
Electrical Safety: Arc Flash Hazards (Microlearning)	7 min
Electrical Safety: Arc-Rated Clothing (Microlearning)	7 min
Electrical Safety: Arc Flash Roles & Responsibilities (Microlearning)	5 min

## Emergency Response & Workplace Security

Emergency Preparedness: Emergency Action Plans (Microlearning)	5 min
Emergency Preparedness: Medical Emergencies (Microlearning)	10 min
Emergency Response: Bomb Threats (Microlearning)	4 min
Emergency Preparedness: Emergency Procedures (Microlearning)	7 min
Human Trafficking Awareness — Human Trafficking Basics (Microlearning)	6 min
Human Trafficking Awareness — Preventing Trafficking (Microlearning)	4 min
Human Trafficking Awareness — Human Trafficking Signs (Microlearning)	6 min
Human Trafficking Awareness — Trafficking in Hotels (Microlearning)	6 min
Hurricane Safety: Safety During & After a Hurricane (Microlearning)	5 min
Hurricane Safety: Preparing for a Hurricane (Microlearning)	5 min
Hurricane Safety: Hurricane Risk Areas (Microlearning)	7 min
Earthquake Safety — Safe Steps After a Quake (Microlearning)	6 min

Earthquake Safety — Characteristics & Preparation (Microlearning)	6 min
Earthquake Safety — Safe Steps During a Quake (Microlearning)	5 min
Human Trafficking Awareness & Prevention	22 min
Situational Awareness-Business Travel	16 min
Lost Child/Code Adam	23 min
Data Protection for Industry & Business	19 min
Payment Card Industry Data Security Standard Awareness	16 min
Loss Prevention in Retail Sales*	17 min
Security Threat Awareness	24 min
Suspicious Packages	15 min
Suspicious Packages for Educational Facilities	20 min
Emergency Action Plans for Office Employees*	18 min
Campus Security Authorities	27 min
Campus Emergency Action Plans	32 min
Emergency Response*	24 min
Earthquake Safety	17 min
Hurricane Safety	18 min
Emergency Preparedness: Reporting Emergencies (Microlearning)	5 min
Working Alone Safely	11 min

## Fire

Fire Protection Oil & Gas: Common Fire Hazards	10 min
Fire Protection Oil & Gas: Protection & Prevention (Microlearning)	8 min
Fire Protection Oil & Gas: Emergencies & Evacuation (Microlearning)	7 min
Fire Safety: Portable Fire Extinguishers (Microlearning)	10 min
Portable Fire Extinguisher Techniques on Oil & Gas Sites	12 min
Fire Protection for Oil & Gas	19 min
Fire Safety*	27 min
Portable Fire Extinguishers*	18 min
Fire Safety in the Hospitality Industry	28 min
Fire Safety in Retail	31 min

Fire Safety — Cal/OSHA	27 min
Fire Safety On Campus	31 min
Fire Safety: Fire Suppression (Microlearning)	6 min
Fire Safety: Alarms (Microlearning)	6 min
Fire Safety: Evacuation & Procedures (Microlearning)	6 min
Portable Fire Extinguishers: Uses of Extinguishers (Microlearning)	5 min
Portable Fire Extinguishers: When & How to Use (Microlearning)	8 min

## First Aid†

†Must be in conjunction with a skilled training class.

Hands-Only CPR (Microlearning)	7 min
Basic First Aid for Oil & Gas Personnel	37 min
American Red Cross Basic Life Support for Healthcare Providers (BLS)	180 min
American Red Cross CPR/AED — Adult	60 min
American Red Cross CPR/AED — Adult/Child/Infant	90 min
American Red Cross CPR/AED/First Aid — Adult	150 min
American Red Cross CPR/AED/First Aid — Adult/Child/Infant	180 min
Basic First Aid*	37 min
Basic First Aid — Cal/OSHA	35 min
CPR Refresher (Microlearning)	7 min

## Spill Prevention & Response

Small Spill Response — Spill Considerations (Microlearning)*	4 min
Small Spill Response — Best Practices (Microlearning)*	9 min
Small Spill Response — Spill Response Info (Microlearning)*	6 min
SPCC for Oil & Gas: Controls & Countermeasures (Microlearning)	6 min
SPCC for Oil & Gas: SPCC Plan Components (Microlearning)	4 min
SPCC for Oil & Gas: Spill Prevention Measures (Microlearning)	9 min
Small Spill Response Canada — Spill Considerations (Microlearning)	4 min

Spill Prevention/Control/Countermeasures for Oil & Gas Operations	20 min
Spill Response for Oil & Gas Personnel	17 min
Small Spill Response*	20 min
Safety & Health Awareness for Oil Spill Cleanup Workers	62 min
Spill Prevention/Control/Countermeasures*	20 min
SPCC: Spill Control Measures & Countermeasures (Microlearning)*	6 min
SPCC: Basic Components of an SPCC Plan (Microlearning)	6 min
SPCC: Spill Prevention Measures (Microlearning)	6 min

### Violence

Violence in the Workplace*	30 min
Customer Violence in the Retail Environment*	18 min
Active Shooter: Run/Hide/Fight*	14 min
Violence in the Workplace: High Risk Jobs (Microlearning)	7 min
Violence in the Workplace: Preventive Measures (Microlearning)	7 min
Violence in the Workplace: Warning Signs (Microlearning)	5 min

