



CSU The California State University

Office of the Chancellor
and
California State University Risk Management Authority (CSURMA)
present

Online Learning Courses Environmental, Safety & Health





The courses in this catalog are available at no charge to all CSU faculty and staff. Unless stated, the course content is generic, i.e., it is not specific to California or CSU operations though most courses are comprehensive enough to meet learning requirements. Please check with your campus Environmental, Health, and Safety office to find out if there is specific campus-focused training available that is recommended or required of employees. Your campus may recommend specific courses for some or all employees.

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- Universal Waste Rule
- Used Oil Management

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- DC Circuit Theory
- Positive Displacement Pumps

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- Heat and Cold Exposure Management (HAZWOPER)
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- Hydrogen Sulfide
- Indoor Hoisting and Rigging
- Industrial Ergonomics
- Introduction to Industrial Hygiene
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- Laser Safety Training
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- Liquefied Petroleum Gas (LPG) Safety
- Lockout/Tagout
- Lockout/Tagout for Authorized Persons
- Machine Guarding
- Material Safety Data Sheets
- Mold Awareness
- NFPA 70E Electrical Safety in the Workplace
- Non-Ionizing Radiation Safety
- Office Ergonomics
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- Pandemic Flu Awareness
- Personal Protective Equipment: Body Protection
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- Powered Industrial Truck Safety
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- PPE: Hand Protection
- PPE: Personal Protective Equipment
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- Protection from Occupational Noise
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- Regulatory Information
- Regulatory Overview (HAZWOPER)
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- Signs and Tags
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- Site Safety and Health Plan Procedures (HAZWOPER)
- Slips, Trips, and Falls
- Sprains and Strains
- Toxicology (HAZWOPER)
- Trenching and Excavation Safety
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- Using Respiratory Protection
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- Workplace Inspections
- Workplace Safety Orientation
- Workplace Security Awareness

SECURITY

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- NFPA 1600 Business Continuity Programs

TRANSPORTATION

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- DOT Security for Shipment of Hazardous Materials
- DOT 1: Hazardous Materials Table
- DOT 2: Packing and Labeling
- DOT 3: Shipping Papers
- DOT 4: Loading and Storage
- IATA 1: Hazard Class Identification/Classification
- IATA 2: Marking and Labeling
- IATA 3: Packaging
- IATA 4: Documentation
- IATA 5: Limitations and Shipment Review

Environment



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Environmental Management Systems (EMS)

Duration: 1 hour

Historically, companies have managed their own environmental challenges in response to external pressure from government agencies, environmental interest groups, and citizens focusing mainly on regulatory compliance. Today, companies recognize the importance of sound environmental management practices that result in economic gain. The International Organization for Standardization (ISO) is a worldwide federation of national standards bodies. International standards covering environmental management are intended to provide organizations with the elements of an effective environmental management system (EMS) that can be integrated with other management requirements and help organizations achieve environmental and economic needs. The standards require that “each organization shall establish, document, implement, maintain, and continually improve an environmental management system in accordance with the requirements of the international standard and determine how it will fulfill these requirements.” Additionally, all employees and contractors of ISO 14001 certified companies must be aware of the importance of conformance with the company’s environmental policy, the roles and responsibilities associated with achieving conformance to the environmental policy (including preparedness and response requirements), and the potential

consequences of departure from specified operating procedure. In this course, learners will be introduced to the important concepts of EMS and find out how these apply to their own company’s EMS. The provider of this course is not affiliated with or sponsored by the ISO and does not have a relationship with the ISO. As such, the course provider is not authorized or approved to act on behalf of the ISO, and is not authorized by ISO to sell or deliver ISO owned products or services.

Target Audience

All employees and contractors of companies that are, or are working toward becoming, ISO 14001 certified

Lesson Objectives

- Identify key concepts related to ISO 14001.
- Match stages in the Plan-Do-Check-Act cycle of an EMS with examples.
- Classify examples as environmental aspects or impacts.
- Recognize the requirements for setting objectives and targets for an EMS.
- Identify key requirements of implementation of an EMS according to ISO 14001.
- Identify ISO 14001 requirements related to operational procedures and control.
- Identify the types of procedures required to monitor and measure company operations that can have significant environmental impact.
- Identify key activity areas associated with acting on an EMS to ensure continuous improvement.

env0101

Environmental Regulations Overview

Duration: 1 hour

This course provides an overview of the major environmental laws and regulations of our time and the specific standards that outline requirements to comply with them. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Managers and supervisors of industry

Lesson Objectives

- Identify characteristics of the Toxic Substances Control Act (TSCA).
- Identify the purpose of TSCA titles.
- Identify characteristics of the Resource Conservation and Recovery Act (RCRA).
- Identify the authority granted the EPA by the Resource Conservation and Recovery Act (RCRA).
- Identify characteristics of the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA), also known as Superfund.
- Identify the requirements NEPA places on federal agencies.
- Identify characteristics of the National Environmental Policy Act (NEPA).
- Identify characteristics of the Clean Water Act (CWA) and the Clean Air Act (CAA).
- Identify the intent of various environmental regulatory laws (OSH Act, SDWA, OPA, P2, ESA, FIFRA).

env0103

Spill Prevention and Control

Duration: 1 hour

This course provides information about hazardous materials; spill control, and confinement methods. The intent of the course is to provide the learner with information about the safe handling, movement and storage of hazardous materials. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who work in occupations having workplace hazards

Lesson Objectives

- Define hazardous materials.
- Specify work practices that can prevent spills from occurring.
- Identify actions to take when responding to a spill of hazardous materials or waste.
- Identify the boundaries used to define areas where a hazard is present.
- Identify goals to be implemented when a spill occurs.
- Identify response procedures to safely deal with a spill.

env0104

Spill Prevention Control and Countermeasure Plan

Duration: 30 minutes

When petroleum products are accidentally spilled, they may damage the environment and pollute our waterways. A spill of only one gallon of oil can contaminate a million gallons of water. This 30-minute course will provide you with information on the prevention and countermeasures you should take should a spill occur. This training will also provide information on the components of a Spill Prevention Control and Countermeasure (SPCC) plan. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel who work in petroleum product handling and storage

Lesson Objectives

- Identify information found in an SPCC plan.
- Identify responsibilities of the ESH specialist.
- Select characteristics of secondary containment or diversionary structures.
- Identify characteristics of oil storage containers.
- Identify security measures that should be used to help prevent spills.

env0104

Storm Water Pollution Prevention

Duration: 1 hour

This course describes the nature and occurrence of storm water pollution, its environmental effects, and ways to address this important water quality problem. Rainwater that enters a surface water body, by flowing either overland or through a storm sewer system, is called storm water or storm water runoff. Storm water runoff is one of the leading causes of pollution in rivers and lakes. Identifying sources of storm water pollution and keeping them from coming in contact with runoff is the best and most economical way to protect the quality of the nation's waters. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Personnel involved in activities that could positively or adversely affect storm water quality

Lesson Objectives

- Identify common storm water pollutants.
- Identify the conditions that can result from storm water pollution.
- Identify activities that have the potential to cause storm water pollution.
- Identify activities that require the 11 Standard Industrial Classification (SIC) categories to obtain permit coverage.
- Identify the conditions under which it is possible to receive waivers from permitting for construction activity.
- Identify Structural and Non-structural Best Management Practices (BMPs).
- Identify the factors and activities included in individual efforts to prevent and control storm water pollution.
- Identify the components of a Storm Water Pollution Prevention Plan (SWPPP).

env0106

Universal Waste Rule

Duration: 1 hour

This training gives an overview of the Universal Waste Rule. This rule provides generators with a more flexible approach for managing certain widely-generated, low-risk hazardous waste streams. The flexibility is intended to encourage resource conservation, as well as the diversion of universal wastes from landfills. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

This course is intended for employers and employees who handle, transport, or store universal waste.

Lesson Objectives

- Identify the characteristics of batteries that make them a universal waste.
- Identify basic handling requirements of lamps that qualify as universal waste.
- Identify the hazardous waste items classified as universal waste under the Universal Waste Rule.
- Identify the labeling and handling requirements of universal waste pesticides under the Universal Waste Rule.
- Cite the requirements for the participants under the Universal Waste Rule.
- Cite the requirements for universal waste handlers under the Universal Waste Rule.

env0107

Used Oil Management

Duration: 1 hour

Failure to properly dispose of used oil is a serious, but little recognized, environmental problem. This one-hour course reviews the various regulatory requirements associated with used oil management primarily from a generator's perspective. The goal of this training is to provide you with an overview of the used oil management programs and explain the

different regulatory scenarios that apply to used oil. The training also provides basic information for used oil handlers whose activities are regulated by the Used Oil Management Standards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

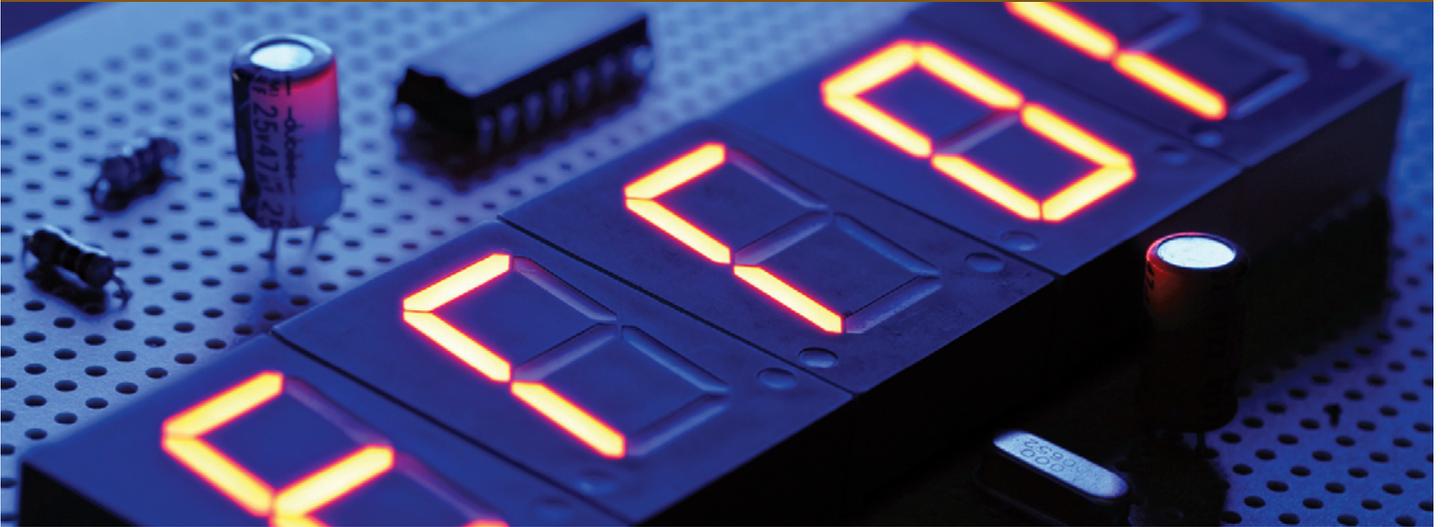
Target Audience

Management and employees involved in the implementation and operation of used oil management programs

Lesson Objectives

- Identify what constitutes used oil.
- Determine when used oil is considered hazardous waste.
- Identify who a used oil generator is.
- Cite regulatory requirements for managing used oil.
- Identify information regarding the EPA ID numbers used for tracking used oil and hazardous waste.
- Identify transporter responsibilities regarding used oil and hazardous waste.

Fundamentals



fund0303

Centrifugal Pumps— Types and Components

Duration: 1 hour

This course is designed to provide you with an overview of the basic classifications of centrifugal pumps in use today, as well as identify and describe the major components of this type of industrial pump. The primary objective of this training is to help you more fully understand the mechanical components and operating systems used at your facility. The content in this course is designed to comply with the intent of the applicable regulatory requirements.

Target Audience

Entry level, craft-skill technicians in manufacturing, petrochemical, and utilities industries

Lesson Objectives

- Identify the features of a centrifugal pump.
- Identify the purpose and function of the impeller.
- Identify the purpose of the diffuser.
- Identify centrifugal pumps classifications.
- Identify major centrifugal pump components.
- Identify centrifugal pump cooling components.

fund0304

DC Circuit Theory

Duration: 1 hour

This one-hour course is designed to provide you with a basic understanding of DC Electrical Theory. It is also intended to enhance your understanding of the operation and design of DC circuits, components, and sources. You will learn about basic DC electrical terms, equations and theory, and solve problems involving resistance, voltage, and current. The content in this course is designed to comply with the intent of the applicable regulatory requirements.

Target Audience

Personnel working with or around DC electrical distribution systems

Lesson Objectives

- Define terms associated with DC circuit theory.
- Identify the best definitions of volt and voltage.
- Identify the meaning of letter symbols used in DC circuitry.
- Define Ohm's Law.
- Solve problems using Ohm's Law.
- Calculate the total resistance in both series and parallel circuits.
- Define Kirchoff's Voltage Law.
- Solve problems using Kirchoff's Voltage Law.
- Identify sources of DC electrical power.
- Identify hazards found in a DC battery room.

fund0305

Positive Displacement Pumps

Duration: 1 hour

This course presents an overview of positive displacement pumps. It is intended to provide you with the ability to recognize various types of positive displacement pumps and become familiar with their characteristics and operation. The content in this course is designed to comply with the intent of the applicable regulatory requirements.

