

HEALTH, SAFETY & ENVIRONMENT

E-Learning Course Catalog



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HEALTH, SAFETY AND ENVIRONMENT

Emergency Planning and Response

| Course | Course Title | Description | Hrs |
|--------|--|---|------|
| A5017 | Emergency Action Plans, Alarm Systems, and Fire Prevention Plans | Emergency Action Plans, Alarm Systems, and Fire Prevention Plans is designed to help you meet the training requirements of OSHA 29 CFR 1910.38 and OSHA 29 CFR 1910.165. It covers what employees must do during an emergency to protect themselves, emergency alarms, evacuation procedures, fire hazards and fire protection equipment and systems. | 1 |
| A5008 | Hazwoper: Awareness | Hazwoper: Awareness is designed to help you meet the training requirements of 29 CFR 1910.120. It covers information mandated by the standard, including what hazard materials are, and how to approach them during an incident. Also covered are methods for detecting and identifying hazardous materials and how to use the DOT emergency response guidebook. | 1.5 |
| A5009 | Hazwoper: Operations | Hazwoper: Operations is designed to help you meet the training requirements of OSHA 29 CFR 1910.120(e). It covers information mandated by the standard, including hazard and risk assessment, how to select and use personal protective equipment, how to perform basic control, containment and confinement operations, and how to implement decontamination procedures. | 3 |
| A5007 | Hazwoper: Overview | Hazwoper: Overview is designed to help you meet the training requirements of 29 CFR 1910.120. It covers information mandated by the standard including the requirements for different worker populations, how to determine if a release is covered by the standard, and emergency response to Hazwoper events. | 1.5 |
| A5038 | Incident Reporting and Investigation | In Incident Reporting and Investigation, you will learn about the steps for reporting any incidents and near misses. | 0.5 |
| A5091 | Office Fire Safety | This program is designed to help you respond safely and properly in the event of an office fire. You will learn how to operate an A-B-C fire extinguisher. | 1 |
| A5004 | Portable Fire Extinguishers | Portable Fire Extinguishers is designed to help you meet the training requirements of OSHA 29 CFR 1910.157. It covers information mandated by the standard including design, operation, the various types of portable extinguishers, firefighting techniques and types of fires and how to deal with each. | 2.5 |
| A5004a | Portable Fire Extinguishers: Non-Emergency Responder | Portable Fire Extinguishers: Non-Emergency Responder is designed to help you meet the training requirements of OSHA 29 CFR 1910.157(g) for non-emergency response personnel. It covers information such as extinguisher design, operation, and the various types of portable extinguishers. | 1 |
| A5028 | Spill Prevention, Control, and Countermeasures | This program is designed to help you meet the training requirements of EPA 40 CFR 112.7. Topics covered include how to operate and maintain equipment in a manner that prevents oil discharge and how to follow applicable pollution control laws. | 1.25 |

Environmental

| Course # | Course Title | Description | Hrs. |
|----------|--|--|------|
| A5071 | American Chemistry Council: Responsible Care | The ACC's Responsible Care® program establishes an important relationship between chemical facilities and their communities. Through Responsible Care, companies promise to manage chemical processes through only the most safe and environmentally sound practices. In this program, you will learn about the basic principles of Responsible Care and your responsibilities as a Responsible Care employee. | 2.5 |
| A5094 | Environmental Awareness | In Environmental Awareness, you will learn about important regulations and practices which guide work in oil and gas process operations. You will learn about ways in which your work affects the environment. | 1 |
| A5097 | Environmental Waste Management | In Environmental Waste Management, you will learn about measures your company takes to safeguard the environment and dispose of waste properly. | 1 |

HEALTH, SAFETY & ENVIRONMENT

| Hazard Communication | | | |
|----------------------|---|---|------|
| Course | Course Title | Description | Hrs |
| A5019 | Asbestos | Asbestos is designed to help you meet the basic training requirements of OSHA 29 CFR 1910.1001(j)(7). Subjects include the health effects of exposure, use and storage of asbestos, operations with exposure potential, engineering controls and work practices, respiratory protection and the medical surveillance program. | 2 |
| A5036 | Assessing Occupational Exposure | In this module, you will learn about how workplace exposure to hazardous materials is determined. You will learn about worksite hazards, the role of the exposure assessment coordinator, and training and record keeping requirements. | 0.75 |
| A5005 | Benzene | Benzene is designed to help you meet the training requirements of OSHA 29 CFR 1910.1028. It covers information mandated by the standard, including hazard recognition, personal protection, sampling and monitoring, and medical surveillance. It also contains reference material on benzene safety, technical guidelines and the medical program. | 2 |
| A5070 | Combustible Dust Hazards | The Combustible Dust Hazards program is designed to help you work safely with and around combustible dust in industry. You will learn about why combustible dust explosions occur and what you can do to prevent them. | 1.5 |
| A5048 | Explosive and Flammable Chemicals | Explosive and Flammable Chemicals is designed to help you meet the training requirements of OSHA 29 CFR 1910.1200(h). You will learn about the elements of combustion and flammability, and you will also learn about safe work practices for explosives and flammables. | 1.5 |
| A5006 | Hazard Communication | Hazard Communication is designed to help you meet the training requirements of 29 CFR 1910.1200(k). It covers information mandated by the standard including detailed training on the GHS, labels and safety data sheets, physical and health hazards, and working safely with hazardous chemicals. | 4 |
| A5035a | Hazards of Naturally Occurring Radioactive Materials (NORM) | This program is designed to help you understand the hazards associated with working with naturally occurring radioactive material (NORM). You will learn about the characteristics of NORM and safeguards. | 1.5 |
| A5029 | Hydrogen Sulfide (H ₂ S) | Hydrogen Sulfide is designed to help you meet the basic training requirements of OSHA 29 CFR 1910.119. Topics covered include the dangers of hydrogen sulfide and protection methods. | 1.5 |
| A5045 | Irritants, Corrosives, and Sensitizers | Irritants, Corrosives, and Sensitizers is designed to help you meet the training requirements of OSHA 29 CFR 1910.1200(h). You will learn about their characteristics, hazards, and methods of personal protection, including safe work practices. | 1 |
| A5035 | Naturally Occurring Radioactive Materials (NORM) | This program is designed to help you understand the requirements of working with naturally occurring radioactive material (NORM). You will learn about the characteristics of NORM, the hazards and safeguards for working with NORM. | 2.5 |
| A5049 | Nitrogen Safe Use and Handling | In Nitrogen Safe Use and Handling, you will learn how to work safely with nitrogen, including characteristics and health hazards of nitrogen. You will learn how to handle spills, fires and liquid nitrogen safely. | 1 |
| A5040 | Occupational Exposure to 1,3-Butadiene | Occupational Exposure to 1,3-Butadiene is designed to help you meet the training requirements of OSHA 29 CFR 1910.1051. In this program, you will learn about the characteristics of 1,3-butadiene, its health effects, exposure limits, sources, personal protective equipment, air monitoring, and medical surveillance. | 1 |
| A5052 | Occupational Exposure to Carcinogens | Occupational Exposure to Carcinogens is designed to help you meet the basic requirements of OSHA 29 CFR 1910.1003 for employees who work with carcinogens. You will learn about cancer, methods of controlling carcinogens, and ways to reduce your risk. | 1.25 |

