

CPET Computer Based – Safety Awareness Training

Draft 3-17-21

CPET is pleased to offer our clients a variety of computer-based safety awareness training courses. These courses can be taken as standalone courses or part of a package with hands-on work-based learning in our 35 state-of-the-art labs. The computer-based learning can be offered as remote options (taken anytime, anywhere providing convenience and efficiency), or they can be proctored by CPET personnel on your site, or in one of CPET’s three computer labs. Contact us for more information.

Trainings are offered in three categories:

- **Safety Awareness Fundamentals Library** – A suite of computer-based courses that provide up-to-date, standardized OSHA awareness-level training.
- **PowerSafe** – An integrated comprehensive training and verification program for utility workers. Created by a unified group of utility companies and their contractor workforces, these courses provide a proven system for quality standardized training, universally accepted badges, web accessible training records, and personnel verification.
- **Association of Reciprocal Safety Councils (ARSC)** – ARSC members collaborate to develop training programs that meet a significant portion of OSHA requirements as defined within the standards. While much of the ARSC content is designed for a contractor work base and delivered in person, some computer-based courses are available as listed in this document.

Safety Awareness Fundamentals Library

	Title	Duration (mins)	Cost	Overview
1	Safety Awareness Fundamentals	120	\$25	SAF General Industry is designed to train you on the basic safety rules to satisfy regulations, introduce you to the practices necessary to perform your work safely in a heavy industrial construction or maintenance contract environment, and reinforce that knowledge in more experienced workers. The course will cover: What to expect upon entering a jobsite; Rules for safely moving around on a jobsite; General information on doing the job safely; Emergency response procedures. Topics include: General Safety; Hazard Communication; Personal Protective Equipment; Hearing Conservation; Respiratory Protection; Elevated Work and Fall Protection; Electrical Safety for the Non-Qualified Worker; Job Safety Analysis; Trenching and Excavation; Process Safety Management.
2	Accident/Incident Investigation	30	\$25	SAF Accident/Incident Investigation will explain the purpose of accident/incident investigations in the workplace and help you understand your role in the accident/incident investigation process. Covered topics include: Accidents, Incidents, Near Misses, Catastrophes, Fatalities, Catastrophic events

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3	Asbestos Awareness	30	\$25	SAF Asbestos is a general safety awareness-level course that addresses safe work practices for working with or around asbestos. Topics include: Asbestos Overview, Personal Protective Equipment, Personal Protective Equipment, Hazard Communication, Asbestos Control Methods
4	Bloodborne Pathogens	45	\$25	SAF Bloodborne Pathogens is computer-based course that provides information on OSHA’s Bloodborne Pathogen Standard. Topics include: Terminology and Definitions, Transmission and Exposure, OSHA's Bloodborne Pathogen Standard, Emergencies
5	Back Safety	60	\$25	SAF Back Safety is a computer-based course that provides training on: The anatomy of the back, Causes of back pain, Lifting safely, How to properly carry and place a load, Alternatives to lifting, How to maintain a healthy back
6	Compressed Gas Cylinders	30	\$25	Compressed Gas Cylinders - SAF Computer/Web-Based provides general safety information for working with or around compressed gas cylinders. Topics include: General Safety, Identification, Safe Usage, Safe Cylinder Handling, Storage
7	Confined Space - Awareness	60	\$25	SAF Confined Space gives trainees a basic understanding of confined space hazards and the general requirements of the OSHA Confined Space Standard. Trainees will gain an understanding of: The differences between confined spaces and “permit-required” confined spaces, The hazards associated with working in confined spaces, How to protect themselves from these hazards, Entry procedures, Reclassification procedures, Contractor requirements, The confined space entry permit, Training and duties of the entrant, attendant, and entry supervisor, Rescue and emergency services
8	Defensive Driving	45	\$25	SAF Defensive Driving presents driving techniques to keep drivers safe while on the road. Through a series of interactive scenarios, which reinforce the information presented, trainees are presented information on the following topics: Driver Condition, Vehicle Condition, The First Movement, Defensive Driving Techniques, Police Traffic Stops. <u>Note:</u> This course does not count as a Defensive driving course for insurance or traffic court purposes. It is a computer-based awareness course. Contact an authorized driving academy for more information.
9	DOT HAZMAT Transportation Security	30	\$25	DOT HAZMAT Transportation Security - SAF Computer/Web Based course will present an overview of the DOT’s Hazardous Materials Transportation Security regulations. Specifically, the course will provide: A General Awareness of Security Risks During Hazardous Materials Transport, Methods to Enhance Security, How to Recognize and Respond to Security Threats.

