



Course Library

Workplace Safety

Abrasive Wheels and Grinder Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-abrasive-wheels-and-grinder-safety>

Duration: 25 min

If you work with or near abrasive wheels or grinders, some of the dangers are obvious. However, grinders also carry dangers that may not be so obvious. It's essential when you work with or near grinders that you are aware of--and know how to manage--all of these dangers, even if you cannot see them. The risks are manageable with the right knowledge and tools- we will cover these in our lesson on Abrasive Wheels and Grinder Safety.

Access to Employee Exposure and Medical Records

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-access-to-employee-exposure-and-medical-records>

Duration: 10 min

If your work exposes you to toxic substances or harmful physical agents, OSHA's Access to Employee Exposure and Medical Records standard gives you the right to see your exposure and medical records and results of any workplace exposure monitoring. This course covers which records you have the right to access and which records your employer is not required to give you access to. Employer responsibilities and OSHA designated representatives are also discussed.

Accident Prevention Signs and Tags

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-accident-prevention-signs-and-tags>

Duration: 11 min

Signs and tags warning of hazardous conditions, instantly alerting people to danger, or explaining how to protect yourself are vital in a workplace where health and safety is key. This course assists both employers and employees in understanding signs and tags, what they mean, where they should be located, and how important it is to use them properly. OSHA standards are referenced throughout.

AED

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-aed>

Duration: 20 min

Automated External Defibrillators (AEDs) save thousands of lives each year. They are readily available and surprisingly simple to use. This step-by-step training prepares you to use an AED to treat victims of sudden cardiac arrest and refreshes your knowledge of CPR techniques.

Aerial Lifts

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-aerial-lift-safety>

Duration: 18 min

Working in and around aerial lifts, also referred to as mobile elevating work platforms (MEWPs), poses a variety of hazards for workers at height and those below them on the ground. This course identifies lift hazards and provides guidelines to help reduce the risks of working on or near elevated work platforms.

Alcohol Awareness



<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-alcohol-awareness>

Duration: 42 min

Alcohol is used in many different circumstances in our culture. When used in moderation, alcohol can be beneficial. However, overuse can become abuse. In this course, we will explain both the short and long-term effects alcohol has on your body. Also, we'll discuss the signs and symptoms of intoxication and alcohol abuse in both yourself and others. Lastly, we'll look at ways to make wise choices about alcohol consumption, including how to cope with dependence.

Asbestos Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-asbestos>

Duration: 34 min

You may be exposed to asbestos in your workplace. While this course is not a replacement for the specialized training required for certain classes of workers, we will describe the hazards associated with asbestos exposure. Additionally, we will explain the precautions needed to minimize personal danger.

Atmospheric Testing

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-atmospheric-testing>

Duration: 17 min

If your work requires you to enter a confined space, you must test the atmosphere in that space before you go in. This course explains the importance of using well-calibrated, direct-reading instruments to evaluate the permit confined space you're about to enter. Atmospheric testing procedures including calibration checks, drift conditions, full calibrations, and calibration rules are discussed, as well as why and why to conduct a bump test.

Back Injury Prevention

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-back-injury-prevention>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-back-injury-prevention>

Duration: 17 min :: Also Available in Spanish

Back injuries are a very common, yet preventable, form of workplace injury. In this course, you will learn about the powerful muscles and bones that make up your back. Additionally, you will learn about different types of back injuries, and how to practice "smart" posture, as well as healthy lifting techniques.

Banding and Box Cutter Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-banding-and-box-cutter-safety>

Duration: 16 min

In shipping and receiving departments, there are two dangerous hazards that are not often considered: the use of box cutters and banding straps. This course demonstrates the safest methods to use when working with banding and box cutters, and precautions to prevent injuries.

Basic Rigging

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-basic-rigging>

Duration: 23 min

An improperly rigged load can result in property damage, injuries and worse. This course explains proper procedures for different types of rigging equipment and situations a worker might encounter so they can know how to plan and execute a lift safely.

Benzene Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-benzene-safety>

Duration: 14 min

Benzene is a cancer-causing chemical found in a great many industrial workplaces. This course covers the hazards of benzene exposure, introduces workers to OSHA permissible exposure limits, and instructs workers how to protect themselves and minimize their exposure risk. In addition, first aid and spill response procedures are included.

Bloodborne Pathogen Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-bloodborne-pathogen-safety>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-bloodborne-pathogen-safety>

Duration: 12 min :: Also Available in Spanish

Bloodborne pathogens can cause disease, illness, or even death. If you might be exposed to blood or other body fluids, it is important to know the potential risks and how to reduce your exposure. Through this course, you will learn how to identify common risks, recognize equipment and practices to use to reduce exposure, take proper steps if you do become exposed, and to list aspects of an employer's Bloodborne Pathogen Exposure Program.

Cold Stress

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-cold-stress>

Duration: 27 min

Working in cold environments—indoors or outdoors—can create dangerous working conditions that can result in serious health issues. In this course, we concentrate on how to make a cold environment a safer place in which to work, including preparation and PPE, symptoms of cold stress, and emergency response to cold-related health concerns.

Compressed Gas Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-compressed-gas-safety>

Duration: 21 min

No matter what type of gaseous materials a compressed gas cylinder contains, it requires special storage, use, handling, and disposal. Employees who handle gas cylinders must be properly trained to avoid the hazards of compressed gas and to ensure a safe workplace. This course covers safe use and storage practices, inspections, and hazards associated with various types of compressed gas. Recommended PPE and instruction on safely moving the cylinders are also included.

Confined Spaces

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-confined-spaces>

Duration: 33 min

Workers may encounter hazards while working in confined spaces. This course will define the differences between permit confined and non-permit confined spaces, as well as explain employer and employee confined space responsibilities. The course will also describe confined space worker types, hazards of working in confined spaces, the purpose of an entry permit, and how to test and evaluate confined spaces. Additionally, the course will list the criteria for evaluating and selecting a rescue services provider.

CPR

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-cpr>

Duration: 14 min

Cardiopulmonary Resuscitation – CPR – is a procedure that can mean life or death in an emergency situation. While this course is not a replacement for hands-on training, we will better prepare you for emergency situations by

covering how to assess a scene and determine if CPR is needed. Additionally, we will discuss methods to protect yourself while helping victims, list the steps of CPR, and describe when to use an automated external defibrillator (AED).

Crane Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-crane-safety>

Duration: 23 min

All employees who work on or around cranes need to be aware of the risks of crane operation. In this course, you will learn how to recognize common hazards of crane operation and employ safe work practices.

Electrical Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-electrical-safety>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-electrical-safety>

Duration: 35 min :: Also Available in Spanish

Working safely around electricity is critically important: hundreds of deaths and thousands of injuries occur to workers every year as a result of unsafe electrical working practices. This course reviews how electricity works, how electric shock occurs, the different types of electrical hazards and injuries, as well as safe practices for working with and around electricity.

Electrical Safety NFPA 70E

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-electrical-safety-nfpa-70e>

Duration: 38 min

Working safely around electricity is critically important: hundreds of deaths and thousands of injuries occur to workers every year as a result of unsafe electrical



working practices. This course reviews the elements of the NFPA 70E Safety Standard, including how electric shock, arc flash, and arc blast occurs, the different types of electrical hazards and injuries, as well as safe practices for working with and around electricity.