HEALTH, SAFETY & ENVIRONMENT

Hazard Communication (Continued)

| Course | Course Title | Description | Hrs |
|--------|---|--|------|
| A5044 | Occupational Exposure to Chlorine | Occupational Exposure to Chlorine is designed to help you meet the training requirements of 29 CFR 1910.119 for employees who work with and around chlorine. You will learn the characteristics and health hazards of chlorine and what personal protective equipment you should wear when working with or around chlorine. | 0.5 |
| A5072 | Occupational Exposure to Formaldehyde | In Occupational Exposure to Formaldehyde, you will learn about the requirements of 29 CFR 1910.1048 for employees who work with formaldehyde, formaldehyde gas, or solutions and materials that release formaldehyde. You will learn how to reduce your exposure and how to respond to formaldehyde emergencies. | 1 |
| A5039 | Occupational Exposure to Hexavalent Chromium | Occupational Exposure to Hexavalent Chromium is designed to help you meet the training requirements of OSHA 29 CFR 1910.1026. In this program, you will learn about the characteristics of hexavalent chromium, its health effects, exposure limits, sources, personal protective equipment, and air monitoring and medical surveillance requirements. | 1 |
| A5041 | Occupational Exposure to Hydrochloric Acid | Occupational Exposure to Hydrochloric Acid is designed to help you meet the training requirements of OSHA 29 CFR 1910.119. In this program, you will learn about the characteristics of hydrochloric acid, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| A5053 | Occupational Exposure to Lead | Occupational Exposure to Lead is designed to help you meet the requirements of 29 CFR 1910.1025. You will learn about the hazards of lead, the exposure limits, proper use of protective equipment, and the components of medical surveillance and removal. | 1.25 |
| A5037a | Occupational Exposure to Respirable Crystalline Silica | Occupational Exposure to Respirable Crystalline Silica is designed to meet the requirements of OSHA 29 CFR 1910.1053. It covers information mandated by the standard, including health effects, hazard recognition, exposure limits, personal protection, and medical surveillance. | 1.25 |
| A5037 | Occupational Exposure to Respirable Crystalline Silica - General Industry | Occupational Exposure to Respirable Crystalline Silica is designed to meet the requirements of OSHA 29 CFR 1910.1053. It covers information mandated by the standard, including health effects, hazard recognition, exposure limits, personal protection, sampling and monitoring, and medical surveillance. | 1.5 |
| A5043 | Occupational Exposure to Sodium Hydroxide (Caustic Soda) | Occupational Exposure to Sodium Hydroxide (Caustic Soda) is designed to help you meet the training requirements of OSHA 29 CFR 1910.119. In this program, you will learn about the characteristics of sodium hydroxide, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| A5033 | Occupational Exposure to Sulfur Dioxide | Occupational Exposure to Sulfur Dioxide is designed to help you meet the training requirements of 29 CFR 1910.119. In this program, you will learn about the characteristics of sulfur dioxide, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| A5042 | Occupational Exposure to Sulfuric Acid | Occupational Exposure to Sulfuric Acid is designed to help you meet the training requirements of 29 CFR 1910.119. In this program, you will learn about the characteristics of sulfuric acid, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |

Hazmat Transportation

| Course # | Course Title | Description | Hrs |
|----------|------------------------------|---|-----|
| A5076 | DOT Drug and Alcohol Testing | DOT Drug and Alcohol Testing is designed to help you meet the training requirements of 49 CFR 199, Subparts A, B, and C. In this program, you will learn about safety-sensitive employees, the drug testing process and schedule, and consequences of refusal and positive results. | 1 |

HEALTH, SAFETY & ENVIRONMENT

Hazmat Transportation *(Continued)*

| Course # | Course Title | Description | Hrs |
|----------|---|---|-----|
| A5025 | DOT Hazardous Materials Employee Safety | This program is designed to help you meet the training requirements of DOT 49 CFR 172.704. Topics include identifying hazardous materials, self-protection and employer-provided protection methods, and emergency response procedures. | 1.5 |
| A5026 | DOT Hazardous Materials General Awareness | DOT Hazardous Materials General Awareness is designed to help you meet the training requirements of DOT 49 CFR 172.704(a)(1). The program explains how to prepare shipping papers, how to use the DOT Hazardous Materials Table, how to package and ship materials and how to safely load and unload hazardous materials. | 3 |
| A5059 | DOT Hazardous Materials Transportation Security Awareness | DOT Hazardous Materials Transportation Security Awareness is designed to help you meet the training requirements of DOT 49 CFR 172.704 (a)(4). Topics include security hazard awareness, safe work practices, and responding to threats. | 0.5 |
| A5066 | Export Compliance and Global Trade Guidelines | In Export Compliance and Global Trade Guidelines, you will learn about industry and security regulations related to international commerce. | 0.5 |
| A5073 | Introduction to Hazmat Transportation Regulations | Employees at corporate offices are often tasked with preparing domestic or international hazardous material/dangerous good shipments. Because of these responsibilities, corporate employees must be familiar with international air and marine rules, and DOT regulations used for air, water, highway, rail and inter-modal transportation domestically. This module is intended to provide an overview for an office advisor or one who arranges or assists in arranging hazardous materials/dangerous goods transportation. | 2 |

