

get a clear way forward

Multi-Language	Lesson Name	Length (Min)
E/S	Access to Employee Exposure and Medical Records (OGS-54.2)	14
N	Accident Causes, Prevention, and Investigation	20
E/S/F	Accident Prevention Signs and Tags (OGS-45.2)	16
Multi	Accident Procedures	7
E/S	Accident Procedures (DRV-10.2)	10
N	Acid and Caustic Awareness	20
N	Aerial Lift Safety	9
N	Aerosol Transmissible Diseases	25
N	Aerosol Transmissible Diseases Overview	8
N	Aggressive Driving	5
Multi	Air Emissions Management Overview	10
N	Ammonia Awareness	40
E/S	Ammonium Hydroxide (CHM-9.2)	14
N	Animal Safety (MES-4.2)	27
N	Animal Safety: Dogs (SNP-372.2)	5
N	Animal Safety: Snakes (SNP-375.2)	3
N	Anxiety Disorders in the Workplace: Coping with Anxiety Disorders at Work	7
N	Anxiety Disorders in the Workplace: Supporting Coworkers With Anxiety Disorders	9
Multi	Arc Flash and Electrical Safety Best Practices (NFPA 70E 2024)	50
N	Arc Flash Hazard Basics	75
Multi	Asbestos Hazard Awareness	22
Multi	Asbestos Hazard Awareness Overview	9
N	Asbestos Safety 101	6
E/S	ATV and UTV Safety (DRV-11.2)	22
E/S/P	Back Injury Prevention (JSA-2.2)	18
E/S/P	Back Injury Prevention for Construction Workers (CON-6.2)	19
N	Back Injury Prevention: Exercise and Stretching (SNP-410.2)	4
N N	Back of the House: 04. Kitchen Safety	11
N N	Back of the House: 05. Knife Safety	9
Multi	Back Safety and Injury Prevention	30
Multi	Back Safety and Injury Prevention Overview	12
N	Back Smarts: 01. Back Science	5
N N	Back Smarts: 02. Proper Posture	5
N N	Back Smarts: 03. Lifting and Lowering	8
E/S	Backroom and Stocking Safety in the Retail Industry (RET-11.2)	25
E/S	Backroom Safety - Supermarket (SSS-2.2)	21
E/S	Bad Weather Driving	8
E/S	Bakery and Deli Safety (SSS-3.2)	19
Multi	Basic First Aid	40
E/S/F		
Multi	Behavior Based Safety (BBS-1.2) Behavior-Based Safety	14 21
Multi Multi	Behavior-Based Safety Overview Benzene Safety	7 17
Multi	Benzene Safety Overview	9
E/S	Beryllium Awareness (CHM-7.2)	35
E/S Multi	Bloodborne Pathogens (BBP)	20
Multi	Bloodborne Pathogens (BBP) Overview	12
Multi	Bloodborne Pathogens (BBP-1.2)	23
	Bloodborne Pathogens (BBP-1.2) Bloodborne Pathogens: Contaminated Items (SNP-10.2)	
E/S E/S	Bloodborne Pathogens: Contaminated Items (SNP-10.2)  Bloodborne Pathogens: Handling Sharps (SNP-360.2)	5
E/S	Bloodborne Pathogens: Occupational Exposure (SNP-11.2)	7
N N	Bloodborne Pathogens: Protocols and Recordkeeping (SNP-12.2)	7
N N	Bloodborne Pathogens: Routes of Transmission (SNP-13.2)	7
N F/O	Box Cutter Safety	5
E/S	Carbon Monoxide Awareness (CHM-8.2)	18
Multi	Carcinogen Awareness	20
Multi	Cardiopulmonary Resuscitation (CPR)	12
Multi	Cardiopulmonary Resuscitation (CPR) Overview	7
N	Chainsaw Safety: Making the Cut	12
N	Chainsaw Safety: Types of Chainsaws and Safety Precautions	8
Multi	Chemical Safety	24

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E/S	Chemical Safety (CHM-1.2)	26
E/S	Chemical Safety Overview	8
E/S	Chlorine Safety	10
Multi	Cold Stress	15
E/S	Cold Stress in the Workplace (CSW-1.2)	16
Multi	Cold Stress Overview	8
Multi	Cold, Flu, and Transmissible Illness Prevention	8
E/S	Combustible Dust (CMB-1.2)	14
N	Combustible Dusts	35
E/S+	Commercial Motor Vehicle Inspections (DOT-3.2)	15
N	Compressed Gas Cylinder Safety	40
N	Compressed Gas Cylinders	12
Multi	Compressed Gas Safety	24
Multi	Compressed Gas Safety (CGS-1.2)	23