Emergency Action Planning

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-emergency-action-planning-v2>

Duration: 26 min

Whether caused by a natural disaster or man-made, the best time to plan for a workplace emergency is before it happens. Participants of this course learn to distinguish between different types of emergencies, how to follow emergency response procedures, and the basics of a clear and well-communicated Emergency Action Plan.

Emergency Action Planning and Fire Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-emergency-action-planning>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-emergency-action-planning>

Duration: 21 min :: Also Available in Spanish

The best time to plan for an emergency is before it happens. This course highlights the importance of planning ahead for emergencies, with a particular focus on fires. Participants will learn how to distinguish between different types of fires, how fire suppression and fire extinguishers work, how to make the right decision about when to fight a fire and when to evacuate, and how to plan evacuation routes and follow evacuation procedures.

Ergonomics

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-ergonomics>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-ergonomics>

Duration: 38 min :: Also Available in Spanish

Musculoskeletal Disorders (MSDs) are injuries and disorders that affect the human body's movement. Each year, 1.8 million workers in the United States report MSDs, resulting in missed work, lost wages, and workers' compensation claims. This course explores common causes of MSDs and how an ergonomics program can be used to prevent injuries. Topics include common MSDs, risk factors and work activities that can lead to MSDs, and controls and work practices to reduce or eliminate the risk of injury.

Fall Protection Part 1

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-fall-protection-part-1>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-fall-protection-part-1>

Duration: 18 min :: Also Available in Spanish

When working at elevation, employees must be aware of fall hazards and also be equipped with fall protection equipment. Employers must provide these employees with fall protection equipment and have a fall rescue plan in place, as well as backup rescue plans. In Part 1 of this course, you will learn how to describe both the importance of fall protection and also fall protection regulations. Additionally, you will learn how to identify and avoid fall hazards, and summarize fall protection systems.

Fall Protection Part 2

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-fall-protection-part-2>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-fall-protection-part-2>

Duration: 19 min :: Also Available in Spanish

In Part 2 of the Fall Protection course, you will be able to describe components of fall protection systems and discuss fall arrest systems. Inspecting and maintaining fall protection equipment will also be explained. Additionally, fall rescue planning and requirements will be discussed.

Fire Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-fire-safety-training>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-fire-safety-training>

Duration: 26 min :: Also Available in Spanish

Every year, there are an estimated 42,800 fires in or at industrial or manufacturing facilities throughout the United States. This course helps provide an understanding of the principles of fire and proper extinguishing techniques. Topics include the combustion process, the different fire classes, fire extinguisher types, operating procedures, capabilities, and limitations, basic firefighting concepts, and the key elements of a Fire Safety program.

First Aid Basics

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-first-aid-basics>

Duration: 35 min

If an emergency situation occurred at your workplace, would you know what to do? While this course is not a replacement for lifesaving, first-responder, or CPR training, we will cover situations in which you may be able to offer first aid. We will look at how to recognize emergencies that may occur and following

priorities in rendering aid. We will also cover the steps of delivering basic first aid in a variety of situations.

Flammable Liquids

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-flammable-liquids>

Duration: 18 min

When you work where flammable liquids are present, it's important to know the safety procedures necessary to use them and the risks involved when they are in use or being stored. In this course, we explain the hazards of flammable liquids, how to work with and around them safely, and the requirements for safe storage. Pertinent OSHA regulations are discussed, in addition to bonding and grounding procedures for safe liquid transfers.

Hand and Power Tool Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hand-and-power-tool-safety>

Duration: 34 min

Hand and power tools are used every day for many different kinds of jobs. Since they're not the largest or most complicated tools on a job site, it may be easy to overlook them, but these tools can do serious damage if you're not careful and well-trained on their use.

Hand, Wrist, and Finger Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hand-wrist-and-finger-safety>

Duration: 14 min

Your hands are perhaps the most useful, but also the most vulnerable, tool you have. There are many potential hazards that can lead to injuries of your hands, wrists or fingers. In this course, we will cover the risks and hazards to hands, wrists and fingers. Additionally, we'll look at precautions to prevent injuries to hands, wrists and fingers and also how to properly select and care for hand protection equipment.

Hazard Communication

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hazard-communication>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-hazard-communication>

Duration: 34 min :: Also Available in Spanish

OSHA's Hazard Communication Standard (HCS) requires employers to have a hazard communication program to protect employees from chemical hazards. This course provides an overview of the HCS and its alignment with the provisions of the Globally Harmonized System of Classification and Labeling of Chemicals. Topics include the purpose and requirements of the HCS, requirements and purposes of warning labels, and how to read and use Safety Data Sheets.

Hearing Conservation

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hearing-conservation>

Duration: 21 min

Working in a noisy workplace can place your hearing in jeopardy. This course will describe how hearing works and how workplace noise can damage it. It will also help you identify ways to reduce the risk of work-related hearing loss and to recognize responsibilities in preventing hearing loss.

Heat Stress

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-heat-stress>

Duration: 11 min

If you perform strenuous work under hot conditions learn how you can protect yourself and others from types of heat-related illnesses, how to recognize the symptoms of heat stress, and how to take steps to prevent this totally preventable illness from happening to you.

Housekeeping - Industrial: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-housekeeping-industrial-micro-course>

Duration: 04 min

Good housekeeping at work benefits both employers and employees alike. When your team follows a proper housekeeping and organizing routine, quality and productivity increase and the chances for expensive incidents, injuries, and regulatory fines decrease. This micro-course reviews the steps needed for those working in a factory or warehouse setting to keep their workstations clutter-free and well organized.

Housekeeping - Office: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-housekeeping-office-micro-course>

Duration: 05 min

A thriving, and productive office environment does not look chaotic and messy. Companies recognize good housekeeping in the workplace can improve employee health and safety as well as lead to improved efficiency and morale. This micro-course demonstrates how employees can use the 5S system to develop good housekeeping practices and enjoy the benefits of a clutter-free and well-organized workplace.

Housekeeping - Vehicle: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-housekeeping-vehicle-micro-course>

Duration: 05 min

Companies recognize good housekeeping in the workplace can improve employee health and safety as well as lead to improved efficiency and morale. This micro-course demonstrates good housekeeping practices for drivers who consider their vehicle to be their workplace. The course reviews what they can do to obtain and enjoy the benefits of a clutter-free and well-organized work environment.

Housekeeping for Workplace Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-housekeeping-for-workplace-safety>

Duration: 18 min

Good housekeeping is not just about tidiness—it's about safety, efficiency, and ensuring the best working conditions for the whole company. When your team follows a proper housekeeping and organizing routine, you save time, money, space, and materials, increase quality and productivity, and reduce the chances for expensive incidents, injuries, and regulatory fines.

Hydrogen Sulfide

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hydrogen-sulfide>

Duration: 15 min

Hydrogen Sulfide (H₂S) is a hazardous gas that is always deadly at high enough concentrations. This course is for employees who work where hydrogen sulfide's presence is a possibility. It explains the properties of H₂S, the effects of exposure, and describes how to protect yourself. It also includes the NIOSH and OSHA permissible exposure limits.



Incident Investigation

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-accident-investigation>

Duration: 12 min

Workplace incidents are caused by unsafe conditions, unsafe behaviors, or a combination of both. They can result in injuries, fatalities, and property damage. Thorough investigation of an incident after it occurs gives employers the information they need to correct the problem. This course explains how to use a systematic approach to discover the chain of events leading to a workplace incident, focusing on gathering objective data and conducting witness interviews, and implementing corrective actions.