Target Audience

Personnel working with or around positive displacement pumps

Lesson Objectives

- Identify principles of operation of positive displacement pumps.
- Identify characteristics of centrifugal pumps.
- Identify principles of viscosity.
- Identify true statements regarding relief valves.
- Identify characteristics of reciprocating pumps and rotary pumps.
- Identify characteristics of gear pumps.
- Identify characteristics of screw pumps, moving vane pumps, and diaphragm pumps.
- Identify characteristics of peristaltic pumps.

Safety & Health



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Access to Employee Medical and Exposure Records

Duration: 30 minutes

This course contains information regarding employee rights of access to medical and exposure records in order to promote the recognition of workplace hazards and subsequently reduce occupational disease. In this course, you'll learn about the purpose for maintaining medical and exposure records, employer responsibilities in providing employee access to medical and exposure records, the characteristics and terms related to medical and exposure records, and the requirements and policies associated with access to medical and exposure records. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who are potentially exposed to hazardous chemicals and harmful physical agents

Lesson Objectives

- Identify employer responsibilities in providing employee access to medical and exposure records
- Identify the purpose of the Access to Exposure and Medical Records Standard
- Cite requirements associated with access to medical and exposure records
- Identify employer responsibilities related to deleting and destroying medical and exposure records

- Identify the components of an exposure record
- Identify the length of time an employer must maintain medical and exposure records

sah0402

Accident Investigation and Reporting

Duration: 1 hour

Overview/Description

This course will provide an overview of accident investigation and reporting procedures. The accident investigation and reporting process helps to provide a safe working environment by determining the causes of an accident, then reporting them so that accidents can be prevented in the future. The content in this course is designed to comply with the intent of the applicable regulatory requirements and does not replace more specific CSU campus requirements.

Target Audience

Supervisors, potential accident investigation team members, and employees involved in an accident investigation

Lesson Objectives

- Identify the three cause levels of accidents.
- Identify why an accident investigation should be conducted.
- Identify actions to take place during the fact-finding phase.
- Select recommended interviewing techniques.

- Cite problem-solving techniques commonly used in an accident investigation.
- Identify investigation reporting techniques.

sah0400

Accident Investigation and Reporting Simulation

Duration: 30 minutes

Accidents in the workplace can prove costly to both victims and companies in the form of lost wages, lost productivity, lawsuits, and fines. In order to properly resolve accidents and prevent future occurrences, companies must act quickly in the aftermath of an incident. Trained investigators must be on hand to collect data, interview victims and witnesses, and report findings to management. The Accident Investigation and Reporting Simulation is designed to help supervisors and employees investigate accidents, report findings, and recommend a means of prevention. Over the course of the simulation, participants will practice a series of accident investigation skills, encompassing the objectives of fact finding, interviewing witnesses, and problem solving and reporting. The Accident Investigation and Reporting Simulation comprises one scenario and is based on the SkillSoft series “Safety and Health.” The content in this course is designed to comply with the intent of the applicable regulatory requirements and does not replace more specific CSU campus requirements.

Target Audience

Supervisors, potential accident investigation team members, and employees involved in an accident investigation

Lesson Objectives

- Fact finding
- Interviewing witnesses
- Problem solving and reporting

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Asbestos

Duration: 30 minutes

This course will provide you with information about the serious health hazards associated with exposure to asbestos. It will also address where asbestos is commonly found, how it can potentially affect you, and what you need to do to protect yourself and others

from exposure. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

This course is designed for employees who may be exposed to asbestos at or above the permissible exposure levels, and employees who perform housekeeping or maintenance operations in areas that contain asbestos-containing materials and potential asbestos-containing materials.

Lesson Objectives

- Define terms associated with asbestos.
- Identify characteristics of presumed asbestos-containing material (PACM).
- Identify where asbestos-containing materials are commonly found in building materials.
- Identify the requirements for signs and labels that identify asbestos exposure hazard areas.
- Identify illnesses related to asbestos exposure.
- Identify general guidelines of the medical surveillance program required by OSHA.
- Identify safety measures that protect against asbestos exposure.
- Identify proper methods for handling clothing exposed to asbestos.

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Back Safety and Injury Prevention

Duration: 30 minutes

Overview/Description

This course is designed to bring awareness into the work environment and help eliminate preventable back injuries. It will provide information regarding job-specific hazards, safe work practices, and ergonomics. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees

Lesson Objectives

- Identify job-specific hazards that contribute to preventable back injuries.

- Select attributes of a proper posture.
- Identify ways to minimize back injuries.
- Identify the elements of an ergonomic workstation
- Cite examples of engineering controls.
- Cite examples of administrative controls.
- Cite examples of work practice controls.

sah0405

Behavior-Based Safety for Supervisors

Duration: 1 hour

This course is intended to provide supervisors with an overview of the concepts of behavior-based safety. This training will aid those supervisors who have not used these techniques in their day-to-day duties and responsibilities in the past. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees, safety committees, department managers, first-line supervisors, and accident investigation team members

Lesson Objectives

- Identify ways to reduce at-risk behaviors in your company.
- Identify characteristics of a behavior-based safety program.
- Define the roles and responsibilities of the supervisor and the employee.
- Identify the environmental and personal factors that cause incidents.
- Identify the influences on behavior, and how to observe and reinforce behavior.
- Cite ways to effectively motivate employees.
- Identify ways to motivate employees using cash rewards.
- Identify ways in which motivation is related to attitude.
- Cite the basic principles of transactional analysis.

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Benzene Awareness

Duration: 1 hour

Overview/Description

Benzene is a volatile chemical formed from both natural processes and human activities. Natural sources of benzene include emissions from volcanoes and forest fires. Benzene is also a natural part of crude oil, gasoline, and cigarette smoke. Benzene is widely used in the United States, ranking in the top 20 chemicals for production volume. It is primarily used as a solvent, as a starting material for the production of other chemicals, and as a gasoline additive. Breathing benzene can cause drowsiness, dizziness, and unconsciousness; long-term benzene exposure causes effects on the bone marrow and can cause anemia and leukemia. The Occupational Safety and Health Administration (OSHA) recognizes benzene as a hazardous material and imposes strict exposure limits in the workplace. This course presents an overview of benzene and its health risks, and provides information on the occupational requirements and methods to protect against exposure to benzene. It was developed with subject matter support provided by EnSafe Inc., a global professional services company focusing on engineering, environment, health and safety, and information technology.

Target Audience

All employees, supervisors, and managers whose normal activities could result in occupational benzene exposure

Lesson Objectives

- Identify the characteristics of benzene.
- Identify the uses of benzene.
- Recognize how benzene exposure occurs.
- Identify examples of the health effects of benzene exposure.
- Identify the hazard protection measures for benzene in a given workplace situation.
- Recognize the regulatory requirements for working with benzene in a given situation.

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Bloodborne Pathogen Awareness

Duration: 30 minutes

This course will provide you with a basic understanding of bloodborne pathogens, common modes of transmission, methods of prevention, and what to do if an exposure occurs. Information presented will help minimize serious health risks to persons who may have personal exposure to blood and other potentially infectious materials in the workplace. This course has been updated to reflect new legislation for needlesticks in OSHA regulations for Bloodborne Pathogens that went into effect on April 18, 2001. The content in this course is designed to comply with the intent of the applicable regulatory requirements. The training requirements established under the Bloodborne Pathogen standard require an employer to allow for an opportunity for interactive questions and answers with the person conducting the training session. Employers may use a variety of methods to meet the intent of the standard. As an example, OSHA has previously stated that an employer can meet OSHA's requirement for trainees to have direct access to a qualified trainer by providing a telephone hotline. This course was developed with subject matter support provided by EnSafe Inc., a global professional services company focusing on engineering, environment, health and safety, and information technology.

Target Audience

Anyone who performs job duties that could bring them into contact with blood or body fluids in the workplace including, but not limited to healthcare workers, emergency medical/first aid responders, or persons cleaning healthcare areas, equipment or devices

Lesson Objectives

- Identify the traits and symptoms of Hepatitis B.
- Identify the traits and symptoms of HIV.
- Identify modes of transmission of bloodborne pathogens.
- Identify preventive controls that reduce or eliminate exposure.
- Identify the proper use and handling of personal protective equipment.
- Recall proper decontamination procedures for blood or other potentially infectious materials.

- Identify measures to be taken when the skin or eyes are exposed to infectious material.
- Identify procedures to follow if an exposure incident occurs.

sah0407

Carcinogen Safety

Duration: 1 hour

This course provides instruction on the recognition of hazard, management, usage, and control of cancer-causing agents, called carcinogens.

Target Audience

Health and Safety Professionals

Lesson Objectives

- Define terms associated with carcinogen safety.
- Identify terms for substances that can cause medical problems after repeated exposure.
- Identify the routes of entry associated with carcinogen safety.
- Identify engineering methods of hazard control specific to carcinogens.
- Identify the type of carcinogen hazard control being utilized.
- Cite basic safety rules for carcinogen use.
- Identify characteristics of Standard Practice Instructions for handling carcinogens.

sah0408

Chemical Process Safety

Duration: 1 hour

A course designed for employees who work at industrial process plants to recognize the potential health and safety implications associated with their job. This course is intended to educate the employee in order to help prevent or minimize the consequences of a catastrophic release of toxic, reactive, flammable, or explosive Highly Hazardous Chemicals (HHC) from a process. The content in this course is designed to comply with the intent of the applicable regulatory requirements and does not replace more specific CSU campus requirements.

Target Audience

Personnel working in industrial process plants

Lesson Objectives

- Identify the purpose of the Chemical Process Safety Program.
- Identify employer requirements.
- Identify process hazard analysis information.
- Cite general information relating to operating procedures.

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Chlorine Safety

Duration: 1 hour

Chlorine is one of the 90 elements essential to daily life, along with oxygen, hydrogen, and carbon. Chlorine is used in many processes, including electronics, water purification, synthetics, and medicines. Around 12 million tons of chlorine are produced for such purposes in North America alone. The Occupational Safety and Health Administration (OSHA) recognizes chlorine as a hazardous material and imposes strict exposure limits in the workplace. This course presents an overview of chlorine, its health risks, how to control and respond to chlorine exposure, and how to protect your workforce from potential harm. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All managers, supervisors, and employees whose normal activities could result in occupational chlorine exposure

Lesson Objectives

- Identify the characteristics of chlorine.
- Identify the uses of chlorine in industry.
- Identify how chlorine exposure can occur.
- Identify the symptoms of chlorine exposure.
- Match exposure levels for chlorine to their imposed limits.
- Recognize examples of chlorine-exposure prevention in a given workplace scenario.
- Identify personal hygiene procedures for employees working with chlorine.
- Identify the types and treatment of Personal Protective Equipment (PPE) for when chlorine is present in the workplace.
- Identify when respirator protection is necessary under the OSHA Respiratory Protection Standard.

- Identify the actions to take following the release of or exposure to chlorine in a given scenario.
- Identify methods for the safe storage of chlorine.

sah0409

Cold Stress

Duration: 1 hour

This course will discuss the effects of cold on your body, outline the risk factors for cold-related ailments, and describe the associated treatments for each. This training will also describe several preventive measure techniques and safe work practices that you can use to protect yourself from cold-related stresses. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel that may be required to work outdoors during cold weather

Lesson Objectives

- Identify the factors that may affect you when working in a cold environment.
- Identify the signs and symptoms of cold-related stresses.
- Identify the treatments of cold-related stresses.
- Recall precautions commonly used for preventing cold-related disorders.
- Identify safe work practices used to reduce cold-related disorders.

sah0411

Compressed Gas Safety Program

Duration: 1 hour

Many industrial and laboratory operations require the use of compressed gases for a variety of different operations. This course will establish the needed elements for an effective compressed gas safety program. The content in this course is designed to comply with the intent of the applicable regulatory requirements and does not replace more specific CSU campus requirements.

Target Audience

All employees who work around and with compressed gas and compressed gas cylinders

Lesson Objectives

- Identify the hazards associated with compressed gases.
- Identify characteristics of physical and fire hazards.
- Identify characteristics of oxygen displacement and oxygen enrichment hazards.
- Identify cylinder marking requirements.
- Identify proper placement of tags on gas cylinders.
- Identify proper storage precautions for gas cylinders.
- Identify requirements for safely transporting containers and cylinders.
- Identify safe handling techniques for poison inhalation hazard materials and cryogenic gas containers.

sah0412

Computer Ergonomics

Duration: 1 hour

This one-hour course is designed to provide the basic information needed to recognize and report musculoskeletal disorders (MSD) signs, symptoms, and risk factors. It addresses the key components of an Ergonomics Program and also provides information to assist both employees and employers in minimizing the risk of developing work-related MSDs. This course applies to employees and employers required to work in computer/data entry environments. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who work primarily with computers

Lesson Objectives

- Define terms related to musculoskeletal disorders.
- Identify how musculoskeletal disorders develop.
- Identify signs and symptoms associated with musculoskeletal disorders.
- Identify what to do when signs and symptoms of musculoskeletal disorders are present.
- Identify risk factors associated with musculoskeletal disorders.
- Identify controls and work practices commonly used to reduce or eliminate musculoskeletal disorders in the workplace.

- Identify office furniture and body positioning that can be used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify the correct wrist position when using a computer keyboard to avoid injury.
- Identify how proper computer monitor positioning can reduce or eliminate musculoskeletal disorders from developing.

