WORKPLACE SAFETY

This library features 83 courses focused on addressing some of the most common safety issues found in the workplace.

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A Smith System Company

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Published: July 22, 2026

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WS52: Ladder Safety

WS54: Loading Dock Safety

WS58: Machine Guarding

WS68: Powered Industrial Trucks (Forklifts) Overview

WS70: PPE

WS72: Pre-Task and Daily-Task Analyses

WS34: Fire Safety

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WS26: Emergency Action Planning and Fire Safety

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WORKPLACE SAFETY

WS100: Workplace Inspections

A regularly conducted workplace inspection is one of the most effective ways for employers to identify hazards and potential hazards before they result in an incident. This course explains the necessary steps to take when conducting an inspection including how to prepare for the inspection and how to identify hazards and risks. How to prepare an inspection checklist, document the inspections, and use the information to take corrective action are also part of this course.

12 min.

WS01: Abrasive Wheels and Grinder Safety

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. Its 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.

25 min.

WS02: Access to Employee Exposure and Medical Records

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.

10 min.

WS04: Accident Prevention Signs and Tags

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.

11 min.

WS07: Alcohol Awareness

Most, if not all workplaces have a zero-tolerance for alcohol, but the effect it can have on your employees in their personal lives can still be a negative factor at work. This course presents the facts about alcohol consumption and defines the difference between use and abuse. It explains both the short and long-term effects of alcohol on the body and mind and discusses the signs and symptoms of intoxication and alcohol abuse so employees can recognize them and take action. With this information, employees can think about their choices and be encouraged to make responsible and safe decisions.

42 min.

WS05: AED

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.

20 min.

WS06: Aerial Lifts

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.

18 min.

WS08: Asbestos Safety

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.

34 min.

WS09: Atmospheric Testing

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.

17 min.

WS12: Banding and Box Cutter Safety

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.

16 min.

WS13: Basic Rigging

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.

23 min.

WS14: Benzene Safety

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.

14 min.

WS17: Cold Stress

Whether you work indoors or outside, working in cold environments can result in serious health issues. In this course, we focus on how to keep yourself safe while working under cold conditions and how to recognize the signs and symptoms of cold stress before you are at risk. Also discussed is how to prepare for working in a cold environment by wearing the right protective clothing, how to treat emergencies and health issues caused by cold stress, and how to recognize and avoid the three main cold stress illnesses: hypothermia, frostbite, and trench foot.

27 min.

WS18: Compressed Gas Safety

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.

21 min.

WS19: Confined Spaces

Employees who sometimes work in confined spaces must be trained to recognize and control the hazards of their potentially dangerous environment. This course helps prepare permit-required confined space workers by explaining what working in a confined space entails. Included in the course are typical hazards of permit-required confined spaces, descriptions of the written confined-space employer programs and entry permits required by the OSHA standard, and safety guidelines for working in confined spaces.

18 min.

WS20: CPR

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).

14 min.

WS21: Crane Safety

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.

23 min.

WS24: Electrical Safety NFPA 70E

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.

24 min.

WS25: Emergency Action Planning

An emergency action plan (EAP) is an important step in ensuring employees are prepared for an emergency in the workplace. The next step is familiarizing those employees with the EAP, explaining what it is and what type of information is included. Knowing their evacuation routes and responsibilities during any emergency is going to lead to better decisions and calmer heads should a disaster or violent episode occur. Every employee should understand the importance of an EAP and be familiar with its contents.

13 min.

WS36: First Aid Basics

The more employees familiar with basic first aid, the safer your workplace will be. This course addresses different types of medical emergencies and offers instruction on how to render first aid for a minor injury or provide possible life-saving care until emergency medical personnel arrive. An ambulance. In addition to common injuries and emergencies, such as choking, bleeding, and burns, the course includes first aid procedures for heat stress, hypothermia, shock, stroke, cardiac arrest, and seizures.

35 min.

WS37: Flammable Liquids

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.

18 min.

WS38: Hand and Power Tool Safety

Hand and power tools are small and mostly easy to use, but that doesn't mean they're risk-free. Employees can be seriously hurt by using the wrong tools for the job or not understanding how to properly handle them. This course provides safety rules about the selection and use of hand and power tools and many of the hazards involved when using them. It also provides instruction on proper storage and maintenance.

23 min.

WS39: Hand, Wrist, and Finger Safety

There are many hazards in the workplace that can lead to hand injuries. while performing tasks using your hands, wrists, and fingers. In this course, we define the risks and hazards to hands, wrists, and fingers and offer methods of preventing injuries. Also explained is how to properly select, store, and care for hand protection equipment.

11 min.

WS42: Hearing Conservation

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.

21 min.

WS98: Heat Stress

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.