Industrial Ergonomics

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-industrial-ergonomics>

Duration: 30 min

When proper ergonomics are not used, workers in construction, maritime, or general industries may experience Musculoskeletal Disorders. MSDs result in hundreds of thousands of lost workdays and cost workers and employers billions of dollars in related costs. Many of these MSDs may be reduced or even prevented by considering Ergonomics.

Infectious Disease Prevention at Work

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-infectious-disease-prevention-at-work>

Duration: 15 min

As an employer, you understand the importance of stopping the spread of infectious disease in your workplace. This course is designed to instruct your employees on how they can fight the bacteria and viruses that cause diseases

spread through person to person contact or through contact with contaminated surfaces. Instruction includes an overview of what an infectious disease is, how it's transmitted, signs and symptoms of an infection, and basic occupational hygiene methods to control and stop the transmission of infectious diseases in the workplace.

Injury and Illness Prevention Programs (I2P2)

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-injury-and-illness-prevention-programs-i2p2>

Duration: 14 min

When your company makes the smart decision to create an Injury and Illness Prevention Program, nothing should hold up that project. This course gives you the information you need to create, maintain, and evaluate your own Injury and Illness Prevention Program. It reviews the benefits of an I2P2 and discusses the 6 core elements that help make the program a success. It also details how you can easily and effectively get your employees onboard.

Intro to OSHA

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-intro-to-osha>

Duration: 19 min

Although most employees have heard of OSHA (the Occupational Safety and Health Administration), they may not be familiar with what OSHA provides to them in addition to setting and enforcing health and safety standards in the workplace. This course is intended to give workers a better insight into OSHA and how it goes about helping companies provide a safe and healthy workplace. OSHA employer and employee responsibilities and rights are also included.

Job Safety Analysis

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-job-safety-analysis>

Duration: 21 min

Analyzing workplace procedures, preventing hazards and reducing employee injuries are all important workplace tasks. These can be accomplished with the use of a Job Safety Analysis. In this course, we will explain what a Job Safety Analysis is and then describe the steps involved with JSAs. Additionally, we will discuss the JSA responsibilities of both managers and supervisors, and also summarize the types of jobs and tasks analyzed in JSAs.

Ladder Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-ladder-safety>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-ladder-safety>

Duration: 17 min :: Also Available in Spanish

Ladders are a simple and essential workplace tool, however many workers can become injured and fall when using them. Falls can happen when either the wrong type of ladder is selected or when the ladder is not set up correctly. This course will explain how to identify the right ladder for the job and describe how to set up and use ladders safely.

Loading Dock Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-loading-dock-safety>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-loading-dock-safety>

Duration: 30 min :: Also Available in Spanish

Serious loading dock accidents happen every year with severe emotional and financial repercussions. This course reviews loading dock hazards and typical incidents, along with best practices to keep your work place safe.

Lockout Tagout

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-lockout-tagout>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-lockout-tagout>

Duration: 26 min :: Also Available in Spanish

OSHA's Lockout/Tagout (LOTO) standard exists to prevent the release of hazardous energy during equipment maintenance. This course explains the objectives of the LOTO standard, and lists the employee classifications and activities it covers. The course also summarizes LOTO training and energy control programs, describes protective devices used to isolate energy sources, and explains correct procedures for applying and removing LOTO.

Machine Guarding

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-machine-guarding>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-machine-guarding>

Duration: 14 min :: Also Available in Spanish

There are many possible machinery-related injuries. Safeguards are essential for protecting workers from preventable injuries. OSHA standards for machine guarding state that any machine part, function, or process that may cause injury must be safeguarded. This course covers potential hazards on a machine, types of machine guards and devices, and machine guarding concepts and techniques used to prevent machine-related injuries.

Materials Handling Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-materials-handling-safety>

Duration: 54 min

One of the leading causes of workplace injuries is materials handling. Handling materials and product improperly can lead to back injuries as well as other sprains and strains, fracture, bruises, and cuts. This course demonstrates how to prevent these injuries. Topics include repetitive motion risk factors, safe lifting techniques, safety precautions when handling chemicals, working powered industrial trucks and forklifts, and using slings and overhead cranes.

Mercury Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-mercury-safety>

Duration: 17 min

Exposure to mercury has serious health risks and knowing how to work safely with mercury is important to your health. In this course we explain how to work safely with and around mercury, including permissible exposure limits, necessary personal protective equipment, and safe work practices. Medical surveillance, first aid, and spill response are also discussed.

Multi-Employer Worksites

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-multi-employer-worksites>

Duration: 11 min

When multiple employers, such as contractors and subcontractors, are working on a jobsite at the same time, this creates, what OSHA calls, a multi-employer worksite. In the event of an incident, OSHA must determine who is responsible for safety and health violations. This course explains the method OSHA uses to determine responsibility, defines the 4 types of employers OSHA can cite for



violating OSHA standards, and explains how to monitor and evaluate the safety performance of your employees while on the job.

Occupational Exposure to Lead

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-occupational-exposure-to-lead>

Duration: 23 min

Lead is one of the most basic building blocks of the world around us and can be found in many different products - everything from munitions to fishing sinkers. But it is also a toxic substance, so it's important to know how to protect yourself from exposure. In this lesson, you will learn where you're are likely to encounter lead in the workplace, potential health effects from lead exposure, and the right way to develop a lead safety plan for your job.

Office Ergonomics

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-office-ergonomics>

Duration: 31 min

Each year, 1.8 million workers in the United States report Musculoskeletal Disorders (MSDs). These reports result in hundreds of thousands of lost workdays, and cost workers and employers billions of dollars in related costs. Many of these MSDs may be reduced or even prevented by considering Ergonomics.

Office Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-office-safety>

Duration: 30 min

Is working in an office dangerous? Most people would say, "No." But offices are full of hidden and not so hidden dangers that can impact your employees' health, safety, and ability to do their job. The safe work practices covered in this course will help your employees recognize and minimize potential hazards in your office and reduce the frequency and severity of risks.

OSHA Inspections

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-osh-inspections>

Duration: 19 min

Knowing what to expect and how to prepare for an OSHA inspection can save your organization time and money. This course gives managers and supervisors an overview of their legal rights during an OSHA inspection and how to prepare for one. The course also covers the three components of an OSHA inspection, types of penalties, and responding to citations.

Pallet Jacks

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pallet-jacks>

Duration: 14 min

Using a pallet jack carries risks, either to yourself or to your cargo. This course covers pallet jack safety for Class-3 powered industrial pallet jacks as well as non-powered pallet jacks. We will learn the proper inspections and maintenance procedures that can prevent hazards. We will also describe how to use a pallet jack to lift, move and lower loads.

PCB Awareness

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pcb-awareness>

Duration: 14 min

The toxic chemical PCB was in equipment used by powerplants, industrial plants, telecommunications, and electrical utilities. Banned because of their harm to people and the environment, PCBs still exist in these and many more workplaces. This course explains what PCBs are, where they are found, and how you can be exposed to them. Most important, it covers how you can protect yourself from PCB exposure, administer first aid, and control this persistent, manmade hazard.