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Confined Spaces

Duration: 1 hour

This course covers information about confined spaces, hazardous atmospheres, necessary equipment, and permits. The intent of the course is to provide the learner with information about the hazards and hazard control methods that will permit safe work in enclosed work areas or confined spaces. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who are assigned to work in and around work areas that have been identified as confined spaces

Lesson Objectives

- Define terms commonly associated with confined spaces.
- Identify the dangers associated with using tools in confined spaces.
- Recognize the effect various factors can have on the atmospheric conditions in a confined space.
- Identify key concepts related to overexposure to chemicals in confined spaces.
- Recall safe entry procedures for confined spaces.
- Identify equipment needed for confined space entry.
- Recall basic information regarding permits.
- Identify roles and responsibilities of the attendant in confined space entry.
- Identify the responsibilities of the entry supervisor and the entrant in a confined space.

sah0415

Construction Safety Orientation

Duration: 1.5 hours

This course is designed to inform new construction workers and site visitors in and around construction sites of the potential hazards and safe work practices associated with the construction industry. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Supervisors, safety committees, corporate managers, department managers, and accident investigation team members

Lesson Objectives

- Identify methods to communicate chemical hazards.
- Identify responsibilities in a Hazard Communication Program.
- Select safe work practices to prevent slips, trips, and falls.
- Identify general PPE requirements.
- Recognize safe techniques when handling material.
- Identify safe work practices when working with hand and power tools.
- Cite ways to control electrical hazards.
- Identify specific hazards of trenching and excavating.
- Identify good housekeeping practices.
- Identify precautions to take when welding or cutting.

esh_sah_a04_sh_enus

Cryogenic Safety

Duration: 1 hour

Cryogenic materials are commonly used in the workplace for a variety of purposes, such as refrigeration, medical applications, and rocket propulsion. Due to their extremely cold temperatures, cryogenic materials can be hazardous if handled and stored incorrectly. Any employees handling cryogenic materials must wear personal protective equipment. If employees are exposed to the extreme cold of cryogenic materials they should receive treatment immediately to prevent permanent injury. In the event that an individual inhales cryogenic materials, he should seek immediate attention to prevent serious injury or death. Cryogenic materials are stored in

specially designed containers known as dewars. This course explains how to recognize different types of cryogenic materials in the workplace and identifies the potential dangers of storing and handling these materials incorrectly. It identifies recommended equipment and the standard operating procedures for handling and storing cryogenic materials safely. It also describes the most effective course of action if accidents involving cryogenic materials occur, including recommended methods for treating employees injured by cryogenic materials. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees, managers, or supervisors whose normal job activities require the handling or use of cryogenic material

Lesson Objectives

- Identify characteristics of cryogenic materials.
- Recognize workplace situations in which cryogenic materials are used.
- Match specific cryogenic materials to the dangers associated with them.
- Identify important safety precautions for employees handling and storing cryogenic materials.
- Identify steps to be taken to ensure the safety of employees, customers, and the public in the event of an accident involving cryogenic materials.
- Identify the steps to take when an employee is exposed to cryogenic materials.

sah0416

Decontamination (HAZWOPER)

Duration: 1 hour

This training provides information concerning decontamination, which is the process of removing contaminants that have collected on workers and equipment. Decontamination protects you from hazardous substances that may contaminate and eventually penetrate protective clothing, respiratory equipment, tools, vehicles, and other equipment used on-site. It also prevents the movement of contaminants from the site to the community. The content in this course is designed to comply with the intent of the

applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify the major factors that affect permeation of contaminants.
- Identify steps in a decontamination plan.
- Identify the zones of a hazardous material site.
- Identify decontamination procedures for personnel and equipment.
- Identify tests used to determine the effectiveness of decontamination methods.
- Identify health and safety hazards associated with decontamination procedures.

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Defensive Driving Fundamentals (CSU)

Duration: 1 hour

This course will provide advanced defensive driving techniques to reduce your chances of being involved in a motor vehicle accident. The content in this course is designed to comply with the intent of the applicable regulatory requirements and meets the requirements for CSU employees when required to take the training every four years.

Target Audience

This course is intended for all drivers at all levels. Meets California State University requirements.

Lesson Objectives

- Specify concerns to be addressed before and while driving.
- Identify how to manage distractions while driving.
- Identify safe driving techniques to avoid collisions.
- Identify concerns related to blind spots.
- Identify techniques to avoid a collision.
- Identify techniques for driving safely in adverse conditions.
- Identify appropriate actions to take when driving in fog.
- List appropriate responses to driving emergencies.

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Defensive Driving: Truck Safety

Duration: 3 hours

When people think of defensive driving, they think of “watching out for the other guy” or defending themselves from other drivers so they won’t become involved in an accident. That’s definitely important, but defensive driving involves more than just that. Defensive driving is as much about what you do and what kind of driver you are, as what someone else does. It’s about being a safe driver, driving a safe vehicle, knowing how to drive your particular vehicle, taking responsibility to drive carefully in hazardous conditions, and knowing when to take yourself off the road. It’s about arming yourself with all the knowledge you can before you turn the key and head for the roadways. This course is designed to give drivers of commercial vehicles a well-rounded look at the key concepts associated with defensive driving and provide tips and guidelines to prepare drivers for the everyday challenges on the road.

Target Audience

Commercial truck drivers.

Lesson Objectives

- Recognize your responsibilities related to being a defensive driver.
- Recognize key concepts associated with inspecting your vehicle to ensure it is safe.
- Recognize safe driving techniques for accelerating, steering, stopping, and backing up safely in your commercial vehicle.
- Recognize key concepts associated with managing the speed of your truck.
- Identify basic principles about the relationship between speed, vehicle weight, and stopping distance.
- Recognize how to manage the space around your truck to minimize the risk of an accident.
- Recognize how to manage the space needed to maneuver your truck in traffic.
- Recognize key concepts associated with managing your area of sight.
- Recognize how to use your mirror to manage your area of sight.
- Recognize potentially hazardous drivers and situations around you.

- Recognize factors that can create hazards that may affect driving.
- Recognize guidelines for driving in various driving conditions.
- Recognize key concepts associated with safe driving at railroad crossings.
- Recognize how to use your steering to avoid a crash.
- Recognize how to use your brakes to avoid accidents.
- Recognize how to respond to a tire failure.
- Recognize the most appropriate action to take to control a skid in a given situation.
- Identify actions to take in the event of a truck fire.

esh_sah_a16_sh_enus

Electrical Safety

Duration: 30 minutes

This is an awareness level course that discusses how to work safely with electricity. It focuses on specific electrical hazards found in the workplace and methods to minimize or eliminate those hazards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

This training course is intended for unqualified workers but can also be used to supplement qualified workers' training

Lesson Objectives

- Identify basic rules of electricity.
- Identify the electrical principles that were ignored for a given injury scenario.
- Identify common electrical related injuries and effects of electricity on the human body.
- Identify actions to take in an electrical emergency.
- Identify common electrical hazards of using extension cords and guidelines for avoiding them.
- Identify common electrical hazards.
- Identify factors related to overhead power line safety.
- Identify methods to reduce or eliminate electrical hazards.

esh_sah_a07_sh_enus

Electrostatic Discharge Safety Training

Duration: 1.5 hours

This course will provide a basic understanding of static electricity, and how to provide protection from static electricity. The information in this course will focus on the identification, assessment, and control of static electricity for purposes of preventing fires and explosions. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Primarily engineering, safety, and maintenance personnel whose responsibilities include determining and correcting static issues. May also benefit managers, supervisors, and employees who work in areas where electrostatic discharge could result in fire, explosion, and/or damage to electrical equipment.

Lesson Objectives

- Identify the purpose and scope of the NFPA 77: Recommended Practice on Static Electricity standard.
- Identify examples of the main causes of static electricity in the workplace.
- Identify statements that correctly describe the nature of static electricity.
- Identify relevant statements about measuring static electricity.
- Identify relevant statements about each of three types of hazards created by static electricity.
- Identify the principles associated with each of four variables on the ignition of static discharge in combustible environments.
- Identify three techniques that are used to control the hazards of static electricity.
- Identify methods commonly used to neutralize human static discharge.

esh_sah_a21_sh_enus

Emergency and Disaster Preparedness

Duration: 30 minutes

This course was designed and developed to provide instruction on emergency response, safety, reporting,

and evacuation of company facilities and work areas in the event of a natural disaster, fire, bomb threat, or other emergency. The procedures contained in this training should be followed unless otherwise directed by your campus officials. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees

Lesson Objectives

- Identify components of an emergency response plan.
- Identify the information you need to know to be prepared for an emergency evacuation.
- Identify the actions to take in the event of a fire.
- Identify the actions to take in the event of a hazardous substance spill.
- Identify the actions to take in the event of an earthquake.
- Identify the actions to take in the event of a flood or a tornado.
- Identify violent behavior and warning signs of violent behavior.
- Recognize ways to prevent workplace violence.
- Identify the appropriate response to a bomb threat.

sah0423

Emergency Response and Spill Control (HAZWOPER)

Duration: 1 hour

This training describes how to respond to various emergency situations and describes control of situations both by the workers involved and by trained emergency personnel. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Define hazardous material.
- Identify where spills are most likely to occur.
- Identify provisions of the emergency response plan.
- Identify methods to prevent spills.

- Identify where you can find information about a hazardous material.
- Identify equipment and supplies that can be used for an emergency spill response.
- Define levels of emergency response personnel.
- Select actions to take upon discovering a spill or leak.
- Select actions to take upon discovering a fire.
- State methods to contain or confine chemical material.
- Identify post-response actions after a spill has occurred.

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Emergency Response in the Workplace

Duration: 30 minutes

This course provides information about planning for and responding to emergencies. The intent is to provide the learner with basic information on procedures that cover onsite emergencies such as an accidental release or spill of a hazardous chemical, fire emergencies, explosions, bomb threats, threats to security or personal injuries. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees

Lesson Objectives

- Identify the definitions of basic emergency response terminology.
- Identify the definitions for common roles in emergency response situations.
- Identify hazardous substances and their associated risks.
- Identify the responsibilities of an employee in an emergency situation involving hazardous materials.
- Identify important components of an emergency response plan.
- Identify responsibilities of the emergency response team.
- Identify air monitoring requirements.
- Identify key concepts related to communications during an emergency situation.

- Identify the responsibilities of the Incident Commander.
- Identify key concepts related to site control and evacuation procedures.
- Identify non-emergency response situations.
- Identify decontamination procedures and resources for medical assistance.

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Ergonomics in the Workplace

Duration: 30 minutes

This course is designed to provide the basic information needed to recognize and report musculoskeletal disorder (MSD) signs, symptoms, and risk factors. It addresses the key components of an Ergonomics Program and provides information to assist both employees and employers in minimizing the risk of developing work-related MSDs. This course applies to both office and industrial settings. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who have work activities that involve physical efforts involving lifting and handling materials/objects or actions that involve repetitive motions or other procedures that may be related to MSDs, and employers who may be responsible for implementing an ergonomics program

Lesson Objectives

- Define terms related to the study of ergonomics.
- Recognize what may be affected by musculoskeletal disorders.
- Identify signs and symptoms associated with musculoskeletal disorders.
- Identify risk factors associated with musculoskeletal disorders.
- Identify practices that result in musculoskeletal disorders in the workplace.
- Identify engineering controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Recognize how furniture and equipment can be used to control ergonomic hazards in the workplace.

- Identify administrative controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.

esh_sah_a26_sh_enus

Fall Protection (Working at Heights)

Duration: 30 minutes

This course is intended to provide employees who might be exposed to fall hazards the ability to recognize such hazards and the ability to minimize them. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel exposed to a potential free fall greater than six feet while on the job

Lesson Objectives

- Recognize common workplace fall hazards.
- Identify common workplace tripping hazards.
- Identify fall protection techniques and methods.
- Identify guidelines related to fall protection equipment.
- Identify who is in charge of safety monitoring.
- Recognize ways to protect workers from workplace fall hazards.

sah0426

Fire and Explosion Hazards (H)

Duration: 1 hour

This training discusses actions to reduce the risk of fire and explosion due to chemical reactions, ignition of explosive or flammable chemicals, ignition of materials due to oxygen enrichment, and sudden releases of materials under pressure. Learning how to prevent and protect yourself and others from fire and explosion hazards can help save resources, time, and possibly, lives. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers.



Lesson Objectives

- Identify various fire hazards.
- Identify explosion hazards.
- Identify sources of ignition.
- Cite safe handling procedures for potentially flammable or explosive materials.
- Cite safe storage procedures for potentially flammable or explosive materials

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Fire Safety and Prevention

Duration: 30 minutes

This course addresses how to prevent fires and recognize fire hazards. It will also discuss what actions to take in the event of a fire, including the proper use of portable fire extinguishers. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees

Lesson Objectives

- Identify the characteristics of fire.
- Select the type of fire extinguisher to use on different types of fires.
- Identify the general requirements of evacuation standards.
- Identify how to prevent workplace fires.
- Identify how to respond to a specific situation during a fire emergency.