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10	Electrical Safe Work Practices	60	\$25	SAF Electrical Safe Work Practices provides an overview of 29 CFR 1910.332 through 335, as well as 29 CFR 1910.147, The Control of Hazardous Energy (Lockout/Tagout). The purpose of the course is to provide non-qualified workers awareness training that will assist them in working safely around energized electrical currents. The course is divided into seven sections: Terminology and Definitions, General Safety, Basic Electrical Safety, Assured Equipment Grounding Conductor Programs, Lockout/Tagout Procedures, Electrical Shock, Emergency Response.
11	Ergonomics	45	\$25	SAF Ergonomics is computer-based course that provides information on: Ergonomics, Work-related musculoskeletal problems and work-related musculoskeletal disorders (WMSDs), Terms associated with ergonomics and WMSDs, Basic ergonomic principles, Where to apply ergonomic principles. Students will leave the course with an understanding on how applying ergonomic principles to the work area can reduce work-related musculoskeletal disorders.
12	Fire Extinguisher Basics	30	\$25	SAF Fire Extinguisher Basics is designed to improve awareness on identifying the different classes of fires that may be encountered. The course provides information on how to select the most appropriate type of portable fire extinguisher, based on the following topics: Fire Basics, General Fire Extinguisher Basics, Classes of Fire Extinguishers, Training and Education.
13	Fire Safety	30	\$25	SAF Fire Safety provides basic information about how fires start and how to prevent and extinguish various types of fires. Course topics include: Fire Prevention, Fire Warning Labels, Extinguishing Systems.
14	Fall Protection	45	\$25	SAF Fall Protection is computer-based course that provides information on how to reduce fall hazards in the work place. Topics include: Terminology and definitions, Training and Employer Responsibilities, Fall Protection Systems, Basics of Elevated Work.
15	Forklift Safety	60	\$25	SAF Forklift Safety covers: Forklift Basics, Power-Operated Forklifts, Forklift Body Parts, Hydraulic System Parts, Inspection Checks, Safe Operation, Material Handling. Forklift training involves formal instruction, practical training (hands-on) and evaluation. This course meets the formal instruction portion of the training requirements for the forklift standard (1910.178). Practical (hands-on) training must be done on the same type forklift the trainee will be using.

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16	Hydrogen Sulfide - SAF	60	\$25	SAF Hydrogen Sulfide (H2S) provides basic information about the characteristics and hazards of Hydrogen Sulfide and how to work safely around Hydrogen Sulfide. Specifically, the course covers: The physical characteristics of Hydrogen Sulfide; How exposure affects the body; The names associated with Hydrogen Sulfide; Sources of Hydrogen Sulfide; Routes of exposure; How to protect yourself from the hazards of exposure; Toxicity; Evacuation procedures; How to safely perform first aid and rescue breathing on victims of Hydrogen Sulfide exposure.
17	Hearing Conservation	60	\$25	SAF Hearing Conservation is designed to inform you of OSHA's Occupational Noise Exposure Standard, CFR 29 1910.95, and the role that you and your employer will play in an established Hearing Conservation Program. The course addresses: The effect of noise on hearing, The purpose of hearing protectors, The advantages, disadvantages, and attenuation of the various types of hearing protectors, How to select, fit, use, and care for your hearing protection, The purpose of audiometric testing, An explanation of the test procedures.
18	Hazardous Materials Transportation	60	\$25	SAF Hazardous Materials Transportation covers DOT training requirements that would be generic to all employers. Topics include: Terminology and Definitions; Training; Classification of Materials; Documentation (Shipping Papers); Packaging; Labeling; Placarding; Note: Additional training may be necessary to meet specific handling requirements.
19	Hand and Power Tool Safety	30	\$25	SAF Hand and Power Tool Safety is a computer-based course that provides training on: General Tool Safety, Machine Guarding, Hand Tools, Electric Tools, Abrasive Wheel Tools, Pneumatic Tools, Powder-Actuated Tools.
20	Heat Stress	30	\$25	Many people are exposed to heat during the workday, both outdoors and in hot indoor environments. Each year, hundreds of workers become sick—and even die—from occupational heat exposure. These illnesses and deaths are preventable. Heat Stress is designed to improve awareness on identifying the various causes and symptoms of heat stress in the work environment. Topics include: Heat Stress Factors, Heat Stress Indication and Response, Heat Stress Prevention.
21	HAZWOPER First Responder Awareness - Level 1	30	\$25	Hazwoper First Responder Awareness - SAF Computer/Web based provides awareness information on OSHA's HAZWOPER Standard. Topics include: HAZWOPER Overview, HAZWOPER Plans and Programs, Personal Protective Equipment, Training Requirements, Emergency Response Levels, First Responder Awareness Level.