Industrial Hygiene

| Course # | Course Title | Description | Hrs |
|----------|-----------------------------|---|-----|
| A5010 | Access to Medical Records | Access to Medical Records is designed to help you meet the training requirements of 29 CFR 1910.1020. It covers information mandated by the standard, including the types of medical and exposure records and how to access this information. | 0.5 |
| A5013 | Eye and Face Protection | Eye and Face Protection is designed to help you meet the training requirements of OSHA 29 CFR 1910.133 and 1910.132(f). It covers information mandated by the standard, including how eye and face injuries occur, and how the proper selection and use of personal protective equipment can prevent injuries. | 1.5 |
| A5078 | Eye Wash and Safety Showers | In Eye Wash and Safety Showers, you will learn about emergency wash stations including: chemical eye injuries, emergency showers, emergency eye wash stations, hand held drench hoses, combination wash units, properly using emergency wash stations. | 1 |
| A5002 | Hearing Protection | Hearing Protection is designed to help you meet the training requirements of OSHA 29 CFR 1910.95(k). It covers information mandated by the standard, including how noise affects hearing; the components of the Hearing Conservation Program; selection, fitting, the use of hearing protection devices; and audiometric testing. | 2 |
| A5093 | Industrial Hygiene | In Industrial Hygiene, you will learn about the roles and responsibilities of the Industrial Hygienist at your company. Most specifically, you will learn about how the Industrial Hygienist works within an occupational environment to respond to and control hazards. | 1 |
| A5011 | Ionizing Radiation | Ionizing Radiation is designed to help you meet the training requirements of 29 CFR 1910.1096. It covers information mandated by the standard, including safety problems associated with exposure to radiation, sources of ionizing radiation in the workplace, and procedures and devices which can minimize exposures. | 1.5 |

HEALTH, SAFETY & ENVIRONMENT

Industrial Hygiene (Continued)

| Course # | Course Title | Description | Hrs |
|----------|--|--|------|
| A5015 | Laboratory Safety | Laboratory Safety is designed to help you meet the training requirements of 29 CFR 1910.1450(f). It explains the contents of the Laboratory Standard and covers the properties of hazardous chemicals. It also covers safe work practices with laboratory chemicals and chemical hygiene plan development. | 3 |
| A5024 | Occupational Exposure to Blood-borne Pathogens | This program is designed to help you meet the training requirements of OSHA 29 CFR 1910.1030. Topics covered include the symptoms of blood-borne diseases, transmission of blood-borne pathogens, the exposure control plan, recognizing potential exposure situations and personal protective equipment. | 2 |
| A5014 | Personal Protective Equipment | Personal Protective Equipment is designed to help you meet the training requirements of OSHA 29 CFR 1910.132. You will learn about the proper use of PPE, and head, ear, eye, face, and body and hand protection. | 1 |
| A5001 | Respiratory Protection | Respiratory Protection is designed to help you meet the training requirements of OSHA 29 CFR 1910.134(k). It covers information mandated by the standard including respiratory hazards, types of respirators, respirator selection, fitting and maintenance, medical surveillance, and respirator training and administration. | 2 |
| A5046 | Toxic Chemicals | Toxic Chemicals is designed to help you meet the training requirements of OSHA 29 CFR 1910.1200(h) for employees who work with and around toxic chemicals. You will learn about the dangers of toxic chemicals and safe handling techniques. | 1.5 |
| A5047 | Unstable and Reactive Chemicals | Unstable and Reactive Chemicals is designed to help you meet the training requirements of OSHA 29 CFR 1910.1200(h) for employees who work with and around unstable or reactive chemicals. You will learn about the dangers of unstable and reactive chemicals and safe handling techniques. | 1.25 |

Powered Industrial Equipment

| Course # | Course Title | Description | Hrs |
|----------|--|--|-----|
| A5023 | Forklifts and Powered Industrial Trucks | Powered Industrial Trucks is designed to help you meet the training requirements of OSHA 29 CFR 1910.178. It covers information regarding powered industrial trucks including Forklifts, vehicle operations, and material operations. | 1.5 |
| A5056 | Rigging, Slings and Crane Lifts | In Rigging, Slings and Crane Lifts, you will learn about safe lifting and rigging practices including planning a lift, proper rigging techniques, center of gravity, rigging hardware, safe working load, types of cranes, and hand signals. In addition, you will learn about the types of slings, hitches and chain hoists including slings and sling angles, hitches and slings, multiple leg hitches, sling storage and handling, and chain hoists. It is designed to help you meet the requirements of OSHA 29 CFR 1910.179, OSHA 29 CFR 1910.180, OSHA 29 CFR 1910.181, OSHA 29 CFR 1910.182, and OSHA 29 CFR 1910.68. | 2.5 |
| A5051 | Vehicle-Mounted Elevated Work Platforms and Aerial Lifts | Vehicle-Mounted Elevated Work Platforms and Aerial Lifts is designed to help you meet the requirements of 29 CFR 1910.67. You will learn about preparing and operating the aerial lift to ensure your safety and the safety of those around you. | 1 |

Quality Assurance & Control

| Course | Course Title | Description | Hrs |
|--------|--------------------------|---|-----|
| A5060 | Jet Fuel Quality Control | Jet Fuel Quality Control is designed to meet the requirements set forth in Air Transport Association's Specification 103. You will learn about aviation fuel quality standards, working with aviation fuel equipment, and storage and testing requirements. | 3 |

HEALTH, SAFETY & ENVIRONMENT

RCRA / Hazardous Waste Management

| Course # | Course Title | Description | Hrs |
|----------|--|---|------|
| A5164 | RCRA Emergency Response | RCRA Emergency Response is designed to help you meet the training requirements of 40 CFR 264.16. It covers contingency planning, the emergency coordinator, and emergency equipment and procedures. | 0.75 |
| A50161 | RCRA Generators | RCRA Generators is designed to help you meet the training requirements of 40 CFR 264.16. It provides a general overview of the Resource Conservation and Recovery Act and explains the specific duties of hazardous waste generators. | 0.75 |
| A50162 | RCRA Transporters | RCRA Transporters is designed to help you meet the training requirements of 40 CFR 264.16. It explains the Hazardous Waste Manifest System and covers the duties of hazardous waste transporters. | 0.5 |
| A50163 | RCRA Treatment, Storage, and Disposal Facilities | RCRA Treatment, Storage, and Disposal Facilities is designed to help you meet the training requirements of 40 CFR 264.16. It explains the duties of hazardous waste treatment, storage and disposal facilities. | 0.5 |