- Identify characteristics of hand-held fire extinguishers.
- Identify the correct fire extinguisher to use on a particular type of material.

sah0428

First Aid—Automated External Defibrillator

Duration: 30 minutes

The primary focus of this 30-minute course is the proper use of the Automated External Defibrillator (AED). Use of the AED also includes the ABCs of basic life support: maintaining an open airway, restoring breathing, and restoring circulation, which will also be briefly reviewed in this training. Note: This training should not be used as the primary basis for any AED certification. It is intended to provide the learner with basic classroom training only. This training should be accompanied with a performance-based component provided by a certified instructor. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel

Lesson Objectives

- Identify initial actions to take upon arriving at an accident scene.
- Identify the correct actions to take if the victim is suffering no trauma and breathing is adequate.
- Identify the first actions to take in performing rescue breathing.
- Identify actions to take if an accident victim is unresponsive.
- Identify actions to take after the initial two sets of rescue breathing.
- Identify the correct procedures for chest compression during CPR.
- Cite the procedure for using an automated external defibrillator.
- Identify actions to take during a defibrillation procedure.

sah0429

First Aid—Basic

Duration: 1 hour

First aid is the immediate care for victims of injuries or sudden illness, before professional medical treatment is available. It not only involves the victim's physical condition and emotional state, but the entire emergency situation. This one-hour training course will focus on how to use a systematic approach to evaluate an emergency situation and respond to basic first aid situations prior to the arrival of the Emergency Medical Services (EMS). Note: This training should not be used as the primary basis for any first aid certification. It is intended to provide the learner with knowledge-based training only. This training should be accompanied with a performance-based component provided by a certified first aid instructor. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel

Lesson Objectives

- Identify precautions taken when dealing with bloodborne pathogens.
- Identify actions to be taken when arriving at the scene of an accident.
- Identify first aid techniques to use on a conscious accident victim.
- Identify basic first aid techniques to use on an unconscious accident victim.
- Identify actions to take during the examination of an accident victim.
- Identify basic first aid techniques used to treat severe bleeding.



- Identify the primary concern of the first aid responder to a severe bleeding victim.
- Identify basic first aid techniques used to treat bleeding shock.
- Identify basic first aid techniques used to treat fractures.
- Identify ways of immobilizing an extremity.
- Identify when to seek immediate medical attention for burns.
- Identify basic first aid techniques used to treat burns.
- Identify what steps to take when responding to a radiological accident.

sah0431

First Aid—CPR

Duration: 1 hour

Emergencies requiring cardiopulmonary resuscitation (CPR) can and do occur without warning. It is important that you know the basic emergency techniques for recognizing and treating failures of the respiratory system and heart. This one-hour course will focus on the ABCs of basic life support: maintaining an open airway, restoring breathing, and restoring circulation. Note: this training should not be used as the primary basis for any CPR certification. It is intended to provide the learner with knowledge-based training only. This training should be accompanied with a performance-based component provided by a certified CPR instructor. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel

Lesson Objectives

- Identify actions to take if the victim is unresponsive or unconscious.
- Identify factors to consider in assessing the presence or absence of breathing.
- Identify characteristics of the head-tilt chin-lift maneuver.
- Identify characteristics of the jaw thrust maneuver.
- Identify characteristics of rescue breathing.
- Identify proper CPR technique.

sah0432

First Aid—Medical Emergencies

Duration: 1 hour

Medical emergencies can occur at anytime but may be hidden because of injuries suffered in an accident, or an accident may trigger a medical emergency such as a heart attack, stroke, or seizure. This one-hour training will focus on the signs and symptoms of specific medical emergencies and their treatment. Being trained in first aid could mean the difference between life and death. Note: This training should not be used as the primary basis for any first aid certification. It is intended to provide the learner with knowledge-based training only. This training should be accompanied with a performance-based component provided by a certified first aid instructor. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees

Lesson Objectives

- Cite how to respond appropriately to a medical emergency.
- Identify the steps to take in providing first aid treatment for choking.
- Identify the correct body and hand positions to use when performing the Heimlich maneuver.
- Identify the steps to take in providing first aid treatment for poisoning.
- Identify the likely route of entry for a chemical in a given workplace situation.
- Identify the signs, symptoms, and first aid treatment of heart attack.
- Identify the signs, symptoms, and first aid treatment of respiratory distress.
- Identify the signs, symptoms, and first aid treatment of stroke.
- Identify the signs, symptoms, and first aid treatment of seizures.
- Identify the signs, symptoms, and first aid treatment of diabetic shock.

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Food Safety and Handling

Duration: 1 hour

Each year bacteria in food cause millions of illnesses in the US. According to the Food and Drug Administration, between 2% and 3% of all foodborne illnesses result in secondary long-term illnesses. Some strains of E. coli can cause kidney failure in infants, and salmonella can lead to reactive arthritis and serious infections. In addition to the risks from badly prepared or handled food, there is the potential risk of malicious contamination. Those involved in food preparation must follow safe procedures to ensure that food contamination and its associated illnesses are prevented. This course focuses on the health risks associated with improperly handled food. It highlights the ways in which food can become contaminated and provides guidelines for storing and handling food safely. By applying the procedures recommended in this course, you can minimize the risk of food-related illnesses. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees involved in food preparation

Lesson Objectives

- Identify the most common illnesses caused by contaminated food.
- Identify less common illnesses caused by contaminated food.
- Match foods to the pathogens they are prone to carry.
- Match foods to the contaminants they are prone to carry.
- Match food-related illnesses with their associated symptoms.
- Match the symptoms described in a scenario with their associated food-related illnesses.
- Identify the proper procedures for refrigerating food.
- Identify the proper guidelines for heating food.
- Recognize instances when food is safe or unsafe to eat.
- Identify the guidelines for preventing cross-contamination of food.

- Recognize procedures for dealing with food security issues.
- Recognize suitable levels of personal hygiene when in contact with food in given scenarios.
- Identify suitable hand-hygiene procedures.
- Identify procedures for using gloves when handling food.
- Identify instances in which gloves should be changed.

esh_sah_a38_sh_enus

Forklift Safety Awareness

Duration: 30 minutes

The purpose of this training is to help you become a qualified forklift operator; one who has the skills and knowledge to operate a lift truck in a safe and proper manner. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees operating and servicing forklifts

Lesson Objectives

- Identify load center engineering principles associated with forklift safety
- Identify capacity engineering principles associated with forklift safety
- Identify forklift safety practices
- Recognize key concepts related to driving forklifts
- Identify general loading and unloading principles associated with forklift safety
- Recognize safe refueling and recharging procedures
- Identify the steps to perform in walk-around and sit-down inspections

sah0434

Hand and Power Tool Safety

Duration: 1 hour

A variety of hand-held tools are used in the workplace. This course will provide an understanding of the potential hazards associated with the use of hand tools and power tools as well as the safety precautions required to prevent those hazards from occurring. Power tool hazards are addressed by the power source

used: pneumatic, liquid fuel, hydraulic, or powder-actuated. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees that work with hand and power tools

Lesson Objectives

- Identify general hazards and control measures associated with hand and power tools.
- Identify specific hazards associated with hand tools.
- Identify general power tool safety precautions.
- Identify the way guards provide protection to operators.
- Identify tools that must be equipped with a momentary switch.
- Identify specific hazards and control measures related to the use of electric tools.
- Identify the proper procedures to follow when using a grinder.
- Identify specific hazards and control measures related to the use of pneumatic tools.
- Identify specific hazards and control measures related to the use of powder-actuated tools.
- Identify specific hazards and control measures related to the use of hydraulic jacks.

sah0436

Hazard Communication (HAZWOPER)

Duration: 1 hour

This training discusses programs and procedures dealing with chemical hazards as stated in OSHA Regulation, 29 CFR 1910.1200, the Hazard Communication Standard. This training is geared toward employees who are actively involved in cleanup activities. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify employer and employee responsibilities under the Hazard Communication Standard.
- Identify methods used to detect hazardous chemicals.
- Identify categories of chemical hazards.
- Cite methods used to control hazardous chemicals.
- Identify information contained in an MSDS.
- Identify information displayed on a manufacturer's warning label.
- Identify sources of information for hazardous materials.

esh_sah_a27_sh_enus

Hazard Communication: An Employee's Right To Know

Duration: 30 minutes

This course will acquaint you with the precautions that both you and your employer must take in order to safely use, handle, and dispose of hazardous chemicals in the workplace. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees and employers who work with hazardous chemicals

Lesson Objectives

- Identify the routes of chemical entry into the body.
- Identify the definitions of various categories of chemical hazards related to sickness or injury.
- Identify the terms associated with the physical hazards of chemicals.
- Interpret information found on chemical warning labels.
- Interpret numeric codes found on NFPA warning labels.
- Recognize key concepts about Material Safety Data Sheets.
- Recognize the appropriate controls for reducing or eliminating contact with hazardous materials in the workplace.

esh_sah_a20_sh_enus

Hazardous Material Handling and Storage

Duration: 1 hour

This course covers information about drum handling, compressed gas cylinders, flammable materials, slings, safe lifting techniques, and safe handling procedures. The intent of the information is to familiarize the learner with safe work practices necessary to prevent injury while handling materials and equipment in the workplace. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Persons who will be moving or handling objects in and around the workplace

Lesson Objectives

- Identify safe lifting techniques when manually handling an object.
- Identify hazards associated with handling drums and containers.
- Identify safe handling procedures when working with drums and containers.
- Specify the proper handling and use of compressed gas cylinders.
- Identify the proper procedures for transporting compressed gas cylinders.
- Identify the proper handling of compressed gas cylinders that are no longer needed.
- Identify materials that may be flammable and/or combustible.
- Identify safe work practices when hoisting materials using slings.
- Identify safe handling and moving practices when performing routine maintenance.

esh_sah_a36_sh_enus

Hazardous Materials in the Workplace

Duration: 1 hour

This course discusses proper handling of chemicals in the workplace and actions that can be taken to protect the workers, the public, and the environment.

It also covers the roles and responsibilities of those responding to events involving hazardous materials. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify characteristics of hazardous materials.
- Recognize situations when spills are most likely to occur.
- Identify potential outcomes of a hazardous material release.
- Define the roles and responsibilities of personnel who respond to emergencies involving hazardous materials.
- Identify possible responses to a release of hazardous material.
- Identify the primary and secondary goals of spill control.
- Identify actions to take as part of the recommended procedures for spill and leak response.
- Match the terms “containment” and “confinement” with their definitions.
- Identify the factors that influence how spills are controlled.
- Specify the proper steps to contain hazardous spills.
- Specify confinement methods for solids.
- Specify confinement methods for liquids.
- Specify confinement methods for gases and vapors.

esh_sah_a34_sh_enus

Hazardous Waste Generator (RCRA)

Duration: 30 minutes

This course provides basic information on hazardous waste determination and characterization. In addition, this course describes the three types of generator status (Conditionally Exempt Small Quantity Generator, Small Quantity Generator, and Large Quantity Generator) along with applicable requirements. Generators must manage their hazardous waste per the Resource Conservation and Recovery Act (RCRA) regulations. Thus, accumulation, labeling, and other management requirements are described for both satellite accumulation areas and 90-day accumulation

areas. Lastly, the importance of, and methods for, waste minimization and spill prevention and response are Defined. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Personnel who as a part of their routine job duties generate, characterize, or accumulate hazardous waste

Lesson Objectives

- Identify EPA standards for hazardous wastes.
- Determine the waste classification that results from mixing substances.
- Identify safe use of containers holding hazardous substances.
- Identify characteristics of hazardous and non-hazardous wastes.
- Identify the requirements for accumulation areas.
- Identify controls required for hazardous waste containers and container tracking.

sah0439

Heat and Cold Exposure Management (HAZWOPER)

Duration: 1 hour

This training is intended for personnel who may be exposed to temperature extremes at hazardous waste sites. Heat-related illness is a major hazard, especially for workers wearing personal protective clothing. Cold-related injuries can cause loss of limbs or even death. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify illnesses that can result from exposure to hot temperatures.
- Identify symptoms of heat-related illnesses.
- Identify first aid measures for treating heat-related illnesses.
- Identify ways to stay healthy in the heat.
- Cite individual factors to avoid or reduce heat-related illness.

- Identify conditions and injuries that can result from exposure to cold temperatures.
- Identify first aid measures for cold-related injuries and illnesses.
- Cite measures for preventing cold-related illness and injury.

esh_sah_a39_sh_enus

Heat Stress Recognition and Prevention

Duration: 30 minutes

Each year more people in the United States die from extreme heat than from hurricanes, lightning, tornados, floods, and earthquakes combined. This course will discuss the effects of heat on your body, outline the risk factors for heat-related illnesses, and describe the associated treatments for each. This training will also explain several control measure techniques and safe work practices that you can use to prevent heat-related stresses. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel that may be required to work in hot environments

Lesson Objectives

- Identify how the body handles heat.
- Identify what personal factors may lead to heat stress.
- Define the signs and symptoms of heat-related illnesses.
- Identify first aid treatments for heat-related illnesses.
- Identify precautions to take when working in a hot environment.
- Identify how the human body adjusts to heat exposure.
- Identify preventive measures to minimize heat stress.

sah0108

Hot Work Permits

Duration: 30 minutes

Hot work can be defined as any operation such as brazing, cutting, welding, grinding, soldering, or torching that can cause sparks or flames. While

such work is necessary, the hazards associated can be minimized through an effective hot work permit program. This 30-minute course provides an overview of an OSHA-compliant hot work permit program, including the permit process, roles and responsibilities, and controls used to minimize the risk of fire. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel involved in hot work operations

Lesson Objectives

- Recognize correct statements about hot work permit programs.
- Identify key elements of hot work permit programs related to the work area.
- Describe the primary responsibilities of the Permit Authorizing Individual in a compliant hot work permit program.
- Describe the primary responsibilities of the supervisor in a hot work permit program.
- Describe the primary responsibilities of the hot work operator in a hot work permit program.
- Describe the primary responsibilities of the fire watch in a hot work permit program.
- Recall controls used to minimize fire and injury risks associated with combustible materials.
- Select accurate statements about controls and protective equipment used when working in hot work areas.
- Identify accurate statements about fire-related hazard controls (sprinklers, fire alarms, and fire extinguishers.)

sah0442

Hydrogen Sulfide

Duration: 30 minutes

This course is designed to provide an awareness of hazards associated with hydrogen sulfide gas as well as methods to detect and minimize exposure to the gas. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Personnel working with or around hydrogen sulfide gas

Lesson Objectives

- Identify characteristics of hydrogen sulfide.
- Identify hazardous exposure limits for hydrogen sulfide.
- Identify hazardous effects of hydrogen sulfide.
- Identify symptoms of exposure to hydrogen sulfide.
- Identify hydrogen sulfide detection equipment and methods.
- Identify precautions to take during an emergency.

sah0443

Indoor Hoisting and Rigging

Duration: 1 hour

This course is designed to educate the worker on the significant safety issues to be considered while moving large, heavy loads associated with today's manufacturing and construction industries. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All rigging personnel as it pertains to their job description

Lesson Objectives

- Identify the hazards associated with cranes.
- Identify characteristics of safe crane operation.
- Identify general inspection practices.
- Define basic load handling considerations.
- Identify operator responsibilities.
- Identify safe practices for signalers.

sah0444

Industrial Ergonomics

Duration: 1 hour

This one-hour course is designed to provide the basic information needed to recognize and report musculoskeletal disorders (MSD) signs, symptoms, and risk factors. It addresses the key components of an Ergonomics Program and also provides information to assist both employees and employers in minimizing the risk of developing work-related MSDs. This course applies to employees and employers in industrial work settings.