Powered Industrial Trucks (Forklifts) Overview

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-powered-industrial-trucks-overview>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-powered-industrial-trucks-overview>

Duration: 24 min :: Also Available in Spanish

Operating a powered industrial truck, commonly known as a forklift, requires specialized knowledge and training. While this course is not a replacement for hands-on training, it does cover the risks involved in operating a powered industrial truck and includes descriptions of how loads affect forklift stability and precautions for moving a load safely.

PPE

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-ppe>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-ppe>

Duration: 18 min :: Also Available in Spanish

Personal protective equipment (PPE) is designed to protect you from health and safety risks at work. But PPE will only protect you if you wear it and wear it correctly. This course identifies different types of PPE, explains how to select the right PPE for the hazards on your job, and demonstrates how to wear PPE



correctly. Also included is proper equipment care and maintenance with an overview of employee/employer PPE responsibilities.

Pre-Task and Daily-Task Analyses

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pre-task-and-daily-task-analyses>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-pre-task-and-daily-task-analyses>

Duration: 17 min :: Also Available in Spanish

Hazards and risks are abundant on work sites. In order to mitigate risk, it is important to perform a Pre-Task Analysis (PTA) and a Daily Task Analysis (DTA). In this course, we'll learn what PTAs and DTAs are and what is included in each. We'll also describe how PTAs and DTAs are performed and who is responsible for each. Lastly, we'll discover how PTAs and DTAs help keep your work crew safe.

Preventing Overexertion, Strains, and Sprains

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-preventing-overexertion-strains-and-sprains>

Duration: 35 min

You work hard at your job every day, but if you push your body too far, you could be at risk for overexertion, strains or sprains. In this course, we will describe what overexertion is and how it affects you. We will also explain what activities can cause overexertion and what the warning signs are. Lastly, we will cover the steps you can take to prevent overexertion while working.

Proper Hand-Washing

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-proper-hand-washing>

Duration: 03 min

Proper hand-washing is an easy way to prevent the spread of germs. This course takes you through the steps of an effective hand-washing procedure and use of hand sanitizers.

Respiratory Protection

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-respiratory-protection>

Duration: 25 min

Gases, vapors, dusts, fumes, smoke, and sprays can present respiratory hazards, all of which can be hazardous to your health. In this course, we will explain when respirators are required and discuss the most common types of respirators. Additionally, we'll review the inspection process you need to follow each time you use a respirator, as well as the procedures for using respirators in immediately dangerous to life or health situations.

Safe Lifting in the Workplace: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-safe-lifting-in-the-workplace-micro-course>

Duration: 02 min

Lifting heavy and not so heavy objects during your work day can take a terrible toll on your back, shoulders, knees, and other joints. Whether your job calls for repeated lifting or just an occasional lift, this micro course demonstrates safe lifting procedures that will keep you healthy and working.

Scaffolding Safety



<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-scaffolding-safety>

Duration: 31 min

Working on or around scaffolds presents a variety of safety hazards. Scaffolding is a major component of the construction industry and it is essential that you and your co-workers have a safe place to work. This course focuses on safety for the most common types of scaffolding and their specific OSHA requirements.

Silica Awareness

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-silica>

Duration: 12 min

Silica is found in a variety of materials and released during some of the most routine construction, general industry, and maritime activities. It poses a health hazard to workers in these fields and can lead to debilitating and even fatal conditions. This training is designed for the millions of workers potentially exposed to silica every working day and describes methods workers and employers can use to reduce the risk of exposure to silica.

Silica Awareness

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-silica-preview>

Duration: 12 min

Silica is found in a variety of materials and released during some of the most routine construction, general industry, and maritime activities. It poses a health hazard to workers in these fields and can lead to debilitating and even fatal conditions. This training is designed for the millions of workers potentially exposed to silica every working day and describes methods workers and employers can use to reduce the risk of exposure to silica.



Slips, Trips, Falls

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-slips-trips-falls>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-slips-trips-falls>

Duration: 21 min :: Also Available in Spanish

Slips, trips, and falls are the most common accidents in general industry. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities. This course will provide some information about why people slip, trip, and fall at work, as well as steps individuals can take to avoid slipping, tripping, and falling.

Spill Prevention, Control, and Countermeasure

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-spill-prevention-control-and-countermeasure>

Duration: 17 min

Certain facilities that store moderate to large amounts of oil must comply with the EPA's Spill Prevention, Control, and Countermeasure (SPCC) rule. This course explains how to develop and implement an SPCC plan as required by the SPCC rule. Inspections, containment, spill prevention requirements, emergency procedures, and other types of information required by the rule are among the topics covered.

Static Electricity

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-static-electricity>

Duration: 17 min

In the oil and gas industry, a small spark from static electricity can ignite and cause a deadly explosion. This course covers how to prevent static electricity from being generated, how to control static discharge, and how to reduce static accumulation. It explains how static electricity builds up when liquids are

poured, pumped, filter, or agitated, and how oil and gas workers can prevent worksite ignitions.

Stormwater Pollution Prevention

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-stormwater-pollution-prevention>

Duration: 22 min

Stormwater pollution prevention can be generally summed up with a simple phrase: “Only rain down the drain!” Of course, stormwater drainage and pollution control is more complicated than just one phrase. In this lesson you will learn how to identify hazards and prohibited materials, drain types, and contaminants. You will also learn new ways of looking at waste water and runoff related to your business and its environmental impact.

Stress

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-stress>

Duration: 21 min

Stress is recognized as a normal part of life, but when it becomes excessive, debilitating, or overwhelming, it needs to be managed and controlled. This course defines stress, explains where it can originate, identifies different types and effects of negative stress, and offers strategies to effectively manage and cope.

Struck-By/Caught-Between Hazards

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-struck-by-and-caught-between-hazards>

Duration: 14 min

Struck-By and Caught-Between incidents are two of the top four causes of construction workers injuries and fatalities. This course focuses on the different struck-by/caught-in or caught-between hazards and recommends protective measures and precautions. Employer and employee responsibilities for identifying and avoiding these hazards are also featured.

Trenching and Excavation Part 1

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-trenching-and-excavation-part-1>

Duration: 20 min

Working in and around trenches and excavations presents serious hazards. In Part 1 of this course, we will define excavation and trenching terminology and identify causes of trench failures. We will also explain soil types and soil stability.

Trenching and Excavation Part 2

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-trenching-and-excavation-part-2>

Duration: 22 min

In Part 2 of this course, we will take a look at excavation protective systems, including the materials and equipment used in excavations, as well as excavation access. We will also describe the causes of most excavation accidents and common excavation hazards.

Universal Waste

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-universal-waste>

Duration: 33 min

Handling your company's universal waste is an important job, as incorrect handling can lead to safety risks, legal consequences and environmental harm. In this course, we'll cover how to identify different types of universal waste, as well as some of the risks and hazards associated with them. We'll also learn how to correctly label, store and ship universal waste. Lastly, we'll determine the right steps to take in order to recycle or dispose of universal waste, and how to handle a universal waste spill or break.

Walking Working Surfaces

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-walking-working-surfaces>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-walking-working-surfaces>

Duration: 10 min :: Also Available in Spanish

Walking can become hazardous when unobserved obstacles, unexpected openings, slippery surfaces, or unguarded heights exist. Based on OSHA standards, this course presents safety precautions and practices you need to prevent fall injuries and fatalities in your workplace.