### Environmental Management

Environmental Awareness: Land Pollution (Microlearning)	10 min
Marine Trash & Debris: Importance of Prevention (Microlearning)	6 min
Marine Trash & Debris: Prevention Requirements (Microlearning)	4 min
Marine Trash & Debris: Recommended Practices (Microlearning)	5 min
Stormwater Pollution: Baseline Best Management Practices (BMPs) (Microlearning)	7 min
Stormwater Pollution: Water Pollution Regulations (Microlearning)	5 min
Stormwater Pollution: Advanced Best Management Practices (BMPs) (Microlearning)	3 min
Environmental Awareness: Water Pollution (Microlearning)	9 min
Air Permitting Awareness for Oil & Gas Personnel	23 min
Pollution Prevention Initiatives	20 min

Marine Trash & Debris	16 min
Storm Water Pollution Prevention for Industrial Operations*	16 min
Environmental Awareness*	25 min

### Equipment & Tool Safety

Chainsaw Safety: Before Using a Chainsaw (Microlearning)	6 min
Chainsaw Safety: Safe Operations (Microlearning)	4 min
Hand & Pinch Point Safety: Types of Gloves (Microlearning)	10 min
Hand & Pinch Point Safety: Pinch Point Hazards (Microlearning)	7 min
Hand & Pinch Point Safety: Methods of Protection (Microlearning)	7 min
Hand & Pinch Point Safety: Hand & Arm Hazards (Microlearning)	6 min
Machine Guarding: Safeguarding Devices (Microlearning)	7 min
Machine Guarding: Guarding Considerations (Microlearning)	4 min
Machine Guarding: Machine Hazards (Microlearning)	5 min
Machine Guarding: Common Machine Guards (Microlearning)	7 min
Hand & Power Tools for the Oil & Gas Industry	32 min
Chainsaw Safety for Oil & Gas Personnel	12 min
Machine Guarding for Oil & Gas Personnel	15 min
Hand & Power Tool Safety*	24 min
Chainsaw Safety	13 min
Kitchen Equipment Safety	28 min
Laser Safety	22 min
Machine Guarding*	20 min
Hand & Pinch Point Safety*	24 min
Lithium Battery Safety	22 min
Hand & Power Tool Safety — Cal/OSHA	24 min
Golf Cart Safety*	26 min
HVAC Safety Considerations	28 min
Eye Wash & Safety Shower Awareness (Microlearning)	9 min

## Ladder Safety

Ladder Safety for Oil & Gas Personnel	16 min
Ladder Safety*	16 min
Ladder Safety in the Retail Industry	18 min
Ladder Safety — Cal/OSHA	16 min
Ladder Safety: Types & General Safe Practices (Microlearning)	7 min
Ladder Safety: Safe Use (Microlearning)	7 min
Ladder Safety: Inspection & Set-up (Microlearning)	7 min

## Lifts & Scaffolds

Scaffold Safety: Types & Hazards of Scaffolds (Microlearning)	5 min
Scaffold Safety: Scaffold Regulatory Requirements (Microlearning)	5 min
Scaffold Safety: Protective Devices & Safe Practices (Microlearning)	5 min
Scissor Lift Basics (Microlearning)	5 min
Scissor Lift Safety: Hazards & Safe Operations (Microlearning)	5 min
Crane Safety: Safe Practices (Microlearning)	7 min
Crane Safety: Types of Cranes (Microlearning)	5 min
Crane Safety: Required Crane Inspections (Microlearning)	5 min
Crane Safety: Hand Signals & Employee Roles (Microlearning)	4 min
Crane Safety: Types of Crane Attachments (Microlearning)	4 min
Rigging Safety: Tools & Equipment (Microlearning)	9 min
Rigging Safety: Rigging Inspections (Microlearning)	6 min
Rigging Safety: Rigging & Lifting Hazards (Microlearning)	7 min
Rigging Safety: Rigging & Lifting Procedures (Microlearning)	4 min
Rigging Safety: Employee Roles (Microlearning)	4 min
Rigging Safety for Oil & Gas Operations	37 min
Crane Safety	26 min
Crane Safety — Hand Signals (Microlearning)*	9 min
Scaffold Safety	17 min

Scissor Lift Safety	12 min
Aerial Lift Safety*	12 min
Rigging Safety*	23 min
Mobile Elevated Work Platforms	39 min
Mobile Elevated Work Platforms: MEWP Operations (Microlearning)	13 min
Mobile Elevated Work Platforms: MEWP Hazards (Microlearning)	9 min
Mobile Elevated Work Platforms: MEWP Basics (Microlearning)	10 min

## Lockout/Tagout

Lockout/Tagout*	18 min
Lockout/Tagout Simulation	10 min
Lockout/Tagout Awareness for Affected Personnel	10 min
Lockout/Tagout Awareness for Oil & Gas Personnel	16 min
Lockout/Tagout for Construction*	22 min

## Powered Industrial Trucks

Pedestrian Safety Around Forklifts*	15 min
Pallet Jack Safety*	30 min
Forklift Operator Training — Cal/OSHA*	30 min
Forklift Operator Training*	33 min
Forklift Operator Training — Module 1 — Safe Operations (Microlearning)*	7 min
Forklift Operator Training — Module 2 — Safe Traveling & Loading (Microlearning)*	9 min
Forklift Operator Training — Module 3 — Safe Maintenance (Microlearning)*	9 min

## PPE

Personal Protective Equipment: Types of Gloves (Microlearning)	10 min
Personal Protective Equipment: Full Body Protection (Microlearning)	7 min
Personal Protective Equipment: Head Protection (Microlearning)	7 min
Personal Protective Equipment: Eye & Face Protection (Microlearning)	7 min