Target Audience

This course is intended for all persons who lift and handle materials and objects or engage in repetitive motions or other procedures that may be related to musculoskeletal disorders. This course is also intended for employers who may be responsible for implementing an ergonomics program.

Lesson Objectives

- Define terms related to musculoskeletal disorders.
- Identify the systems of the human body.
- Identify signs and symptoms associated with musculoskeletal disorders.
- Identify true statements concerning early recognition of signs and symptoms associated with musculoskeletal disorders.
- Identify characteristics of risk factors associated with musculoskeletal disorders.
- Identify administrative controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify engineering controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify how to prevent an injury to your back.

sah0444

Introduction To Industrial Hygiene

Duration: 1 hour

This one-hour course is designed to provide the basic information needed to recognize and report musculoskeletal disorders (MSD) signs, symptoms, and risk factors. It addresses the key components of an Ergonomics Program and also provides information to assist both employees and employers in minimizing the risk of developing work-related MSDs. This course applies to employees and employers in industrial work settings.

Target Audience

This course is intended for all persons who lift and handle materials and objects or engage in repetitive motions or other procedures that may be related to musculoskeletal disorders. This course is also intended for employers who may be responsible for implementing an ergonomics program.

Lesson Objectives

- Define terms related to musculoskeletal disorders.
- Identify the systems of the human body.
- Identify signs and symptoms associated with musculoskeletal disorders.
- Identify true statements concerning early recognition of signs and symptoms associated with musculoskeletal disorders.
- Identify characteristics of risk factors associated with musculoskeletal disorders.
- Identify administrative controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify engineering controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify how to prevent an injury to your back.

sah0445

Job Hazard Analysis

Duration: 1 hour

This one-hour course is intended to provide information that will help improve the quality of work environments, improve absenteeism, help maintain a healthier workforce, reduce injury and illness rates, and make workers feel good about their work. This course was specifically designed for supervisors and managers to help enhance existing techniques in Job Hazard Analysis. Your campus may have a more CSU-specific course.

Target Audience

All supervisors and managers

Lesson Objectives

- Identify characteristics of job hazard analysis.
- Identify jobs to select for analysis.
- Identify questions that should be asked when conducting an analysis.
- Identify the first two steps involved in a hazard analysis.
- Identify characteristics and steps in a job hazard analysis.

sah0446

Laboratory Safety

Duration: 1 hour

This overview course is designed for employees who work in an industrial, clinical, or academic laboratory setting. It will serve to educate the laboratory employee to diverse safety and health concerns related to their job. The content in this course is designed to comply with the intent of the applicable regulatory requirements. The CSU will be customizing the content of this course during 2011-2012.

Target Audience

All personnel working with hazardous chemicals in a laboratory setting

Lesson Objectives

- Cite characteristics of a workplace Chemical Hygiene Plan.
- Identify requirements of the Laboratory Safety Standard.
- Identify safety guidelines to be followed while working in a laboratory.
- Identify information sources regarding the prevention of laboratory fire and burn hazards.

sah0448

Ladder Safety

Duration: 1 hour

This course provides information about the safe use of portable and fixed ladders. The intent of the course is to provide the learner with information about the hazards involved with the use of ladders and control methods that will greatly reduce these hazards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who use portable or fixed ladders during work tasks

Lesson Objectives

- Identify safe practices when working with a ladder.
- Identify the types of portable ladders and their use, capacities, and safety considerations.
- Identify the correct placement of a ladder using the 4-to-1 rule.

- Indicate the specific use, capacities, and safety features of fixed ladders.
- State proper guidelines for ladder care and maintenance.

sah0449

Laser Safety Training

Duration: 1 hour

This one-hour course is designed to provide awareness of the fundamentals of Class 3B (moderate) and 4 (high-power) lasers or laser systems. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who work with or around Class 3B and 4 lasers

Lesson Objectives

- Identify the primary parts of a laser.
- Define terms associated with lasers.
- Identify different types of lasers.
- Name the types and classes of lasers.
- Identify non-beam laser hazards.
- Classify non-beam laser hazards by type.
- Identify the biological effects of a laser on the eye.
- Recall the biological effects of a laser on skin.
- Identify descriptions of the three categories of controls used in laser environments.
- Identify important factors to consider when choosing protective eyewear.
- Recognize mandatory controls for Class 4 lasers.

sah0451

Lead Awareness

Duration: 1 hour

This course covers information mandated by OSHA 29 CFR 1910.1025. It provides general knowledge of the hazards associated with lead exposure and requirements to reduce or eliminate exposure. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who have a potential exposure to airborne lead

Lesson Objectives

- Identify sources of lead exposure.
- Identify adverse health effects associated with lead exposure.
- Identify true statements regarding lead poisoning.
- Identify the limits OSHA has established to reduce worker exposure to lead.
- Cite general requirements of the Medical Surveillance Program.
- Cite general requirements of the Medical Removal Protection Program.
- Cite controls and work practices to reduce lead exposure.

esh_sah_a02_sh_enus

Lead and Cadmium

Duration: 1 hour

Failure to understand the dangers of cadmium and lead, and the correct practices that should be followed when working with them, can leave you exposed to long-term health risks. Lead and cadmium have a number of industrial applications. This course provides an understanding of the basic health effects, routes of entry, methods of compliance and prevention, and regulatory requirements for both cadmium and lead standards applicable to workplaces covered by the general industry standard 29CFR 1910. This course familiarizes the learner with OSHA regulations related to lead and cadmium. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Any employee, manager, or supervisor whose normal job activities could result in exposure to lead or cadmium

Lesson Objectives

- Match cadmium and lead to their industrial uses.
- Identify the sources of cadmium and lead in industry.
- Recognize the long-term health effects of exposure to lead and cadmium in a given scenario.
- Identify how lead and cadmium enter the body.

- Match exposure to lead and cadmium with their symptoms in a given scenario.
- Identify appropriate labeling for containers storing lead or cadmium.
- Identify protective clothing and equipment required to prevent exposure to lead and cadmium.
- Identify OSHA workplace hygiene requirements.
- Identify the requirements for regulated areas in relation to lead and cadmium.
- Identify the training requirements for employees who are exposed to cadmium or lead in the workplace.
- Identify OSHA's medical surveillance and exposure monitoring record-keeping requirements in relation to lead and cadmium in the workplace.
- Recognize OSHA's requirements for medical surveillance.
- Identify the required information in a written compliance program.

sah0453

Liquefied Petroleum Gas (LPG) Safety

Duration: 1 hour

This course will provide you with an understanding of the hazards, characteristics, and methods of detection associated with liquefied petroleum gas (LPG). It provides general knowledge of the hazards associated with exposure and requirements to reduce or eliminate exposure and mitigate the hazards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who work with LPG or in areas containing LPG

Lesson Objectives

- Identify characteristics of LPG.
- Identify hazards associated with LPG.
- Identify proper handling and storage techniques of LPG cylinders.
- Identify proper storage techniques of LPG cylinders.
- Cite appropriate leak detection methods.
- Specify what to do in case of a fire emergency.

esh_sah_a19_sh_enus

Lockout/Tagout

Duration: 30 minutes

This course provides information about control of hazardous energy and work under the protection of a lockout/tagout permit. The intent of the course is to provide information on lockout/tagout practices and the significance of lockout/tagout devices. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons whose jobs will require the operation or use of a machine or equipment on which service or maintenance is to be performed, or whose duties will require that person to work in an area in which such servicing or maintenance is being performed

Lesson Objectives

- Define terms commonly used in a lockout/tagout program.
- Identify the responsibilities of an authorized person.
- Identify standard techniques and procedures commonly used in a lockout/tagout program.

esh_sah_a08_sh_enus

Lockout/Tagout for Authorized Persons

Duration: 1.5 hours

This course provides information about control of hazardous energy and work under the protection of a Lockout/Tagout permit. The intent of the course is to provide information on lockout and tagout practices and the significance of lockout and tagout devices. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Managers, supervisors, and employees

Lesson Objectives

- Identify the purpose of OSHA Standard 29 CFR 1910.147.
- Identify reasons commonly Cited for failing to act in accordance with an OSHA-compliant lockout and tagout program.

- Identify operations during which the OSHA standard on control of hazardous energy apply.
- Identify equipment or operations to which the OSHA standard does not apply.
- Identify the criteria that must be met in an OSHA-compliant lockout and tagout program.
- Match types of hazardous energy to their definitions.
- Identify the criteria that must be met by all lockout and tagout devices.
- Identify the requirements for the placement and removal of lockout and tagout devices.
- Identify examples of the lockout and tagout training requirements as described by the OSHA standard.
- Identify examples of lockout and tagout procedure inspection requirements.

esh_sah_a18_sh_enus

Machine Guarding

Duration: 30 minutes

This course will provide definitions, general requirements, and requirements for different kinds of machinery concerning the Machine Guarding Program. It will provide general discussion of various guarding methods, as well as defining terms associated with machine guarding. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees who use power tools and machines during the course of their work

Lesson Objectives

- Identify the names of the areas where mechanical hazards exist in machine tools.
- Identify the mechanical point on a machine where hazardous actions are most likely to occur.
- Identify actions that can result in injury.
- Recognize the minimum requirements that must be met by all safeguards.
- Recognize the advantages of various types of guard construction.
- Identify the different types of safety guards and devices.

sah0456

Material Safety Data Sheets

Duration: 1 hour

This course is designed to provide both workers and supervisors with a better understanding of how to interpret a Material Safety Data Sheet (MSDS), as well as address specific requirements associated with MSDS's in the workplace. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Anyone who must use chemical agents on the job

Lesson Objectives

- Identify the physical states in which chemicals are commonly found.
- Identify chemical routes of entry into the body.
- Identify basic requirements of an MSDS and common information found on a typical MSDS.
- Identify abbreviations commonly used on an MSDS.
- Identify information found in sections I-V of an MSDS.
- Identify information found in sections VI-VIII of an MSDS.

esh_sah_a01_sh_enus

Mold Awareness

Duration: 1 hour

Many businesses and organizations, including government-owned facilities, can experience mold at their facilities at some point in their business life. A mold is a coating or discoloration that develops in a damp atmosphere on the surface of food or fabric. Not everyone is at risk from exposure to molds but certain groups of individuals, including infants and the elderly, are particularly susceptible to mold-induced allergies or infections. Providing information on the hazards associated with mold is an important aspect of the health and safety requirements for businesses and organizations. This course is aimed at any employee whose normal job activities could result in occupational exposure to mold. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Any employee, supervisor, manager, or visitor of a facility where mold may be present - these can be personnel in large corporations, small to medium size enterprises, and government and municipal facilities

Lesson Objectives

- Identify the characteristics of molds.
- Identify the positive effects of molds.
- Identify examples of the ways that humans are exposed to molds.
- Identify examples of people at high risk from exposure to molds.
- Match the biological mechanisms with their symptoms.
- Recognize signs of mold in the workplace.
- Identify examples of areas where molds might grow.
- Identify common indoor molds.
- Identify the methods of preventing mold from growing.
- Identify the methods and procedures for cleaning up mold.

esh_sah_a06_sh_enus

NFPA 70E Electrical Safety In The Workplace

Duration: 2 hours

This course will provide the public sectors with an understanding of the basic criteria for a comprehensive program that addresses electrical safety-related work practices in accordance with the National Fire Protection Agency (NFPA)70E standard titled “Standard for Electrical Safety in the Workplace.” Information presented will provide program elements, techniques, and processes that will apply to all electrical work. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who are required to work on or near energized electrical circuits and their managers or supervisors

Lesson Objectives

- Identify safety responsibilities that are specific to employees and employers.

