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 Training



**English & Spanish**  
 (\*Spanish Version)

**OSHA Safety & Environmental**

**Library Course Code Course Name Description and Length (in minutes) (Rev 3-18-24)**

**Environmental, Health, & Safety - English** **OSHA Safety, Environmental, Municipal Safety, HAZWOPER, & Off-The-Job Safety**

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| Environmental, Health, and Safety | 001OSHA  | Introduction to OSHA: Worker Rights             | Introduction to OSHA: Worker Rights discusses the Occupational Safety and Health Administration (OSHA) mission to create a safe workplace through appropriate training. It discusses worker rights in the workplace and lists safety and health resources for employees. (60 min)   | 60 minutes |
| Environmental, Health, and Safety | 002OSHA  | Introduction to OSHA: Employer Responsibilities | Introduction to OSHA: Employer Responsibilities discusses employer responsibilities under the Occupational Safety and Health Administration (OSHA) to provide a healthy and safe workplace. It also discusses OSHA workplace standards, injury illness reporting, whistleblower protection, and OSHA inspections and violations. (60 min) | 60 minutes |
| Environmental, Health, and Safety | 100ANTHX | Anthrax Awareness                               | Anthrax Awareness examines the types and symptoms of anthrax, use of anthrax as a weapon, workplace risk evaluation, and emergency response to anthrax threats.   | 40 minutes |
| Environmental, Health, and Safety | 101SARS  | Severe Acute Respiratory Syndrome (SARS)        | Severe Acute Respiratory Syndrome (SARS) explores the cause, infection methods, symptoms, treatment, and best practices for prevention of SARS.   | 50 minutes |
| Environmental, Health, and Safety | 102PAN   | Pandemic Awareness                              | Pandemic Awareness defines what a pandemic is, how to recognize symptoms and prevent disease outbreaks, and ways employers and employees can prepare for pandemic threats.  | 30 minutes |
| Environmental, Health, and Safety | 331HEAT  | *Heat Stress                                    | Heat Stress discusses the signs, symptoms, and treatment of heat stress. It also covers techniques for heat stress prevention.  | 30 minutes |
| Environmental, Health, and Safety | 333ELECT | *Basics of Electrical Safety                    | Basics of Electrical Safety discusses the fundamentals of electrical safety and explains how to recognize common workplace electrical hazards.  | 35 minutes |

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| Environmental, Health, and Safety | 334TAG   | *Electrical Installations: Lockout/Tagout          | Electrical Installations: Lockout/Tagout discusses electrical lockout/tagout requirements and safe work practices for anyone who works on or near electrical installations.  | 20 minutes |
| Environmental, Health, and Safety | 335PARTS | *Electrical Installations: Energized Parts         | Electrical Installations: Energized Parts addresses who may perform electrical work, appropriate PPE, and safe work practices, including safe practices within each shock or flash protection boundary.  | 30 minutes |
| Environmental, Health, and Safety | 336EQUIP | *Electrical Safety: Flexible Cord Equipment        | Electrical Safety: Flexible Cord Equipment addresses how to Handle and inspect cord-and-plug equipment for defects, and learn to select a properly sized extension cord.   | 25 minutes |
| Environmental, Health, and Safety | 337TRAIN | *Electrical Installations: Training and PPE        | Electrical Installations: Training and PPE discusses OSHA's requirements for training and electrical PPE, including the fundamentals in NFPA 70E concerning electrical PPE selection and use.  | 35 minutes |
| Environmental, Health and Safety  | 353FIELD | *Field Hazard Recognition                          | Field Hazard Recognition addresses accident prevention through hazard recognition and assessment.  | 40 minutes |
| Environmental, Health, and Safety | 354FLBAS | *Forklift Operation and Safety                     | Forklift Operation and Safety discusses the features and safety factors intrinsic to the design, load handling, and operation of forklifts.  | 60 minutes |
| Environmental, Health, and Safety | 355MED   | *Medical Surveillance, Screening, and Records      | Medical Surveillance, Screening, and Records discusses how occupational health is improved through medical monitoring, screening, and accurate reporting.  | 35 minutes |
| Environmental, Health, and Safety | 356OFFCE | Office Hazard Recognition and Response             | Office Hazard Recognition and Response addresses common office hazards, emergencies, personal security, cyber security, terrorism, information theft, and workplace violence.  | 75 minutes |
| Environmental, Health, and Safety | 801BACK  | *Back Safety                                       | Back Safety explores back injuries, common causes, back safety, and injury prevention techniques, including proper lifting and workplace controls.   | 25 minutes |
| Environmental, Health, and Safety | 802ERGO  | Ergonomics   | Ergonomics discusses the basic ergonomic principles and risk assessment methods. It also covers different types of ergonomic injuries and prevention methods.  | 50 minutes |
| Environmental, Health, and Safety | 803SLUDG | Wastewater Treatment: Activated Sludge             | Wastewater Treatment: Activated Sludge describes the role of the activated sludge unit in a wastewater treatment facility, how it operates (including how to recognize and keep the sludge healthy), and how to troubleshoot the most common operating problems. | 45 minutes |
| Environmental, Health, and Safety | 804HAZMT | DOT Hazardous Materials: Hazardous Materials Table | DOT Hazardous Materials: Hazardous Materials Table addresses the use of the HMT before transport and components of the HMT.  | 45 minutes |