Personal Protective Equipment: Leg & Foot Protection (Microlearning)	7 min
N95 Respirators — Preventing Airborne Disease Transmission	22 min
Flame-Resistant Clothing for Oil & Gas Personnel	17 min
Respiratory Protection for Oil & Gas Personnel	33 min
Personal Protective Equipment for Oil & Gas Personnel	24 min
Personal Protective Equipment*	20 min
Respiratory Protection	33 min
Respiratory Protection: Basic Requirements (Microlearning)	7 min
Respiratory Protection: Respiratory Hazards (Microlearning)	7 min
Respiratory Protection: Air-Purifying Respirators (Microlearning)	12 min
Respiratory Protection: Atmosphere — Supplying Respirators (Microlearning)*	7 min
Respiratory Protection: Wearing & Maintaining Respirators (Microlearning)	10 min
Personal Protective Equipment for Construction*	28 min
Respiratory Protection Oil & Gas: Respirator Types & Characteristics (Microlearning)	9 min
Respiratory Protection Oil & Gas: Inhalation Hazards (Microlearning)	7 min
Respiratory Protection Oil & Gas: Respirator Styles & Features (Microlearning)	6 min
Respiratory Protection Oil & Gas: General Requirements (Microlearning)	7 min
Respiratory Protection Oil & Gas: Use & Maintenance (Microlearning)	10 min
Respiratory Protection	33 min
Respiratory Protection: Basic Requirements (Microlearning)	7 min
Respiratory Protection: Respiratory Hazards (Microlearning)	7 min
Respiratory Protection: Air-Purifying Respirators (Microlearning)	12 min
Respiratory Protection: Atmosphere — Supplying Respirators (Microlearning)*	7 min
Respiratory Protection: Wearing & Maintaining Respirators (Microlearning)	10 min

Personal Protective Equipment for Construction*	28 min
Respiratory Protection Oil & Gas: Respirator Types & Characteristics (Microlearning)	9 min
Respiratory Protection Oil & Gas: Inhalation Hazards (Microlearning)	7 min
Respiratory Protection Oil & Gas: Respirator Styles & Features (Microlearning)	6 min
Respiratory Protection Oil & Gas: General Requirements (Microlearning)	7 min
Respiratory Protection Oil & Gas: Use & Maintenance (Microlearning)	10 min

## Hazardous Chemicals & Substances

Beryllium Awareness: Exposure Assessment & Control Plans (Microlearning)	8 min
Beryllium Awareness: Exposure Controls (Microlearning)	7 min
Beryllium Awareness: Medical Surveillance (Microlearning)	4 min
Beryllium Awareness: Characteristics & Effects (Microlearning)	6 min
Beryllium Awareness: OSHA's Beryllium Rule (Microlearning)	7 min
Beryllium Awareness: Cross-Contamination Controls (Microlearning)	6 min
H2S Safety for Oil & Gas — H2S Hazard Controls (Microlearning)	5 min
H2S Safety for Oil & Gas — Emergency Response (Microlearning)	6 min
H2S Safety for Oil & Gas — H2S Basics (Microlearning)	4 min
H2S Safety for Oil & Gas — API Site Classification (Microlearning)	4 min
H2S Safety for Oil & Gas — Training & PPE (Microlearning)	4 min
H2S Safety for Oil & Gas — Toxicity Hazards (Microlearning)	7 min
H2S Safety for Oil & Gas — Other H2S Hazards (Microlearning)	4 min
Radiation Safety: Exposure Controls (Microlearning)	7 min
Radiation Safety: Radiation Types & Effects (Microlearning)	6 min
Radiation Safety: Exposure Hazards & Workplace Controls (Microlearning)	5 min
Lead Awareness: Health Effects & Routes of Exposure (Microlearning)	9 min

NORM Awareness: Characteristics & Effects (Microlearning)	5 min
Lead Awareness: Exposure Monitoring & Medical Response (Microlearning)	11 min
NORM Awareness: Sources & Handling Procedures (Microlearning)	4 min
NORM Awareness: Controls to Minimize Exposure (Microlearning)	6 min
Lead Awareness: Mitigating Lead Hazards (Microlearning)	11 min
Chemical Safety: Chemical Hazards (Microlearning)*	6 min
Chemical Safety: Handling & Storage (Microlearning)*	5 min
Chemical Safety: Tools & Strategies (Microlearning)*	6 min
Chemical Safety: Emergency Procedures (Microlearning)*	3 min
Chemical Safety: Hazard Controls (Microlearning)*	7 min
Silica Awareness for Construction: Preventing RCS Exposure (Microlearning)	5 min
Ammonium Hydroxide	14 min
Silica Awareness for Construction: Controlling RCS Exposure (Microlearning)	6 min
Silica Awareness for Construction: Silica & Your Health (Microlearning)	5 min
Cryogenic Safety (Microlearning)	11 min
Carbon Monoxide: Exposure Symptoms & Treatment (Microlearning)	4 min
Carbon Monoxide: Controls to Prevent Exposure (Microlearning)	6 min
Carbon Monoxide: Properties & Sources (Microlearning)	6 min
Latex Allergy	14 min
H2S Safety Procedures for Oil & Gas — Canada	19 min
NORM Awareness in the Oil & Gas Industry	15 min
Silica Awareness	15 min
Fireworks Safety	15 min
Household Chemical Safety	15 min
Lead Awareness*	23 min
Radiation Safety Awareness	18 min
Mold & Mildew Awareness*	18 min
H2S Safety for Oil & Gas*	36 min