- Identify the three primary requirements in multi-employer relationships.
- Identify the NFPA 70E training requirements for qualified and unqualified workers.
- Match topics of the NFPA 70E standard with the chapters in which they can be found.
- Identify examples of the three types of electrical hazards that the NFPA 70E standard seeks to protect against.
- Identify examples of the six steps used to ensure conditions for electrically safe work.
- Identify the safety procedures observed by employees involved in the lockout/tagout process.
- Match lockout and tagout devices to their definitions.
- Identify situations where one qualified person should have full responsibility for the lockout/tagout procedure.
- Identify conditions under which it is safe to re-energize equipment and return it to service.
- Identify hazards associated with work on live parts and circuits.
- Identify what is determined in shock hazard and flash hazard analyses.
- Match descriptions of protective clothing to their corresponding hazard risk categories as specified in NFPA 70E.
- Identify guidance on the use of CPR with a shock victim as described by the NFPA 70 E standard.
- Identify examples of the correct steps followed to rescue a shock victim.

esh_sah_a09_sh_enus

Non-Ionizing Radiation Safety

Duration: 1 hour

This course is designed to familiarize learners with the health implications associated with non-ionizing radiation, specifically radio frequency (RF) radiation and measures to protect workers from exposure. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who may be exposed to radio frequency (RF) radiation

Lesson Objectives

- Match ionizing radiation and non-ionizing radiation to their individual characteristics.
- Identify forms of electromagnetic energy found within the electromagnetic spectrum.
- Match uncontrolled and controlled exposure environments to their definitions.
- Identify elements of the engineering and administrative controls for limiting personnel exposure to RF radiation.
- Match the sign type to its meaning.

sah0457

Office Ergonomics

Duration: 1 hour

This course is designed to provide the basic information needed to recognize and report musculoskeletal disorder (MSD) signs, symptoms, and risk factors. It addresses the key components of an ergonomics program and also provides information to assist both employees and employers in minimizing the risk of developing work-related MSDs. This course applies to employees and employers in office/administrative type settings.

Target Audience

All persons who have work activities in an office setting, using computer workstations or participating in activities involving light lifting, repetitive motions or other procedures that may be related to MSDs, and employers who may be responsible for implementing an ergonomics program.

Lesson Objectives

- Identify the major parts of the musculoskeletal system.
- Identify work-related musculoskeletal disorders.
- Identify characteristics of musculoskeletal disorders.
- Identify early signs of musculoskeletal injuries.
- Identify risk factors associated with musculoskeletal disorders.
- Identify controls commonly used to reduce or eliminate musculoskeletal disorders in the workplace.
- Identify the role of furniture and equipment in ergonomics.
- Identify practices that can cause back injuries.

sah0458

Office Safety

Duration: 1 hour

This course is designed to cover hazards that may be encountered when working in administrative areas. These areas of concern are ergonomic stress, hazard communication, bloodborne pathogens, and electrical safety.

Target Audience

Personnel working in administrative areas

Lesson Objectives

- Identify office noise abatement strategies.
- Identify strategies to improve air quality in an office.
- Identify strategies to improve ventilation in an office.
- Identify symptoms resulting from ergonomic hazards.
- Identify ways to reduce the chances of developing ergonomic injuries.
- Identify factors that influence the occurrence of accidents and injuries in the office.
- Identify ways to avoid back injuries in the office.
- Identify factors related to fall injuries.
- Identify how poor lighting can cause eye strain.
- Identify factors related to risk of electrical injury.

sah0459

OSHA 300 Recordkeeping

Duration: 1.5 hours

This course will cover OSHA's revised recordkeeping requirements, the new recordkeeping forms, and offers a number of opportunities for you to practice classifying a case's recordability. The content in this course is designed to comply with the intent of the applicable regulatory requirements but does not take into consideration CalOSHA. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who have work activities that involve OSHA 300 recordkeeping or those who may be responsible for the recordkeeping function

Lesson Objectives

- Identify the forms used for OSHA 300 Recordkeeping.
- Identify measures that can be taken to protect employee privacy.
- Identify the criteria that make injuries or illnesses recordable.
- Identify recordable injuries and illnesses.
- Identify non-recordable injuries and illnesses.
- Identify categories that incidents are reported under on the OSHA 300 log.
- distinguish between recordable and non-recordable work activities.
- Identify general requirements of the OSHA 300 Log.

esh_sah_a10_sh_enus

Pandemic Flu Awareness

Duration: 1 hour

In October 2005, the Centers for Disease Control (CDC) estimated that if pandemic flu was to hit the US, approximately 200,000 to 2 million people could possibly die. This was based on models from past pandemics—the Spanish Flu (1918), the Asian Flu (1957), and the Hong Kong Flu (1968). The government further estimates that up to 40% of the workforce could be absent from work at the height of a pandemic wave. The potential impact on the social and economic infrastructure is enormous. To address this, the government has released a response plan called the “National Strategy for Pandemic Influenza Implementation Plan,” referred to as “the Strategy.” The Strategy outlines the roles and responsibilities of governmental and nongovernmental entities, but clearly indicates that the center of gravity for pandemic response will be at the community level. According to the Strategy, “sustaining the operations of critical infrastructure under conditions of pandemic influenza will depend largely on each organization’s development and implementation plans for business continuity of operations under conditions of staffing shortages and to protect the health of their workforce.” In other words, it is essential for all institutions and businesses to develop their own pandemic plan. It isn’t too early to start planning how you and your organization will respond to the very real threat of a flu pandemic. In fact, there could be a point when it is too late. This course is designed to increase awareness of the pandemic threat the flu poses and to provide information that can be used to form the basis of

preparedness and prevention for your organization. This course also includes the latest information concerning the H1N1 (swine) flu which the World Health Organization has indicated that a pandemic is underway.

Target Audience

All employees, supervisors, and managers

Lesson Objectives

- Recognize key differences between a pandemic flu and the regular seasonal flu.
- Identify key facts associated with the swine and bird flu.
- Recognize key concepts associated with the flu in humans.
- Identify the factors that influence the speed with which the flu could become pandemic.
- Identify the types of non-pharmaceutical interventions that may be used to limit or prevent the spread of flu.
- Identify key concepts associated with pharmaceutical interventions used to limit or prevent the spread of flu.
- Identify key concepts associated with actions the US government is taking to track and prevent the spread of the flu.
- Match the categories of hazard controls suggested by OSHA with examples.
- Recognize examples of considerations for inclusion in a personal pandemic preparedness plan.

sah0465

Personal Protective Equipment: Body Protection

Duration: 1 hour

This course will help acquaint you with the various types of personal protective equipment (PPE) specifically designed to protect your torso, arms, and legs. It will assist you in selecting and maintaining the proper equipment based on the workplace hazards present. Your campus may have more specific training on this subject.

Target Audience

This course is recommended for all employees and supervisors who are required to wear PPE by OSHA regulations.

Lesson Objectives

- Identify general OSHA requirements related to personal protective equipment.
- Identify employee responsibilities regarding personal protective equipment.
- Identify the types of materials commonly used to protect the body from workplace hazards.
- Select the appropriate body protection to guard against workplace hazards.
- Cite how to inspect and maintain body protection.

sah0469

Personal Protective Equipment: Head Protection

Duration: 1 hour

This one-hour course will help acquaint you with the various types of PPE specifically designed to protect your head. It will assist you in selecting and maintaining the proper equipment based on the workplace hazards present. Your campus may have more specific training on this subject.

Target Audience

This course is intended for all persons working in areas with overhead hazards.

Lesson Objectives

- Identify general OSHA requirements related to personal protective equipment.
- Identify the workplace hazards protective helmets are designed to protect against.
- Identify components of protective helmets.



- Select the appropriate head protection to guard against workplace hazards.
- Identify how to inspect and maintain head protection.

sah0462

Portable Fire Extinguishers

Duration: 1 hour

This one-hour course is designed to protect employees and help prevent serious property loss from workplace fires. It identifies the various classes of fires, types of portable fire extinguishers, and actions to take in the event of a fire. It describes when and how to use portable fire extinguishers to put out small fires. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees responsible for using portable fire extinguishers in the event of a fire

Lesson Objectives

- Cite employer responsibilities for creating educational and emergency action plans.
- Identify characteristics of fire extinguisher usage.
- Identify types of fires.
- Associate type of fire extinguishers used to different burning materials.
- Identify the symbol used for each fire class.
- Identify types of portable fire extinguishers and fire extinguishing agents.
- Indicate the proper location and use of portable fire extinguishers.
- Identify steps in the PASS method of using a fire extinguisher.

sah0463

Powered Industrial Truck Safety

Duration: 1 hour

This course is designed for personnel who work with or around a power-propelled truck (a.k.a. forklift) used to carry, push, pull, lift, stack, or tier materials. It will better familiarize the worker with the potential health and safety concerns associated with powered industrial trucks. The content in this course is designed to comply with the intent of the applicable regulatory

requirements but your campus may have more specific training available.

Target Audience

Employees operating and servicing forklifts

Lesson Objectives

- Identify operator training requirements.
- Identify how the center of gravity affects safe operation of powered industrial trucks.
- Identify general engineering principles associated with powered industrial truck safety.
- Calculate the load capacity of a powered industrial truck.
- Identify characteristics of a nameplate on a powered industrial truck.
- Identify factors related to tip-over accidents.
- Select safe operating practices when using or maintaining powered industrial trucks.
- Identify safe loading and unloading methods.
- Cite safe fueling and recharging methods.
- Identify general inspection and maintenance procedures.

sah0466

PPE/Eye and Face Protection

Duration: 1 hour

This course will help acquaint you with the various types of personal protective equipment (PPE) specifically designed to protect your eyes and face. It will assist you in selecting and maintaining the proper equipment based on the workplace hazard(s) present. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training on this topic.

Target Audience

All personnel exposed to potential workplace eye injuries

Lesson Objectives

- Select the appropriate eye and face protection to guard against workplace hazards.
- Identify correct statements concerning eye protection.
- Identify the most common causes of eye and face injuries.

- Cite how to inspect and maintain eye and face protection.
- Identify techniques for ensuring eye protection is clean and sanitary

sah0467

PPE/Foot and Leg Protection

Duration: 30 minutes

This course will help acquaint you with the various types of personal protective equipment (PPE) specifically designed to protect your feet and legs. It will assist you in selecting and maintaining the proper equipment based on the workplace hazards present. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training on this topic.

Target Audience

This course is recommended for anyone who is required to wear foot and leg protection or supervise those who do.

Lesson Objectives

- Identify general OSHA requirements related to personal protective equipment.
- Identify how most foot injuries occur.
- Select the appropriate foot and leg protection to guard against workplace hazards.
- Identify how to inspect and maintain foot and leg protection.

sah0468

PPE: Hand Protection

Duration: 30 minutes

Personal protective equipment (PPE) is designed to protect you from serious workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. This 30-minute course will help acquaint you with the various types of PPE specifically designed to protect your hands. It will assist you in selecting and maintaining the proper equipment based on the workplace hazard(s) present. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training on this topic.

Target Audience

All personnel exposed to potential workplace hand and arm injuries

Lesson Objectives

- Identify true statements regarding personal protective equipment.
- Select the appropriate hand protection to guard against temperature hazards in the workplace.
- Select the appropriate hand protection to guard against chemical hazards in the workplace.
- Select the appropriate hand protection to guard against a combination of hazards in the workplace.
- Cite general hand protection storage and maintenance guidelines.

esh_sah_a17_sh_enus

PPE: Personal Protective Equipment

Duration: 1 hour

This course covers types, selection, maintenance, and care of personal protective equipment in the workplace. The types of personal protective equipment (PPE) covered in the course include: hard hat, respiratory protection, hearing protection, and body protection. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training on this topic.

Target Audience

All persons who will be in work areas where specific job-related hazards (flying/falling objects, hazardous materials, high noise levels, respiratory hazards, exposure to temperature extremes, potential exposure to energy sources, fall potentials, etc.) have been identified.

Lesson Objectives

- Identify basic facts associated with the use of personal protective equipment (PPE).
- Identify actions to take before using PPE.
- Identify the proper selection, use, and maintenance of various types of hard hats.
- Identify the characteristics of protective footwear.
- Identify the characteristics of fully encapsulating and non-encapsulating suits.

- Identify the characteristics of protective clothing.
- Select appropriate eye protection to protect against various hazards.
- Identify types of hearing protection.
- Identify characteristics of respiratory protection.
- Identify characteristics of SCBA.
- Identify characteristics of air-purifying respirators.
- Identify the level of protection that a user is provided when wearing specific types of PPE.
- Recognize proper donning and doffing techniques.
- Identify general guidelines of fall protection.

sah0464

PPE: Respiratory Protection (HAZWOPER)

Duration: 1 hour

Equipment and devices have been developed over the years to protect the human body against a variety of environmental and physical hazards. Today, many forms of personal protective equipment (PPE) are available to protect you from injuries and illnesses. This training is intended to acquaint you with the different types and the correct selection of PPE. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training on this topic.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify true statements regarding PPE.
- Select eye and face protective equipment based upon the hazards present.
- Identify types of respiratory protection.
- Identify types of head protection.
- Select protection for your arms, hands, feet, and legs.
- Identify various types of body protection.
- Identify general guidelines of the hearing conservation program.
- Identify types of hearing protection.

esh_sah_a29_sh_enus

Protection from Occupational Noise

Duration: 30 minutes

This training course will provide information to help you prevent noise-induced hearing loss. It will also explain the purpose and components of a hearing conservation program including the proper fitting, use, and care of hearing protectors. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel subject to the hearing conservation program

Lesson Objectives

- Identify the effects of noise on hearing.
- Identify key components of OSHA's hearing conservation program.
- Identify the advantages and disadvantages of earplugs.
- Identify the advantages and disadvantages of canal caps.
- Identify the precautions to take when using various types of hearing protection.

sah0471

Radiation Safety

Duration: 1 hour

This course is designed to familiarize you with the health implications associated with ionizing radiation, and measures that can be used to protect you from radiation exposure. There is a significant health risk to workers if radiation sources are not properly controlled. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Personnel working with or around ionizing radiation sources

Lesson Objectives

- Identify ionizing radiation types.
- Identify the basic particles of the atom from their descriptions.