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22	Hazard Communication (HAZCOM)	30	\$25	SAF Hazard Communication (HAZCOM) takes a comprehensive look at OSHA’s Hazard Communication Standard, CFR 1910.1200. The course is divided into five sections: The OSHA HAZCOM Standard, Chemical Characteristics, Labeling, Safety Data Sheets, Protective Measures. NOTE: This course has been updated to include the 2012 GHS updates to OSHA's Hazard Communication Standard.
23	Laboratory Safety	60	\$25	SAF Laboratory Safety provides basic information about the hazards found in a laboratory and how to work safely around them. Topics include: Monitoring and Notification, Characteristics of Chemicals, Personal Protective Equipment (PPE), Chemical Hygiene Plans, Lab Safety.
24	Lead Awareness	30	\$25	SAF Lead is a general safety awareness-level course that addresses safe work practices for working with or around lead. Topics include: Lead Overview, Permissible Exposure Limit, Personal Protective Equipment, Lead Control Methods.
25	Lockout/Tagout	30	\$25	SAF Lockout/Tagout presents OSHA’s Standard CFR 1910.147 regarding the Control of Hazardous Energy (Lockout/Tagout), which identifies safe work practices that are required for all employers in General Industry. The course discusses: The Purpose of the Standard, Hazardous Energy, Energy Control Programs, Lockout/Tagout Procedures, Special Situations.
26	NFPA 70E	60	\$25	Safety Awareness Fundamentals NFPA 70E will instruct you on: Terminology and definitions, Safe work practices, Limits of approach, Special equipment, Hazards, Personal Protective Equipment, Maintenance requirements, Electrical safety program, Changes since 2012.
27	Office Safety	30	\$25	In this course, you will learn about injury-causing hazards that exist in offices and buildings. Topics include: General Safety, Office Furniture Hazards, Office Tools and Machines, Ergonomics, Noise and Lighting Hazards, Fall Prevention, Elevator Safety, Electrical Hazards, Fire Prevention.
28	PCB Awareness	30	\$25	SAF PCB Awareness is a general safety awareness-level course that addresses safe work practices for working with or around PCB. Topics include: PCB Overview, Personal Protective Equipment, PCB Control Methods, Emergency Procedures.