Asbestos Hazard Awareness*	15 min
Compressed Gas Safety — Cal/OSHA	16 min
Compressed Gas Safety*	23 min
Chemical Safety*	26 min
Carcinogen Awareness	14 min
Benzene Awareness	15 min
Hexavalent Chromium	15 min
Organic Peroxide Awareness	25 min
Beryllium Awareness	35 min
Carbon Monoxide Awareness	18 min
Combustible Dust	14 min
Silica Awareness for Construction	17 min
Formaldehyde Safety in Research & Education	32 min
Flammable & Combustible Liquids*	25 min

## Hazard Communication

HAZCOM: Safety Data Sheet Awareness (Microlearning)	6 min
HAZCOM Plans & Requirements (Microlearning)	5 min
HAZCOM: Safety Data Sheet Sections (Microlearning)	11 min
Accident Prevention Sign & Tag Requirements (Microlearning)	9 min
Signs & Tags: ANSI, APWA & Sign & Tag Maintenance (Microlearning)	6 min
WHMIS 1988*	45 min
Globally Harmonized System (GHS)*	18 min
Hazard Communication*	29 min
Safety Data Sheets*	13 min
Accident Prevention Signs & Tags	16 min
Hazard Communication for the Oil & Gas Industry	26 min
Hazard Communication for Construction Workers*	32 min
WHMIS 2015*	27 min
HAZCOM: Chemical Hazards & Controls (Microlearning)	7 min
HAZCOM: Chemical Labels & SDSs (Microlearning)	8 min
HAZCOM: Access to Medical Records (Microlearning)	3 min

## HAZWOPER

HAZWOPER General Site Worker 8-Hour Refresher — Module 1 — Introduction to HAZWOPER	70 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 2 — Hazard Recognition	61 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 4 — Site Entry & Reconnaissance	64 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 5 — Personal Protective Equipment	65 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 6 — Respirators	85 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 7 — Decontamination	60 min
HAZWOPER General Site Worker 8-Hour Refresher — Module 8 — Exposure Monitoring	68 min
HAZWOPER General Site Worker 8-Hour Refresher	529 min

## Trash & Hazardous Waste

Used Oil Management	12 min
Universal Waste Management*	12 min
Hazardous Waste Awareness (RCRA)*	15 min
Trash Disposal in Retail Operations	17 min

## Human Resources

Bullying & Harassment in the Workplace	17 min
Sexual Harassment for CA Managers — Protected Classes Part 2 (Microlearning)	4 min
Sexual Harassment for CA Managers — Protected Classes Part 3 (Microlearning)	7 min
Sexual Harassment for CA Managers — FEHA Overview (Microlearning)	5 min
Sexual Harassment for CA Managers — Abusive Conduct (Microlearning)	7 min
Sexual Harassment for CA Managers — Types of Sexual Harassment (Microlearning)	6 min
Sexual Harassment for CA Managers — Anti-Harassment Policy (Microlearning)	10 min
Sexual Harassment for CA Managers — Protected Classes Part 1 (Microlearning)	5 min

Sexual Harassment for CA Employees — Protected Classes Part 3 (Microlearning)	6 min
Sexual Harassment for CA Employees — Types of Sexual Harassment (Microlearning)	5 min
Sexual Harassment for CA Employees — Anti-Harassment Policy (Microlearning)	7 min
Sexual Harassment for CA Employees — FEHA Overview (Microlearning)	5 min
Sexual Harassment for CA Employees — Abusive Conduct (Microlearning)	7 min
Sexual Harassment for CA Employees — Protected Classes Part 1 (Microlearning)	4 min
Sexual Harassment for CA Employees — Protected Classes Part 2 (Microlearning)	5 min
Sexual Harassment Prevention for Customer-Facing Positions	17 min
Fair Labor Standards Act: Minimum Wage (Microlearning)	6 min
Fair Labor Standards Act: Maximum Hours (Microlearning)	8 min
Fair Labor Standards Act: FLSA Basics (Microlearning)	9 min
Title VI for Universities (Coming Soon)	NaN min
Drug Free Workplace: Substance Addiction (Microlearning)	6 min
Drug Free Workplace: Workplace Drug Policies (Microlearning)	5 min
Drug Free Workplace: Consequences of Substance Abuse (Microlearning)	6 min
Reasonable Suspicion Substance Abuse Training for Supervisors in the Oil & Gas Industry	125 min
Sexual Harassment & Discrimination for Managers*	28 min
Diversity in the Workplace	16 min
Lawful Terminations & Employee Separation	17 min
Sexual Harassment & Discrimination for Employees*	25 min
Sexual Harassment & Discrimination for Managers in California	124 min
Lawful Hiring Practices	19 min
Reasonable Suspicion Substance Abuse Training for Supervisors	125 min
Sexual Harassment & Discrimination for Employees in California	63 min

Fair Labor Standards Act	23 min
Discrimination in the Workplace	20 min
Drug Free Workplace*	16 min
Title IX/Sexual Misconduct at Educational Facilities	41 min
Ethics in Government Contracting	25 min
Foreign Corrupt Practices Act (FCPA)*	30 min

### Recordkeeping & Reporting

HIPAA Compliance Training for HR Officers	17 min
FERPA — Family Educational Rights & Privacy Act	26 min
HIPAA Compliance Training	13 min
Access to Medical Records	12 min
OSHA Reporting & Recordkeeping*	26 min

