

INTRATRRAIN™ OSHA

SAFETY CATALOG



Aerial and Scissor Lift Safety*

Duration: 20 minutes

This course covers:

- Types of Aerial Lifts
- Aerial Lift Hazards
- Inspections
- Safe Work Practices

Asbestos Hazard Awareness*

Duration: 20 minutes

This course covers:

- Exposure Risks
- Health Effects
- Exposure Control
- Worker Rights and Responsibilities

Basic First Aid*

Duration: 60 minutes

This course covers:

- Initial Response
- Bleeding
- Shock
- Burns and Scalds
- Electric Shock
- Head and Spinal Injuries
- Fractures
- Acute Poisoning
- Environmental Emergencies
- Medical Emergencies

Basic Respiratory Protection*

Duration: 40 minutes

This course covers:

- Respiratory Hazards
- Controlling Respiratory Hazards
- Respirator Types and Selection Criteria
- Respirator Use and Maintenance
- Basic Respiratory Protection

Behavior-Based Safety

Duration: 30 minutes

This course covers:

- Definitions and Terms
- Hazard Elimination
- Personal Contribution
- Injury Prevention
- Self-Evaluation

Bloodborne Pathogens (BBP)*

Duration: 40 minutes

This course covers:

- Bloodborne Pathogens
- Transmission and Prevention
- Bloodborne Pathogen Program
- Workplace Exposure
- Emergency Response
- Sharps Injury Log and Medical Records

Cardiopulmonary Resuscitation

Duration: 25 minutes

This course covers:

- Initial Response
- CPR
- Defibrillation (AEDs)
- Abdominal Thrusts

Chemical Safety

Duration: 45 minutes

This course covers:

- Recognizing Chemical Hazards
- Evaluating Chemical Hazards
- Protecting Yourself
- Chemical Storage and Disposal
- Spills and Accidents

Chlorine Safety

Duration: 25 minutes

This course covers:

- Recognizing Chlorine Hazards
- Health Hazards of Chlorine
- Exposure Controls
- Event Response and First Aid

Content By:



intrAtrain™ by Russell Associates – 229 S. Main St. Le Sueur, MN 56058

507.665.6266 - www.intratrain.com

Cold Stress*

Duration: 25 minutes

This course covers:

- Types of Cold Stress
- Preventions/Protections of Cold Stress

Compressed Gas Safety

Duration: 25 minutes

This course covers:

- Compressed Gas Cylinder Hazards
- Using Compressed Gas Cylinders
- Moving and Storing Cylinders

Confined Spaces*

Duration: 15-20 minutes

This course covers:

- Definition of a Confined Space
- Confined Space Hazards
- Confined Space Types
- Confined Space Entry Program

Confined Space Entry – Permit Required*

Duration: 30 minutes

This course covers:

- Confined Space Characteristics
- Confined Space Hazards
- Confined Space Types
- Permit-Required Entry Program
- Permit Space Responsibilities

Criticality Safety

Duration: 10 minutes

This course covers:

- Recognizing Hazards
- Risk Management
- Event Response

Driver Safety*

Duration: 20 minutes

This course covers:

- Recognizing Hazardous Driving Conditions
- Minimizing Your Risk of Accident
- Using Company Vehicles
- Emergency Preparation
- Emergency Situations

Electrical Safety*

Duration: 20-25 minutes

This course covers:

- Basic Principles of Electricity
- Primary Hazards Associated with Electricity
- Protection Against Electrical Hazards
- Response to Electrical Shock or Fire

Emergency Response*

Duration: 45 minutes

This course covers:

- Emergency Action Plans
- Alarm Systems
- Fire Prevention Plans
- Ways of Access to Emergency Exit Routes
- Weather/Natural Disaster Emergency Actions
- Other Emergency Action Situations

Excavation, Trenching and Shoring Safety

Duration: 20 minutes

This course covers:

- Preparing to Excavate
- Excavation Hazards and Precautions
- Cave-in Protection

Fall Protection*

Duration: 20-30 minutes

This course covers:

- Fall Hazards
- Fall arrest System Components
- Inspecting and Donning the System
- Basic System Performance Requirements
- Tying Off

Fire Safety*

Duration: 30 minutes

This course covers:

- Fundamentals of Fire Prevention
- Emergency Exit Components
- Fire Alarm Response
- Portable Fire Extinguishers

Flammable Liquid Safety

Duration: 30 minutes

This course covers:

- Definitions and Terms
- Hazard Recognition
- Safety Requirements
- Storage
- Flashpoint Protection
- Inventory Inspections

Formaldehyde Safety

Duration: 30 minutes

This course covers:

- Recognizing Formaldehyde Hazards
- Health Effects of Formaldehyde Exposure
- Exposure Controls
- Event Response and First Aid

Hand Safety*

Duration: 25 minutes

This course covers:

- Hazards to the Hands
- Injury Prevention
- Using the Right Gloves

Hand and Power Tool Safety*

Duration: 30 minutes

This course covers:

- How Tools are Powered
- Manually Powered Hand Tools
- Portable Power Tool Controls and Guards
- Liquid-Fueled and Powder-Actuated Tools
- Abrasive Wheel Tools
- Controls and Guards
- Inspection and Maintenance
- Safety Inspector