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29	Personal Protective Equipment	60	\$25	SAF Personal Protective Equipment provides a comprehensive overview of 29 CFR Subpart I, OSHA’s standards regarding Personal Protective Equipment. Program topics are as follows: General information, Employer responsibilities, Employee responsibilities, When to use PPE, What PPE is necessary, How to select PPE, Various types of PPE, Care, useful life, and limitations of PPE.
30	Radiation Safety - SAF Computer/Web Based	30	\$25	In this course, you will learn about: Non-Ionizing Radiation; Ionizing Radiation; Protective Measures; Radioactive Gauge Safety; Shipping and Transporting Radioactive Gauges; Emergency Procedures.
31	Respiratory Protection	60	\$25	SAF Respiratory Protection presents the general requirements of OSHA’s Respiratory Protection Standard, 1910.134. Specifically, the course covers: The Written Respiratory Program; Types of Respirators; Respirator Selection; The Medical Evaluation and Fit Test; Use of Respirators; Maintenance and Care of Respirators; Breathing Air Quality and Use; Training and Information.
32	Respirator Fit Testing	45	\$25	Respirator Fit Testing - SAF Computer/Web-Based was developed to improve safety awareness, identify the value of proper respirator fitting, and provide an overview of respirator fit testing. Topics include: Respiratory Hazards; Respiratory Equipment; Basic Use and Care of Equipment; Respirator Fit Checks; OSHA Fit Testing Requirements.
33	Scaffolding	15	\$25	SAF Scaffolding is a computer-based training course that is designed to provide you with an understanding of: Scaffold Basics; Training Needed to Work on Scaffolds; Fall Protection and Falling Object Protection; Basic Scaffold Safety and Knowledge.
34	Silica Awareness	45	\$25	Silica Awareness is computer-based course that provides information on how to reduce silica hazards in the work place. Topics include: Crystalline Silica Standard; Introduction to Crystalline Silica; Determining if Silica is Present; Elimination/Substitution of Silica; Engineering Controls; Administrative Controls; Personal Protective Equipment (PPE); Silica Rule: Table 1; Communication, Reporting and Recordkeeping.
35	Slips, Trips, and Falls	30	\$25	Did you know that slips, trips, and falls constitute the majority of accidents in general industry and that they are second only to motor vehicle accidents as a cause of fatalities and traumatic injuries? Slips, Trips, and Falls - SAF Computer/Web-Based provides general safety information to help prevent the occurrences of Slips, Trips, and Falls at the workplace. Topics include: General Information; Terminology; Causes of Slips, Trip and Falls; Prevention.

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36	TSCA for Employees	60	\$25	SAF TSCA for Employees provides a general overview of the Toxic Substances Control Act of 1976 at the Employee Level. Topics include: Terminology and Definitions; TSCA Inventory; Imports; Testing Rule/SNURs; Exports; Allegations and Notification; Health and Safety Data Reporting; The TSCA Plant Coordinator.
37	TSCA for Supervisors	60	\$25	SAF TSCA for Supervisors provides a comprehensive overview of the Toxic Substances Control Act of 1976 at the Supervisory Level. Topics include: Terminology and Definitions; TSCA Inventory; Imports; Testing Rule/SNURs; Exports; Allegations and Notification; Health and Safety Data Reporting; TSCA Plant Coordinator.
38	Universal Waste for Employees	45	\$25	SAF Universal Waste for Employees takes a comprehensive look 40 CFR Subchapter I, Part 273 – Standards for Universal Waste Management. The program discusses: History of Universal Waste Regulations; Standards for Small and Large Quantity Handlers of Universal Waste; Standards for Transporters; Standards for Destination Facilities; Importing/Petitioning Requirements.
39	Universal Waste for Supervisors	45	\$25	SAF Universal Waste for Supervisors takes a comprehensive look 40 CFR Subchapter I, Part 273 – Standards for Universal Waste Management. The program discusses: History of Universal Waste Regulations; Standards for Small and Large Quantity Handlers of Universal Waste; Standards for Transporters; Standards for Destination Facilities; Importing/Petitioning Requirements.
40	Welding, Cutting, and Brazing	45	\$25	Welding, cutting, and brazing are hazardous activities that pose a unique combination of both safety and health risks to many workers in a wide variety of industries. According to OSHA statistics, the risk from fatal injuries alone is more than four deaths per thousand workers over a working lifetime. Welding, Cutting, and Brazing Safety Awareness Fundamentals covers: General Safety; Personal Protective Equipment; Gas Welding; Arc Welding; Toxic Materials; Ventilation; Fire Prevention and Protection.
41	Warning Signs and Labels	30	\$25	SAF Warning Signs and Labels will review the various types of signs and labels you may see during the course of your work. Topics include: Warning Signs; Accident Prevention Tags; Warning Labels; Shipping Placards and Markings.