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| Environmental, Health, and Safety | 805SHIP   | DOT Hazardous Materials: Shipping Papers         | DOT Hazardous Materials: Shipping Papers discusses general requirements for shipping papers, including additional descriptions and notations. It also discusses uniform hazardous waste manifests.  | 30 minutes |
| Environmental, Health, and Safety | 806MARK   | DOT Hazardous Materials: Marking                 | DOT Hazardous Materials: Marking discusses the required markings on hazardous material packaging for both bulk and non-bulk shipments and markings that are prohibited from use. The format and placement of each marking are discussed along with acceptable alternatives. | 45 minutes |
| Environmental, Health, and Safety | 807LABEL  | DOT Hazardous Materials: Labeling                | DOT Hazardous Materials: Labeling explains the labeling requirements in the Hazardous Materials Regulations, including the label definition, descriptions of how packaging must be labeled, prohibitions, exceptions, and special requirements.                             | 35 minutes |
| Environmental, Health, and Safety | 808PLAC   | DOT Hazardous Materials: Placarding              | DOT Hazardous Materials: Placarding defines terminology such as placard and primary or subsidiary hazard and explains the placarding responsibilities of both shippers and carriers, including placard descriptions, usage requirements, and special provisions.            | 35 minutes |
| Environmental, Health, and Safety | 809HOTWK  | * Hot Work Permits                               | Hot Work Permits address the conditions of hot work, special precautions, PPE, roles and responsibilities, procedures, and permitting.  | 30 minutes |
| Environmental, Health, and Safety | 810HAZMAT | DOT Hazardous Materials: Transportation Security | DOT Hazardous Materials: Transportation Security describes DOT security requirements, security planning, potential targets and threats, and recommended security actions.   | 45 minutes |
| Environmental, Health, and Safety | 811CNSP   | * Confined Space Entry                           | Confined Space Entry addresses workplace evaluation, hazard recognition, equipment, PPE, roles and responsibilities, emergency response, procedures, and permitting for confined space entry.   | 65 minutes |
| Environmental, Health, and Safety | 813HEAR   | * Hearing Conservation                           | Hearing Conservation explores potentially hazardous noise exposures, hearing loss prevention and symptoms, and hearing protection.  | 45 minutes |
| Environmental, Health, and Safety | 814FIREX  | * Fire Extinguisher Basics                       | Fire Extinguisher Basics covers the fire triangle, the types of fires and extinguishing agents, basic fire prevention, fire extinguisher maintenance and use, and emergency response to fires.  | 30 minutes |
| Environmental, Health, and Safety | 815PSM    | Process Safety Management                        | Process Safety Management presents an overview of OSHA's PSM regulation, employer responsibilities, incident investigation, and emergency planning and response.  | 50 minutes |