- Cite sources of radiation exposure.
- Identify characteristics of radiation exposure.
- Specify the measurement methods and instrument information for ionizing radiation detection.
- Identify the correct method for performing personal monitoring.
- Identify control measures implemented to protect the worker from radiation.
- Define sealed and unsealed sources.

sah0472

Regulatory Information

Duration: 1 hour

Essentially all workplaces have safety and health standards that have been imposed by federal and state authorities. The intent of these workplace standards and requirements is to protect the health and welfare of individual employees. This one-hour course will explain how safety requirements for workplaces are established and how they are enforced. The training will also discuss important regulatory agencies and their jurisdictions. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel in regulated industries

Lesson Objectives

- Identify the scope and purpose of the Occupational Safety and Health Administration.
- indicate how regulatory standards are established.
- indicate the inspection and enforcement methods used by the Occupational Safety and Health Administration.
- Identify organizations that establish safety regulations that impact the workplace.
- Identify non-regulatory organizations that establish safety regulations that impact the workplace.

sah0473

Regulatory Overview (HAZWOPER)

Duration: 1 hour

This one-hour course provides information about the history, purpose, and mission of key regulatory agencies

including OSHA, EPA, and DOT. The intent of the course is to provide the learner with an understanding of the sources of regulatory occupational safety and health work practices and standards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify true statements about OSHA standards.
- Identify the purposes of the major regulatory agencies that establish regulations impacting the workplace (OSHA, EPA, DOT).
- Identify true statements about the Occupational Safety and Health Act.
- Identify the purposes of RCRA, CERCLA, and SARA.
- Identify true statements regarding company responsibilities and environmental laws.
- Identify true statements about hazardous waste.
- Identify general characteristics of HAZWOPER.
- Identify ways to prevent exposure to hazardous waste.

sah0475

Safe Work Practices

Duration: 1.5 hours

This course provides information about day-to-day safe work practices and working safely with equipment and hazardous materials. The intent of the course is to enable the learner to identify those practices (the right way to do things) that must be followed that will either eliminate or minimize the potential for injury from workplace hazards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All persons who work in either the industrial work environment or administrative areas

Lesson Objectives

- Define the foundation of Safe Work Practices.
- Recognize how workplace hazards are identified.
- Identify hazard control methods.
- Define how hazard control methods work.

- Identify procedural components of the job safety analysis (JSA) process.
- Identify workplace inspection components and procedures.
- Identify the principal components of a pre-job briefing.
- Identify good housekeeping practices in various types of work environments.
- Identify safe work practices applicable to hand and power tools.
- Identify safe work practices for other common workplace hazards.
- Identify safe work practices for working with hoisting equipment.
- Identify safe work practices for operating forklifts.

esh_sah_a32_sh_enus

Scaffolding and Ladder Safety

Duration: 30 minutes

This course is designed to train employees to recognize the hazards associated with ladders, stairways, and the type of scaffold being used at the work site and to understand the procedures to control or minimize those hazards. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees who use ladders or scaffolding during work tasks

Lesson Objectives

- Identify safe practices when working with a ladder.
- Identify the types of portable ladders and their use, capacities, and safety considerations.
- Identify the correct distance from a wall to place a ladder using the 4-to-1 rule.
- Indicate the specific use, capacities, and safety features of fixed ladders.
- Identify proper guidelines for ladder care and maintenance.
- Identify the hazards commonly associated with scaffolding.
- Identify general scaffold requirements and safety considerations.

- Identify specific precautions to take when working with scaffolding near power lines.
- Identify safe work practices that prevent falls from scaffolding.
- Identify safe work practices that prevent objects from falling from scaffolding.

sah0476

Signs and Tags

Duration: 30 minutes

This half-hour course will present basic information about the different accident prevention signs and tags with regard to displaying levels of danger and precautions required. The failure of people, equipment, supplies, or surroundings to behave or react as expected causes most accidents. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All employees who may encounter accident prevention signs and tags in the workplace

Lesson Objectives

- Identify what different accident prevention signs indicate.
- Identify the characteristics of accident prevention signs.
- Identify the characteristics of accident prevention tags.

sah0477

Site Control (HAZWOPER)

Duration: 1 hour

This training describes measures designed to minimize your exposure to hazardous substances, and prevent the migration of contamination to “clean” areas of the site. OSHA requires that employees who work at hazardous material sites, or respond to spill emergencies, receive training to eliminate unnecessary risk of exposure to hazardous substances. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify the purpose for a site control program.
- Cite measures that must be taken before cleanup activities commence.
- Identify true statements regarding the exclusion zone.
- Identify true statements regarding the contamination reduction zone.
- Identify true statements about the support zone.
- Identify safe work practices when working in a hazardous waste site.
- Identify why site security is necessary at a hazardous waste site.
- Identify communication issues related to hazardous waste sites.

sah0478

Site Safety and Health Plan Procedures (HAZWOPER)

Duration: 1 hour

This training is designed to provide on-site and off-site employees with information on the company’s site safety and health plan. A site safety plan establishes policies and procedures to protect workers and the public from potential hazards posed by a hazardous waste site. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Identify the purpose and provisions of a site hazard assessment.
- Identify elements of a site safety and health plan.
- Identify the elements of a personal protective equipment program (PPE).
- Identify the purpose of site control.
- Identify the purpose of standard operating procedures (SOPs).
- Identify the purpose and requirements of a work plan.

sah0479

Slips, Trips, and Falls

Duration: 1 hour

Slips, trips, and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths and are second only to motor vehicles as a cause of fatalities. This course is intended to provide employees with the ability to recognize and prevent slip, trip, and fall hazards and to address the key components of ladder safety. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All personnel exposed to potential slip, trip, and fall hazards while on the job and who have the potential to use or be around ladders during the course of a routine/non-routine workday

Lesson Objectives

- Identify fall hazards in the workplace.
- Identify methods to safely use a ladder.
- Use the 4-to-1 rule to determine safe ladder placement.
- Identify ways to prevent injuries on stairs.
- Identify ways to minimize walkway hazards.

esh_sah_a11_sh_enus

Sprains and Strains

Duration: 1 hour

Each year thousands of workers are injured in the workplace, costing employers billions of dollars in hidden costs. The most common of these injuries are sprains and strains. Most workplace injuries are caused by manual tasks, such as lifting or carrying loads, working in fixed positions, repetitive tasks, or using heavy, vibrating tools. Manual tasks, if not performed properly, are a leading cause of serious worker injuries such as sprains and strains, as well as permanent spinal damage, and often can debilitate workers who may need to take leave from work for extended periods. The second greatest cause of workplace injuries are slips, trips, and falls at ground level and from heights—such as jumping from elevated surfaces—which can cause lower limb and back strains. Workplace injuries can be costly to both employees and employers. In addition to being injured, employees may lose time from work,

which could result in loss of or less income. And employers may experience lower productivity due to the need to replace the injured worker and train replacements. The course is designed to help you better understand the basics of sprains and strains so you will be more aware of what you are doing and how you are doing it, in an effort to prevent this type of injury from happening to you.

Target Audience

All employees

Lesson Objectives

- Identify common signs and symptoms of sprains.
- Identify what a sprain injury is.
- Identify the most common site of the body where sprains occur.
- Identify common signs and symptoms of strains.
- Identify examples of tasks that might result in sprain and strain injuries in the workplace.
- Recognize key considerations involved in assessing and controlling risks.
- Identify four major sprain or strain injury risk factors associated with manual tasks.
- Identify examples of conditions or actions that may increase the risk of a sprain or strain injury.
- Recognize key concepts associated with the physical and work factors that contribute to sprain and strain injuries.
- Recognize how exercise programs can reduce injuries.

sah0482

Toxicology (HAZWOPER)

Duration: 1 hour

This course focuses on the study of poisons, their safe limits, and their adverse effects on living organisms. While the subject of toxicology is complex, it is necessary to understand the basic concepts in order to make logical decisions concerning the protection of personnel from chemical exposure. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Regular hazardous waste site workers and managers

Lesson Objectives

- Define categories of chemical toxins.
- Identify terms describing routes of entry into the body of hazardous substances.
- Identify signs and effects of toxic exposure.
- Define terms associated with exposure to toxic chemicals.
- Identify terms that describe the various combined effects of two chemicals.

sah0483

Trenching and Excavation Safety

Duration: 1 hour

This one-hour course is designed to better inform the employee of the possible health and safety concerns unique to trenching and excavation. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees involved with trenching and excavation operations at the workplace

Lesson Objectives

- Identify factors to consider before trenching and excavation begins.
- Identify the steps to take when locating underground installations.
- Identify different types of excavation, sloping, and shoring principles.
- Identify the purpose of a trench box.
- Cite practices that reduce hazards present in excavation work.

sah0484

Tuberculosis: Prevention and Control

Duration: 1 hour

This course will provide you with a basic understanding of tuberculosis, common modes of transmission, methods of prevention, and what to do if an exposure occurs. Information presented will help minimize serious health risks to persons who may have personal exposure to tuberculosis in the workplace. The content in this course is designed to comply with

the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Anyone with potential exposure to tuberculosis in the workplace

Lesson Objectives

- Identify true statements about tuberculosis.
- Identify common modes of transmission.
- Identify tests used to determine TB.
- Cite methods to prevent transmission.
- Identify what to do if you suspect TB exposure.

esh_sah_a31_sh_enus

Using Respiratory Protection

Duration: 30 minutes

This course covers information relating to respiratory hazards, protection mechanisms, and safe work practices. It also includes information on how to use respiratory protection for protection from hazardous airborne contaminants in the work environment. This course does not include the types of respirators and other protective considerations required when working with ionizing radiation. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Persons who will be potentially exposed to hazardous airborne contaminants in the course of their work

Lesson Objectives

- Recognize why respirator protection is necessary.
- Distinguish between employee and employer responsibilities.
- Identify examples of respiratory hazards.
- Identify characteristics of an atmosphere immediately dangerous to life or health (IDLH).
- Define the types of respirators.
- Identify the limitations of respirators.
- Identify factors to consider when selecting a respirator.
- Cite what must occur before using a respirator.
- Cite proper inspection practices.
- Select best practices when donning or doffing a respirator.

- Select actions to take during an emergency situation.
- Select proper respirator maintenance and storage practices.

sah0485

Welding, Cutting, and Brazing

Duration: 1 hour

Welding, cutting, and brazing are hazardous activities that pose a unique combination of both safety and health risks to more than 500,000 workers in a wide variety of industries. The risk from fatal injuries alone is more than four deaths per thousand workers over a working lifetime. This one-hour course will inform learners of potential health and safety concerns unique to welding, cutting, and brazing prevention. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

Employees involved in welding operations in the workplace

Lesson Objectives

- Cite fire prevention techniques used during welding, cutting, and brazing.
- Identify regulatory issues for compressed gas storage.
- Identify safe storage procedures for compressed gas.
- Identify factors related to storing oxygen cylinders safely.
- Identify safety devices used in oxyacetylene welding.
- Identify proper operating procedures to ensure a safe means of welding and cutting.
- Identify potential health hazards related to welding, cutting, and brazing.
- Identify OSHA requirements for PPE when welding.

esh_sah_a40_sh_enus

Workplace Inspections

Duration: 1 hour

Employers have a responsibility to maintain safe working conditions for their employees and to comply with the government health and safety standards that are applicable to their establishments. They must also ensure that employees have and use personal protective equipment when required for safety and health as they do their jobs. When employees stay whole and healthy, businesses also benefit. They experience lower

workers' compensation insurance costs, decreased payout for return-to-work programs, fewer faulty products, and increased productivity. One of the key ways that employers can maintain safe and compliant working conditions is to conduct regular and thorough workplace inspections. This course provides an introduction to workplace inspections, both internal, self-regulated inspections and external inspections carried out by the Occupational Safety and Health Administration (OSHA). You will learn about types and frequency of inspections, how to carry out a workplace inspection, what to expect when being inspected by an OSHA compliance officer, and the penalties your organization may be subject to if your workplace is found to be in violation of the Occupational Safety and Health Act. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available. This is not specific to CalOSHA.

Target Audience

All employees

Lesson Objectives

- Match organizational roles with their corresponding responsibilities for health and safety.
- Recognize actions involved in each phase of a workplace inspection.
- Rank OSHA inspections in order of priority.
- Recognize actions that an OSHA compliance officer may take during a workplace inspection.
- Match types of violations with the corresponding penalties that may be imposed by OSHA.
- Recognize key facts regarding the appeal of OSHA citations.

sah0486

Workplace Safety Orientation

Duration: 1 hour

This one-hour course will provide an awareness level orientation of basic industrial safety fundamentals. It was designed to provide an overview of some of the basic concepts and techniques used in modern industry to protect workers. It also describes the purpose of the following safety programs: Hazard Communication; Bloodborne Pathogen Safety; Lockout/Tagout; Confined Space Entry; Emergency Response; Respiratory Protection; Personal Protective Equipment; Hearing Conservation. The content in this course is designed to comply with the intent of the applicable regulatory

requirements but your campus may have more specific training available.

Target Audience

All new employees

Lesson Objectives

- Identify good housekeeping practices.
- Identify ways to avoid injuries.
- Identify ways to prevent back injuries.
- Identify true statements about reporting injuries on the job.
- Identify safe work practices.
- Identify the purpose of OSHA.
- Cite the purposes of various health and safety programs.
- Identify the importance of safety training programs.

sah0487

Workplace Security Awareness

Duration: 1 hour

This one-hour course will provide an awareness-level orientation of basic workplace security fundamentals and appropriate actions for workers to take in the event of potential threat situations that may be encountered in the workplace, including encountering trespassers, receiving phone threats, dealing with workplace violence incidents, evacuating during an emergency, and protecting against various types of terrorist acts. The content in this course is designed to comply with the intent of the applicable regulatory requirements but your campus may have more specific training available.