Warehouse Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-warehouse-safety>

Duration: 31 min

Warehouses are bustling work environments, with people and equipment moving materials around at a fast pace. This makes them potentially hazardous. Being able to identify warehouse hazards is the essential first step in maintaining employee safety. By taking this course, workers will learn how to reduce their risk of incident or injury by identifying warehouse hazards and taking the appropriate steps to protect themselves.



Welding, Cutting, Brazing, and Hot Work

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-welding-cutting-brazing-and-hot-work>

Duration: 31 min

Any time you conduct (or are near) hot work, there is the potential for serious hazards. To help mitigate some of these hazards, the U.S. Chemical Safety and Hazard Investigation Board identifies seven key steps to help prevent hot work-related accidents. This course on Welding, Cutting, Brazing, and other Hot Work will cover safety concepts through all seven keys.

Working Over or Near Water

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-working-over-or-near-water>

Duration: 16 min

When a worksite is over or near water, risk factors and hazards are multiplied. This course is for workers who are in proximity to water every day or those who may only encounter it occasionally. Topics include drowning prevention, immersion hypothermia, slip, trip and fall prevention, OSHA baseline requirements, and best practices for staying safe.

Workplace Safety Orientation

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-workplace-safety-orientation-complete-course>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-workplace-safety-orientation-complete-course>

Duration: 51 min :: Also Available in Spanish

Most on-the-job injuries occur within an employee's first six months of work. One of the reasons may be that new employees are not aware of specific hazards because they lack proper training. This course provides an overview of

industrial safety fundamentals and safety programs. Topics include the role of OSHA, common hazards in the workplace, how to prevent and respond to incidents, and the purpose of safety programs such as Emergency Response, Hazard Communication, and Hearing Conservation.

Leadership Skills

Change Agility

<http://www.lmscourses.com/index.php?/en-us/lms-courses-change-agility>

Duration: 12 min

In today's globalized and interconnected environment, change is a given. To stay ahead of competition and quickly adapt to changing markets, organizations need to possess change agility. This course features five steps managers can use to implement change agility in your company. Also included are tips on building change-agile employees and how to increase and improve your own change agility skills.

Coaching Skills

<http://www.lmscourses.com/index.php?/en-us/lms-courses-coaching-skills>

Duration: 12 min

Organizations are successful when their employees are engaged and motivated. As a manager or supervisor, it's not enough to oversee the daily activities of your team - it's also your responsibility to coach each employee to help them solve problems, make better decisions, progress their careers, and work well with their team. This course defines workplace coaching and offers suggestions on how to improve your coaching skills. The popular GROW model for structuring your coaching sessions is also included.

Creating a Training Plan



<http://www.lmscourses.com/index.php?/en-us/lms-courses-creating-a-training-plan>

Duration: 14 min

Organizations realize when they invest in their employees' ongoing professional development, they reap the benefits of increased employee retention, greater efficiencies, lower costs, and a highly qualified and motivated workforce. This course is designed to assist you in developing a training plan for your organization, so your training is organized, on target, and effective.

Delegation

<http://www.lmscourses.com/index.php?/en-us/lms-courses-delegation>

Duration: 14 min

Identifying tasks that can be delegated and assigning them to employees ready to take on new responsibilities are key management skills. In this course, you will discover the value of delegation to you, your employees, and your organization. You'll learn how to promote individual and team development, the factors to consider when delegating tasks, and how to coach the employee assigned to the task by following an eight-step coaching model.

Delivering Feedback

<http://www.lmscourses.com/index.php?/en-us/lms-courses-delivering-feedback>

Duration: 18 min

Clear and constructive feedback is crucial to your employees' career development but it's not always easy to deliver. Too often, managers' observations are seen by an employee as critical instead of helpful and motivating. This course provides a step-by-step feedback procedure for managers and supervisors who want to deliver difficult feedback in an encouraging manner. Also included are instructions on documenting your feedback sessions and how to offer feedback to senior management.

Drug-Free Workplace Part 1

<http://www.lmscourses.com/index.php?/en-us/lms-courses-drug-free-workplace-part-1>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-drug-free-workplace-part-1>

Duration: 13 min :: Also Available in Spanish

Substance abuse takes a toll on an abuser and the workplace, affecting coworkers, supervisors, and the company as a whole. Part One of this three-part course explains direct and indirect costs of substance abuse, outlines policies that support a drug-free workplace, and describes employer and supervisor workplace responsibilities.

Drug-Free Workplace Part 2

<http://www.lmscourses.com/index.php?/en-us/lms-courses-drug-free-workplace-part-2>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-drug-free-workplace-part-2>

Duration: 14 min :: Also Available in Spanish

Substance abuse takes a toll on an abuser and the workplace, affecting coworkers, supervisors, and the company as a whole. Part Two of this three-part course will explain the signs of substance abuse and the emotional, mental, and physical effects. You will also learn how to reduce both personal and professional substance abuse risks.

Drug-Free Workplace Part 3

<http://www.lmscourses.com/index.php?/en-us/lms-courses-drug-free-workplace-part-3>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-drug-free-workplace-part-3>



Duration: 14 min :: Also Available in Spanish

Substance abuse takes a toll on an abuser and the workplace, affecting coworkers, supervisors, and the company as whole. In the final part of this three-part course, you will learn how to avoid enabling behavior and abuser traps, and how to carry out an intervention.

Effective Communication

<http://www.lmscourses.com/index.php?/en-us/lms-courses-effective-communication>

Duration: 19 min

Effective communication is simply the ability to be clearly understood. Without this skill, you risk misunderstandings, confusion, conflict, and poor employee performance. This course offers helpful methods to improve your communication skills whether you're addressing an employee, your team, or another manager. Also included are suggestions for using non-verbal communication, such as email and text, and an overview of the power of body language and voice intonation.

Goal Setting

<http://www.lmscourses.com/index.php?/en-us/lms-courses-goal-setting>

Duration: 13 min

Managers are responsible for motivating employees to reach and accomplish goals that support the organizational plan. This course focuses on how to recognize and use the strengths of individuals in your department to create goals that both motivate employees and move your company forward. It steps you through the SMART method of goal setting and presents suggestions and cautions that will help you set attainable goals with achievable results.

Sexual Harassment 2-Hour Course Package



<http://www.lmscourses.com/index.php?/en-us/lms-courses-2-hour-sexual-harassment-course-package-preview>

Duration: 2 hr 0 min

Made up of all four parts of our Sexual Harassment series, this course package is designed to meet the harassment training requirements of all 50 states including California (Bill (AB) 1825).

Sexual Harassment Part 1

<http://www.lmscourses.com/index.php?/en-us/lms-courses-sexual-harassment-part-1>

Duration: 46 min

Everyone wants to work in a safe, productive, and supportive environment. Sexual harassment and other types of abuse, however, create an unsafe and unproductive environment. In this course, you will learn what harassment is and what to do if you witness or experience harassment in the workplace. We will explore the responsibilities of both employees and leaders, as well as state and federal laws. Lastly, we will explain the potential legal outcomes of harassment claims and how to avoid or limit potential damage from harassment.