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| Environmental, Health, and Safety | 819PPE    | *Personal Protective Equipment  | Personal Protective Equipment describes the most common PPE types, strengths, and limitations. It discusses general guidelines for using and caring for each type of PPE.   | 45 minutes |
| Environmental, Health, and Safety | 820LOCK   | *Lockout/Tagout                 | Lockout/Tagout addresses lockout/tagout controls, hazardous energy sources, and applying and removing lockout/tagout controls.  | 40 minutes |
| Environmental, Health, and Safety | 821RESP   | *Respiratory Protection         | Respiratory Protection explores the types and uses of respirators, proper respirator fit, and respirator inspection and cleaning.   | 35 minutes |
| Environmental, Health, and Safety | 8220HAZCM | *Hazard Communication - Part 1  | Hazard Communication - Part 1 discusses OSHA's Hazard Communication Standard (HCS 2012) and safely working with and around hazardous materials. It details the updated hazard classifications and labeling requirements in accordance with GHS. This course is to be taken in conjunction with Hazard Communication - Part 2. | 45 minutes |
| Environmental, Health, and Safety | 8221HAZCM | *Hazard Communication - Part 2  | Hazard Communication - Part 2 discusses OSHA's Hazard Communication Standard (HCS 2012). It details the updated safety data sheet requirements and hazard communication programs in accordance with GHS. This course will be taken in conjunction with Hazard Communication - Part 1.   | 30 minutes |
| Environmental, Health, and Safety | 823ACC    | Accident Investigation Overview | Accident Investigation Overview describes the steps necessary to investigate a work-related accident.   | 30 minutes |
| Environmental, Health and Safety  | 826BENZ   | *Hazards of Benzene             | Hazards of Benzene discusses the properties and hazards of benzene, exposure controls, and PPE.   | 30 minutes |
| Environmental, Health, and Safety | 827BLOOD  | *Bloodborne Pathogens           | Bloodborne Pathogens discusses bloodborne pathogens and how they are transmitted, how to identify biohazards in the workplace and avoid exposure, and how to handle potentially infectious materials and exposure incidents.  | 35 minutes |
| Environmental, Health, and Safety | 828LEAD   | Hazards of Lead                 | Hazards of Lead introduces an overview of the hazards and health effects of overexposure to lead in addition to exposure limits, workplace controls, safe-handling practices, and protective measures required by OSHA.   | 35 minutes |
| Environmental, Health, and Safety | 829H2S    | Hazards of Hydrogen Sulfide     | Hazards of Hydrogen Sulfide addresses the characteristics and dangers of hydrogen sulfide, PELs, exposure effects, PPE, and first aid.  | 30 minutes |
| Environmental, Health, and Safety | 830SCAFF  | Scaffold Safety                 | Scaffold Safety discusses the basic design features of scaffolds, appropriate inspection and maintenance, general scaffold safety measures, and fall protection requirements.   | 55 minutes |

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| Environmental, Health, and Safety | 831FALPS | *Fall Protection Systems                         | Fall Protection Systems outlines the components of a fall protection program, including training, requirements, fall protection, and rescue types.  | 50 minutes |
| Environmental, Health, and Safety | 832FALL  | *Fall Hazard Awareness                           | Fall Hazard Awareness discusses common fall hazards associated with different walking/working surfaces. It explains different fall prevention and protection measures.  | 45 minutes |
| Environmental, Health, and Safety | 833LADRS | *Ladder Safety                                   | Ladder Safety explains the different types of ladders, their features and associated hazards, and safety procedures and precautions.  | 35 minutes |
| Environmental, Health, and Safety | 834EXCAV | *Excavation Safety                               | Excavation Safety explains basic excavation safety, excavation requirements, soil classification and testing, causes of cave-ins, and excavation protective systems.  | 55 minutes |
| Environmental, Health, and Safety | 835BUTA  | Hazards of Butadiene                             | Hazards of Butadiene give workers awareness of the chemical and its hazards. It also explains the measures that must be taken to protect workers from exposure.   | 35 minutes |
| Environmental, Health, and Safety | 836RCRA  | RCRA: Handling and Shipping Hazardous Waste      | RCRA: Handling and Shipping Hazardous Waste discusses the provisions of RCRA, including the types of solid waste, the responsibility of generators, on-site storage, containers, transportation, hazardous waste imports and exports, and emergency preparedness. | 60 minutes |
| Environmental, Health, and Safety | 837RCRA  | RCRA: Regulations for Hazardous Waste Generators | RCRA: Regulations for Hazardous Waste Generators addresses RCRA regulations for generators and gives an overview of hazardous waste identification, special rules, and recordkeeping/reporting requirements.  | 50 minutes |
| Environmental, Health, and Safety | 838HFACD | Hazards of Hydrofluoric Acid                     | Hazards of Hydrofluoric Acid explores the characteristics and hazards of hydrofluoric acid, exposure prevention methods, and emergency response to accidental spills or exposures.  | 30 minutes |
| Environmental, Health, and Safety | 839HFACD | Hydrofluoric Acid Procedures and Controls        | Hydrofluoric Acid Handling Procedures and Controls discusses hazard awareness, safe work practices, appropriate handling, and exposure controls for hydrofluoric acid processes.  | 40 minutes |

