

THE MARCOM GROUP, LTD.

MICROLEARNING (VOD) PROGRAMS CURRENTLY AVAILABLE

The MicroLearning programs listed below are currently available in English and Spanish for use through the MARCOM's delivery systems. The listing is organized by curricula and associated MicroLearning programs/courses.

General Safety Series:

Accident Investigation

- Accidents and "Near Misses"
- Investigations... and "Root Cause Analysis"
- Case Study 1: Equipment
- Case Study 2: Training
- Case Study 3: Procedures
- Learning from Accidents

Active Shooter: Surviving An Attack

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

Arc Flash

- "Shock"... and How to Avoid It
- What is "Arc Flash"?
- Personal Protective Equipment
- Creating an "Electrically Safe Condition"
- Avoiding Arc Flash Situations

Back Safety

- How the Back "Works"
- Types of Back Problems
- Diseases That Affect the Back
- Better Posture for a Healthier Back
- Proper Lifting Techniques
- Back Care is 24/7
- Sleeping Properly
- Treating a Bad Back

Bullying and Other Disruptive Behavior: for Employees

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

Bullying and Other Disruptive Behavior: for Managers and Supervisors

- Bullying and Its Effects
- Other Disruptive Behavior
- "Coaching" Your Department
- Handling a Report of Bullying or Other Disruption
- "Informal Responses" and "Awareness Intervention"
- Conducting an Investigation
- Additional Levels of Intervention

Compressed Gas Cylinders

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

Computer Workstation Safety

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

Conflict Resolution in Industrial Facilities

- Types of Conflicts
- Conflict Resolution
- Confrontations
- Consequences of Unresolved Conflict

Conflict Resolution in the Office

- Types of Conflicts
- Conflict Resolution
- Confrontations
- Consequences of Unresolved Conflict

Crane Safety

- OSHA Regulations
- Types of Cranes
- Getting Started
- Rigging the Load
- Lifting, Moving and Landing

General Safety Series (cont'd)

Distracted Driving

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

Driving Defensively

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

Driving Safety: The Basics

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

Driving Safety

- Preparation
- Safe Driving
- Driving Around Trucks and Buses
- Night Driving and Adverse Weather Conditions
- Distracted Driving
- Road Rage
- Driving Emergencies

Dealing with Drug and Alcohol Abuse... for Employees

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

Drug and Alcohol Abuse... for Managers and Supervisors

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

Evacuation Procedures

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

Industrial Ergonomics

- What is Ergonomics?
- The Human Body
- The Hand and Wrist
- The Arm and Shoulder
- The Back and Neck
- Lifting Procedures and Exercise

Office Ergonomics

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

Electrical Safety

- The Basics
- Circuits and Flow
- Recognizing and Avoiding Hazards
- Special Environments
- Dealing with an Electrical Accident

Eye Safety

- Who is Affected... and How
- How the Eyes Work
- Eyestrain
- Contact Lenses
- Physical and Radiation Hazards... and PPE
- Dealing with Eye Injuries

Fire Prevention in Healthcare Facilities

- What Causes Things to Burn
- Extinguishing Fires
- What to Do When a Fire Occurs
- Evacuating
- Preventing Fires
- Electrical Hazards

Fall Protection

- The Basics
- Sticking to the Plan
- Personal Protection

General Safety Series (cont'd)

Fire Prevention in the Office

- What Causes Things to Burn
- The Classes of Fires
- Extinguishing Fires
- Preventing Fires
- Alarms and Evacuation

Industrial Fire Prevention

- What Causes Things to Burn
- Flashpoints
- Classes of Fires
- Extinguishing Fires
- Handling Flammable Materials Safely
- Sparks
- Welding, Electrical Equipment and Smoking
- Alarms and Evacuation

First Aid

- Eye Injuries
- Cuts, Blisters and Burns
- Strains, Sprains, Breaks, Fractures and Shock
- Heat-Related Illnesses
- Choking
- Heat-Related Emergencies

Hand and Power Tool Safety

- Tool Hazards
- Tool Maintenance
- Protecting Yourself and Others from Hazards
- Personal Protective Equipment
- Choosing Tools That Fit You and the Job
- Using Electric Power Tools Safely
- Preventing Kickbacks

