Quick Course – First Aid – CPR

Course Description

In this quick course, you will learn first aid techniques for administrating CPR and identifying when CPR is necessary while on the job.

Quick Course – First Aid – Electrical Burns

Course Description

High voltage electricity creates a lot of heat and takes the most direct route it can find between its point of contact and where it can leave the body. This means it causes significant burns to any muscle, nerves or internal organs it passes through.

Quick Course – First Aid – Fractures

Course Description

In this quick course, you will learn first aid techniques for dealing with your own and others’ fractures while on the job.

Quick Course – First Aid – Shocks

Course Description

In this quick course, you will learn first aid techniques for when you or others experience shocks while on the job.

Quick Course – Formaldehyde

Course Description

In this quick course, you will learn about common formaldehyde uses, the health risks posed by the chemical, and best practices for workplace safety.

Quick Course – Fundamentals of First Aid: Bleeding, Cuts, and Wounds

Course Description

In this quick course, you will learn how to tend to bleeding, cuts, and wounds sustained by yourself or coworkers on the job.

Quick Course – Have a Plan for Fall Rescue

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 – Hot Work Safety

Course Description

Hot work is a leading cause of workplace fires. A job is considered “hot” when it produces sparks, flame or heat, especially if it is done in flammable environments.

Quick Course – Housekeeping’s Role in Safe Workplaces

Course Description

One of the best preventative measures in the battle against slips, trips, falls, fires, injuries, and emergencies is good housekeeping. Housekeeping reduces hazards in the workplace and makes day-to-day operations safer for everyone. Take this quick course to learn some best practices you can take for safety.

Quick Course – How to Conduct a Job Hazard Analysis

Course Description

A job hazard analysis (JHA), sometimes called a job safety analysis (JSA), is a systematic method for identifying and evaluating hazards associated with a job or task. It’s based on the idea that any job can be separated into simple steps, potential hazards associated with those steps can be identified, and solutions can be developed to control those hazards.

Quick Course – How to Safely Use Abrasive Wheel Grinders

Course Description

In this quick course, you will learn about the hazards of abrasive wheel grinders and how to safely use them.

Quick Course – How You Can Prevent Violence in the

Workplace

Course Description

In this quick course you'll learn how to identify and protect yourself from violent situations in the workplace.

Quick Course – Keep your Guard Up around Machines

Course Description

Machine guards serve a vital role in the workplace. They reduce the risk of cuts, lacerations, amputations, and other injuries. This quick course will teach you about the importance of machine guards and how to use them to your advantage.

Quick Course – Layer Up for Warmth

Course Description

Dressing properly is extremely important to preventing cold stress. This course will outline some tips for dressing properly when working in cold conditions.

Quick Course – Lockout Tagout Tryout

Course Description

Lockout/tagout is a procedure designed to prevent accidents when working on equipment. This procedure is the key to your safety when working on equipment.

Quick Course – Look Out for New Workers

Course Description

Out of everyone on the workforce, the obvious greatest risk comes from new workers. Not only is their inexperience with the field or worksite a risk to themselves, but they are also a risk to everyone else. This quick course will educate you on common risks posed by new workers and integrate new workers safely in the workplace.

Quick Course – Preventing Electrocution

Course Description

In this quick course, you will learn how to identify electrocution hazards and take preventative measures to make the workplace

safer.

Quick Course – Protect Your Hearing and Avoid Hearing Loss

Course Description

Loud noises and prolonged exposure can over time lead to hearing loss. In this quick course, you will learn how to identify common hazards and take precautionary methods to protect your hearing.

Quick Course – Protect Yourself Against Bloodborne Pathogens

Course Description

Bloodborne pathogens pose a serious danger to your health and opportunities in life. Worse of all, the transmission of bloodborne pathogens are possible in any work environment. In this quick course, you will learn about common hazards and strategies to protect yourself.

Quick Course – Protecting Against Electrical Hazards

Course Description

In this quick course, you will learn about common electrical hazards and how to protect yourself and others against them while on the job.

Quick Course – Protecting Against Vertical Fall Hazards

Course Description

In this quick course, you will learn how to identify common vertical fall hazards and utilize best practices for reducing the risk of falls.

Quick Course – Putting Out Fires

Course Description

In this quick course, you'll learn what types of fire extinguishers are used for different fires and the PASS method to using a fire extinguisher.

Quick Course – Re-Open After COVID-19

Course Description

This Quick Course will cover some tips and procedures for post-pandemic reopening.

Quick Course – Safe Respirator Use

Course Description

In this quick course, you will learn about common respiratory workplace hazards and how to properly use your respiratory to avoid respiratory damage and illness.

Quick Course – Slips and Trips

Course Description

Slips and trips are among the most common causes of injuries in the workplace, they are also among the most easily preventable. This quick course will go over ways to prevent slips and trips in the workplace.