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| Environmental, Health, and Safety               | 840ASBES  | * Asbestos Awareness                              | Asbestos Awareness discusses asbestos hazards, exposure limits, workplace controls, safe handling practices, and protective measures.   | 40 minutes  |
| Environmental, Health, and Safety               | 841RAD    | Ionizing Radiation                                | Ionizing Radiation summarizes the basic scientific principles of ionizing radiation, exposure limits, health effects, safety principles, monitoring and restriction, and emergency actions.   | 60 minutes  |
| Environmental, Health, and Safety               | 842HAZMAT | Hazmat Emergency Response                         | HAZMAT Emergency Response addresses the emergency response plan, the incident command system, and emergency response guidelines.  | 45 minutes  |
| Environmental, Health, and Safety               | 843NORM   | NORM in the Oil and Gas Industry                  | NORM in the Oil and Gas Industry discusses the sources of NORM, its potential health effects, and NORM-handling safety.   | 35 minutes  |
| <b>OQ Environmental</b>                         |           |   |   |             |
| Pipeline Operator Qualification - Environmental | 855       | Introduction to Waste Management and Minimization | <i>Introduction to Waste Management and Minimization</i> provides general information about solid waste management, specifically hazardous waste as defined in RCRA Subtitle C, and an overview of the waste minimization hierarchy.  | 50 minutes  |
| Pipeline Operator Qualification - Environmental | 856       | Air Permitting for Supervisors                    | <i>Air Permitting for Supervisors</i> is a general overview course that discusses the purpose of air permitting, federal and state operating permits, stack and fugitive emissions, emissions issues, agency inspections, inspection preparation, and responding to Notices of Violation. | 25 minutes  |
| Pipeline Operator Qualification - Environmental | 8561      | Air Permitting Awareness                          | <i>Air Permitting Awareness</i> is a general overview course that examines the purpose of air permitting, Title V operating permits, stack and fugitive emissions, emissions issues, agency inspections, inspection preparation, and responding to a citation.                            | 20 minutes  |
| Pipeline Operator Qualification - Environmental | 857       | Environmental Awareness                           | <i>Environmental Awareness</i> is designed to make all employees aware of the types of environmental concerns that pipeline operators must address, including regulatory requirements.  | 30 minutes  |
| <b>OQ Emergency Response &amp; Planning</b>     |           |   |   |             |
| Emergency Response & Planning                   | 102       | Emergency Plans & Public Contractor Education     | <i>Emergency Plans &amp; Public Contractor Education</i> addresses emergency action plans and reviews damage prevention programs, including one-call systems, public and contractor education about gas pipelines, and response procedures for pipeline damage from an outside force.     | 100 minutes |

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| Emergency Response & Planning   | ER1300 | Facility Response Plan for Hazardous Liquids Pipelines | <i>Facility Response Plan for Hazardous Liquids Pipelines</i> is an overview course about the facility response plan utilized in the hazardous liquids pipeline industry.   | 25 minutes |
| Emergency Response & Planning   | ER1301 | Emergency Response Plan for Natural Gas Pipelines      | <i>Emergency Response Plan for Natural Gas Pipelines</i> explores the components of respective emergency response plans utilized by the natural gas and liquefied natural gas pipeline industries.  | 25 minutes |
| Emergency Response & Planning   | ER1302 | Working With the Media During an Emergency             | <i>Working With the Media During an Emergency</i> addresses appropriate interview protocols with the news media and emergency response officials at the scene of a pipeline emergency.  | 35 minutes |
| Pipeline Operator Qualification | ER1304 | Pandemic Preparedness: What Every Employee Should Know | <i>Pandemic Preparedness: What Every Employee Should Know</i> describes how pipeline employees and their workplaces can prepare for a pandemic, including protecting themselves and adjusting working arrangements to deal with a reduced workforce.  | 30 minutes |
| Pipeline Operator Qualification | ER1305 | Pipeline Security Planning                             | <i>Pipeline Security Planning</i> discusses developing a pipeline security plan using the references and guidelines set forth by governmental agencies. It also covers the roles and responsibilities of employees, types of security threats and incidents, reporting, facility assessments, security measures, and plan implementation. | 50 minutes |
| Pipeline Operator Qualification | ER1306 | Corporate Emergency Management Plan                    | <i>A corporate Emergency Management Plan</i> explains how planning will help management provide key corporate resources to assist operational assets in responding to an emergency.   | 20 minutes |
| Pipeline Operator Qualification | ER1308 | SPCC Plans for Non-Production/Bulk Storage Facilities  | <i>SPCC Plans for Non-Production/Bulk Storage Facilities</i> examines the general regulatory requirements of an SPCC Plan and specific regulatory requirements for non-production onshore facilities.   | 35 minutes |