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PowerSafe Library

1	PowerSafe Generation (PROCTORED)	160	\$50	PowerSafe Generation covers the general safety needs for utility contractors. Topics include: General Safety; Housekeeping; Vehicle Safety; Personal Protective Equipment; Hearing Conservation; Hazard Communication; Bloodborne Pathogens; Heat Stress; Job Safety Analysis/Job Hazard Analysis; Basic Electrical Work Practices; Hand and Power Tools; Elevated Work Platforms; Confined Space Entry.
2	PowerSafe Generation Refresher	90	\$25	PowerSafe Generation Refresher is a refresher course for PowerSafe Generation. Topics include: General Safety; Housekeeping; Vehicle Safety; Personal Protective Equipment; Hearing Conservation ; Hazard Communication; Bloodborne Pathogens; Heat Stress; Job Safety Analysis/Job Hazard Analysis; Basic Electrical Work Practices; Hand and Powered Tools; Elevated Work; Confined Spaces.
3	PowerSafe Generation Refresher (PROCTORED)	90	\$25	PowerSafe Generation Refresher is a refresher course for PowerSafe Generation. Topics include: General Safety; Housekeeping; Vehicle Safety; Personal Protective Equipment; Hearing Conservation; Hazard Communication; Bloodborne Pathogens; Heat Stress; Job Safety Analysis/Job Hazard Analysis; Basic Electrical Work Practices; Hand and Powered Tools; Elevated Work; Confined Spaces.
4	PowerSafe Generation Electronic Exam (PROCTORED)	30	\$25	
5	PowerSafe Linemen Specific	90	\$25	The Safety Council presents PowerSafe for Lineman. This module was built with the extensive input of professional linemen. Much of what you see will include familiar elements of your day-to-day work woven together with essential safety factors needed to keep you alive. The module covers: Rubber Protective Equipment; Rubber Goods Protection; Cover-up Training; Two-Man Rule and Qualified Observer; Shock Hazards; Fall Prevention and Protection; Pole Climbing; Chainsaw Safety; Digger Derricks and Pole Handling; Aerial Work Platforms; PRE-REQUISITES: A passing /not expired PowerSafe T&D Baseline or Baseline Refresher Training course is required before attending this class.
6	PowerSafe Linemen Specific	90	\$25	The Safety Council presents PowerSafe for Lineman. This module was built with the extensive input of professional linemen. Much of what you see will include familiar elements of your day-to-day work woven together with essential safety factors needed to keep you alive. The module covers: Rubber Protective Equipment; Rubber Goods Protection; Cover-up Training; Two-Man

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				Rule and Qualified Observer; Shock Hazards; Fall Prevention and Protection; Pole Climbing; Chainsaw Safety; Digger Derricks and Pole Handling; Aerial Work Platforms. PRE-REQUISITES: A passing /not expired PowerSafe T&D Baseline or Baseline Refresher Training course is required before attending this class.
7	PowerSafe Observer/Spotter	45	\$25	PowerSafe Observer/Spotter will provide you with a general overview of the safety policies and practices needed to assist in vehicle and equipment movement on your jobsite. Topics include: General Safety; Personal Protective Equipment (PPE); Vehicles; Heavy Equipment; Drilling Operations; Lifting and Moving Materials; Overhead Power Lines.
8	PowerSafe T & D Baseline	120	\$50	PowerSafe Core Competencies: 1. General Safety; 2. Job Safety Analysis/Job Briefings; 3. Personal Protective Equipment; 4. Housekeeping; 5. Hand and Power Tools; 6. Electrical Safety; 7. Traffic and Work Area Protection; 8. Vehicle and Mobile Equipment Safety; 9. UTV/ATV Safety; 10. Material Handling; 11. Walking and Working Surfaces; 12. First Aid and Bloodborne Pathogens; 13. Heat Stress; 14. Hazard Communication; 15. Labeling; 16. Environmental Concerns; 17. Emergency Response
9	PowerSafe T & D Baseline Refresher	90	\$25	The Safety Council presents PowerSafe Refresher. PowerSafe Refresher will take you on a review of the general safety needs for utility contractors and help you maintain the solid safety foundation you have been building. PowerSafe Refresher is more than a reminder, it is a reawakening of concepts you may not have used very often this past year. It is also a reinforcement of your employer’s commitment to your safety. PRE-REQUISITES: A passing /not expired PowerSafe T&D Baseline Training course is required before attending this class.
10	PowerSafe T & D Extended	60	\$25	The Safety Council presents PowerSafe Extended training for contractors, a module designed to provide valuable safety information to better prepare you for work in a utility environment. PowerSafe Extended addresses awareness-level training in: General Safety; Personal Protective Equipment (PPE); Basic Electrical Safety; Traffic and Work Area Protection; Vehicle Operation; Bloodborne Pathogens; Hazard Communication for Polychlorinated Biphenyls; Keep in mind, however, that you will need additional hands-on training to be fully compliant.
11	PowerSafe Supply Chain	120	\$50	PowerSafe Supply Chain addresses general safety needs for Supply Chain contractors, including awareness-level training in: General Safety; Personal Protective Equipment; Housekeeping; Hand and Powered Tools; Vehicle Operation; Forklift Safety; Materials Handling; Walking and Working Surfaces; First Aid and Bloodborne Pathogens; Hazard Communications; Labeling; Environmental Concerns. The program also includes compliance-level training* in Hazard Communication, Bloodborne Pathogens, and Forklift Operation. *Additional hands-on training is required in these three areas to be fully compliant.