Sexual Harassment Part 2

<http://www.lmscourses.com/index.php?/en-us/lms-courses-sexual-harassment-part-2>

Duration: 35 min

There is a lot to learn when it comes to the laws and legal ramifications of sexual harassment. In this course, we offer a more in-depth look at sexual harassment, abusive conduct, bullying, and who can be a victim in legal terms. We explore state-specific harassment laws, as well as the potential consequences of harassment. The course concludes with a look at strategies

for avoiding harassment in the first place and for creating the lowest level of liability for your company.

Sexual Harassment Part 3

<http://www.lmscourses.com/index.php?/en-us/lms-courses-sexual-harassment-part-3>

Duration: 38 min

Bullying is a type of harassment and abuse that has become more common in recent years, due, in part, to the advent of social media. This course describes how to identify someone who is experiencing abuse and how to respond to it, as well as how to appropriately report the abuse. Additionally, the course details how to build and implement a policy and a protocol for preventing bullying, cyber-bullying, and other forms of online harassment and abuse.

Sexual Harassment Part 4

<http://www.lmscourses.com/index.php?/en-us/lms-courses-sexual-harassment-part-4>

Duration: 34 min

We all understand that sexual harassment is wrong and that it can carry serious consequences. However, situations may not always be black-and-white. In this course, we will look at several real-life harassment cases, and discover what went wrong, where they sometimes went right, and what might have been done differently to prevent sexual harassment in the first place.

Workplace Violence Prevention

<http://www.lmscourses.com/index.php?/en-us/lms-courses-workplace-violence-prevention>

Duration: 40 min

For the past thirty years, violence in the workplace has been a leading cause of workplace injuries and deaths. Close to 2 million workers are injured and almost 800 die each year from violence in the workplace, while many more cases go unreported. With training and preparation, you can be better equipped to stay safe in violent situations.

Driver Safety

Accidents and Breakdowns

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-accidents-and-breakdowns>

Duration: 35 min

You never plan to have an accident or breakdown when you set out on a trip. It can be very inconvenient and made worse if not handled properly. It is important to know what to do in the event of an accident or breakdown on a road or highway. In this course you will learn how to prepare yourself for an accident, breakdown, or other incident while driving, and how to follow correct procedures to remain safe afterwards.

Alcohol Awareness

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-alcohol-awareness>

Duration: 42 min

Alcohol is used in many different circumstances in our culture. When used in moderation, alcohol can be beneficial. However, overuse can become abuse. In this course, we will explain both the short and long-term effects alcohol has on your body. Also, we'll discuss the signs and symptoms of intoxication and alcohol abuse in both yourself and others. Lastly, we'll look at ways to make wise choices about alcohol consumption, including how to cope with dependence.

Backing - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-backing-large-vehicles>

Duration: 14 min

Backing large vehicles and semi-trailers takes practice, experience, skill, and more practice. This course explains the risks of backing situations, identifies safe backing maneuvers, and suggests how to avoid backing situations, when possible.

Backing - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-backing-small-vehicles>

Duration: 20 min

Most drivers spend 99% of the time driving forward and only 1% backing up. Yet 25-30% of vehicle accidents occur during backing. This course explains backing risks, identifies safe backing maneuvers, and suggests ways to avoid backing situations all together.

Changing Lanes - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-changing-lanes-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-changing-lanes-large-vehicles>

French: <https://lessons.lmscourses.com/index.php?/fr-eu/lms-courses-changing-lanes-large-vehicles>

Duration: 22 min :: Also Available in Spanish :: Also Available in French

Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a

vehicle changes lanes, the chance for an accident increases greatly. This course describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.

Changing Lanes - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-changing-lanes-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-changing-lanes-small-vehicles>

Duration: 20 min :: Also Available in Spanish

Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a vehicle changes lanes, the chance for an accident increases greatly. This course for drivers of small vehicles describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.

Close Quarter Maneuvering - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-close-quarter-maneuvering-large-vehicles>

Duration: 15 min

Maneuvering a vehicle in close quarters can be tricky. When you're in a busy parking lot or at a distribution center warehouse, backing, pulling forward from a parked position, and turning can all put you at risk for collision. This course for drivers of large vehicles will describe the hazards associated with maneuvering in close quarters and help you identify ways to avoid collisions and injuries when making these maneuvers.

Close Quarter Maneuvering - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-close-quarter-maneuvering-small-vehicles>

Duration: 17 min

Maneuvering a vehicle in close quarters can be tricky. When you're in a busy parking lot, backing, pulling forward from a parked position, and turning can all put you at risk for a collision. This course for drivers of small vehicles will describe the hazards associated with maneuvering in close quarters and help you identify ways to avoid collisions and injuries when making these maneuvers.

Closing the Loop

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-closing-the-loop>

Duration: 16 min

As a supervisor, helping to ensure driver safety is one of your most important tasks. When you receive an incident report about a driver, do you know how to effectively coach them to improve their driving? In this course, we will describe all of the necessary steps of returning a safer driver to the road, including how and when to deliver feedback, as well as following through with appropriate training.

CSA Overview

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-csa-overview>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-csa-overview>

Duration: 18 min :: Also Available in Spanish

CSA is the compliance, safety, and accountability program of the Federal Motor Carrier Safety Administration (FMCSA). CSA helps the FMCSA and its state partners by using continually improving data to better identify high-risk motor

carriers and drivers. CSA applies a wide range of interventions to reduce high-risk behavior and help keep roadways safe. In this course drivers will learn to recognize how they can impact their own safety rating, and that of the carrier the work for.

Defensive Driving - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-defensive-driving-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-defensive-driving-large-vehicles>

Duration: 29 min :: Also Available in Spanish

Driving conditions are always changing. Sharp curves, construction zones, other vehicles, pedestrians and bicyclists can come at you at a rapid pace. Drivers must be on the defensive to stay safe. This course will state the major causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.

Defensive Driving - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-defensive-driving-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-defensive-driving-small-vehicles>

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causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.

Delivery Driver Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-delivery-driver-safety>

Duration: 23 min

Delivery drivers do important work, but are at risk for injuries and incidents when driving and moving their load. This course explains how to correctly stretch before, during, and after a day of deliveries, identifies proper lifting techniques and precautions for loading and unloading a vehicle, and offers tips for safely using hand trucks and lift gates.

Distracted Driving

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-distracted-driving>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-distracted-driving>

French: <https://lessons.lmscourses.com/index.php?/fr-eu/lms-courses-distracted-driving>

Duration: 22 min :: Also Available in Spanish :: Also Available in French

Crashes involving distracted drivers are on the rise. Texting and talking on cell phones is a major cause of such distractions, but even looking at a billboard or checking something on the passenger seat can result in enough of a distraction to cause an accident. This course explains the importance of keeping your eyes on the road, the different types of driving distractions you may encounter, and how best to reduce the risk of an accident.

DOT Driver Compliance

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-dot-driver-compliance>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-dot-driver-compliance>

Duration: 22 min :: Also Available in Spanish

To improve both commercial vehicle and driver safety, regulations have been established to regulate driver qualifications, limit driving hours and duty time, and improve vehicle maintenance and safety. Complying with these regulations can not only reduce driver errors and fatigue but also reduce accidents. In this course you will learn about the Department of Transportation (DOT) and the Federal Motor Carrier Safety Administration (FMCSA) regulations governing commercial vehicles and drivers, and how to comply with those regulations.

Driver Fatigue

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-driver-fatigue>

Duration: 9 min

Fatigued and drowsy driving causes at least 100,000 crashes per year, yet it's a preventable condition. In this course, you will learn how to recognize the symptoms of driver fatigue and the strategies you need to keep you safe and alert on the road.