Safe Work Practices

| Course # | Course Title | Description | Hrs |
|----------|--|---|------|
| A5089a | Accident Control Techniques: Introduction | In this program, you will learn basic process facility accident control techniques, including handling materials safely, personal protective equipment, and fire prevention. | 3 |
| A5089b | Accident Control Techniques: Safe Work Practices | In this program, you will learn basic process facility accident control techniques, including precautions for working near processes, replacing safeguards, working with plant machinery, equipment and vehicles | 3 |
| A5088 | Accident Prevention | In this program, you will learn basics of accident prevention including causes of accidents, safe work habits, lifting and carrying loads, slips and falls, and personal protection equipment. | 1 |
| A5081 | Arc Flash Safety | In Arc Flash Safety, you will learn about the types and hazards arc flashes associated with electrical faults and arc flash protection including personal protective equipment used to protect workers. | 0.75 |
| A5003 | Confined Space Entry | Confined Space Entry is designed to help you meet the training requirements of 29 CFR 1910.146(k). It covers information mandated by the standard including hazard identification, safe work practices, vessel entry permit, personal protection equipment, entry procedures and exposure symptoms. | 2.5 |
| A5065 | Driving Safety | In Driving Safety, you will learn about safe driving techniques within a process facility, including facility transportation, handling techniques, and safe driving procedures. | 1.5 |
| A5069 | EHS Regulatory Overview | In this module, you will learn about U.S. environmental, health, safety, security, transportation and product safety regulations that impact the process industry. | 1 |
| A5021 | Electrical Safety for Qualified Employees | Electrical Safety for Qualified Employees is designed to help you meet the training requirements of OSHA 29 CFR 1910.332. Topics covered include identifying energized parts, testing for nominal voltage, grounding, personal protective equipment and safe clearance distances. | 2 |
| A5020 | Electrical Safety for Unqualified Employees | Electrical Safety For Unqualified Employees is designed to help you meet the training requirements of OSHA 29 CFR 1910.332. Topics covered include how electricity can hurt you, protective measures for working around motors and other energized equipment, and procedures for inspecting and re-energizing electrical equipment. | 1.5 |

HEALTH, SAFETY & ENVIRONMENT

Safe Work Practices (Continued)

| Course # | Course Title | Description | Hrs |
|----------|---|--|------|
| A5057 | Excavation and Trenching | Excavation and Trenching is designed to help you meet the training requirements of OSHA 29 CFR 1926.650. You will learn about the hazards of excavations and trenches and how to protect yourself during digs | 2.5 |
| A5057a | Excavation and Trenching for Operations Personnel | In Excavation and Trenching for Operations Personnel, you will learn about the hazards of excavations and trenches. | 2 |
| A5022 | Fall Prevention | Fall Prevention is designed to help you meet the basic training requirements of OSHA 29 CFR 1910.23 (c)(1) and OSHA 29 CFR 1926.503. The program identifies the various types of fall hazards and shows you ways to reduce or eliminate the danger. Special emphasis on selection and use of lanyards, full body harnesses and anchorage points. | 2 |
| A5092 | First Aid Procedures | This program is designed to help you respond safely and properly to events that require first aid treatment. | 2 |
| A5096 | Hand and Power Tool Safety | In Hand and Power Tool Safety, you will the importance of hand and power tool safe work practices including selection, storage and proper personal protective equipment. | 0.75 |
| A5075 | Hand Safety | Hand Safety is designed to help you meet the training requirements of 29 CFR 1910.138. In this program, you will learn about hand hazards, hand tool safety, machine guards, PPE, and how to complete a hazard assessment. | 1 |
| A5055 | Heat Stress Safety | In Heat Stress Safety, you will learn how to work safely in a hot environment, including the physical effects and hazards of heat. | 0.5 |
| A5032 | Helicopter Safety | Helicopter Safety is designed to help you meet the training requirements of OSHA 29 CFR 1910.183. You will learn how to safely approach, stow luggage, board and de-board a helicopter. The program also covers what you should do in emergency situations, emergency equipment found on helicopters, and how to properly don an aviation life vest. | 1 |
| A5030 | Hot Work | Hot Work is designed to help you meet the training requirements of OSHA 29 CFR 1910.252. It covers information mandated by the standard including how to prepare a workspace for hot work and how to conduct fire watches to prevent incidences of fire or explosion. | 1 |
| A5031b | Industrial Ergonomics | In Industrial Ergonomics, you will learn what ergonomics is and how to prevent ergonomics-related injuries. You will learn about hand tool ergonomics and material handling ergonomics. | 1.75 |
| A5068 | Ladder Safety | In this program, you will learn about the requirements for working safely with ladders as defined in OSHA 29 CFR 1926.1053. You will learn about the different types of ladders, using ladders safely, and the requirements for ladder inspection. | 0.5 |
| A5068a | Ladder Safety for Construction | In this program, you will learn about the requirements for working safely with ladders in construction as defined in OSHA 29 CFR 1926.1053. You will learn about the different types of ladders, using ladders safely, and the requirements for ladder inspection. | 0.5 |
| A5067 | Line Breaking | In this program, you will learn about specific guidelines used to eliminate or minimize the extreme hazards associated with breaking into a line, vessel, or system. | 0.5 |
| A5012 | Lockout/Tagout | Lockout/Tagout is designed to help you meet the training requirements of OSHA 29 CFR 1910.147(c)(7). It covers information mandated by the OSHA standard including sources of hazardous energy, isolating equipment and controlling stored energy, applying and removing lockout/tagout and group lockout/tagout. | 3 |
| A5079 | Manual Handling and Lifting Techniques | In Manual Handling and Lifting Techniques, you will learn about the manual handling and lifting techniques including manual handling hazards, assessing manual handling risks, methods to control the risks, and best practices for safely performing manual handling and lifts for avoiding injuries. | 1 |

HEALTH, SAFETY & ENVIRONMENT

Safe Work Practices (Continued)