Multi	Compressed Gas Safety Overview	9
Multi	Concrete and Masonry	19
Multi	Confined Space Entry - Permit Required	28
Multi	Confined Space Entry - Permit Required Overview	7
Multi	Confined Space Entry Supervisor	20
Multi	Confined Spaces Overview	5
E/S+	Confined Spaces: Construction Site Safety	20
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N Mariti	Confined Spaces: Entrant and Attendant Duties (CAD)  Construction - Fall Protection	37
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Multi	Construction - Fall Protection Overview	8
N	Conveyor Safety	5
N	Crane and Hoist Safety	45
E/S	Customer Violence in the Retail Environment (RET-9.2)	18
E/S	Delivery Driver Safety (DRV-5.2)	21
N	Delivery Driver Safety: Driving Safely (SNP-57.2)	9
N	Delivery Driver Safety: Working Safely (SNP-58.2)	8
N	Deskercises: Arms and Shoulders	3
N	Deskercises: Chest, Neck, and Back	3
N	Deskercises: Legs and Backside, While Sitting	1
N	Deskercises: Legs and Backside, While Standing	3
N	Deskercises: Simple, Cardio, and Core	2
Multi	Distracted Driving	18
Multi	Distracted Driving Overview	9
Multi	Distracted Driving Prevention (DRV-2.2)	13
Multi	DOT: Trip Inspections	21
Multi	Driver Safety	30
E/S/P	Driver Safety (DRV-1.2)	19
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	Driver Safety: Hazardous Driving Conditions (SNP-51.2)	
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E/S	Driver Safety: Safe and Defensive Driving (SNP-50.2)	8
N N	Driving at Night: Hazards (SNP-370.2)	9
N N	Driving at Night: Reducing or Eliminating Risks (SNP-371.2)	8
N N	Driving Distractions	6
N	Driving for Sales Professionals	8
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	Earthquake Preparedness	9
N	Electrical Safety	75
Multi	Electrical Safety: General Awareness	17
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Multi	Electrical Safety: Hazards, Controls, and Best Practices	45
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N	Energized Electrical Equipment Safety	50
N	Ergonomics in an Industrial Environment	30
Multi	Excavation and Trenching - Competent Person	24
E/S	Excavation and Trenching (EXC-1.2)	17
N	Excavation and Trenching Safety	50
N	Excavation and Trenching Safety for Construction	45
E/S+	Excavation, Trenching, and Shoring Safety	25
E/S+	Excavation, Trenching, and Shoring Safety Overview	10
N	Eye Safety	11
N	Eye Safety	11
Multi	Eyewashes and Safety Showers	7
N	Fall Protection	60
N	Fall Protection (CAD)	45
E/S+	Fall Protection (FAL-1.2)	20
N	Fall Protection for Construction	60
E/S	Fall Protection: Elevated Surfaces (SNP-417.2)	7
E/S	Fall Protection: Hazards and Controls on Working Surfaces (SNP-416.2)	7
E/S	Fall Protection: Personal Protective Equipment (SNP-419.2)	7
E/S	Fall Protection: Safe Work Practices (SNP-418.2)	5
Multi	Fatigue and Stress Awareness	7
E/S	Fewer Passenger Van Driver Safety (DRV-8.2)	26
N	Fire Extinguisher Safety	65
Multi	Fire Extinguisher Safety	30
Multi	Fire Extinguisher Safety Overview	10
Multi	Fire Extinguishers: Monthly Inspections	7
N	Fire Prevention and Protection Program	35
E/S	Fire Safety - Cal/OSHA (CAL-11.2)	27
E/S	Fire Safety for Construction (CON-11.2)	24
N	First Aid	50
N	First Aid Resuscitation: Choking, CPR, and AED	80
N	First Aid: AED Training	5
N	First Aid: Bites, Cuts, and Scrapes	7
N	First Aid: Broken Bones	6
N	First Aid: Bug Bites and Stings	12