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12	PowerSafe Substation Specific	45	\$25	The Safety Council presents PowerSafe Substation Safety Awareness. In this module, we will present valuable safety information to better prepare you for work in a utility environment. Topics will include: Substation Overview; PPE for Substation Work; Lockout/Tagout Procedures; Shock Hazards; Protective Grounding Safety; Substation Ground Grid Hazards; Low-Voltage Control/Source Voltage Safety; Our goal is for you leave this course with a general understanding of these topics. However, you must understand that this training alone is not sufficient for full compliance and does not replace your employer’s safety program. You will need additional hands-on training to be fully compliant. PRE-REQUISITES: A passing /not expired PowerSafe T&D Baseline or Baseline Refresher Training course is required before attending this class.
13	PowerSafe Temporary Traffic Control	45	\$25	PowerSafe Temporary Traffic Control (TTC) provides an overview of the safety guidelines of Temporary Traffic Control as it relates to utility work. Topics include; Traffic Control Standards; Fundamental Principles of TTC; Temporary Traffic Control Plans; Work Zones; Traffic Control Devices; Installation and Removal; Safe Work Practices and PPE.
14	PowerSafe Vegetation Specific	60	\$25	The Safety Council presents PowerSafe Work Practices for Vegetation Workers. Vegetation Safe Work Practices covers: Vegetation-Related Safety Rules (including, Clearance tree trimming and PPE); Chainsaw Safety; Minimum Approach Distances; Equipment Safety; Switching and Clearance Information; Grounding; Hotline Hold Orders; Catastrophic Event Restoration; PRE-REQUISITES: A passing/not expired PowerSafe T&D Baseline or Baseline Refresher Training course is required before attending this class.

Association of Reciprocal Safety Councils (ARSC) Library

1	Benzene	45	\$25	Benzene Training (ARSC) is course a course that was developed by the Association of Reciprocal Safety Councils (ARSC) to address the following topics: What is Benzene? Characteristics & Properties of Benzene; How Benzene is Used; Exposure Information Related to Benzene; Health Risks & Effects of Working with Benzene; PPE Requirements; Employee & Employer Responsibilities; First Aid & Rescue.
2	Confined Space	60	\$25	Confined Space (ARSC) was developed by the Association of Reciprocal Safety Councils (ARSC) to provide entrants, attendants, entry supervisors, and persons who test or monitor the atmosphere in permit and non-permit required confined spaces with an overview of 29 CFR 1910.146, OSHA's Permit-Required Confined Space Standard. The course will address the following topics: Permit vs. Non-Permit Confined Spaces; The Permit Space Program; The Entry Permit; Personal Protective