Driving Your Brand

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-driving-your-brand>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-driving-your-brand>

Duration: 18 min :: Also Available in Spanish

As a driver, you're essentially driving a billboard for your organization. Everything you do behind the wheel, at your customer's location, and while you're in public, reflects on your organization's brand. This course explains what it means to be "Driving Your Brand," what types of driving behaviors best represent your organization, and why Driving Your Brand in a positive manner is so important.

Driving Your Brand

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-driving-your-brand-preview>

Duration: 18 min

As a driver, you're essentially driving a billboard for your organization. Everything you do behind the wheel, at your customer's location, and while you're in public, reflects on your organization's brand. This course explains what it means to be "Driving Your Brand," what types of driving behaviors best represent your organization, and why Driving Your Brand in a positive manner is so important.

Extreme Driving Conditions - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-extreme-driving-conditions-large-vehicles>

Duration: 22 min

Rain, fog, ice, snow, heat, and wind present huge driving challenges to drivers. This course identifies safe practices specifically for the driver of large vehicles to use in extreme driving conditions. It explains how to maintain and equip the vehicle and describes the steps to take to drive safely and avoid accidents in dangerous weather conditions.

Extreme Driving Conditions - Small Vehicles



<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-extreme-driving-conditions-small-vehicles>

Duration: 20 min

Designed for drivers of small vehicles, this course identifies safe driving practices in harsh weather conditions, explains how to maintain your vehicle, and helps you prepare for extreme driving conditions in rain, fog, ice, snow, and heat.

Failure to Yield - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-failure-to-yield-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-failure-to-yield-large-vehicles>

Duration: 19 min :: Also Available in Spanish

Failing to yield while driving can produce dangerous consequences. This course, designed for drivers of large vehicles, will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.

Failure to Yield - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-failure-to-yield-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-failure-to-yield-small-vehicles>

Duration: 19 min :: Also Available in Spanish

Failing to yield while driving can produce dangerous consequences. This course will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has

caused a collision, and how to make smart decisions that may help avoid collisions when you drive.

Fifteen-Passenger Vans

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-fifteen-passenger-vans>

Duration: 19 min

15-passenger vans react differently than smaller cars and larger trucks. They are bigger and heavier than cars and have larger blind spots. Upon completing this course you will understand the special skills and knowledge it takes to operate a 15-passenger van, and how to prepare and properly load the van to reduce the risk of accidents, especially rollovers.

Fleet Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-fleet-safety>

Duration: 16 min

Employers invest in a comprehensive fleet safety program when they consider employee safety of key importance. This course explains fleet safety procedures and policies, employee and management roles in the program, and how the program will have a positive impact on the safety record of their fleet.

Food Service Delivery Driver

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-food-service-delivery-driver>

Duration: 28 min

Food service delivery drivers do important work, but are at risk for injuries and incidents when driving and moving their load. This course explains how to correctly stretch before, during, and after a day of deliveries, identifies proper



lifting techniques and precautions, and offers tips for safely using hand trucks and lift gates. Additionally, ways to properly load, deliver and unload food products will be discussed.

HAZMAT Transportation Part 1

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hazmat-transportation-part-1>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-hazmat-transportation-part-1>

Duration: 08 min :: Also Available in Spanish

Safely transporting hazardous materials begins with properly packaging, labeling, and preparing those hazardous materials for shipment. In Part 1 of this 3-part course, we review HAZMAT definitions and regulations and define the responsibilities of shippers and carriers. This section also includes the Hazardous Materials Table (HMT).

HAZMAT Transportation Part 2

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hazmat-transportation-part-2>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-hazmat-transportation-part-2>

Duration: 09 min :: Also Available in Spanish

When hazardous materials are shipped, public safety depends on proper packaging, labeling, and handling of hazardous materials (HAZMAT). Part 2 of this 3-part course describes the shipping documentation, package markings, and labeling required by the HMR and includes instruction on how to respond to HAZMAT spills and emergencies.

HAZMAT Transportation Part 3

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-hazmat-transportation-part-3>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-hazmat-transportation-part-3>

Duration: 09 min :: Also Available in Spanish

Every HAZMAT vehicle requires identification to instantly alert all concerned that hazardous materials are within. The final part of this 3-part course identifies vehicle placarding requirements, as mandated by the PHMSA. It also describes carrier and shipper responsibilities, and reportable HAZMAT incident response procedures.

Housekeeping - Vehicle: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-housekeeping-vehicle-micro-course>

Duration: 05 min

Companies recognize good housekeeping in the workplace can improve employee health and safety as well as lead to improved efficiency and morale. This micro-course demonstrates good housekeeping practices for drivers who consider their vehicle to be their workplace. The course reviews what they can do to obtain and enjoy the benefits of a clutter-free and well-organized work environment.

Load Securement Part 1: Principles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-load-securement-part-1-principles>

Duration: 19 min

Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part one of this two-part course explains the need for load

securement and describes the basic principles and standards for load securement.

Load Securement Part 2: Equipment and Methods

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-load-securement-part-2-securement-equipment>

Duration: 23 min

Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part two of this two-part course describes the equipment and methods used in securement systems.

Overhead Clearance

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-overhead-clearance>

Duration: 09 min

In this course, we look at overhead clearance strikes, why they continue to occur, and what you can do to make certain your vehicle never hits an overhead obstacle. Included are tips for safely backing up when encountering low overhead clearance and precautionary measures specific to bridges, power lines, and overhead signs and traffic lights.

Parking Lot Safety

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-parking-lot-safety>

Duration: 24 min

The humble parking lot can present more dangers to a professional driver than the interstate. Parking lots are prime territory for negligent drivers, low speed collisions, burglars, pickpockets, carjackers, and vandals. They also present

potential problems with pedestrians (especially children) being hit by drivers who are backing up, turning or negotiating intersections with cross walks. This course reviews these common hazards and explains what to do and what to avoid doing in parking lots when driving, parking, walking, and departing.

Pre-Trip Inspections - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pre-trip-inspections-large-vehicles>

Duration: 13 min

A thorough inspection of your vehicle before you begin each trip is crucial to the safety of you, your cargo, and other drivers. This course is specifically designed to address the pre-trip inspection process for large vehicles and set you up for a safe and successful trip.

Pre-Trip Inspections - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pre-trip-inspections-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-pre-trip-inspections-small-vehicles>

Duration: 10 min :: Also Available in Spanish

A pre-trip inspection helps you find problems that could cause a crash, breakdown, or citation. It is important to perform a daily pre-trip and post-trip inspection for every trip. In this course, you will learn the essential steps to perform a pre-trip inspection for small and light duty trucks.

Pre-Trip Inspections - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-pre-trip-inspections-small-vehicles-preview>

Duration: 10 min

A pre-trip inspection helps you find problems that could cause a crash, breakdown, or citation. It is important to perform a daily pre-trip and post-trip inspection for every trip. In this course, you will learn the essential steps to perform a pre-trip inspection for small and light duty trucks.

Rear-End Collisions - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-avoiding-rear-end-collisions-large-vehicles>

Duration: 14 min

Rear-end collisions happen all the time, resulting in injuries, costly damage, legal fees, and fatalities. This course explores methods that drivers of tractor trailers and other large trucks can use to help avoid rear-ending another vehicle, and steps to keep their vehicle from getting hit from behind.