11 min.

WS43: Housekeeping - Industrial: Micro-Course

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.

4 min.

WS44: Housekeeping - Office: Micro-Course

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.

5 min.

WS45: Housekeeping - Vehicle: Micro-Course

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.

5 min.

WS46: Housekeeping for Workplace Safety

Every employee should know the importance of good housekeeping in the workplace and the benefits derived from it. Each employee has his or her role to play in keeping their own space and shared spaces clean, organized, and safe, as well as taking pride in participating. This course introduces what it means to keep the work area in its best working condition, including how good housekeeping helps prevent slips, trips, and falls. How it helps prevent fires and explosions caused when chemicals are not handled and stored safely, or combustible materials are not disposed of properly.

9 min.

WS47: Hydrogen Sulfide

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.

15 min.

WS03: Incident Investigation

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.

12 min.

WS48: Industrial Ergonomics

Industrial ergonomics defines effective work processes and tools that dont cause injury to the human body. When proper ergonomics are not enforced, workers in construction, maritime, and general industries may suffer from musculoskeletal disorders (MSDs). This course educates employees on how to use these work processes and tools to minimize the risk of MSDs. Employees are introduced to common causes of MSDs and what can be done to prevent them. Stressed is the importance of recognizing and reporting early warning signs that an MSD is developing.

15 min.

WS101: Infectious Disease Prevention at Work

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.

15 min.

WS49: Injury and Illness Prevention Programs (I2P2)

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.

14 min.

WS50: Intro to OSHA

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.

19 min.

WS51: Job Safety Analysis

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.

21 min.

WS61: Mercury Safety

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.

17 min.

WS99: Multi-Employer Worksites

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.

11 min.

WS62: Occupational Exposure to Lead

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.

23 min.

WS63: Office Ergonomics

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.

31 min.

WS64: Office Safety

Office work environments are not usually considered dangerous, but there are hazards that can impact your employees' health, safety, and ability to do their job. By learning to recognize and minimize potential hazards in the office, you can reduce the frequency and severity of risks and injuries.

18 min.

WS65: OSHA Inspections

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.

19 min.

WS66: Pallet Jacks

Pallet jacks used to move smaller loads in smaller spaces than forklifts are often considered easy and safe to use. But pallet jacks have their own set of hazards, which can lead to painful injuries and damaged materials. This course offers instruction and safe-use procedures for both manual and motorized pallet jacks along with how-to conduct inspections, charge and change batteries, and maintain the equipment.

14 min.

WS67: PCB Awareness

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.

14 min.

WS74: Preventing Overexertion, Strains, and Sprains

When your occupation involves labor-intensive tasks or repetitive work practices, over time you are at risk for overexertion. Overexertion can force your body past its natural limits, putting you at risk for injuries known as Musculoskeletal Disorders. For the most part, sprains and strains caused by overexertion can be prevented. You just need to know what causes overexertion, what signs and symptoms to notice before an injury occurs, and how to immediately treat a sprain or strain if you do experience one.

13 min.

WS75: Proper Hand-Washing

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.

2 min.

WS76: Respiratory Protection

There are a wide variety of work environments where employees must be protected from breathing hazardous air or from being unable to breathe due to lack of oxygen. Wearing the right respirator for the level of protection needed and wearing it correctly is something every worker needs to know how to do. Every worker required to wear a respirator should understand how to inspect, maintain, and store a respirator, why a medical evaluation is required, and steps to follow when working in an immediately dangerous to life or health environment.

25 min.

WS77: Safe Lifting in the Workplace: Micro-Course

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.

2 min.

WS79: Silica Awareness

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.

12 min.

WS82: Spill Prevention, Control, and Countermeasure

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.

16 min.

WS83: Static Electricity

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.

15 min.

WS84: Stormwater Pollution Prevention

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.

16 min.

WS86: Struck-By/Caught-Between Hazards

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.

13 min.

WS87: Trenching and Excavation Part 1

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.

20 min.

WS88: Trenching and Excavation Part 2

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.

22 min.

WS89: Universal Waste

Handling your companys universal waste is an important job, as incorrect handling can lead to safety risks, legal consequences and environmental harm. In this course, well cover how to identify different types of universal waste, as well as some of the risks and hazards associated with them. Well also learn how to correctly label, store and ship universal waste. Lastly, well 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.

19 min.

WS92: Warehouse Safety

A warehouse can be a fast-paced and dangerous environment. OSHA declared it one of the most hazardous places of employment. It is critical to the health and safety of each worker that they are familiar with and follow safety guidelines and every employee is, not only aware of potential hazards, but knows what to do to avoid or address them. This includes knowing how to use PPE correctly, safely lifting loads manually, avoiding slip, trip, and fall injuries, working safely around forklifts, loading docks, hazardous materials, energized machinery and equipment.