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| Pipeline Operator Qualification                      | ER1309  | SPCC Plans for Onshore Production Facilities | <i>SPCC Plans for Onshore Production Facilities</i> examines the general regulatory requirements of an SPCC Plan as well as specific regulatory requirements for onshore oil production facilities and onshore drilling and workover facilities.  | 35 minutes |
| <b>Municipal: Environmental, Health &amp; Safety</b> |         |  |   |            |
| Municipal EHS  | 450CLOR | Municipal: Chlorine Safety                   | Municipal: Chlorine Safety addresses different kinds of chlorine commonly used in the municipal workplace, including chemical and physical properties of chlorine, chemical and health hazards of chlorine, and regulations for transportation, use, and storage of chlorine.   | 60 minutes |
| Municipal EHS  | 451HEAT | Municipal: Heat Stress                       | Examines what heat stress is, how the body cools itself; heat-related illnesses and their symptoms; responses to heat-related illnesses; and ways to prevent heat stress.   | 30 minutes |
| Municipal EHS  | 452ELEC | Municipal: Basics of Electrical Safety       | Addresses the dangers of electrical shock and how it occurs; the dangers of electrical burns; response to electrical fires; what to do when a coworker is shocked or burned; the seven most common electrical hazards; risks of electrical hazards; creating a safe electrical work environment by controlling hazards; and safe electrical work practices. | 55 minutes |
| Municipal EHS  | 453BACK | Municipal: Back Safety                       | Municipal Back Safety addresses major parts of the spinal column, back care, back strain prevention, good posture, and exercises for strengthening the back.  | 40 minutes |
| Municipal EHS  | 454ERGO | Municipal: Ergonomics                        | Examines what ergonomics is and how it helps prevent employee injuries; cumulative trauma disorders, such as tendonitis and carpal tunnel syndrome; and the symptoms and treatment of cumulative trauma disorders.  | 35 minutes |



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| Municipal EHS | 455CNBP  | Municipal: Confined Space Entry          | Municipal: Confined Space Entry addresses confined space laws, recognizing confined spaces, confined space hazards, the roles of specific personnel, the permitting process, confined space pre-entry preparations ranging from training to PPE, and rescue procedures.                  | 70 minutes |
| Municipal EHS | 456HEAR  | Municipal: Hearing Conservation          | Examines how noise damages hearing, potentially hazardous noise exposures, hearing loss symptoms, measurement, and prevention; hearing conservation programs; program training and recordkeeping; and hearing protection.  | 45 minutes |
| Municipal EHS | 457FIREX | Municipal: Fire Extinguisher Basics      | Municipal: Fire Extinguisher Basics covers the fire triangle, the types of fires and extinguishing agents, basic fire prevention, emergency response to fires, and fire extinguisher maintenance and use.  | 30 minutes |
| Municipal EHS | 458PPE   | Municipal: Personal Protective Equipment | Municipal: Personal Protective Equipment defines each type of PPE and its purpose (including standard PPE and fall protection), explains PPE requirements on the job, and lists associated regulatory agencies that set PPE standards.   | 40 minutes |
| Municipal EHS | 459LOCK  | Municipal: Lockout/Tagout                | Addresses the purpose of lockout/tagout controls, worker roles, hazardous energy sources, tagout control limitations, application of lockout/tagout controls, and removal of lockout/tagout controls.  | 30 minutes |
| Municipal EHS | 460HZCM  | Municipal: Hazard Communications         | Hazard Communication discusses OSHA's Hazard Communication Standard (HCS 2012) and how to safely work with and around hazardous materials. It also details the updated hazard classifications, labeling requirements, and safety data sheets.  | 70 minutes |
| Municipal EHS | 461BLOOD | Municipal: Bloodborne Pathogens          | Municipal: Bloodborne Pathogens addresses exposure to common bloodborne pathogens, reducing the risk of exposure; universal precautions; sharps handling; PPE use; the biohazard warning label; exposure-response and post-exposure medical evaluation; and the Hepatitis B vaccination. | 25 minutes |
| Municipal EHS | 462LADR  | Municipal: Ladder Safety                 | Municipal: Ladder Safety examines different types of ladders, ladder inspection, ladder parts, and safety precautions when using ladders.  | 30 minutes |