N	First Aid: Burns	6
N	First Aid: Choking	3
N	First Aid: Diabetes	9
N	First Aid: EpiPens and Allergic Reactions	6
N	First Aid: Mammal Bites and Scratches	7
N	First Aid: Naloxone (NARCAN)	6
N N	First Aid: Seizures	8
N	First Aid: Snake Bites	9
N	First Aid: Strokes	7
E/S	Flammable Liquid Safety	10
N	Foot Protection	10
Multi	Forklift - Fundamentals	20
Multi	Forklift - Inspection and Maintenance	22
Multi	Forklift - Load Handling	18
Multi	Forklift - Safe Driving	17
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N	Forklift Best Practices: Narrow Aisles and Enclosed and Hazardous Areas	5
N	Forklift Best Practices: Pedestrian Traffic Concerns	3
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N N	Forklift Best Practices: Ramps and Grades	2
N N	Forking Best Practices: Namps and Grades  Forklift Best Practices: Safe Travel Practices	3
N N	Forking Best Practices: Sale Travel Practices  Forklift Best Practices: Tipovers and Loading Docks	2
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E/S+	Formaldehyde Safety	10
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E/S+	General Safety Orientation (GEN-1.2)	23
E/S+	Globally Harmonized System (GHS) (GHS-1.2)	18
Multi	Hand and Power Tool Safety	23
E/S+	Hand and Power Tool Safety (HPT-1.2)	24
N F/O	Hand and Power Tool Safety Overview	8
E/S N	Hand and Power Tool Safety: Personal Protective Equipment (SNP-364.2)	7 8
N N	Hand and Power Tool Safety: Preparing Your Tools and Station	9
E/S	Hand and Power Tool Safety: Using Tools Safely Hand and Power Tool: Hand Tool Safety (SNP-365.2)	5
E/S	Hand and Power Tool: Liquid Fuel and Powder-Actuated Tools (SNP-368.2)	6
E/S	Hand and Power Tool: Enquid Fuer and Fowder-Actuated Tools (SNF-366.2)  Hand and Power Tool: Pneumatic and Hydraulic Tools (SNP-367.2)	8
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E/S	Hand and Power Tool: Power Tool Safety Recommendations and Guards (SNP-366.2)	10
N N	Hand Injury Prevention	10
Multi	Hand Safety	22
Multi	Hand Safety Overview	7
N	Harsh Braking and Harsh Acceleration	7
Multi	Hazard Communication	17
Multi	Hazard Communication (HZC-1.2)	29
E/S	Hazard Communication (1925-1.2)  Hazard Communication for Construction Workers (CON-1.2)	32
N	Hazard Communication for Employees: 01. Introduction to Hazard Communication	4
N	Hazard Communication for Employees: 01. Introduction to Hazard Communication  Hazard Communication for Employees: 02. Understanding Labels and Pictograms	7
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N N	Hazard Communication for Employees: 03. 050  Hazard Communication for Employers: 01. Creating an Effective Program	4
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N	Hazard Communication for Employers: 02: Eabering  Hazard Communication for Employers: 03. SDS	7
N	Hazard Communication for Employers: 04. Training Requirements	6
Multi	Hazard Communication Overview	10
N	Hazard Identification and Assessment	50
N N	Hazardous Communications Employee Training Program, Part 1	35
N N	Hazardous Communications Employee Training Program, Part 2	35
Multi	Hazardous Driving Conditions	18
Multi	Hazardous Driving Conditions Overview	10
E/S	Hazardous Driving Conditions: Driving in Severe Weather (SNP-60.2)	7
E/S	Hazardous Driving Conditions: Preparing Your Vehicle (SNP-61.2)	6
N	Hazardous Gases - Methane, Carbon Monoxide and Carbon Dioxide	45