| Course # | Course Title | Description | Hrs |
|----------|---|---|------|
| A5031a | Office Office Ergonomics | In this program, you will learn about office ergonomics in the workplace. You will learn what ergonomics is and how to prevent ergonomics-related injuries when performing office work. | 1.5 |
| A5090 | Office Safety | In Office Safety, you will learn guidelines for working safely and ergonomically to prevent hazards and injuries. You will also learn how to properly organize a computer workstation. | 3 |
| A5080 | Offshore Water Safety | In Offshore Water Safety, you will learn about offshore rig hazards, safe work practices, and emergency action/response plan elements. You will also learn about emergency evacuation plans, personal flotation devices (PFDs), and lifeboats and life rafts. | 1 |
| A5054 | Oxygen-Fuel Gas Welding and Cutting | Oxygen Fuel Gas Welding and Cutting is designed to help you meet the requirements of 29 CFR 19 10.253. You will learn how to use oxygen-fuel equipment safely, how to protect yourself, and startup and shutdown procedures. | 2 |
| A5074 | Process Safety and Fatigue Management | Process Safety and Fatigue Management is designed to help you meet the basic training requirements of ANSI/API's Recommended Practice 755. The module includes information regarding fatigue risks, shift work sleep disorder, and how to obtain quality sleep. | 1 |
| A5074a | Process Safety and Fatigue Management for Supervisors | Process Safety and Fatigue Management for Supervisors is designed to help supervisors meet the basic training requirements of ANSI/API's Recommended Practice 755. The module includes information regarding fatigue risks, shift work sleep disorder, and how to obtain quality sleep. | 1 |
| A5058 | Scaffolding | Scaffolding is designed to help you meet the requirements of 29 CFR 1910.28. Topics include the safe use of scaffolds and scaffold requirements, including inspection criteria. | 3 |
| A5018 | Specifications for Accident Prevention Signs and Tags | Specifications for Accident Prevention Signs and Tags is designed to help you meet the training requirements of OSHA 29 CFR 1910.145. Topics covered include identification of signs and tags, hazard determination, and precautions to take for personal protection as indicated by signs. | 0.75 |
| A5027 | Storage and Handling of Anhydrous Ammonia | Storage and Handling of Anhydrous Ammonia is designed to help you meet the training requirements of OSHA 29 CFR 1910.111. The program explains the hazards of anhydrous ammonia and shows you how to protect yourself by avoiding exposures and using personal protective equipment. The program also shows you the proper procedures to follow when storing and transferring anhydrous ammonia. | 1.25 |
| A5034 | Toxic Substances Control Act (TSCA) | In Toxic Substances Control Act, you will learn about the EPA-administered Toxic Substances Control Act. This regulation is designed to control the hazards of chemical substances in production and prevent risks to public health and the environment. | 0.5 |
| A5077 | Walking/Working Surfaces | Walking/Working Surfaces is designed to help you meet the training requirements of 29 CFR 1910.22 Subpart D. In this program, you will learn about working safely around walking and working surfaces. | 0.65 |
| A5095 | Warehouse Safety | In Warehouse Safety, you will learn there are many potential hazards in warehouse operations that cause fatalities or injuries. This program identifies the more common hazards and risks involved with working in a warehousing environment including storage and rack systems; loading and unloading areas; material handling and storage hazards including manual lifting and forklift operations; and housekeeping hazards of personal protective equipment, hazard communication and slips, trips and falls. | 1 |
| A5058a | Working on Scaffolds | Working on Scaffolds covers the safe use of scaffolds and the hazards associated when working on a scaffold. | 1.5 |

HEALTH, SAFETY & ENVIRONMENT

Security

| Course # | Course Title | Description | Hrs |
|----------|---|---|-----|
| A5063 | Security Training: All Personnel | Security Training: All Personnel is designed to help you meet the requirements of 33 CFR 105.210 and the Coast Guard's Homeland Security initiatives. You will learn about your security roles and responsibilities. | 1 |
| A5061 | Security Training: Facility Security Officer Overview | Facility Security Officer Training is designed to help you meet the requirements of 33 CFR 105.205 and the Coast Guard's Homeland Security initiatives. You will learn about the roles and responsibilities of the Facility Security Officer. | 2 |
| A5062 | Security Training: Security Personnel | Security Training: Security Personnel is designed to help you meet the requirements of 33 CFR 105.210 and the Coast Guard's Homeland Security initiatives. You will learn about your security roles and responsibilities. | 2 |
| A5064 | Workplace Violence | Key to preventing workplace violence is understanding the risk factors that cause it. In this program, you will learn about the nature of workplace violence and the proper response to threats. | 1 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Emergency Planning & Response

| Course # | Course Title | Description | Hrs |
|--------------|--|--|------|
| UK-HSE 5009 | Hazardous Waste Spill Response, Containment and Decontamination - UK | In Hazardous Waste Spill Response, Containment and Decontamination, you will learn about hazard and risk assessment, how to perform basic control, containment and confinement operations, how to implement decontamination procedures, and how to select and use personal protective equipment. | 3 |
| UK-HSE 5038 | Incident Reporting and Investigation - UK | In Incident Reporting and Investigation, you will learn about the steps for reporting any incidents and near misses. | 0.5 |
| UK-HSE 5091 | Office Fire Safety - UK | Office Fire Safety is designed to help you meet the training requirements of Health and Safety at Work etc Act 1974. This program is designed to help you respond safely and properly in the event of an office fire including how to operate the standard office fire extinguisher. | 1 |
| UK-HSE 5007 | Overview of Hazardous Waste Operations and Emergency Response - UK | In this program, you will learn about hazardous waste operations and emergency response, including types of events, types of workers, incident command system, and emergency response categories. | 1.5 |
| UK-HSE 5004 | Portable Fire Extinguishers - UK | Portable Fire Extinguishers is designed to help you meet the training requirements of HSE Regulatory Reform (Fire Safety) Order 2005. It covers information mandated by the standard including design, operation, the various types of portable extinguishers, firefighting techniques and types of fires and how to deal with each. | 2.5 |
| UK-HSE 5004a | Portable Fire Extinguishers: Non-Emergency Responder - UK | Portable Fire Extinguishers: Non-Emergency Responder is designed to help you meet the training requirements of HSE Regulatory Reform (Fire Safety) Order 2005. for non-emergency response personnel. It covers information such as extinguisher design, operation, and the various types of portable extinguishers. | 1 |
| UK-HSE 5028 | Spill Prevention, Control, and Countermeasures - UK | In Spill Prevention, Control, and Countermeasures, you will learn how to operate and maintain equipment in a manner that prevents oil discharge. | 0.75 |

Environment

| Course # | Course Title | Description | Hrs |
|-------------|------------------------------|--|-----|
| UK-HSE-5094 | Environmental Awareness - UK | In Environmental Awareness, you will learn about important regulations and practices which guide work in oil and gas process operations. You will learn about ways in which your work affects the environment, and measures your company takes to safeguard the environment and dispose of waste properly. | 2 |