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| Municipal EHS             | 463ASB   | Municipal: Asbestos Awareness                     | Municipal: Asbestos Awareness addresses friable and non-friable fibers; asbestos use; asbestos-related diseases and smoking; labeling for asbestos-containing materials; types of insulation; asbestos exposure limits and air monitoring; asbestos work classes; safe work practices; and respirator requirements.                   | 45 minutes  |
| Municipal EHS             | 464FLBAS | Municipal: Forklift Basics, Operation, and Safety | Municipal: Forklift Basics, Operation, and Safety addresses OSHA standard 29 CFR 1910.178 for forklift operator training; forklift design and parts; forklift stability, operation, and safety; surface conditions; load stability and manipulation; stacking and un-stacking; vehicle and pedestrian traffic; and restricted access. | 100 minutes |
| Municipal EHS             | 465HOT   | Municipal: Hot Work Permit                        | Municipal: Hot Work Permit explores hot work tasks, hazards, standards, and permits; the roles of management, PIA, the worker performing the hot work, and the fire watch; the permitting process and what must be done before a permit is issued; safe work practices; and checking a completed hot work job.                        | 30 minutes  |
| Municipal EHS             | 466FALL  | Municipal: Fall Protection                        | Municipal: Fall Protection discusses fall prevention requirements, including training and workplace control measures to prevent falls. It also describes safe practices and the use and maintenance of personal fall protection equipment.  | 45 minutes  |
| <b>Off-the-Job Safety</b> |          |   |   |             |
| Off-the-Job Safety        | 501POISN | Poison Control                                    | Poison Control addresses frequency of poisonings, types of household poisons, safe poison storage programs, and poisoning response.   | 30 minutes  |
| Off-the-Job Safety        | 502STRSS | Stress Management                                 | Stress Management explores stress management, time management and goal setting, personal rewards, proper nutrition, exercise, adequate sleep, positive thinking, changing personal outlooks, stress response, open communication, and the Ten Commandments for Managing Stress.   | 35 minutes  |

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| Off-the-Job Safety | 503PHYSF  | Physical Fitness      | Physical Fitness examines effective exercise programs, training phases, the basis for effective training, types of exercises, and how men and women burn calories differently.   | 30 minutes |
| Off-the-Job Safety | 504SPRING | Spring Cleaning       | Spring Cleaning explores the steps and rules for spring cleaning, climbing ladders, and lifting.   | 35 minutes |
| Off-the-Job Safety | 505HOME   | Home Safety           | Home Safety explores prevention of injuries and accidental death in the home; prevention of falls, burns/ fires, drowning, electrocution, and suffocation; and kitchen and garage safety.  | 50 minutes |
| Off-the-Job Safety | 506SUMMR  | Summer Safety         | Summer Safety addresses swimming and boating safety; treatment of common summer allergies, sunburn, stings, and bites; safety rules when barbecuing; recognizing and avoiding heat stress and dehydration; and avoiding and treating motion sickness.  | 35 minutes |
| Off-the-Job Safety | 507TRAVL  | Have a Safe Trip      | Have a Safe Trip addresses how to protect your home when you are away, first aid kits, proper packing, trip, and vacation safety measures, how to avoid becoming a crime victim on cruises and in hotels, medical concerns while traveling, minimizing jet lag; and safety concerns when traveling abroad. | 95 minutes |
| Off-the-Job Safety | 508SCHOOL | Back to School Safety | Back to School Safety addresses deciding if your child is mature enough to stay home alone; appropriate methods for buckling up children, infants, and toddlers; safety guidelines for walking and riding a bus to and from school; and playground equipment safety.                                       | 35 minutes |
| Off-the-Job Safety | 509HUNT   | Hunting Safety        | Hunting Safety explores the safe use of firearms, hunting safety, safe and ecological camp set-up, and what to do if you become lost.  | 35 minutes |
| Off-the-Job Safety | 510FIRE   | Fire Prevention       | Fire prevention addresses the types and uses of fire extinguishers, the importance of home smoke detectors, fire drills, fire safety inspections, home fireplace safety, and fire safety away from home.   | 55 minutes |
| Off-the-Job Safety | 511WINTER | Winter Preparation    | Winter Preparation addresses wintertime preparations for home and auto and precautions for pets and plants.  | 40 minutes |