N	Hazardous Materials Safety	50
E/S	Hazards of Speeding (DRV-4.2)	10
N	Health Hazards in Construction	20
N	Hearing and Noise Safety	60
Multi	Hearing Conservation	20
Multi	Hearing Conservation (HRC-1.2)	20
Multi	Hearing Conservation Overview	7
E/S	Hearing Conservation: Noise Monitoring and Testing (SNP-3.2)	6
E/S	Hearing Conservation: Sound and Noise Basics (SNP-1.2)	7
E/S	Hearing Conservation: Types of Hearing Protection (SNP-2.2)	8
Multi	Heat Stress	15
Multi	Heat Stress Overview	7
E/S	Hexavalent Chromium (CHM-5.2)	15
Multi	HIPAA for Covered Entities	30
Multi	Hot Work	27
Multi	Hot Work Overview	10
E/S+	Hot Work/Arc Welding (HTW-1.2)	27
N	Housekeeping 03. Working Safely with Ergonomics	8
N	Hydrogen Sulfide Awareness (CAD)	50
E/S+	Hydrogen Sulfide Safety	10
Multi	Incident Investigation	40
E/S+	Incident Investigation (INV-1.2)	18
Multi	Indoor Air Quality	20
Multi	Indoor Air Quality Overview	6
N	Industrial Ergonomics	20
E/S	Industrial Ergonomics (ERG-1.2)	17
_	Industrial Ergonomics Overview	6

E/S	Industrial Ergonomics: Back Injury Prevention (SNP-117.2)	6
E/S	Industrial Ergonomics: Musculoskeletal Disorders (SNP-116.2)	7
E/S	Industrial Ergonomics: Risk Factors (SNP-115.2)	5
E/S	Industrial Hygiene (IND-1.2)	21
E/S	Injury and Illness Prevention Programs (IIPP) (CAL-14.2)	15
E/S+	Intro to Ammonia Hazards	5
E/S+	Intro to Beryllium Hazards	15
E/S+	Intro to Cadmium Hazards	7
N	Intro to Combustible Dust Hazards	5
E/S+	Intro to Hexavalent Chromium Hazards	7
N	Intro to Hydraulic Safety	9
Multi	Intro to Loading Dock Safety	6
Multi	Intro to Mold and Mildew Hazards	6
Multi	Intro to Off-Road Vehicle Safety: ATVs and UTVs	12
Multi	Intro to Pallet Jack Safety	7
N	Intro to Personal Safety	7
N	Intro to Pressure and Power Washer Safety	11
N	Intro to Safe Material Storage	7
Multi	Intro to Site Security	6
N	Intro to Skid Steer Loaders	10
E/S+	Intro to Spray Finishing Hazards	7
Multi	Intro to Utility Cart Safety	8
N	Intro to Wildfire Smoke Safety	8
Multi	Introduction to Caught In-Between Hazards	15
N	Introduction to Industrial Hygiene	30
Multi	Introduction to OSHA	52
N	Introduction to OSHA (Occupational Safety and Health Administration)	35
E/S	Job Hazard Analysis (JSA-1.2)	24
N N	Laboratory Health and Safety	50
Multi	Laboratory Safety	30 8
Multi	Laboratory Safety Overview  Ladder Safety	
N E/S+	Ladder Safety  Ladder Safety (LDR-1.2)	30 16
E/S+	Ladder Safety (LDR-1.2)  Ladder Safety for Construction	50
Multi	Ladder Safety Overview	8
N	Ladder Safety: Inspection and Set-up (SNP-42.2)	7
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N N	Ladder Safety: Types and General Safe Practices (SNP-40.2)	7
E/S+	Laser Safety (LSR-1.2)	22
N	Lead Awareness	25
N	Lead Awareness Overview	13
E/S	Lithium Battery Safety (BAT-1.2)	22
Multi	Lockout Tagout	20
Multi	Lockout Tagout for Authorized Workers	26
Multi	Lockout Tagout for Authorized Workers Overview	8
Multi	Lockout Tagout Simulation	10
E/S	Lockout/Tagout for Construction (CON-3.2)	22
N	Lockout/Tagout Safety Program	55
N	Machine Guarding	50
Multi	Machine Guarding	20
E/S/F	Machine Guarding (MCG-1.2)	20
E/S	Machine Guarding: Common Machine Guards (SNP-140.2)	7
E/S	Machine Guarding: Guarding Considerations (SNP-138.2)	4
E/S	Machine Guarding: Machine Hazards (SNP-139.2)	5
E/S	Machine Guarding: Safeguarding Devices (SNP-141.2)	7