Hand, Wrist and Finger Safety

- The Hand... and How It Works
- Preparing for the Job
- Personal Protective Equipment
- Fit and Care of PPE
- Ergonomic Hazards

Handling a Sexual Harassment Investigation

- Your Company's Legal Responsibilities
- Preventing Sexual Harassment
- Conducting an Ethical Investigation
- Beginning the Investigation Process
- Documenting the Allegations
- Interviewing the Alleged Harasser and Witness
- Evaluating the Facts and Making a Decision

Dealing with Hazardous Spills

- HAZMAT Basics and the Emergency Action Plan
- The Spill Response Team
- Responding to a Spill: The First Steps
- 'Characterizing' a Spill and Cleaning It Up
- Special Hazards, Decontamination and Waste Disposal

Hazard Recognition

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

Hazardous Materials Labels

- Department of Transportation (DOT) Hazard Class Labels: Part I
- Hazardous Materials Identification System (HMIS)
- National Fire Protection Association (NFPA)
- Hazardous Waste Labels

Heat Stress

- Heat Stress and the Body's Cooling System
- Other Heat-Related Illnesses
- Preparing to Work in Hot Environments
- Engineering Controls
- Treating Heat-Related Illnesses

Hot Work Safety and the Permitting Process

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

I2P2: Illness and Injury Prevention Programs

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

Ladder Safety

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

General Safety Series (cont'd)

Machine Guard Safety

- Dangerous Mechanical Motions
- Types of Machine Guards
- Guarding Points of Operations
- Safety Devices
- Protecting Your Hands
- Safe Work Practices

Materials Handling Safety

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

Office Safety

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

Preventing Sexual Harassment... for Employees

- Defining Sexual Harassment
- Recognizing Victims and Harassers
- Behaviors to Avoid
- Avoiding Accidental Harassment
- How to Handle an Incident
- Reporting Sexual Harassment to Management

Preventing Sexual Harassment... for Managers and Supervisors

- What is Sexual Harassment?
- A Manager's Responsibility
- Preventing Sexual Harassment
- Recognizing Sexual Harassment
- What to Do If Sexual Harassment Occurs

Rigging Safety

- OSHA Regulations
- Hand Signals
- Slings
- Hitches
- Sling Angles
- Making the Lift

Safe Lifting

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

Safety Audits

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

Safety Awareness... for New Employees

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

Safety Orientation

- Mental Preparation
- Safety Housekeeping and Accident Prevention
- Personal Protective Equipment
- Safe Work Practices
- Preparing for Emergencies

Safety Housekeeping and Accident Investigation

- Developing a Good Safety Attitude
- Maintaining Your Work Environment
- Using Tools and Equipment
- Hazardous Materials: Recognition and Storage
- Spill Cleanup and Disposal
- Personal Protective Equipment

Safety Showers and Eye Washes

- Uses and Characteristics of Showers and Eye Washes
- Accessing and Maintaining Showers and Eye Washes
- Using Safety Showers
- Using Eye Washes

Slips, Trips and Falls

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

General Safety Series (cont'd)

Using Fire Extinguishers

- Extinguisher Location and Maintenance
- What Causes Things to Burn
- Classes of Fires
- Chemical Fire Extinguishers
- Water Fire Extinguishers
- How to Use an Extinguisher

Walking and Working Surfaces

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

Warehouse Safety

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

Welding Safety

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

Wellness and Fitness

- Eating Right
- Exercise
- Stress
- Smoking
- Alcohol and Drugs

Winter Safety

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

Workplace Harassment in Industrial Facilities

- Verbal Abuse
- Threats
- Harassment and Violence
- Sexual Harassment
- Stalking

Workplace Harassment in the Office

- Verbal Abuse
- Threats
- Harassment and Violence
- Sexual Harassment
- Stalking

Workplace Stress

- Effects of Stress
- Awareness
- Relaxation Exercise
- Stretching Exercise
- Thinking Positively
- The Impact of Lifestyle

Workplace Violence

- What is Violence?
- Warning Signs
- Handling Aggressive Behavior
- Dealing with Violent Behavior

Regulatory Compliance Series:

Aerial Lifts in Industrial and Construction Environments

- Types of Lifts and Required Training
- Hazards Associated with Aerial Lifts
- Inspecting an Aerial Lift
- Preparing to Use a Lift
- Operating an Aerial Lift
- Completing Your Work with a Lift
- Working on the Ground Near an Aerial Lift
- Moving an Aerial Lift

Asbestos Awareness

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

Bloodborne Pathogens in Commercial and Industrial Facilities

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

Bloodborne Pathogens in First Response Environments

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

Bloodborne Pathogens in Healthcare Facilities

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

Confined Space Entry

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

DOT HAZMAT General Awareness

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

DOT HAZMAT Safety Training

- Labels
- Shipping Papers and the SDS
- Packing and Loading HAZMATs
- Shipping and Receiving HAZMATs
- Emergency Response Information
- The Emergency Response Guidebook
- Emergency Actions
- First Aid Procedures

DOT HAZMAT Security Awareness

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

DOT In-Depth HAZMAT Security Training

- The Need for HAZMAT Security Training
- The Security Plan
- Internal Vulnerabilities
- Targeted Materials
- Facility Security
- Preparing to Ship Hazardous Materials
- Shipping HAZMATs
- Tips to Avoid a Hijacking
- Unloading Hazardous Materials Shipments

Emergency Planning

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

Regulatory Compliance Series (cont'd):

Forklift/Powered Industrial Truck Safety

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

Forklift Safety: Industrial Counterbalance Lift Trucks

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

Introduction to GHS (the Globally Harmonized System)

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

GHS Container Labeling

- How the GHS Changes Labels
- GHS Text Elements
- GHS Pictograms
- Training and Phase-In Dates

GHS Safety Data Sheets

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

Hazard Communication in Auto Service Facilities

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

Hazard Communication in Industrial Facilities

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

Hazard Communication in Cleaning and Maintenance Operations

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

Hazard Communication in the Hospitality Industry

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

Hazard Communication in Healthcare Facilities

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

Hearing Conservation and Safety

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

Regulatory Compliance Series (cont'd):

HIPAA Rules and Compliance

- HIPAA and Protected Health Information
- Covered Entities, Business Associates and Subcontractors
- PHI and Patients' Rights
- Guidelines for Use and Disclosure of PHI
- Using PHI for Marketing and Fundraising
- Requirements of the HIPAA Security Rule
- Breach Notification and Penalties

Indoor Air Quality

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

Introduction to OSHA

- OSHA and Its Mission
- Your Rights Under OSHA
- Your Employer's Responsibilities Under OSHA
- How OSHA Inspections are Conducted
- Filing a Complaint with OSHA
- Learning About Safety and Health Issues

Lock-Out/Tag-Out

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

Lead Exposure in General Industry

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

Personal Protective Equipment

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

OSHA Recordkeeping for Employees

- The Revised OSHA Recordkeeping Rule
- Work-Related Illnesses and Injuries
- Recordable Work-Related Injuries and Illnesses
- Specific Types of Work-Related Recordable Injuries and Illnesses
- Forms
- Guidelines for Reporting Medical Conditions to Management

OSHA Recordkeeping for Managers and Supervisors

- The Importance of Recordkeeping
- Exempt Business
- Recordable Incidents
- Work-Related Illnesses/Injuries and New Cases
- The Three Key Recordkeeping Forms
- Employee Rights Under OSHA Part 1904
- Other Recordkeeping Issues

Respiratory Protection and Safety

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

Suspended Scaffolding Safety

- About Suspended Scaffolds
- Suspension Devices
- Ropes
- Platforms
- Safe Work Practices
- Fall Protection

Supported Scaffolding Safety

- About Supported Scaffolds
- Firm Foundations
- Platforms and Power Lines
- Power Lines
- Scaffold Access
- Platform Hazards and Fall Protection

Regulatory Compliance Series (cont'd):

Scissor Lifts in Industrial and Construction Environments

- Types of Lifts and Required Training
- Hazards Associated with Scissor Lifts
- Inspecting and Preparing to Use a Scissor Lift
- Operating a Scissor Lift
- Completing Your Work with a Scissor Lift
- Working on the Ground Near a Scissor Lift