Hazard Communication*

Duration: 45 minutes

This course covers:

- Introduction to the Hazard Communication Standard
- How Hazards are Determined
- Safety Data Sheets
- Labels and Warnings
- Physical and Health Hazards
- Employee Information Training

Hazardous Waste Management

Duration: 45-50 minutes

This course covers:

- Categories of Waste
- Purpose of Regulating Waste
- Container Labeling and storage requirements
- Hazardous Waste Inspection Programs
- Training Requirements of personnel
- Methods of Minimizing the Generation

Hearing Conservation*

Duration: 20 minutes

This course covers:

- Noise and Hearing
- OSHA Noise Exposure Limits
- Hearing Protectors
- Hearing Conservation Program

Heat Stress*

Duration: 25 minutes

This course covers:

- Types of Heat Stress
- Preventing Heat Stresses

Hot Work with Arc Welding*

Duration: 30 minutes

This course covers:

- Hazards of Hot Work
- Basics of Hot Work
- Equipment Safety
- Personal Protection
- Welding and Cutting

Hydrogen Sulfide Safety*

Duration: 30 minutes

This course covers:

- Hydrogen Sulfide's Properties
- Hazards & Health Effects
- Detection, Monitoring & Warning Methods
- Protecting Against Exposure
- Emergency Response

Incident Investigation

Duration: 30 minutes

This course covers:

- Why Conduct an Investigation
- Investigative Procedures
- Conducting the Interview
- Creating the Report

Indoor Air Quality

Duration: 30 minutes

This course covers:

- What is Indoor Air Quality
- Causes and Sources
- Health Effects
- Exposure Controls

Industrial Ergonomics*

Duration: 30 minutes

This course covers:

- Ergonomic Principles and Goals
- Common CTDs
- Long Term Solutions

Laboratory Safety

Duration: 35 minutes

This course covers:

- Hazards that Confront You
- Standards that Protect You
- Controls that Protect You
- Exposure Monitoring and You

Ladder Safety*

Duration: 20-25 minutes

This course covers:

- Terms and Definitions
- Hazard Recognition
- Safety Requirements
- Preventing Falls
- Inspections

Lead Awareness

Duration: 20-25 minutes

This course covers:

- Hazards of Lead
- Lead in the Body
- Common Sources of Lead
- Limiting Lead Exposure
- Personal Protective Equipment
- Medical Surveillance and Medical Removal Protection

Lock and Tag*

Duration: 20 minutes

This course covers:

- Lockout/Tagout Requirements
- Sources of Hazardous Energy
- Locks and Tags
- Roles and Responsibilities
- Lockout/Tagout Procedures
- Training Requirements

Machine Guarding*

Duration: 20-25 minutes

This course covers:

- Mechanical Hazards
- Safeguarding Requirements
- Machine Safeguards
- User Requirements

Office Ergonomics*

Duration: 35 minutes

This course covers:

- MSD Risk Factors Common to Office Workers
- MSD Symptoms, Stages, and Treatments
- What You Can Do to Prevent MSDs
- What Employees Can Do to Prevent MSDs

OSHA Work-Related Injury and Illness Recordkeeping

Duration: 20 minutes

This course covers:

- OSHA Recordkeeping and Reporting Basics
- Record and Reporting Guidelines

Overhead and Gantry Crane Safety*

Duration: 25 minutes

This course covers:

- Crane Safety Devices
- Equipment Inspection
- Pre-Operation Check
- Load Rigging
- Lifting the Load
- Safety Practices

Personal Protective Equipment*

Duration: 50 minutes

This course covers:

- PPE Basics
- Head Protection
- Eye and Face Protection
- Respiratory Protection
- Hearing Protection
- Hand Protection

Process Safety Management

Duration: 35 minutes

This course covers:

- Purpose of Process Safety Management
- Process Safety Information and Hazard Analysis
- Operating Procedures and Practices
- Training and Responsibilities
- Maintaining Process Safety Procedures

Radio Communications

Duration: 10-15 minutes

This course covers:

- Operator Responsibilities
- Message Priorities and Content
- Calling and Answering
- Radio Code Words
- General Instructions

Safe Driving Behaviors for CMVs

Duration: 20 minutes

This course covers:

- Behaviors that Cause Crashes
- Pre-Trip Responsibilities
- Driving Safely

Safety Audits

Duration: 10-15 minutes

This course covers:

- Importance of a Safety Audit
- Planning and Conducting Safety Audits
- Inspecting the Work Area and Work Practices
- Completing the Audit Report

Scaffold Safety

Duration: 20-25 minutes

This course covers:

- Scaffold Hazards
- Safety Requirements
- Fall Protection and Scaffolds
- Designing and Inspecting
- Aerial Lifts

Slips, Trips and Falls*

Duration: 20-25 minutes

This course covers:

- Housekeeping
- Floor Openings and Other Hazards
- Stairs and Open-Sided Elevations
- Playing it Safe

Traffic Control (Flagger)

Duration: 25 – 30 minutes

This course covers:

- General Guidelines
- Barriers, Signs, and Lights
- Regulating Traffic
- Flagger Communication
- Setting Up