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| Off-the-Job Safety | 512XMAS   | Christmas Safety           | Christmas Safety examines holiday fire and electrical hazards, including hazards from Christmas trees and decorations. Holiday shopping hazards are also addressed.  | 30 minutes |
| Off-the-Job Safety | 513WEIGHT | Weight Control             | Weight Control addresses the basics of healthy eating, weight-loss exercise routines, and other weight-loss methods. It helps children learn about healthy weight maintenance.   | 60 minutes |
| ff-the-Job Safety  | 514CHILD  | Child Passenger Safety     | Child Passenger Safety examines the types of car seats, age and weight requirements for various car and booster seats, car seat selection, car seat positioning, harness types, car seat installation, proper strap adjustment, the LATCH system, proper seatbelt placement, and infant stabilization. | 45 minutes |
| Off-the-Job Safety | 515SMOKE  | Smoking Awareness          | Smoking Awareness explores the dangers and costs of tobacco use and methods of stopping tobacco use.   | 25 minutes |
| Off-the-Job Safety | 516HYPER  | Hypertension               | Hypertension examines the causes, detection, and prevention of hypertension.   | 25 minutes |
| Off-the-Job Safety | 517HEAT   | Heat Stress Prevention     | Heat Stress Prevention teaches the learner about heat stress, the serious consequences of heat-related illnesses, heat stress first aid, and heat stress prevention.   | 40 minutes |
| Off-the-Job Safety | 518WORKS  | Fireworks Safety           | Fireworks Safety examines history and classification, common fireworks injuries, safe handling of consumer fireworks, and spectator safety at professional exhibitions.  | 30 minutes |
| Off-the-Job Safety | 519CAN    | Skin Cancer                | Skin Cancer addresses the likelihood of developing skin cancer, its cause and contributing factors, types, and common warning signs; reducing the risks of skin cancer; common treatments; and self-examination.   | 40 minutes |
| Off-the-Job Safety | 520BITES  | Bites and Stings           | Bites and Stings explores types of parasitic and defending insects, bite prevention, and problems caused by bites.   | 40 minutes |
| Off-the-Job Safety | 521SPORT  | Preventing Sports Injuries | Preventing Sports Injuries examines common sports injuries, injury prevention, common injuries in child athletes, and how to prevent these injuries.   | 40 minutes |
| Off-the-Job Safety | 522HALLOW | Halloween Safety           | Halloween Safety addresses the general hazards of Halloween and specific hazards of costumes and trick-or-treating.  | 15 minutes |

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| Off-the-Job Safety | 523FOOD  | Handling Food Safely                         | Handling Food Safely addresses food poisoning, proper food storage, spoilage, sanitization, and safe food preparation.  | 45 minutes |
| Off-the-Job Safety | 524TOYS  | Toy Safety                                   | Toy Safety addresses toy warning labels, toy safety, toy storage, storage hazards, and age-appropriate toy selection.   | 55 minutes |
| Off-the-Job Safety | 525DRIVE | Safe Driving Practices                       | Safe Driving Practices explores common traffic law violations, driving and road hazards, and safe vs. dangerous driving practices.  | 30 minutes |
| Off-the-Job Safety | 526BIKE  | Bicycle Safety                               | Bicycle Safety addresses the benefits of bicycle riding; bicycle maintenance, and road safety laws.   | 35 minutes |
| Off-the-Job Safety | 527BOAT  | Boating Safety                               | Boating Safety explores basic boating terms; Navigational Rules, required and recommended equipment for safe boating, avoiding common accidents; radioing for help on the water; buoys and markers in the U.S. Aids to Navigation System; and safety precautions for different types of water recreation.   | 55 minutes |
| Off-the-Job Safety | 528FALL  | Home Fall and Ladder Safety                  | Home Fall and Ladder Safety explores the risks of fall-related injuries; causes of trips and slips; precautions for increasing safety at home; ladder inspection; and safe ladder use.  | 35 minutes |
| Off-the-Job Safety | 529KIDS  | Creating Streetwise Kids                     | Creating Streetwise Kids explores taking responsibility for children's safety and protecting them from harm; safety rules for walking to and from school, the playground, and in the neighborhood; protecting children from drugs, alcohol, guns, and violence; handling bullies and sexual harassment; preventing children from accessing questionable content on the Internet; and protecting children from online predators. | 55 minutes |
| <b>HAZWOPER</b>    |          |  |   |            |
| HAZWOPER           | 850SSC   | HAZWOPER: Site Security and Control          | Site Security and Control examines work zones and boundaries, the buddy system, site communication, medical assistance, standard operating procedures, and safe work practices.   | 30 minutes |
| HAZWOPER           | 851SCA   | HAZWOPER: Site Characterization and Analysis | Site Characterization and Analysis addresses the site evaluation process, health and safety risks, PPE for initial site entry pre-entry information, types of monitoring, and risk identification and employee notification.  | 25 minutes |