### Infectious Disease

Bloodborne Pathogens: Routes of Transmission (Microlearning)	7 min
Coronavirus Prevention in the Workplace*	20 min
Bloodborne Pathogens: Cleaning & Disinfecting (Microlearning)	7 min
Bloodborne Pathogens: Protocols & Recordkeeping (Microlearning)	7 min
Bloodborne Pathogens: Exposure Control (Microlearning)	7 min
Bloodborne Pathogens: Characteristics (Microlearning)	7 min
Coronavirus Prevention in the Workplace — Canada	20 min
Influenza Prevention (Microlearning)	8 min
Legionnaires' Disease	14 min
Disease Prevention for the Tattoo Industry (Microlearning)	10 min
Influenza Pandemic Planning for Businesses	14 min
Tuberculosis Exposure	20 min
Bloodborne Pathogens	23 min
Bloodborne Pathogens — Cal/OSHA	33 min
Bloodborne Pathogens for Research & Campus Activities	31 min
Coronavirus Prevention (Microlearning)*	9 min

### Occupational Safety & Health Programs

Contractors in Oil & Gas: General Safety Programs (Microlearning)	11 min
Contractors in Oil & Gas: Hazard Controls (Microlearning)	9 min
Contractors in Oil & Gas: Permit-Required Work Tasks (Microlearning)	8 min
Contractors in Oil & Gas: General Hazards (Microlearning)	9 min
Contractors in Oil & Gas: Specific Hazards (Microlearning)	8 min
Contractors in Oil & Gas: Environmental & Emergency Response (Microlearning)	10 min
Contractors in Oil & Gas: Company & Site-specific Policies (Microlearning)	9 min
Job Hazard Analysis: Correcting & Preventing Hazards (Microlearning)	5 min
Job Hazard Analysis: JHA Steps (Microlearning)	9 min
Safety Trained Supervisor Construction (STSC) Exam Preparation (Coming Soon)	NaN min
Fatigue Management	16 min
Stop Work Authority*	13 min
General Safety Orientation*	23 min
Temporary Worker Safety	25 min
Industrial Hygiene	21 min
Introduction to OSHA*	28 min
Incident Investigation*	18 min
Job Hazard Analysis*	24 min
Occupational Safety & Health Programs in the Oil & Gas Industry	18 min
Incident Investigation in the Oilfield	18 min
Contractor Orientation for Oil & Gas	37 min
Occupational Safety & Health Programs	18 min
Process Safety Management	23 min
Retail Safety Orientation	24 min
Performing Safety Audits*	22 min
Behavior Based Safety	14 min
Retail Safety: OSHA (Microlearning)	8 min

Retail Safety: Emergency Preparation & Response (Microlearning)	9 min
Retail Safety: Retail Environment Hazards (Microlearning)	12 min
Retail Safety: The Hierarchy of Hazard Controls (Microlearning)	8 min
SNP-97.2 Behavior Based Safety: Characteristics of a BBS Program (Microlearning)	6 min
SNP-98.2 Behavior Based Safety: Creating a Successful BBS Program (Microlearning)	6 min
Incident Investigation: Aspects of Investigations (Microlearning)	6 min
Incident Investigation: Investigation Steps (Microlearning)	7 min
Incident Investigation: Roles & Terms (Microlearning)	5 min

### OSHA 10/30<sup>†</sup>

<sup>†</sup>Requires additional charge. Contact SafetySkills directly.

OSHA 10 General Industry	600 min
OSHA 10 Authorized General Industry	600 min
OSHA 10 Authorized Construction	600 min
OSHA 30 Authorized General Industry	1800 min
OSHA 30 Authorized Construction	1800 min
OSHA 30 General Industry	1800 min

### Off-the-Job Safety

Gun Safety	5 min
Lawn Mower & Lawn Care Safety	6 min
Moving Safety	14 min
Halloween Safety	8 min
Energy Efficiency at Home	19 min

### Setting & Process Hazards

Severe Weather Awareness (Microlearning)	5 min
Severe Weather: Flash Floods (Microlearning)	3 min
Severe Weather: Thunderstorms (Microlearning)	6 min
Work Zone & Flagger Safety — Flagging Operations (Microlearning)	6 min

Work Zone & Flagger Safety — Work Zone Hazards (Microlearning)	5 min
Work Zone & Flagger Safety — Pedestrian Safety (Microlearning)	4 min
Work Zone & Flagger Safety — Work Zone Protections (Microlearning)	5 min
Warehouse Safety: Mechanical Material Handling Equipment (Microlearning)*	7 min
Warehouse Safety: Material Handling (Microlearning)*	7 min
Warehouse Safety: Proper Lifting Techniques (Microlearning)*	5 min
Oil Rig Safety: Terminology & Safety Programs (Microlearning)	4 min
Oil Rig Safety: Work Environment Hazards (Microlearning)	6 min
Oil Rig Safety: Chemical Hazards (Microlearning)	7 min
Oil Rig Safety: Equipment Hazards (Microlearning)	5 min
Pressure Testing Hazard Awareness (Coming Soon)	NaN min
Office Safety: Environmental & Fire Hazards (Microlearning)	6 min
Office Safety: Ergonomic Hazards (Microlearning)	5 min
Office Safety: Fall Prevention & Safe Lifting (Microlearning)	7 min
Struck-By & Caught-Between Hazards in Manufacturing (Microlearning)	10 min
Severe Weather: Tornadoes (Microlearning)	4 min
Struck By/Caught Between for Well Completion	24 min
Confined Space & Engulfment Awareness for Oil & Gas Operations	31 min
Backroom Safety — Supermarket*	21 min
Bakery & Deli Safety*	19 min
Meat Market Safety*	16 min
Severe Weather & Outdoor Work*	18 min
Warehouse Safety*	23 min
Indoor Air Quality	15 min
Oil Rig Safety	24 min
Wildlife Safety for the Oil & Gas Industry*	23 min
Backroom & Stocking Safety in the Retail Industry	25 min
Parking Lot Safety*	16 min