Hazard Communication

| Course # | Course Title | Description | Hrs |
|---------------|--------------------------------------|--|------|
| UK-HSE 5019 (| Asbestos - UK | Asbestos is designed to help you meet the basic training requirements of Control of Asbestos Regulations 2012, Regulation 10. Subjects include the health effects of exposure, use and storage of asbestos, operations with exposure potential, engineering controls and work practices, respiratory protection and the medical surveillance program. | 2 |
| UK-HSE 5036 | Assessing Occupational Exposure - UK | Assessing Occupational Exposure is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn about how workplace exposure to hazardous materials is determined. You will learn about worksite hazards, the role of the exposure assessment coordinator, and training and recordkeeping requirements. | 0.75 |
| UK-HSE 5005 | Benzene - UK | Benzene is designed to help you meet the training requirements of Control of Substances Hazardous to Health Regulations 2002 (COSHH). It covers hazard recognition, personal protection, sampling and monitoring, medical surveillance, benzene safety, technical guidelines and the medical program. | 2 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Hazard Communication (Continued)

| Course # | Course Title | Description | Hrs |
|-----------------|---|---|------|
| UK-HSE 5048 | Explosive and Flammable Chemicals - UK | Explosive and Flammable Chemicals is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). You will learn about the elements of combustion and flammability, and you will also learn about safe work practices for explosives and flammables. | 1.5 |
| UK-HSE 5029 | Hydrogen Sulphide (H ₂ S) - UK | Hydrogen Sulphide is designed to help you meet the basic training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). Topics covered include the dangers of hydrogen sulphide and protection methods. | 1.5 |
| UK-HSE 5045 | Irritants, Corrosives, and Sensitizers - UK | Irritants, Corrosives, and Sensitizers is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). You will learn about their characteristics, hazards, and methods of personal protection, including safe work practices. | 1 |
| UK-HSE 5035 | Naturally Occurring Radioactive Materials (NORM) - UK | Naturally Occurring Radioactive Materials (NORM) is designed to help you meet the training requirements of Ionising Radiation Regulations 1999. You will learn about the characteristics of NORM, the hazards and safeguards for working with NORM. | 2 |
| UK-HSE 5049 | Nitrogen Safe Use and Handling - UK | Nitrogen Safe Use and Handling is designed to help you meet the training requirements of The Health and Safety at Work etc Act 1974 and the Management of Health and Safety at Work Regulations 1999. You will learn how to work safely with nitrogen, including characteristics and health hazards of nitrogen. You will learn how to handle spills, fires and liquid nitrogen safely. | 1 |
| UK-HSE 5040 | Occupational Exposure to 1,3-Butadiene - UK | Occupational Exposure to 1,3-Butadiene is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) in accordance with MDHS 63/2. In this program, you will learn about the characteristics of 1,3-butadiene, its health effects, exposure limits, sources, personal protective equipment, air monitoring, and medical surveillance. | 1 |
| UK-HSE 5052 | Occupational Exposure to Carcinogens - UK | Occupational Exposure to Carcinogens is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) for employees who work with carcinogens. You will learn about cancer, methods of controlling carcinogens, and ways to reduce your risk. | 1.25 |
| UK-HSE 5044 | Occupational Exposure to Chlorine - UK | Occupational Exposure to Chlorine is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) for employees who work with and around chlorine. You will learn the characteristics and health hazards of chlorine and what personal protective equipment you should wear when working with or around chlorine. | 0.5 |
| UK-HSE- 5072 | Occupational Exposure to Formaldehyde - UK | Occupational Exposure to Formaldehyde is designed to help you meet the basic training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). You will learn about the regulatory requirements for employees who work with formaldehyde, formaldehyde gas, or solutions and materials that release formaldehyde. In addition, you will learn how to reduce your exposure and how to respond to formaldehyde emergencies. | 1 |
| UK-HSE- 5039 | Occupational Exposure to Hexavalent Chromium - UK | Occupational Exposure to Hexavalent Chromium is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). In this program, you will learn about the characteristics of hexavalent chromium, its health effects, exposure limits, sources, personal protective equipment, and air monitoring and medical surveillance requirements. | 1 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Hazard Communication (Continued)

| Course # | Course Title | Description | Hrs |
|-------------|---|---|------|
| UK-HSE-5041 | Occupational Exposure to Hydrochloric Acid - UK | Occupational Exposure to Hydrochloric Acid is designed to help you meet the training requirements of The Management of Health and Safety at Work Regulations 1999 and Health and Safety at Work etc Act 1974. In this program, you will learn about the characteristics of hydrochloric acid, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| UK-HSE-5053 | Occupational Exposure to Lead - UK | Occupational Exposure to Lead is designed to help you meet the requirements of Health and Safety Executive Control of Lead at Work Regulations 2002. You will learn about the hazards of lead, the exposure limits, proper use of protective equipment, and the components of medical surveillance and removal. | 1.25 |
| UK-HSE-5043 | Occupational Exposure to Sodium Hydroxide (Caustic Soda) - UK | Occupational Exposure to Sodium Hydroxide (Caustic Soda) is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). In this program, you will learn about the characteristics of sodium hydroxide, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| UK-HSE-5033 | Occupational Exposure to Sulphur Dioxide - UK | Occupational Exposure to Sulphur Dioxide is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). In this program, you will learn about the characteristics of sulphur dioxide, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| UK-HSE-5042 | Occupational Exposure to Sulphuric Acid - UK | Occupational Exposure to Sulphuric Acid is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). In this program, you will learn about the characteristics of sulphuric acid, its health effects, exposure limits, sources, and personal protective equipment. | 0.5 |
| UK-HSE-5046 | Toxic Chemicals - UK | Toxic Chemicals is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) for employees who work with and around toxic chemicals. You will learn about the dangers of toxic chemicals and safe handling techniques. | 1.25 |
| UK-HSE-5042 | Occupational Exposure to 1,3-Butadiene - UK | Occupational Exposure to 1,3-Butadiene is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) in accordance with MDHS 63/2. In this program, you will learn about the characteristics of 1,3-butadiene, its health effects, exposure limits, sources, personal protective equipment, air monitoring, and medical surveillance. | 1 |
| UK-HSE-5047 | Unstable and Reactive Chemicals - UK | Unstable and Reactive Chemicals is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) for employees who work with and around unstable or reactive chemicals. You will learn about the dangers of unstable and reactive chemicals and safe handling techniques. | 1.25 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Industrial Hygiene