Laboratory Safety Series:

Handling Compressed Gas Cylinders in the Laboratory

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

Preventing Contamination in the Laboratory

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

Electrical Safety in the Laboratory

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

Planning for Laboratory Emergencies

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

Laboratory Ergonomics

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

Flammables and Explosives in the Laboratory

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

Tuberculosis in the Healthcare Environment

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

The OSHA Formaldehyde Standard

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

Safe Handling of Laboratory Glassware

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

Laboratory Hoods

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

GHS Safety Data Sheets in Laboratory Environments

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

Orientation to Laboratory Safety

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

Safety Showers and Eye Washes in the Laboratory

- Uses and Characteristics of Showers and Eye Washes
- Accessing and Maintaining Showers and Eye Washes
- Using Safety Showers
- Using Eye Washes

Construction Safety Series:

Caught-In/Between Hazards in Construction Environments

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

Crane Safety in Construction Environments

- OSHA Regulations
- Types of Cranes
- Getting Started
- Rigging the Load
- Lifting, Moving and Landing

Dealing with Drug and Alcohol Abuse... for Employees in Construction Environments

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

Dealing with Drug and Alcohol Abuse... for Managers and Supervisors in Construction Environments

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

Eye Safety in Construction Environments

- Who is Affected... and How
- How the Eyes Work
- Eyestrain
- Contact Lenses
- Physical and Radiation Hazards... and PPE
- Dealing with Eye Injuries

Fall Protection in Construction Environments

- The Basics
- Sticking to the Plan
- Personal Protection

First Aid in Construction Environments

- Eye Injuries
- Cuts, Blisters and Burns
- Strains, Sprains, Breaks, Fractures and Shock
- Heat-Related Illnesses
- Choking
- Heart-Related Emergencies and AEDs

Hand and Power Tool Safety in Construction Environments

- Tool Hazards
- Tool Maintenance
- Inspecting Power Tools
- Protecting Yourself and Others from Hazards
- Personal Protective Equipment
- Choosing Tools That Fit You and the Job
- Using Electric Power Tools Safely
- Preventing Kickbacks

Hand, Wrist and Finger Safety in Construction Environments

- The Hand and How it Works
- Preparing for the Job
- Personal Protective Equipment
- Fit and Care of PPE
- Ergonomic Hazards

Heat Stress in Construction Environments

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

Ladder Safety in Construction Environments

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

Rigging Safety in Construction Environments

- OSHA Regulations
- Hand Signals
- Slings
- Hitches
- Sling Angles
- Making the Lift

Construction Safety Series (cont'd):

Safety Orientation in Construction Environments

- Mental Preparation
- Safety Housekeeping and Accident Prevention
- Personal Protective Equipment
- Safe Work Practices
- Preparing for Emergencies

Safe Lifting in Construction Environments

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

GHS Safety Data Sheets in Construction Environments

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

Slips, Trips and Falls in Construction Environments

- Center of Gravity and Balance
- Trips and Slips
- Walking Surfaces
- Housekeeping and Maintenance
- Footwear
- How to Fall Properly and First Aid

Struck-By Hazards in Construction Environments

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

Walking and Working Surfaces in Construction Environments

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

Trenching and Shoring in Construction Environments

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

Electrocution Hazards in Construction Part I

- Electrical Hazards and Electrocution
- Major Types of Electrocution Hazards
- Protecting Yourself from Electrocution Hazards, Power Lines and GFCIs
- Protecting Yourself from Electrocution Hazards, Power Tools and Extension Cords

Electrocution Hazards in Construction Part II

- Electrical Hazards and Electrocution
- Power Lines, Isolation and AEGCPs
- Tools and Equipment, Lock-Out/Tag-Out and Employee Training

Introduction to GHS for Construction Workers

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

GHS Container Labeling in Construction Environments

- How the GHS Changes Labels
- GHS Text Elements
- GHS Pictograms
- Training and Phase-In Dates

Lead Exposure in Construction Environments

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

Construction Safety Series (cont'd):