Rear-End Collisions - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-avoiding-rear-end-collisions-small-vehicles>

Duration: 22 min

Rear-end collisions occur frequently and result in injuries, damage, costly repairs, and fatalities. This course details what you can do to avoid being hit from behind and the actions you can take to keep your vehicle from being struck by a driver behind you.

Reasonable Suspicion Part 1

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-reasonable-suspicion-part-1>

Duration: 10 min

If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In Part One of this three-part course, you will learn how to define reasonable suspicion, identify behavior in violation of drug and alcohol policies, and outline substance abuse testing requirements.

Reasonable Suspicion Part 2

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-reasonable-suspicion-part-2>

Duration: 10 min

If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In Part Two of this three-part course, you will learn about behaviors that trigger suspicions of substance abuse, and how to take action.

Reasonable Suspicion Part 3

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-reasonable-suspicion-part-3>

Duration: 7 min

If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In the final part of this three part course, you will learn about the different types of required drug and alcohol testing, such as post-accident testing and DOT mandated return-to-work testing, and what to do when a test result is positive.

Road Rage

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-road-rage>

Duration: 15 min

What is road rage and what triggers it? This course defines road rage, explains what stressors can trigger road rage, teaches you how to avoid aggressive drivers, and lists steps you can take if you become a victim of road rage.

Seat Belt Safety: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-seat-belt-safety-micro-course>

Duration: 02 min

Understand the potentially fatal consequences of not wearing a seat belt and learn what you can do to make sure you, your employees, and any passengers are properly buckled up every time, every trip. Whether you are a driver, operator, or passenger always wear your seat belt.

Smartphones and Smarter Driving: Micro-Course

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-smartphones-and-smarter-driving-micro-course>

Duration: 03 min

Every day, fatal driving accidents occur when distracted drivers use their smartphones. This 3-minute course acts as an engaging reminder to all of us to put down our phones and concentrate on driving. Course includes helpful tips to help put the phone down and a 5 question quiz.

Speeding Awareness - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-speeding-awareness-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-speeding-awareness-large-vehicles>

French: <https://lessons.lmscourses.com/index.php?fr-eu/lms-courses-speeding-awareness-large-vehicles>

Duration: 16 min :: Also Available in Spanish :: Also Available in French

Speeding is a factor in 31% of all fatal crashes, according to the National Highway Traffic Safety Administration. The chances of death or serious injury double for every 10 miles per hour you travel over 50 miles per hour. This course examines the hazards of speeding and shares what you can do to reduce the risk of having a speeding-related incident.

Speeding Awareness - Small Vehicles

<https://lessons.lmscourses.com/index.php?en-us/lms-courses-speeding-awareness-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?es-na/lms-courses-speeding-awareness-small-vehicles>

Duration: 14 min :: Also Available in Spanish

Speeding is a factor in 31% of all fatal crashes, according to the National Highway Traffic Safety Administration. The chances of death or serious injury double for every 10 miles per hour you travel over 50 miles per hour. This course examines the hazards of speeding and shares what you can do to reduce the risk of having a speeding-related incident.

Stop Signs and Signals - Large Vehicles

<https://lessons.lmscourses.com/index.php?en-us/lms-courses-stop-signs-and-signals-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?es-na/lms-courses-stop-signs-and-signals-large-vehicles>

Duration: 16 min :: Also Available in Spanish

Running stop signs and signals is dangerous and it can be costly. This course presents tips and strategies to help drivers successfully navigate red lights, signals, and stop signs.

Stop Signs and Signals - Small Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-stop-signs-and-signals-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-stop-signs-and-signals-small-vehicles>

Duration: 16 min :: Also Available in Spanish

Running stop signs and signals is dangerous and it can be costly. This course for small vehicles presents tips and strategies to help drivers successfully navigate red lights, signals, and stop signs.

Tailgating Awareness - Large Vehicles

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-tailgating-awareness-large-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-tailgating-awareness-large-vehicles>

French: <https://lessons.lmscourses.com/index.php?/fr-eu/lms-courses-tailgating-awareness-large-vehicles>

Duration: 18 min :: Also Available in Spanish :: Also Available in French

Tailgating reduces stopping distance, lessens perception and reaction times, and fuels road rage. It's important for your safety and the safety of other drivers that you refrain from tailgating and that you know what to do when being tailgated. This course explains what actions you can take when being tailgated and offers reminders to help you avoid being a tailgater yourself.

Tailgating Awareness - Small Vehicles



<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-tailgating-awareness-small-vehicles>

Spanish: <https://lessons.lmscourses.com/index.php?/es-na/lms-courses-tailgating-awareness-small-vehicles>

Duration: 18 min :: Also Available in Spanish

Tailgating reduces stopping distance, lessens perception and reaction times, and fuels road rage. It's important for your safety and the safety of other drivers that you refrain from tailgating and that you know what to do when being tailgated. This course explains what actions you can take when being tailgated and offers reminders to help you avoid being a tailgater yourself.

Towing Trailers

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-towing-trailers>

Duration: 19 min

Towing a trailer presents an additional set of challenges to driving a vehicle because the trailer causes the vehicle to handle differently and makes driving more difficult. This course discusses ways you can tow a trailer safely, including checking your vehicle, getting familiar with the trailer equipment, preparing your vehicle, connecting your trailer, loading the trailer properly, slowing down, and driving carefully.

Turning for Trucks

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-safe-turning-for-trucks>

Duration: 17 min

In the trucking industry, making turns incorrectly is the third leading cause of truck accidents. This course will describe proper turning practices for making left and right turns correctly and explain the factors that contribute to truck turning accidents.

Health & Wellness

Alcohol Awareness

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-alcohol-awareness>

Duration: 42 min

Alcohol is used in many different circumstances in our culture. When used in moderation, alcohol can be beneficial. However, overuse can become abuse. In this course, we will explain both the short and long-term effects alcohol has on your body. Also, we'll discuss the signs and symptoms of intoxication and alcohol abuse in both yourself and others. Lastly, we'll look at ways to make wise choices about alcohol consumption, including how to cope with dependence.

Diet and Exercise

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-diet-and-exercise>

Duration: 18 min

A sedentary lifestyle and poor nutrition can lead to a higher risk of disease and other health issues. This course explains the risks of a sedentary lifestyle and outlines the benefits of healthy eating and regular exercise.

Proper Hand-Washing

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-proper-hand-washing>

Duration: 03 min

Proper hand-washing is an easy way to prevent the spread of germs. This course takes you through the steps of an effective hand-washing procedure and use of hand sanitizers.

Stress

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-stress>

Duration: 21 min

Stress is recognized as a normal part of life, but when it becomes excessive, debilitating, or overwhelming, it needs to be managed and controlled. This course defines stress, explains where it can originate, identifies different types and effects of negative stress, and offers strategies to effectively manage and cope.

Tobacco and Smoking

<https://lessons.lmscourses.com/index.php?/en-us/lms-courses-tobacco-and-smoking>

Duration: 20 min

Tobacco use can lead to many health issues and is the single most preventable cause of death in the U.S. In this course, we will describe the health effects of both smoking and smokeless tobacco. We will also discuss the benefits of quitting smoking, as well as tips and resources for smoking cessation.