| Course # | Course Title | Description | Hrs |
|-------------|---|---|-----|
| UK-HSE-5010 | Access to Medical Records - UK | Access to Medical Records is designed to help you meet the training requirements of the UK Health and Safety Executive. It covers information mandated by the standard, including the types of medical and exposure records and how to access this information. | 0.5 |
| UK-HSE-5013 | Eye and Face Protection - UK | Eye and Face Protection is designed to help you meet the training requirements of HSE Personal Protective Equipment at Work Regulations 1992. It covers information mandated by the standard, including how eye and face injuries occur, and how the proper selection and use of personal protective equipment can prevent injuries. | 1.5 |
| UK-HSE-5078 | Eye Wash and Safety Showers - UK | Eye Wash and Safety Showers is designed to help you meet the training requirements of Health and Safety at Work etc. Act 1974 and ANSI Z358.1-2009 established performance and use requirements. You will learn about emergency wash stations including: chemical eye injuries, emergency showers, emergency eye wash stations, hand held drench hoses, combination wash units, properly using emergency wash stations. | 1 |
| UK-HSE-5002 | Hearing Protection - UK | Hearing Protection is designed to help you meet the training requirements of Health and Safety Executive Control of Noise Work Regulations 2005. It covers information mandated by the standard, including how noise affects hearing; the components of the Hearing Conservation Program; selection, fitting, the use of hearing protection devices; and audiometric testing. | 2 |
| UK-HSE-5093 | Industrial Hygiene - UK | Industrial Hygiene is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn about the roles and responsibilities of the Industrial Hygienist at your company. Most specifically, you will learn about how the Industrial Hygienist works within an occupational environment to respond to and control hazards. | 1 |
| UK-HSE-5011 | Ionising Radiation - UK | Ionising Radiation is designed to help you meet the training requirements of Ionising Radiations Regulations 1999 Regulation 14. It covers information mandated by the standard, including safety problems associated with exposure to radiation, sources of ionizing radiation in the workplace, and procedures and devices which can minimize exposures. | 1.5 |
| UK-HSE-5015 | Laboratory Safety - UK | Laboratory Safety is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH) for employees who work with and around chemicals in laboratories. It explains the properties of hazardous chemicals, safe work practices with laboratory chemicals and a chemical hygiene plan development. | 3 |
| UK-HSE-5024 | Occupational Exposure to Blood-borne Pathogens - UK | This program is designed to help you meet the HSE training requirements of the Health and Safety at Work etc Act 1974 and the Management of Health and Safety at Work Regulations 1999. Topics covered include the symptoms of blood-borne diseases, transmission of blood-borne pathogens, the exposure control plan, recognizing potential exposure situations and personal protective equipment. | 2 |
| UK-HSE-5014 | Personal Protective Equipment - UK | Personal Protective Equipment is designed to help you meet the training requirements of HSE Personal Protective Equipment at Work Regulations 1992. You will learn about the proper use of PPE, and head, ear, eye, face, and body and hand protection. | 1 |
| UK-HSE-5001 | Respiratory Protection - UK | Respiratory Protection is designed to help you meet the training requirements of COSHH 2002 and Personal Protective Equipment at Work Regulations 1992. It covers information mandated by the standard including respiratory hazards, types of respirators, respirator selection, fitting and maintenance, medical surveillance, and respirator training and administration. | 2 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Powered Industrial Equipment

| Course # | Course Title | Description | Hrs |
|-------------|---|---|-----|
| UK-HSE-5023 | Forklifts and Powered Industrial Trucks - UK | Powered Industrial Trucks is designed to help you meet the training requirements for HSE regarding lift trucks. It covers information regarding powered industrial trucks including Forklifts, vehicle operations, and material operations. | 1.5 |
| UK-HSE-5056 | Rigging, Slings and Crane Lifts - UK | In Rigging, Slings and Crane Lifts, you will learn about safe lifting and rigging practices including planning a lift, proper rigging techniques, center of gravity, rigging hardware, safe working load, types of cranes, and hand signals. In addition, you will learn about the types of slings, hitches and chain hoists including slings and sling angles, hitches and slings, multiple leg hitches, sling storage and handling, and chain hoists. It is designed to help you meet the requirements of Lifting Operations and Lifting Equipment Regulations 1998 (LOLER), Provision and Use of Work Equipment Regulations 1998 (PUWER) and Management of Health and Safety at Work Regulations 1999. | 3 |
| UK-HSE-5051 | Vehicle-Mounted Elevated Work Platforms and Aerial Lifts - UK | Vehicle-Mounted Elevated Work Platforms and Aerial Lifts is designed to help you meet the requirements of the Work at Height Regulations 2005. You will learn about preparing and operating the aerial lift to ensure your safety and the safety of those around you. | 1 |

Process Safety

| Course # | Course Title | Description | Hrs |
|-------------|-----------------------|---|-----|
| UK-HSE-5095 | Warehouse Safety - UK | Warehouse Safety is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn there are many potential hazards in warehouse operations that cause fatalities or injuries. This program identifies the more common hazards and risks involved with working in a warehousing environment including storage and rack systems; loading and unloading areas; material handling and storage hazards including manual lifting and forklift operations; and housekeeping hazards of personal protective equipment, hazard communication and slips, trips and falls. | 1 |

Safe Work Practices

| Course # | Course Title | Description | Hrs |
|-------------|--|---|-----|
| UK-HSE-5003 | Confined Space Entry - UK | Confined Space Entry is designed to help you meet the training requirements of the Health and Safety Executive Confined Space Regulations 1997. It covers information mandated by the standard including hazard identification, safe work practices, vessel entry permit, personal protection equipment, entry procedures and exposure symptoms. | 2.5 |
| UK-HSE-5065 | Driving Safety - UK | Driving Safety is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn about safe driving techniques within a process facility, including facility transportation, handling techniques, and safe driving procedures. | 1.5 |
| UK-HSE-5021 | Electrical Safety for Qualified Employees - UK | Electrical Safety for Qualified Employees is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. Topics covered include identifying energized parts, testing for nominal voltage, grounding, personal protective equipment and safe clearance distances. | 2 |
| UK-HSE-5020 | Electrical Safety for Unqualified Employees - UK | Electrical Safety For Unqualified Employees is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. Topics covered include how electricity can hurt you, protective measures for working around motors and other energized equipment, and procedures for inspecting and re-energizing electrical equipment. | 1.5 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Safe Work Practices (Continued)