Hazard Communication in Construction Environments

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

Personal Protective Equipment in Construction Environments

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

Supported Scaffolding Safety in Construction Environments

- About Supported Scaffolds
- Firm Foundations
- Platforms and Power Lines
- Scaffold Access
- Platform Hazards and Fall Protection

Suspended Scaffolding Safety in Construction Environments

- About Suspended Scaffolds
- Suspension Devices
- Ropes
- Platforms
- Safe Work Practices
- Fall Protection

HAZWOPER Series:

Accidental Release Measures and Spill Cleanup Procedures

- Planning for Emergencies
- Levels of Training
- PPE Part 1
- PPE Part 2
- Characterization and Containment
- Spill Cleanup
- Decontamination and Medical Surveillance

Understanding Chemical Hazards

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

Confined Space Entry

- Confined Space Regulation
- Entry Supervisor
- Attendant
- Rescue Personnel
- Authorized Entrant
- Atmospheric Monitoring
- Protecting Entrants in Hazardous Atmospheres

Decontamination Procedures

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

Dealing with the Media in Emergency Situations

- How to Establish a Good Press Relationship
- PIO in Action
- Employee Responsibility
- How to Handle the Press

HAZWOPER Series (cont'd):

Electrical Safety in HAZMAT Environments

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

Emergency Response Plan

- Chain of Command
- Communications
- Personal Protective Equipment
- Safe Work Practices
- Training

Exposure Monitoring and Medical Surveillance

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

HAZWOPER Fire Prevention

- What Causes Things to Burn?
- Classes of Fires
- Preventing Fires
- What to Do When There's a Fire

HAZWOPER Handling Hazardous Materials

- What is a Hazardous Chemical?
- Physical Hazards
- Health Hazards
- Health Hazards: Chemical Classes
- Labels, SDSs and Hazardous Materials Regulations
- First Aid
- Emergency Response Information

HAZMAT Labeling

- Labeling Requirements
- Labeling Systems
- DOT Labels
- HMIS Labels
- NFPA Labels
- Hazardous Waste Labels
- Marking a Container of Hazardous Waste

HAZWOPER Heat Stress

- Body Heat Management
- Fluids and Minerals
- Heat Stress
- Heat Stroke in a Contaminated Area
- Other Heat Stress Control Methods

Introduction to HAZWOPER Retraining

- What is Hazardous Waste?
- Introduction and History of HAZWOPER
- Site Safety and Health Plan
- PPE: Levels of Protection
- Standard Operating Procedures
- Exposure Monitoring, Decontamination and Medical Surveillance
- Emergency Response Personnel: Training Levels

Medical Surveillance Programs

- Medical Surveillance and Removal
- Categories of Examination
- Recordkeeping

Monitoring Procedures and Equipment

- Monitoring Tools
- Using Monitoring Equipment
- Site Characterization
- General On-Site, Perimeter and Periodic Monitoring
- Personal Monitoring

HAZWOPER Personal Protective Equipment

- Positive Pressure Respirators
- Levels A and B PPE
- Level C PPE
- Level D PPE
- Heat Stress
- Other Potential Problems with PPE

Personal Protective Equipment and Decontamination Procedures

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

HAZWOPER Respiratory Protection

- Respiratory Overview
- Respirator Categories
- Air-Supplying Respirators
- Getting a Proper Fit
- Fit-Testing
- Cleaning and Maintenance

HAZWOPER Series (cont'd):

HAZWOPER Safety Orientation

- Bad Mental Habits
- Job Familiarity
- Good Mental Habits
- The Importance of Study

HAZWOPER Safety Data Sheets

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

The Site Safety and Health Plan

- Site Safety and Health Plan Overview
- Company Responsibilities
- Company Responsibilities Job Analyst
- Five Levels of Emergency Response
- Plan in Action
- PPE, Cleanup and Decontamination

Understanding HAZWOPER

- Identifying Hazardous Materials
- Plans and Training
- Site Evaluation and Monitoring
- Medical Surveillance
- System of Controls
- Emergency Response Protocol

Work Practices and Engineering Controls

- Work Practices
- The Site Safety and Health Plan
- Engineering Controls
- Common Engineering Controls: Ventilation Systems
- Common Engineering Controls: Remote Controlled Equipment
- Common Engineering Controls: Eye Wash Station