Target Audience

All new employees



Lesson Objectives

- Identify general security guidelines and best practices.
- Cite how to deal with trespassers and unknown persons in the workplace.
- Cite how to deal with threatening phone calls.
- Identify actions to take in the event of workplace violence incidents.
- Identify correct statements pertaining to terrorism threats and evacuation procedures.
- Identify steps to follow when encountering suspicious mail.
- Identify actions to take in the event of biological or chemical threats.
- Identify appropriate steps to take in the event of a fire.
- Identify actions to take in the event of a nuclear blast.



esh_sec_a01_sh_enus

NFPA 1600 Disaster/ Emergency Management

Duration: 1 hour

Over the past decade, emergency management and business continuity planning have been recognized as necessary to continued operational success in both the public and private sectors. Key to this was the development and widespread use of the National Fire Protection Association (NFPA) Standard on Disaster/Emergency Management and Business Continuity Programs (NFPA 1600). The NFPA 1600 standard is a description of the basic criteria for a comprehensive program that addresses disaster recovery, emergency management, and business continuity. NFPA 1600 is considered by many to be an excellent benchmark for continuity and emergency planners in both the public and private sectors. The standard addresses methodologies for defining and identifying risks and vulnerabilities and provides planning guidelines that address stabilizing the restoration of the physical infrastructure, protecting the health and safety of personnel, and crisis communications procedures. This course will provide you with an understanding of the basic criteria for developing a comprehensive program that addresses disaster recovery and emergency management in accordance with the NFPA 1600 standard.

Target Audience

Those involved in public and private disaster management, emergency management, and business programs

Lesson Objectives

- Identify the entities to which the NFPA 1600 standard applies.
- Recognize the benefits of adhering to NFPA 1600.
- Identify the elements that should be Defined in a documented NFPA 1600 program.
- Recognize the roles of the program coordinator and the program committee in managing the NFPA 1600 program.
- Identify the resources required for an NFPA 1600 program.
- Recognize the NFPA 1600 procedural requirements for Identifying and assessing hazards.
- Recognize the requirements for hazard mitigation under NFPA 1600.
- Identify the components required for program planning, training, and evaluation under NFPA 1600.
- Identify response and recovery procedures required under NFPA 1600 in a given scenario.

esh_sec_a02_sh_enus

NFPA 1600 Business Continuity Programs

Duration: 1 hour

Whether it is a natural disaster that sweeps through your city or a computer virus that destroys vital electronic information, businesses need to be able to recover their services and operations as soon as possible if such a disaster does occur. A Business Continuity Program involves planning the recovery of operations when confronted with adverse events

such as natural disasters, technological failures, human error, and terrorism. This course provides a basic understanding of the criteria for a comprehensive program that addresses business continuity in accordance with the National Fire Protection Association (NFPA) standard 1600, entitled Disaster/Emergency Management and Business Continuity Programs.

Target Audience

Supervisors, managers, or any employee involved in business continuity planning in private enterprises and government and municipal facilities

Lesson Objectives

- Identify the functions of a Business Continuity Program (BCP).
- Match the personnel involved in a Business Continuity Program with their responsibilities.
- Identify the main considerations of the risk assessment process.
- Match the risks that may be recorded in a risk assessment with their correct type.
- Match the business continuity risks to their probability and impact on the business in a given scenario.
- Identify the steps involved in conducting a Business Impact Analysis.
- Identify the factors to consider when creating a strategic plan for a Business Continuity Program.
- Identify the information that should be included in a written Business Continuity Program.
- Identify the general requirements for a written Business Continuity Program.
- Identify training requirements for the successful implementation of a BCP.
- Identify the personnel required for a crisis management team.
- Recognize the testing process used for a BCP in a given scenario.
- Identify the requirements for updating the BCP.

Transportation



esh_trns_a01_sh_enus

DOT Drug and Alcohol Awareness

Duration: 2 hours

Drug and alcohol abuse by employees is a common cause of workplace problems, such as accidents and ineffective work practices, in the US today. These problems can affect profits and expose companies to increased medical and insurance costs, and any related financial loss due to compensation. Several US laws have been enacted to combat drug and alcohol abuse in the workplace. The Department of Transportation (DOT) interprets these laws and provides employers who are responsible for transportation employees with guidelines for setting up effective drug-free programs. These guidelines encourage employees and supervisors in the transportation industry to be vigilant of any coworkers who may display symptoms of substance abuse and provide details for effective drug and alcohol testing procedures. This course identifies the causes, indicators, and resultant problems of substance abuse and substance dependency in the US transportation industry. It describes the US laws that relate to drug and alcohol testing of transportation employees and outlines DOT regulations that enforce compliance among transportation employers. *Although not directly applicable to CSU operations, this course is provided for general information purposes.*

Target Audience

All transportation employees; safety-sensitive transportation employees; service agents

Lesson Objectives

- Identify factors that can trigger substance abuse among adults.
- Identify legal substances that, if abused, can lead to workplace problems.
- Identify illegal drugs that are commonly abused in the workplace.
- Identify examples of workplace problems that are caused by employees using drugs and alcohol.
- Identify requirements for compliance under the 1988 Drug-Free Workplace Act.
- Identify recommendations for employees to consider when they notice a coworker with a substance abuse problem.
- Identify the elements of a successful drug-free workplace program.
- Identify DOT procedural guidelines for transportation workplace drug and alcohol testing programs.
- Identify categories of transportation employees described as safety sensitive by the DOT.
- Identify service agents who do not need employee authorizations to perform DOT saliva or breath alcohol tests.
- Sequence the steps in a DOT-compliant alcohol testing and drug testing procedure.
- Identify the recommended steps an employer should take when drug and alcohol test results are positive

esh_trns_a02_sh_enus

DOT Security For Shipment of Hazardous Materials

Duration: 1 hour

According to the US Department of Transportation (DOT), over 800,000 shipments of hazardous materials are transported in the United States every day. The materials shipped include those of chemical, petroleum, radioactive, explosive, and poisonous natures. Of the 800,000 shipments, almost 769,000 are transported by truck on the nation's roads, with the rest divided among rail, pipeline, water, and air. These hazardous materials—or “hazmats”—are classified by the DOT according to the type of hazard they present and must be transported under the proper regulations set out by the DOT. This course examines the DOT's security requirements relative to the shipment and transportation of hazardous materials. In addition, it explains the hazard classes and provides examples of the placards used when transporting hazardous

materials. The course also outlines the basic elements of a security plan, defines the employers who require a plan, and explains the training required for employees of companies with plans in place. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All employees involved in the packaging, shipping, transport, and receipt of hazardous materials

Lesson Objectives

- Identify the DOT requirements for the transportation of hazardous materials.
- Identify the importance of the secure transportation of hazardous materials.
- Match the hazard classes with their numbers as defined by the Department of Transportation.
- Match the hazard class divisions with their numbers as defined by the Department of Transportation.
- Identify which placards should be used for transporting hazardous materials in given scenarios.
- Match the transportation placards to the hazardous materials they represent.
- Identify the requirements of a security plan.
- Recognize examples of the steps taken to develop a security plan.
- Recognize examples of employers required by the DOT to implement a security plan.
- Match the type of training required by the DOT to examples of employees involved in hazardous material transportation.
- Identify the in-depth and awareness training requirements for employees responsible for implementing a security plan.

TRNS0201

DOT 1: Hazardous Materials Table

Duration: 1 hour

This training course will introduce the requirements of the Department of Transportation's Hazardous Materials Regulations, including definitions, an introduction to the nine Hazard Classes, and the HAZMAT Table. The proper identification, preparation, and transportation of hazardous materials impact everyone's safety. This training course may be used to meet the requirements for general awareness or familiarization training.



Although not directly applicable to CSU operations, this course is provided for general information purposes

Target Audience

All personnel involved in the packaging, preparing, and handling hazardous materials for highway transportation

Lesson Objectives

- Define terms associated with hazardous materials transportation.
- Classify hazards according to the DOT's nine hazard classes.
- Identify information found in the HAZMAT Table columns 1 and 2.
- Identify information found in the HAZMAT Table columns 3 and 4.
- Identify information found in the HAZMAT Table columns 5 through 7.
- Identify information found in the HAZMAT Table columns 8 through 10 and Appendix.

TRNS0202

DOT 2: Packing and Labeling

Duration: 1.5 hours

This training course will introduce the requirements of the Department of Transportation's Hazardous Materials Regulations, including packaging, labeling, marking, and placarding. The proper identification, preparation and transportation of hazardous materials impacts everyone's safety. This training course may be used to meet the requirements for general awareness/familiarization training. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of hazardous material for highway transportation

Lesson Objectives

- Cite packaging requirements and practices to ensure safe transport.
- Cite specific information found on the Hazardous Material Table.
- Identify what information on the HMT table means or is used for.

- Identify appropriate labeling requirements for the safe transportation of hazardous materials.
- Identify the proper marking requirements for hazardous materials to include both bulk and non-bulk materials.
- Identify the appropriate placarding requirements for the transport of hazardous materials.
- Identify the appropriate placarding requirements for transport of hazardous materials in bulk packaging.

TRNS0203

DOT 3: Shipping Papers

Duration: 30 minutes

This half-hour training course will introduce the requirements of the Department of Transportation's Hazardous Materials Regulations, including the components of the basic description of hazardous material, general information required on the shipping paper, use of the HAZMAT Precedence Table, and general emergency response information. The proper identification, preparation, and transportation of hazardous materials affect everyone's safety. This training course may be used to meet the requirements for general awareness/familiarization training. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of "HAZMAT" for highway transportation

Lesson Objectives

- Identify the four components of the basic description of hazardous material.
- Identify proper uses of the HAZMAT Precedence Table.
- Identify factors for listing hazardous and non-hazardous materials on a shipping paper.

TRNS0204

DOT 4: Loading and Storage

Duration: 1 hour

This one-hour training course will introduce the requirements of the Department of Transportation's Hazardous Materials Regulations, including the interpretation of the segregation table, general guidelines for shipping papers, loading and unloading HAZMAT, and incident reporting requirements. The

proper identification, preparation, and transportation of hazardous materials affect everyone’s safety. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for highway transportation

Lesson Objectives

- Identify characteristics of the segregation table.
- interpret the segregation table for hazardous materials.
- Identify general guidelines for preparing shipping papers.
- Identify general requirements for loading and unloading HAZMAT.
- Cite actions to take during emergency response.
- Differentiate between situations which do and do not require immediate notification.

TRNS0205

IATA 1: Hazard Class Identification / Classification

Duration: 1.5 hours

This training course will introduce the requirements of the International Air Transport Association’s Hazardous Materials Regulations, including definitions, an introduction to the Hazard Classes, and the List of Dangerous Goods. The proper identification, preparation, and transportation of hazardous materials affect everyone’s safety. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for airway transportation

Lesson Objectives

- Identify terms associated with air transportation of dangerous goods.
- Identify hazards according to International Air Transport Association’s nine hazard classes.
- Identify information found in the List of Dangerous Goods for Columns A through E.
- Identify information found in the List of Dangerous Goods for Columns F through N.

TRNS0206

IATA 2: Marking and Labeling

Duration: 1 hour

This one-hour training course will introduce the International Air Transport Association’s Marking and Labeling requirements. The proper identification, preparation, and transportation of hazardous materials affects everyone’s safety. This training course may be used to meet the requirements for general awareness/familiarization training. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for airway transportation

Lesson Objectives

- Cite package specification markings.
- Cite package use markings.
- Cite general labeling requirements when shipping dangerous goods.
- Identify correct statements related to handling labels and the DGR.
- Identify DGR requirements pertaining to overpacks.

TRNS0207

IATA 3: Packaging

Duration: 1.5 hours

This training course will introduce the packaging requirements of the International Air Transport Association’s Hazardous Materials Regulations. This training course may be used to meet the requirements for general awareness/familiarization training. *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for airway transportation

Lesson Objectives

- Cite basic characteristics of the packaging regulations.
- Differentiate between the different packing groups by level of danger.
- Identify information found on the List of Dangerous Goods.

- Cite proper packaging procedures.
- Identify UN specifications packaging.

TRNS0208

IATA 4: Documentation

Duration: 1 hour

This training course will introduce the requirements of the International Air Transport Association's Hazardous Materials Regulations, including required documentation to transport dangerous goods (Shipper's Declaration for Dangerous Goods and Air Waybill).

Although not directly applicable to CSU operations, this course is provided for general information purposes

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for airway transportation

Lesson Objectives

- Identify components of the Shipper's Declaration for Dangerous Goods.
- Identify circumstances that require entries in the quantity and type of packing sequence.
- Identify the meaning of symbols used in the List of Dangerous Goods.
- Cite the required elements to be found on an air waybill for shipment of dangerous goods.

TRNS0209

IATA 5: Limitations and Shipment Review

Duration: 1 hour

This course explains that the Department of Transportation (DOT) governs all modes of transportation in the U.S., including air transportation. The DOT has a set of regulations pertaining to the shipment of hazardous materials (dangerous goods) known as the Hazardous Materials Regulations (HMR). *Although not directly applicable to CSU operations, this course is provided for general information purposes*

Target Audience

All personnel involved in the packaging, preparation, and handling of HAZMAT for airway transportation

Lesson Objectives

- Identify the government agency that oversees the transportation of hazardous materials.
- Identify requirements of the emergency response information to be provided by the shipper.
- Identify documents that contain emergency response information.
- Identify the placarding requirements placed on the shipper by the DOT.
- Identify placarding exceptions.
- Identify general guidelines of state and carrier variations.