Construction Safety*	17 min
Struck By & Caught Between Injuries for Construction*	13 min
Supermarket Safety*	27 min
Office Safety*	18 min
Safe Work Strategies & Procedures on Campus	18 min
Art Safety for Educational Facilities — Chemical Hazards	25 min
Art Safety for Educational Facilities — Physical Hazards	25 min
Theater Safety	36 min
Work Zone & Flagger Safety	20 min

### Confined Space

Confined Space: Emergency Procedures (Microlearning)	5 min
Confined Space: Hazard Controls (Microlearning)	7 min
Confined Space: Assigned Duties & Responsibilities (Microlearning)	7 min
Confined Space: Hazards in Confined Spaces (Microlearning)	9 min
Confined Space: Types of Confined Spaces (Microlearning)	6 min
Confined Space Canada: Types of Confined Spaces (Microlearning)	6 min
Confined Space Canada: Emergency Procedures (Microlearning)	5 min
Confined Space Canada: Duties & Responsibilities (Microlearning)	7 min
Confined Space Canada: Hazards in Confined Spaces (Microlearning)	9 min
Confined Space Canada: Hazard Controls (Microlearning)	7 min
Confined Space Oil & Gas: Types of Confined Spaces (Microlearning)	6 min
Confined Space Oil & Gas: Confined Space Hazards (Microlearning)	9 min
Confined Space Oil & Gas: Hazard Controls (Microlearning)	9 min
Confined Space Oil & Gas: Emergency Procedures (Microlearning)	5 min
Confined Space Oil & Gas: Duties & Responsibilities (Microlearning)	8 min
Confined Space Awareness*	32 min

Confined Space Entry Supervisor*	20 min
Confined Space Entry Supervisor — Supervisor Responsibilities (Microlearning)	7 min

### Custodial & Maintenance Safety

Park & Landscape Maintenance Safety	13 min
Groundskeeping & Golf Course Maintenance Safety*	20 min
Safe Housekeeping in the Hospitality Industry*	30 min
Safe Pool Operation	31 min
Commercial Laundry Safety*	26 min
Safe Housekeeping for Retail Workers*	16 min
Housekeeping Awareness (Microlearning)	7 min

### Ergonomic Safety

Office Ergonomics Canada: Ergonomic Controls (Microlearning)	5 min
Office Ergonomics Canada: Body Positioning (Microlearning)	6 min
Office Ergonomics Canada: Safe Lifting Procedures (Microlearning)	4 min
Office Ergonomics Canada: Risk Factors & Injuries (Microlearning)	5 min
Office Ergonomics: Ergonomic Controls (Microlearning)	5 min
Office Ergonomics: Body Positioning (Microlearning)	6 min
Office Ergonomics: Risk Factors & Injuries (Microlearning)	5 min
Office Ergonomics: Safe Lifting Procedures (Microlearning)	4 min
Patient Lifting & Transfer (Coming Soon)	NaN min
Industrial Ergonomics: Musculoskeletal Disorders (Microlearning)	7 min
Industrial Ergonomics: Back Injury Prevention (Microlearning)	6 min
Industrial Ergonomics: Risk Factors (Microlearning)	5 min
Back Injury Prevention for Oil & Gas Workers	15 min
Safe Lifting Basics — Supermarket*	14 min
Back Injury Prevention*	19 min
Back Injury Prevention in the Retail Industry	16 min
Retail Ergonomics	18 min

Industrial Ergonomics — Cal/OSHA	18 min
Back Injury Prevention for Construction Workers	19 min
Industrial Ergonomics*	17 min
Office Ergonomics*	17 min

### Fall Hazards

Fall Protection for Construction (Coming Soon)	NaN min
Fall Protection for Upstream Oil & Gas Operations	20 min
Slips/Trips/Falls — Supermarket*	12 min
Slips/Trips/Falls in Retail Sales	12 min
Slips/Trips/Falls*	16 min
Fall Protection Awareness — Cal/OSHA	20 min
Slips/Trips/Falls in the Construction Industry*	20 min
Fall Protection*	20 min
Active Fall Protection Systems*	10 min
Slips/Trips/Falls: Holes & Openings (Microlearning)	7 min
Slips/Trips/Falls: Walking & Working Surfaces (Microlearning)*	7 min
Slips/Trips/Falls: Elevated Surfaces (Microlearning)*	7 min

### Ground Disturbance

Excavation Competent Person — Protective Systems (Microlearning)	5 min
Excavation Competent Person — Roles/Responsibilities (Microlearning)	3 min
Excavation Competent Person — Excavation Hazards (Microlearning)	5 min
Excavation Competent Person — Soil Classification (Microlearning)	4 min
Excavation Competent Person — Preplanning Excavations (Microlearning)	3 min
Excavation & Trenching — Competent Person	19 min
Excavation & Trenching Hazards (Microlearning)	6 min
Excavation & Trenching: Roles & Responsibilities (Microlearning)	6 min
Excavation & Trenching: Hazard Controls (Microlearning)	4 min

