

Quick Course – Staying Safe on Scaffolds

Course Description

Did you know 90% of all falls involving scaffolds happen while workers are performing routine jobs and the average height of those falls are just 12 to 15 feet? This course will cover some tips and tricks to help you stay safe on scaffolds.

Quick Course – Take Care of Your Protective Wear

Course Description

Even if you are competent at your job and care about workplace safety, sometimes the only thing that protects you from injury is your personal protective equipment (PPE). This quick course will show the basics of PPE.

Quick Course – Traffic Control During Roadwork

Course Description

In this quick course, you will learn best practices for conducting traffic control while teams are performing roadwork.

Quick Course – Trenching and Excavation Safety

Course Description

Trenching and excavation work is inherently dangerous. In fact, it is one of the most hazardous types of work done in the construction industry. Injuries from excavation work tend to be serious and often fatal. This course will outline the requirements for protections and how to stay safe when working in trenches and excavations.

Quick Course – Understanding Chemical Labels and Pictograms

Course Description

Chemicals are frequently used in a variety of workplaces for a variety of reasons. Each chemical poses unique hazards that endanger the health of yourself and others. These hazards are detailed in chemical labels and pictograms and in this course you will learn how to understand them to protect yourself.

Quick Course – Understanding Safety Data Sheets

Course Description

Safety Data Sheets (SDS) serve the vital role of detailing the hazards posed by chemical substances, how to properly use chemical substances, and what precautionary measures to take. In this quick course, you will learn how to utilize SDS to your advantage.

Quick Course – Using Ladders Safely

Course Description

It is important to use ladders safely to avoid fall and related injuries in the workplace. In this quick course, you will learn about the hazards ladders pose and best practices for your safety.

Quick Course – WHMIS Pictograms

Course Description

In this course, we will discuss the two categories of hazards, find out which WHMIS 2015 hazards do not have pictograms, and identify the WHMIS 2015 pictograms.

Quick Course – Winter Safety Hazards

Course Description

The temperatures drop and the seasonal risks emerge. This quick course covers situations where there is risk and danger for workers with winter hazards.

Quick Course – Your Fall Protection Equipment – Your Lifeline

Course Description

For some work environments, falls are not only a risk but a regular occurrence. In this quick course, you will learn fall rescue strategies to ensure every fall is safe.

Quick Course – Radiation (Ionizing)

Course Description

Ionizing radiation is high frequency and high-energy and can penetrate the body – it has enough energy to break up atoms and molecules as it passes through the body. When radiation is absorbed in the body it causes chemical reactions to occur which can alter the normal functions of the body. At high doses this can result in massive cell death, organ damage and even death. At low doses the situation is more complex.

Quick Course – Radiation (Non-Ionizing)

Course Description

Radiation or Electromagnetic Radiation (EMR), is energy in a wave form. Non-ionizing radiation is very prevalent and comes from both natural and human – made sources. It includes electric and magnetic fields, radio waves, microwaves, infrared, ultraviolet and visible radiation. The litmus test is how do workers protect themselves or limit their exposure to non – ionizing radiation.

Quick Course – Eight Ways to Avoid Catching and Spreading the Flu

Course Description

Many workers who are sick with the flu refuse to let the illness prevent them from working, thinking they can “tough it out.” So

they go to work with a reduced ability to work safely and productively, and they jeopardize the health of their co-workers.

Quick Course – Aerial Lifts

Course Description

Aerial lifts have replaced ladders and scaffolding on many job sites due to their mobility and flexibility. But there are deadly consequences that have occurred in aerial lifts operations.

Quick Course – Sanitizer Safety

Course Description

In this quick course, you will learn how to safely use and store hand sanitizer when regular hand washing isn't an option.

Quick Course – Struck-By

Course Description

Struck-by injuries are produced by a forceful hit between the injured person and an object or piece of equipment. In this course, you will learn about the four main types of struck-by injuries, and how to protect yourself from them.

Quick Course – Asbestos Hazards and Health Effects

Course Description

In this quick course, learners will learn about the hazards and health effects of asbestos. In addition, they will learn about common sources of asbestos in a variety of workplaces and what precautionary measures they can take.

Quick Course – Autoclave and Sterilizer Safety

Course Description

In this quick course, learners will learn the hazards posed by autoclaves and sterilizers, in addition to best practices for safety.

Quick Course – Avoid Arc Flash

Course Description

Before you start your job, you should be familiar with electric arcs if you are working on equipment that cannot be turned off. Otherwise, it could cause trauma or death.

Quick Course – Be Handy and Safe with Hand and Power Tools

Course Description

This quick course covers how to keep your hands safe when using hand and power tools.

Quick Course – Be Wary of Warehouse Hazards

Course Description

A warehouse has many dangers, ranging from possible exposure to chemicals, forklift accidents, explosions, fires and falling materials.

Quick Course – Caught-Between

Course Description

Caught-in/caught-between incidents happen when a worker is crushed between objects. Examples could include cave-ins during trenching, clothing being pulled into machinery, or being crushed and trapped by shifting objects.

Quick Course – Climb Your Way to Safe Ladder Use

Course Description

Ladders seem simple, but they pose a significant fall risk in the workplace. In this quick course, you will learn best practices for safe ladder use to ensure everyone gets to go home uninjured.

Quick Course – Cold Storage Safety

Course Description

Industries which process, store or use food products have cold facilities. In this course, you will learn about the hazards of cold storage facilities and how to protect yourself from them.

Quick Course – Communication Facilities

Proper communication is crucial for a job to run smoothly and efficiently. Recognizing the communication tools for work tasks and the work environment is important to ensure the proper messages are being received. This quick course will cover key ways

for effective communication.