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| HAZWOPER | 852REGS  | HAZWOPER: Regulations                          | Regulations examine the evolution of the HAZWOPER standard from 1965 to the present with a close look at the regulations that led to the adoption of the standard in 1989, including RCRA, CERCLA, SARA, and EPCRA.                                      | 45 minutes |
| HAZWOPER | 853TOX   | HAZWOPER: Hazards of Toxic Substances          | Hazards of Toxic Substances addresses chemical substances, toxicity, hazards, local and systemic effects, and measuring and monitoring for exposure.   | 50 minutes |
| HAZWOPER | 854IDHAZ | HAZWOPER: Identifying Hazardous Materials      | Identifying Hazardous Materials informs learners who are exposed or potentially exposed to hazardous substances of how to identify hazardous materials in transit and in the workplace.  | 55 minutes |
| HAZWOPER | 855SPILL | HAZWOPER: Spill Response                       | Spill Response explores incidental and emergency response and rescue/response actions. Learners also will become familiar with the National Response System and the Incident Command System.   | 45 minutes |
| HAZWOPER | 856DECON | HAZWOPER: Decontamination                      | Decontamination defines decontamination and discusses decontamination procedures that are required elements of a HAZWOPER site-specific safety and health plan.  | 40 minutes |
| HAZWOPER | 857SSHP  | HAZWOPER: Site Safety and Health Program       | Site Safety and Health Program addresses the purposes and components of site safety and health programs, site-specific safety and health plans, safety and health training programs, and medical surveillance programs.                                  | 35 minutes |
| HAZWOPER | 858SITE  | HAZWOPER: Site-Specific Safety and Health Plan | Site-specific safety and Health Plans define a site-specific safety and health plan lists its elements and discusses site-specific safety and health plan tools.   | 30 minutes |
| HAZWOPER | 859HTRN  | HAZWOPER: Training                             | Training explains the importance of HAZWOPER training and identifies training recipients and levels. This course also lists training requirements for emergency responders and workers at cleanup sites and treatment, storage, and disposal facilities. | 30 minutes |
| HAZWOPER | 860MON   | HAZWOPER: Air Monitoring and Detection         | Air Monitoring and Detection identifies factors to consider when conducting air monitoring and detection. Methods for monitoring hazardous waste sites and personnel are also examined, as are the instruments and methods for measuring exposure.       | 4 minutes  |

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| HAZWOPER | 861SAMP | HAZWOPER: Sampling and Analysis          | Sampling and Analysis discusses several kinds of sampling, including personal, environmental, bulk, wipe, and drum sampling. An overview of the analysis is also included.   | 75 minutes |
| HAZWOPER | 862CHAZ | HAZWOPER: Chemical Hazards               | Chemical Hazards identify and describe factors that make a chemical hazardous. This course lists and explains the health and physical hazards of chemicals and discusses how to recognize and reduce chemical exposure.  | 55 minutes |
| HAZWOPER | 863PHAZ | HAZWOPER: Physical Hazards               | Physical hazards define physical hazards and also address noise, heat stress, cold stress, ionizing radiation, vibration, certain chemicals, slips, trips, and falls.  | 75 minutes |
| HAZWOPER | 864PPE  | HAZWOPER: Personal Protective Equipment  | Personal Protective Equipment explores required PPE and respiratory protection programs. Workers also will learn about respirators and chemical protective clothing, as well as selection, use, maintenance, and storage of these items.   | 60 minutes |
| HAZWOPER | 865MED  | HAZWOPER: Medical Surveillance           | Medical Surveillance explains why a medical surveillance program is essential to assess and monitor worker's health and fitness before, during, and after employment or duty at hazardous waste sites and emergency scenes.  | 45 minutes |
| HAZWOPER | 866CSP  | HAZWOPER: Confined Space Entry           | Hazwoper: Confined Space Entry explores confined space entry, including confined space examples, hazards, permit-required confined spaces, hazard controls, training requirements, assigned personnel duties, employer's responsibilities, entry permits, and safe entry. (75 min) | 75 minutes |
| HAZWOPER | 867INFO | HAZWOPER: Information Sources            | Information Sources address the accuracy of the information, the Hazard Communication Standard (HCS), downstream flow of information, Material Safety Data Sheet (MSDS), hazard communication program, hazard communication changes, and other information sources.                | 35 minutes |
| HAZWOPER | 868CONT | HAZWOPER: Containment and Cleanup        | Containment and Cleanup examines the elements of a spill containment program and new spill containment technologies.   | 25 minutes |
| HAZWOPER | 869REFA | HAZWOPER: Rescue Equipment and First Aid | Rescue Equipment and First Aid provide general awareness about first aid and types of care provided as the result of common hazardous waste site accidents.  | 55 minutes |

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| HAZWOPER | 870LOTO | HAZWOPER: Lockout/Tagout Procedures     | Lockout/Tagout Procedures discusses the standard for Control of Hazardous Energy (Lockout/Tagout) with its many aspects, including an energy control program and lockout/tagout devices and procedures.  | 55 minutes |
| HAZWOPER | 871ERP  | HAZWOPER: Emergency Response Plan       | Emergency Response Plan examines the origins of the HAZWOPER emergency response plan, emergency action vs. emergency response plans, elements of emergency action and emergency response plans, how to handle emergency response, and the Incident Command System. | 45 minutes |
| HAZWOPER | 872DRUM | HAZWOPER: Handling Drums and Containers | Handling Drums and Containers discusses procedures for handling, opening, and sampling drums and containers, among other topics. Characterization, staging, bulking, shipping, and transport also are examined.  | 55 minutes |