Excavation & Trenching Requirements (Microlearning)	4 min
Ground Disturbance Awareness (Coming Soon)	NaN min
Ground Disturbance (Coming Soon)	NaN min
Excavation & Trenching for Upstream Oil & Gas Operations	12 min
Excavation & Trenching*	17 min

### Hearing Conservation

Hearing Conservation Oil & Gas: Hearing Protection (Microlearning)	9 min
Hearing Conservation Oil & Gas: Noise Impacts (Microlearning)	6 min
Hearing Conservation Oil & Gas: Noise Monitoring (Microlearning)	4 min
Hearing Conservation for Oil & Gas Workers	17 min
Hearing Conservation*	20 min
Hearing Conservation: Sound & Noise Basics (Microlearning)	7 min
Hearing Conservation: Types of Hearing Protection (Microlearning)	8 min
Hearing Conservation: Noise Monitoring & Testing (Microlearning)	6 min

### Hot & Cold Stress

Hot Work/Arc Welding: Hot Work Hazards (Microlearning)	8 min
Hot Work/Arc Welding: Employee Responsibilities for Hot Work (Microlearning)	8 min
Hot Work/Arc Welding: Hot Work Hazard Controls (Microlearning)	10 min
Hot Work/Arc Welding: Types & Hazards of Hot Work (Microlearning)	8 min
Hot Work/Arc Welding: Additional Hazards of Hot Work (Microlearning)	8 min
Cold Stress in the Workplace: Cold Stress Prevention (Microlearning)*	6 min
Cold Stress in the Workplace: Symptoms & Illnesses (Microlearning)*	6 min
Cold Stress in the Workplace: Contributing Factors (Microlearning)*	4 min
Heat Stress for Upstream Oil & Gas Operations	15 min
Cold Stress for Upstream & Midstream Oil & Gas Operations	15 min

Winter Safety for Oil & Gas Personnel	21 min
Hot Work/Arc Welding for Oil & Gas Operations	25 min
Heat Stress in the Workplace*	31 min
Hot Work/Arc Welding*	27 min
Heat Stress in the Workplace — Cal/OSHA*	31 min
Hot Work/Arc Welding — Cal/OSHA	22 min
Cold Stress in the Workplace*	16 min

## Materials Handling

Materials Handling: Housekeeping Practices (Microlearning)	4 min
Materials Handling: Safe Unloading (Microlearning)	5 min
Materials Handling: Safe Lifting (Microlearning)	6 min
Materials Handling: Storage Practices (Microlearning)	5 min
Materials Handling*	14 min

## Municipal Employee Safety

Waste Collectors Safety	13 min
Sewage/Waste Water/Water Line Maintenance	11 min
Animal Control Safety	14 min
Street Maintenance Worker Safety	12 min
Municipal Employee Safety	10 min
Municipal Employee Safety	10 min

## Food Safety

Food Defense*	18 min
Floor & Drain Cleaning in Food Manufacturing	17 min
Cleaning & Sanitizing in Food Manufacturing — Module 2 — Chemical Hazards	26 min
Cleaning & Sanitizing in Food Manufacturing — Module 3 — Chemical Handling & Storage	17 min
Cleaning & Sanitizing in Food Manufacturing — Module 4 — Effective Cleaning	18 min
Cleaning & Sanitizing in Food Manufacturing — Module 5 — Effective Sanitizing	16 min
Foreign Material Control in the Food Manufacturing Industry	17 min
Allergen Control in Food Manufacturing	25 min

Cleaning & Sanitizing in Food Manufacturing*	87 min
Hazard Analysis & Critical Control Point (HACCP) Plans in Food Manufacturing	18 min
Listeria Control in Food Manufacturing*	50 min
Hand Hygiene in Food Manufacturing	15 min
Salmonella Control in Food Manufacturing	26 min
Pest Control in Food Manufacturing	19 min
Current Good Manufacturing Practices in Food Production	24 min
Food Safety for Food Service Employees*	34 min

## Food Safety

Chemical Hygiene Plan: Roles & Responsibilities (Microlearning)	5 min
Chemical Hygiene Plan: Purpose & Components (Microlearning)	6 min
Laboratory Safety	35 min
Pipetting Safety	15 min
Glass Handling & Breakage for Laboratories	16 min
Scalpel & Needle Safety in Laboratories	26 min
Biosafety Level 2	21 min
Biosafety Level 3	21 min
Chemical Hygiene Plan	16 min
Bottom-Up Gowning Procedures for Laboratory & Research Facilities (Microlearning)	7 min
Chemical Storage in Laboratories & Research Facilities	11 min
Reactives in Laboratory & Research Facilities	14 min
Autoclave Safety (Microlearning)	8 min
Working With Animals in Research	26 min
Working With Lasers in Research & Education	30 min
Laboratory Safety — Chemical Hazards	24 min
Laboratory Chemical Waste Management (RCRA)	23 min
Laboratory Safety — Physical Hazards	44 min
Laboratory Safety — Biological Hazards	30 min
Laboratory Safety in Research & Education	25 min