| Course # | Course Title | Description | Hrs |
|--------------|---|--|------|
| UK-HSE-5057 | Excavation and Trenching - UK | Excavation and Trenching is designed to help you meet the training requirements of Health and Safety Executive guidelines for excavations. You will learn about the hazards of excavations and trenches and how to protect yourself during digs. | 2.5 |
| UK-HSE-5022 | Fall Prevention - UK | Fall Prevention is designed to help you meet the basic training requirements of Work at Height Regulations 2005 (WAHR). The program identifies the various types of fall hazards and shows you ways to reduce or eliminate the danger. Special emphasis on selection and use of lanyards, full body harnesses and anchorage points. | 2 |
| UK-HSE-5092 | First Aid Procedures - UK | First Aid Procedures is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. It is designed to help you respond safely and properly to events that require first aid treatment. | 2 |
| UK-HSE-5075 | Hand Safety - UK | Hand Safety is designed to help you meet the training requirements of Health and Safety at Work etc. Act 1974. In this program, you will learn about hand hazards, hand tool safety, machine guards, PPE, and how to complete a hazard assessment. | 1 |
| UK-HSE-5055 | Heat Stress Safety - UK | Heat Stress Safety is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn how to work safely in a hot environment, including the physical effects and hazards of heat. | 0.5 |
| UK-HSE-5032 | Helicopter Safety - UK | Helicopter Safety is designed to help you meet the training requirements of Health and Safety at Work etc Act 1974. You will learn how to safely approach, stow luggage, board and de-board a helicopter. The program also covers what you should do in emergency situations, emergency equipment found on helicopters, and how to properly don an aviation life vest. | 1 |
| UK-HSE-5030 | Hot Work - UK | Hot Work is designed to help you meet the training requirements of The Management of Health and Safety at Work Regulations 1999. You will learn how hot work is defined, how to prepare a workspace for hot work and how to conduct fire watches to prevent incidences of fire or explosion. | 1 |
| UK-HSE-5031b | Industrial Ergonomics - UK | Industrial Ergonomics helps you meet the training requirements required by the Health and Safety at Work etc Act 1974 and specified by HSE's Ergonomics and Human Factors at Work. You will learn what ergonomics is, how to prevent ergonomics-related injuries, hand tool ergonomics and material handling ergonomics. | 1.75 |
| UK-HSE-5068 | Ladder Safety - UK | In this program, you will learn about the requirements for working safely with ladders as required by HSE Work at Height Regulations 2005. You will learn about the different types of ladders, using ladders safely, and the requirements for ladder inspection. | 0.5 |
| UK-HSE-5067 | Line Breaking - UK | Line Breaking is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. In this program, you will learn about specific guidelines used to eliminate or minimize the extreme hazards associated with breaking into a line, vessel, or system. | 0.5 |
| UK-HSE-5012 | Lockout/Tagout - UK | Lockout/Tagout covers sources of hazardous energy, isolating equipment and controlling stored energy, applying and removing lockout/tagout and group lockout/tagout. It is designed to help you meet the training requirements of The Electricity at Work Regulations 1989. | 2 |
| UK-HSE-5079 | Manual Handling and Lifting Techniques - UK | Manual Handling and Lifting Techniques will help you meet the requirements of Health and Safety at Work etc. Act 1974. You will learn about the manual handling and lifting techniques including manual handling hazards, assessing manual handling risks, methods to control the risks, and best practices for safely performing manual handling and lifts for avoiding injuries. | 1 |

HEALTH, SAFETY & ENVIRONMENT - UK/EU

Safe Work Practices (Continued)

| Course # | Course Title | Description | Hrs |
|--------------|--|---|------|
| UK-HSE-5031a | Office Ergonomics - UK | In this program, you will learn about office ergonomics in the workplace as required by the Health and Safety at Work etc Act 1974 and specified by HSE's Ergonomics and Human Factors at Work. You will learn what ergonomics is and how to prevent ergonomics-related injuries when performing office work. | 1.5 |
| UK-HSE-5090 | Office Safety - UK | Office Safety is designed to help you meet the training requirements of HSE Health and Safety at Work etc Act 1974. You will learn guidelines for working safely and ergonomically to prevent hazards and injuries. You will also learn how to properly organize a computer workstation. | 3 |
| UK-HSE-5080 | Offshore Water Safety - UK | Offshore Water Safety is designed to help you meet the training requirements of Health and Safety at Work etc Act 1974. You will learn about offshore rig hazards, safe work practices, and emergency action/response plan elements. You will also learn about emergency evacuation plans, personal flotation devices (PFDs), and lifeboats and life rafts. | 1 |
| UK-HSE-5054 | Oxygen-Fuel Gas Welding and Cutting - UK | Oxygen Fuel Gas Welding and Cutting is designed to help you meet the requirements of Health and Safety at Work etc. Act 1974. You will learn how to use oxygen-fuel equipment safely, how to protect yourself, and startup and shutdown procedures. | 2 |
| UK-HSE-5074 | Process Safety and Fatigue Management - UK | Process Safety and Fatigue Management is designed to help you meet the basic training requirements of API's Recommended Practice 755 and Health and Safety at Work etc Act 1974. The module includes information regarding fatigue risks, shift work sleep disorder, and how to obtain quality sleep. | 1 |
| UK-HSE-5074a | Process Safety and Fatigue Management for Supervisors - UK | Process Safety and Fatigue Management for Supervisors is designed to help supervisors meet the basic training requirements of API's Recommended Practice 755 and to meet the requirements of Health and Safety at Work etc Act 1974. The module includes information regarding fatigue risks, shift work sleep disorder, and how to obtain quality sleep. | 1 |
| UK-HSE-5027 | Storage and Handling of Anhydrous Ammonia - UK | Storage and Handling of Anhydrous Ammonia is designed to help you meet the training requirements of Health and Safety Executive Control of Substances Hazardous to Health (COSHH). The program explains the hazards of anhydrous ammonia and shows you how to protect yourself by avoiding exposures and using personal protective equipment. The program also shows you the proper procedures to follow when storing and transferring anhydrous ammonia. | 1.25 |
| UK-HSE-5077 | Walking/Working Surfaces - UK | Walking/Working Surfaces is designed to help you meet the training requirements of The Work at Height Regulations 2005. In this program, you will learn about working safely around walking and working surfaces. | 0.65 |
| UK-HSE-5018 | Specifications for Accident Prevention Signs and Tags - UK | Specifications for Accident Prevention Signs and Tags is designed to help you meet the training requirements of HSE The Health and Safety (Safety Signs and Signals) Regulations 1996. Topics covered include identification of signs and tags, hazard determination, and precautions to take for personal protection as indicated by signs. | 0.75 |

Security

| Course # | Course Title | Description | Hrs |
|-------------|-------------------------|--|-----|
| UK-HSE-5064 | Workplace Violence - UK | Workplace Violence is designed to help you meet the training requirements of HSE Health and Safety at Work etc. Act 1974. Key to preventing workplace violence is understanding the risk factors that cause it. In this program, you will learn about the nature of workplace violence and the proper response to threats. | 1 |