N	Machine Hazards and Safety	30
E/S	Materials Handling (MAT-1.2)	14
N N	Materials Handling and Storing Safety	40
N Tro	Materials Handling and Storing Safety for Construction	60
E/S	Materials Handling: Housekeeping Practices (SNP-136.2)	4
E/S	Materials Handling: Safe Lifting (SNP-134.2)	6
E/S	Materials Handling: Safe Unloading (SNP-133.2)	5
E/S	Materials Handling: Storage Practices (SNP-135.2)	5

N	Medical - Back Care and Ergonomics	20
N	Medical - Back Care and Ergonomics Overview	6
N	Medical - Fire Safety and Patient Evacuation Overview	10
N	Medical - Hazard Communication Overview	10
Multi	Medical - Lifting and Transferring Patients	24
N	Medical - Personal Protective Equipment Overview	10
N	Mental Health: Managing Mental Health Issues	7
N	Mental Health: Navigating Your Own Mental Health	7
Multi	Mobile Elevating Work Platforms: Aerial and Scissor Lift Safety	25
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Multi	Mobile Ladder Safety	15
N	Mosquito, Tick, and Vector-Borne Illnesses	10
Multi	Muscle Sprains and Strains	14
Multi	Nail Gun Safety	21
Multi	Nail Gun Safety Overview	12
N	Nailer Safety	7
Multi	Office Ergonomics	24
E/S	Office Ergonomics (ERG-2.2)	17
Multi	Office Ergonomics Overview	10
N	Office Ergonomics: 01. Introduction to Ergonomics	8
N	Office Ergonomics: 02. Techniques for Maintaining a Healthy Posture	9
N	Office Ergonomics: 03. Adjusting Your Workspace to Minimize Strain	8
N	Office Ergonomics: 04. Preventing and Responding to Strain	10
E/S	Office Ergonomics: Body Positioning (SNP-120.2)	6
E/S	Office Ergonomics: Risk Factors and Injuries (SNP-118.2)	5
E/S	Office Ergonomics: Safe Lifting Procedures (SNP-129.2)	4
E/S	Office Safety	25
E/S	Office Safety (BOS-1.2)	18
E/S	Office Safety: Fall Prevention and Safe Lifting (SNP-101.2)	7
N N	Operator Fatigue	25
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Multi	OSHA Work-Related Injury and Illness Recordkeeping	
N N	Overhead and Gantry Crane Safety	20
N	Overhead and Gantry Crane Safety Overview	7
E/S	Pallet Jack Safety (RET-14.2)	30
E/S	Parking Lot Safety (RET-3.2)	16
Multi	Passenger Van Driver Safety	12
N	Passenger Van Driver: Before Driving (SNP-65.2)	5
N	Passenger Van Driver: Safe Driving (SNP-66.2)	5
E/S+	Pedestrian Safety Around Forklifts (FLO-5.2)	15
E/S	Performing Safety Audits (AUD-1.2)	22
N	Personal Fall Arrest Systems	25
N	Personal Protective Equipment	75
Multi	Personal Protective Equipment (PPE-1.2)	20
Multi	Personal Protective Equipment for Construction	21
Multi	Personal Protective Equipment for Construction Overview	10
N	Personal Protective Equipment for Construction, Part 1	40
N N	Personal Protective Equipment for Construction, Part 1	40
Multi	Personal Protective Equipment Fundamentals	10
N N	Personal Protective Equipment: 03. Foot and Leg Protection	8
N N	Personal Protective Equipment: Eyes, Ears and Lungs (SNP-47.2)	7
N	Personal Protective Equipment: Leg and Foot Protection (SNP-49.2)	7
N	Personal Protective Equipment: Types of Gloves (SNP-34.2)	10
N	Physical Labor Ergonomics: Body Mechanics and Posture	6
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E/S+	Portable Fire Extinguishers (FRS-2.2)	18
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N	Pressure Washer Safety (HPT-3.2)	19
E/S+	Preventing Spills	26
N	Proper Lifting Techniques	50
N	Radiation Awareness	60