## Soft Skills

Time Management Skills — Effective Strategies (Microlearning)	5 min
Time Management Skills — Accomplishing Goals (Microlearning)	5 min
Negotiation Skills — Negotiation Basics (Microlearning)	4 min
Negotiation Skills — Best Practices (Microlearning)	9 min
Leadership Skills for Managers	26 min
Conflict Resolution Strategies	35 min
Successful Guest Service Techniques	30 min
Active Listening Skills	10 min
Negotiation Skills	10 min
Time Management Skills	12 min
Electronic Communication Etiquette for Business	24 min

## DOT Driver Requirements

Human Trafficking Awareness	22 min
Electronic Logging & Hours of Service for Drivers	14 min
12 & 15-Passenger Van: DOT Requirements for Drivers (Microlearning)	9 min
Semi-Truck & Box Truck: Inspections & Reporting (Microlearning)	6 min
12 & 15-Passenger Van: DOT Audit Inspections (Microlearning)	5 min
Semi-Truck & Box Truck: Hours of Service & Logging (Microlearning)	9 min
12 & 15-Passenger Van: DOT Vehicle Inspections (Microlearning)	4 min
12 & 15-Passenger Van: DOT Documentation Requirements (Microlearning)	8 min
Semi-Truck & Box Truck: DOT Requirements for Drivers (Microlearning)	6 min
CMV Inspections: Levels of DOT Inspections (Microlearning)	4 min
Semi-Truck & Box Truck: Driver Wellness (Microlearning)	4 min
CMV Inspections: Preparing for DOT Inspections (Microlearning)	6 min
Safe Trip Planning: DOT Trip Requirements for Commercial Motor Vehicles (Microlearning)	5 min

CMV Inspections: Types of CMV Inspections (Microlearning)	6 min
12 & 15-Passenger Van: DOT Recordkeeping Requirements (Microlearning)	6 min
DOT Requirements for 12 & 15-Passenger Van Drivers	23 min
DOT Requirements for 12 & 15-Passenger Van Drivers – Spanish (Latin American)	23 min
DOT Requirements for Semi-Truck & Box Truck Drivers	24 min
Commercial Motor Vehicle Inspections	15 min

## Driver Safety

Driver Safety: Safe & Defensive Driving (Microlearning)	9 min
Passenger Van Driver: Hazards of Passenger Vans (Microlearning)	5 min
ATV & UTV Safety	22 min
Road Rage: Aggressive Driving Behaviors (Microlearning)	4 min
Passenger Van Driver: Before Driving (Microlearning)	5 min
Delivery Driver Safety: Working Safely (Microlearning)	8 min
Hazardous Driving Conditions: Preparing Your Vehicle (Microlearning)	6 min
Vehicle Backing Safety: General Vehicle Backing (Microlearning)	9 min
Delivery Driver Safety: Driving Safely (Microlearning)	9 min
Passenger Van Driver: Safe Driving (Microlearning)	5 min
Safe Trip Planning: Safe Practices for Over-the-Road Drivers (Microlearning)	6 min
Securing Loads & Cargo: Securement Systems (Microlearning)	7 min
Driver Safety: Preventing Hazardous Driving (Microlearning)	9 min
Securing Loads & Cargo: Cargo Inspections (Microlearning)	7 min
Driver Safety: Hazardous Driving Conditions (Microlearning)	10 min
Vehicle Backing Safety: Backing Large Vehicles (Microlearning)	6 min
Securing Loads & Cargo: Loading & Transporting (Microlearning)	7 min
Road Rage: Preventing Aggressive Driving (Microlearning)	5 min
Hazardous Driving Conditions: Severe Weather Conditions (Microlearning)	8 min

Safe Trip Planning for Over-the-Road Drivers	22 min
Driver Safety*	19 min
Accident Procedures (Microlearning)	10 min
Distracted Driver (Microlearning)*	13 min
Road Rage	14 min
Hazards of Speeding (Microlearning)	10 min
Delivery Driver Safety	21 min
Hazardous Driving Conditions*	17 min
Vehicle Backing Safety	17 min
15 or Fewer Passenger Van Driver Safety	26 min
Securing Loads & Cargo	20 min
Driver Safety On & Off Campus	20 min

## HAZMAT/Dangerous Goods

Surveying the HAZMAT Incident	30 min
Hazmat 0: Hazardous Materials Transportation — Introduction	35 min
Hazmat 01: The Hazardous Materials Table	28 min
Hazmat 02: Hazmat Shipping Papers	24 min
Hazmat 03: Hazmat Marking & Labeling*	33 min
Hazmat 04: Hazmat Placarding	28 min
Hazmat 05: Hazmat Packaging	29 min
Hazmat 06: Hazmat Carrier Requirements — Highway	25 min
Hazmat 07: Hazmat Carrier Requirements — Water	23 min
Hazmat 08: Hazmat Carrier Requirements — Rail	27 min
Hazmat 09: Hazmat Carrier Requirements — Air	27 min
Hazmat 10: Hazmat Transportation Security Awareness	16 min
Hazardous Materials Classification — Basic	15 min
Hazardous Materials Classification — Explosives	10 min
Transportation of Dangerous Goods 1 — Introduction*	16 min
Transportation of Dangerous Goods 2 — Dangerous Goods Classification*	17 min
Transportation of Dangerous Goods 3 — Schedule 1*	15 min

Transportation of Dangerous Goods 4 — Shipping Documents*	14 min
Transportation of Dangerous Goods 5 — Marking*	23 min
Transportation of Dangerous Goods 6 — Means of Containment*	12 min
Transportation of Dangerous Goods 7 — Transportation Security Awareness*	11 min
Transportation of Dangerous Goods 8 — Ground Transportation*	16 min



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