21 min.

WS93: Welding, Cutting, Brazing, and Hot Work

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.

31 min.

WS94: Working Over or Near Water

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.

15 min.

WS85: Stress

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.

12 min.

WS97: Workplace Violence Prevention

Workplace violence prevention training gives workers the information they need to keep themselves safe during an act or threat of physical violence in the workplace. This course discusses the various types of violence that can take place during working hours and explains how to react and respond to violent situations. From verbal harassment to shooter situations, employees are taught to recognize warning signs and the importance of adhering to a violence protection plan.

23 min.

WS102: Travel Safety

If youre planning to travel on business, you need to consider your safety. Not just the usual hazards of entering a strange city, but basic travel demands that could put you at risk. By preparing for your trip, you can eliminate a lot of the travel challenges you would otherwise face. A review of good practices while traveling, what to bring and what to leave behind, and general safety information will give you the confidence to be an informed, prepared and, most important, safe traveler.

10 min.

WS60: Materials Handling and Storage

It's the goal of every employer to reduce workplace injuries resulting from handling materials, either manually or using equipment, such as industrial trucks and conveyors. This course instructs employees on how to handle materials safely and to understand the potential hazards of this type of work. Included in the course is specific information on conveyors, industrial trucks, and safe storage and stacking procedures.

15 min.

WS22: Electrical Safety

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.

25 min.

WS10: Back Injury Prevention

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.

17 min.

WS15: Bloodborne Pathogen Safety

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.

12 min.

WS90: Walking Working Surfaces

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.

10 min.

WS78: Scaffolding Safety

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. Available in English and Spanish.

31 min.

WS56: Lockout Tagout

OSHA's Lockout/Tagout Standard was created to protect employees from serious injuries or fatalities caused by the accidental release of hazardous energy. This course is for all employees who service or perform maintenance on equipment with a hazardous energy source, or work around these machines. It defines the importance of the LOTO Standard's rules and guidelines to these workers, explains the protective devices used to isolate energy sources, and describes the correct procedures for applying and removing LOTO. Available in English, Spanish.

17 min.

WS80: Slips, Trips, Falls

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. Available in English, Spanish.

21 min.

WS95: Workplace Safety Orientation

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. Available in: English, Spanish.

20 min.

WS40: Hazard Communication

All US companies that use hazardous chemicals are required by OSHA's Hazard Communication Standard (HCS) to train employees on safe use, storage, handling, and disposal procedures. This course explains the 5 basic elements of the HCS so employees understand the information available to them and how their safety is being ensured. The Globally Harmonized System (GHS) of Classification and Labeling of Chemicals is reviewed, as well as requirements and purposes of pictograms, warning labels and Safety Data Sheets. Available in: English, Spanish.

20 min.

WS52: Ladder Safety

Ladders are not complicated but they have one trait that can hurt people: height. Even the most experienced ladder-user can benefit from reviewing how to identify the right ladder for the job, how to set it up safely, and common causes of falls from ladders. This ladder safety course reviews safety guidelines for ladder use and includes specific ladder safety for step, fixed, and extension ladders. Available in: English, Spanish.

15 min.

WS54: Loading Dock Safety

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. Available in: English, Spanish.

30 min.

WS58: Machine Guarding

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. Available in: English, Spanish.

14 min.

WS68: Powered Industrial Trucks (Forklifts) Overview

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. Available in: English, Spanish.

24 min.

WS70: PPE

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. Available in: English, Spanish.

18 min.

WS72: Pre-Task and Daily-Task Analyses

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

17 min.

WS34: Fire Safety

The risk of fire in the workplace is something all companies want to reduce, especially those caused by human error. This course is designed to increase your employees' awareness of basic fire prevention plans and proper extinguishing methods. It includes what to do when a fire breaks out and good housekeeping guidelines to reduce the risk of a fire ever getting started. Available in: English, Spanish.

15 min.

WS32: Fall Protection Part 2

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. Available in: English, Spanish.

19 min.

WS30: Fall Protection Part 1

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. Available in: English, Spanish.

18 min.

WS28: Ergonomics

Whether your employees spend their workdays sitting at a workstation or actively involved in strenuous physical labor, they are all at risk for Musculoskeletal Disorders (MSDs) and injuries. MSDs often result in missed work, lost wages, and workers compensation claims. To prevent MSDs, employees must understand how these injuries occur and what can be done to prevent them. This course introduces employees to common causes of MSDs and the controls and work practices that can be put into effect to reduce or eliminate their risk of injury. Available in: English, Spanish.

16 min.

WS26: Emergency Action Planning and Fire Safety

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. Available in: English, Spanish.

21 min.