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N	Remote Employee Mental Health: Maintaining Your Mental Health as a Remote Employee	9
N N	Resilience and Stress Management	5
Multi	Respiratory Protection	25
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N	Respiratory Protective Program	45
N	Retail Conflict Management: 01. Why Retail Conflict Management?	3
N	Retail Conflict Management: 02. Preparation and Scenarios	5
N	Retail Conflict Management: 03. Phases of Escalation	6
N	Retail Conflict Management: 04. De-Escalation	6
N	Retail Conflict Management: 05. Maintaining Control	6
N	Retail Ergonomics (RET-7.2)	18
Multi	Rigging Safety	25
Multi	Rigging Safety Overview	7
N	Road Rage	9
E/S	Road Rage (DRV-3.2)	11
E/S	Road Rage: Aggressive Driving Behaviors (SNP-54.2)	4
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N	Root Cause Analysis	50
N	Safe Driving Behavior for Commercial Motor Vehicles (CMVs)	35
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E/S	Safe Lifting Basics - Supermarket (SSS-6.2)	
E/S	Safe Trip Planning for Over-the-Road Drivers (DOT-4.2)	22
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N	Safety Culture for Employees	5
N	Safety Culture for Leaders	6
Multi	Safety Data Sheets	20
N	Safety for Employees: Propane Gas Safety for Employees	4
Multi	Scaffold Safety	30
Multi	Scaffold Safety Overview	9
N	Scaffolding Safety	30
N	Scaffolding Safety for Construction	45
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N	Scissor Lift Operations and Safety	50
E/S	Scissor Lift Safety (SCF-2.2)	12
E/S/F	Securing Loads and Cargo (DRV-9.2)	20
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E/S E/S	Slips/Trips/Falls: Elevated Surfaces (SNP-43.2) Slips/Trips/Falls: Holes and Openings (SNP-44.2)	7

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E/S	Small Spill Response (HZC-9.2)	20
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N	Stress Management: 02. Avoidable and Unavoidable Stress	7
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E/S	Supermarket Safety (SSS-1.2)	27
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N	Temperature Related Stress and Illnesses	30
E/S	Temporary Worker Safety (GEN-2.2)	25
N	The Basics of Meditation	8
N	The Manager's Role in Harassment Prevention and the Respectful Workplace	27
N	The New Foreman: Conflict Resolution as a Foreman	10
N	The New Foreman: Safety Leadership	6
N	Toolbox Talks: 01. What's a Toolbox Talk?	4
N	Toolbox Talks: 02. Organizing an Effective Toolbox Talk	4
N	Understanding California Anti-Harassment Law	10
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N	Valet: 04. Safety Essentials	4
N	Valve Safety	18
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E/S	Warehouse Safety (WHS-1.2)	23
E/S	Warehouse Safety: Material Handling (SNP-197.2)	7
E/S	Warehouse Safety: Mechanical Material Handling Equipment (SNP-198.2)	7
E/S	Warehouse Safety: Proper Lifting Techniques (SNP-196.2)	5
N	Waste Collectors Safety (MES-1.2)	13
N	What is OSHA?	4
Multi	Winter Weather Driving	10
N	Workforce Hazard Recognition	27
E/S	Working Alone Safely (GEN-3.2)	11
N	Workplace Bullying for Employees	4
N	Workplace Bullying for Supervisors	9
N	Workplace Signs, Labels, and Tags	9
N	Workplace Violence for Employees	8
N	Workplace Violence for Supervisors	9
N	Workspace Cleanliness	5



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