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				Equipment; Entry Procedures; Atmospheric Testing; Confined Space Duties; Methods of Communication; Training; Rescue Services.
3	Elevated Work	45	\$25	Elevated Work – ARSC Reciprocal contains information found in the OSHA General Industry Standards and the Construction Industry Standards regarding: Stairways and ladders; Scaffolding; Fall protection.
4	Fire Watch	45	\$25	Fire Watch - ARSC Reciprocal is a reciprocal training course created by the Association of Reciprocal Safety Councils (ARSC) for persons who will be performing the Fire Watch function at the worksite. At the end of this module, students will be able to: Define hot work; Describe hot work precautions; Identify when a fire watch is required; Identify the elements for a fire; Define the five classes of fire; Recognize the symbols fire extinguisher classes; Describe precautions for preventing fires from spreading; Identify responsibilities and tasks of a fire watch; Describe the steps for inspection of fire extinguishers before use; List the maximum travel distances to fire extinguishers; Define the Permit Authorizing Individual responsibilities; Identify when hot work permits are invalid and not permitted; Describe supervisor and employee responsibilities; Describe use of fire extinguisher; Describe use of hose line equipment.
5	Gas Monitoring	30	\$25	Gas Monitoring - ARSC Reciprocal is a reciprocal training course created by the Association of Reciprocal Safety Councils (ARSC) for persons who test or monitor the atmosphere, including confined space entrants and those requiring knowledge of gas monitoring principles. At the end of this module, students will be able to: Identify the reasons for atmospheric monitoring; Describe why calibration of gas detection equipment is necessary; Define how a bump test is used to determine accuracy of gas detection instruments; Understand the need for full calibration of gas detection instruments; Identify the atmospheric elements to be tested and the order of testing; Identify the importance of oxygen levels; Define UEL and LEL and their importance; Define IDLH atmosphere; Identify when confined space testing must be completed; Identify response to unacceptable test results for confined spaces.
6	Hazard Communication	45	\$25	Hazard Communication– ARSC Reciprocal focuses on the following topics: HazCom Basics; Program Requirements; Labels; Safety Data Sheets (SDS); Materials Inventory; Training.
7	Hearing Conservation	30	\$25	The Hearing Conservation – ARSC Reciprocal program will: Help you understand how noise affects your ability to hear; Provide ways you and your employer can work together to safeguard a sense you may be taking for granted—your hearing.
8	Line of Fire	15	\$25	The goal of the Line of Fire – ARSC Reciprocal program is to help you to understand: Where line of fire conditions exist; How to eliminate or control them; How to prevent these types of accidents.

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9	Lockout/Tagout (LOTO)	30	\$25	The goal of the Lockout/Tagout (LOTO) – ARSC Reciprocal program is to help you to understand: Terminology and Definitions; The Lockout/Tagout Program; LOTO Devices and Tags; LOTO Training; Lockout/Tagout Procedures.
10	Process Safety Management (PSM)	30	\$25	29 CFR 1910.119 is the OSHA Standard that contains requirements for preventing or minimizing the consequences of catastrophic releases of toxic, reactive, flammable, or explosive chemicals. These releases may result in toxic, fire or explosion hazards. PSM clarifies the responsibilities of employers and contractors involved in work that affects or takes place near a covered process to ensure the safety of both plant and contractor employees is considered.

General Safety

1	Active Shooter Awareness	30	\$25	Active shooter incidents are becoming more common and the locations can be anywhere. It's important to know how to react! Active Shooter covers the following topics: Warning Signs; Run, Hide, or Fight; Law Enforcement and Rescue Personnel; Weapons and Explosive Devices; Hostage Situations; Response and Notification; What to Expect After the Shooting.
2	Human Performance - Understanding the Basics	45	\$25	Errors are a part of human performance. By understanding the underlying cause of errors in the workplace, you will be more prepared for your work and more likely to perform your job safely and error-free. In Human Performance: Understanding the Basics, Aaron the Error will give you a first-hand view of Human Performance by introducing you to: The Concept of Human Performance; Human Performance Tools; Human Performance Traps; Self Checking.
3	Hytorc: Principles of Safe Bolting	60	\$25	Hytorc presents <i>Principles of Safe Bolting: A Review of Tools and Methods</i> . This course utilizes high-quality graphics, animation, and video to introduce you to some of the principles of bolted joints, the proper handling of tools, and some of the best methods for achieving good results while staying SAFE! Follow along as Bubba the Bolt guides you through the following topics: Introduction to Bolting Concepts; Bolted Joints; Tightening with Torque; Tool Operation.
4	Safe Driving is No Accident	75	\$25	Safe Driving is No Accident was developed on the principles of Behavior-Based Safety and is divided into the following topics: Why Am I Here Today?; Recognizing the Causes of Accidents and Fatalities; Understanding the Dangers of Risky Behavior; The Personal Risk Assessment; Tools for Changing Your Risky Behaviors; A Professional Driver - A Safe Driver; Safe Backing; and Sharing the Road with Others.