



eLearning Course Catalog

Online, On-Demand Professional Training

106 courses · 7 categories · English + Spanish · SCORM Compatible

Compliance · 22 courses

Artificial Intelligence (AI) Basics for Employees

This beginner-level course introduces employees to the fundamentals of Artificial Intelligence (AI) and its role in today's workplace. Participants will learn what AI is and is not, explore common types of AI, understand how generative AI works, recognize its limitations, and identify responsible ways to use AI on the job. By the end of the course, learners will have a practical foundation for using AI confidently, effectively, and responsibly in their daily work.

15 min
duration

California Consumer Privacy Act (CCPA) Essentials

This module provides learners with an overview of the act, including the five consumer privacy rights it provides and the types of businesses that must comply.

10 min
duration

California Wage & Hour for Supervisors

California supervisors make wage and hour decisions every day, from managing meal and rest periods to addressing overtime, off-the-clock work, and employee pay concerns. Through realistic scenarios, interactive decision-making, and practical guidance, this course helps supervisors recognize compliance risks, respond appropriately, and know when to involve Human Resources.

45 min
duration

Clocked In: FLSA Basics*

Provides employees and supervisors with an overview of the Fair Labor Standards Act, common workplace situations that may create wage, overtime, classification, or youth employment risk, and the supervisor's role in supporting accurate and compliant time and pay practices. Includes a Compliance File activity focused on real-world FLSA concerns — non-exempt employees, overtime pay, minor employee task assignments, and supervisor decision-making — with learners exploring hours worked, overtime requirements, youth employment restrictions, and payroll review.

7–10 min
duration

Conducting a Lawful Interview*

The purpose of conducting an interview is to gather information about a candidate's work experience and qualifications to determine if they are the best fit for a position. In this course, employees will learn how to lawfully conduct an interview, the types of questions that can and cannot be asked, and where to go if they need assistance.

13 min
duration

Diversity in the Workplace

Provides a foundation for fostering a respectful, diverse workplace culture that supports superior customer service, talent retention, and productivity.

7 min
duration

Handling Complaints*

When a diverse group of individuals interact in the workplace, conflicts are bound to occur and employee complaints are virtually inevitable. In this course, supervisors will learn how to effectively recognize, respond to, and report workplace complaints and explore best practices to prevent complaints before they become a problem.

12 min
duration

Lawful Hiring*

Hiring the right employee is crucial for any successful organization. The purpose of lawful hiring is to ensure the recruiting process is conducted in a lawful, consistent way. This course provides an overview of the hiring process, including writing an effective job description, selecting candidates, narrowing the field, interviewing, conducting background checks, and offering the job.

13 min
duration

Leading Fairly: EEOC Essentials*

Provides supervisors with an overview of the EEOC's role, common workplace issues that may create discrimination, harassment, or retaliation risk, and the supervisor's responsibility to respond appropriately. Includes an interactive activity exploring real-world scenarios involving promotion decisions, repeated comments, training opportunities, and HR reporting, with learners applying key concepts related to protected characteristics, objective decision-making, documentation, and retaliation-free responses.

7–10 min
duration**Leading with Inclusion: Managing Diverse Teams Effectively**

This training emphasizes the importance of inclusive management and its positive impact on team success. By the end of the course, participants will be able to define inclusive management, apply inclusive practices, and navigate real-world scenarios with an inclusive mindset. The training highlights the benefits, provides actionable strategies, and helps managers build stronger teams and improve business outcomes.

13 min
duration**Making Work Work: ADA Basics***

Provides employees and supervisors with an overview of the Americans with Disabilities Act, common workplace situations that may signal a need for reasonable accommodation, and the supervisor's role in supporting fair and consistent responses. Includes a hotspot activity focused on real-world accommodation signals — employee statements, assistive technology requests, attendance concerns, and performance issues — with learners exploring ADA protections, reasonable accommodations, HR partnership, and the interactive process.

7–10 min
duration**OSHA Workplace Safety Fundamentals***

Provides employees and supervisors with an overview of OSHA's role in workplace safety, common workplace hazards, and supervisor responsibilities related to compliance and safe work practices. Includes scenario-based knowledge checks and clickable workplace safety activities, with learners exploring real-world situations involving OSHA violations and workplace safety expectations.

7–10 min
duration**Preventing Workplace Bullying***

Workplace violence is any act or threat of physical violence, harassment, intimidation, or other disruptive behavior that occurs at the worksite. This course will help supervisors understand the basics of workplace violence, including how to recognize risk factors and warning signs, and how to manage incidents when they occur.

9 min
duration**Preventing Workplace Discrimination***

Workplace discrimination means excluding or unfairly treating an employee or group of employees because of a personal characteristic protected by federal, state, and local laws. This course will help supervisors understand workplace discrimination laws, the importance of complying with those laws, and best practices for preventing workplace discrimination.

12 min
duration**Reasonable Suspicion of Drugs and Alcohol in the Workplace**

Designed to provide understanding regarding what reasonable suspicion means, including identification of the signs and behaviors that could lead to reasonable suspicion, proper steps to take when reasonable suspicion arises, and understanding how to handle the situation with sensitivity and professionalism.

25 min
duration**Religion in the Workplace**

Explores how religious beliefs, practices, and traditions intersect with the modern workplace. Participants will learn how to recognize religious discrimination and harassment, understand common religious accommodations, respect workplace boundaries around religious expression, and contribute to an inclusive and respectful work environment. Through practical examples and realistic scenarios, this course provides employees with the knowledge and confidence to navigate religious diversity professionally.

16 min
duration**Respect at Work: Title VII Essentials***

Provides supervisors with an overview of Title VII, common situations that may create discrimination, harassment, or retaliation risk, and the supervisor's role in maintaining a respectful, compliant workplace. Includes a Spot the Risk activity with realistic scenarios reinforcing key concepts related to protected characteristics, fair decision-making, HR partnership, and retaliation-free leadership.

7–10 min
duration**The Cost of Inequity: Equal Pay Starts Here***

Provides employees and supervisors with an overview of the Equal Pay Act, common compensation practices that may create compliance risk, and the supervisor's role in supporting fair and consistent pay decisions. Includes scenario-based knowledge checks focused on real-world compensation and hiring situations, with learners exploring pay equity concerns, salary decisions, and HR partnership responsibilities.

7–10 min
duration

Understanding and Complying with FERPA

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of children's educational records. This course will help educators and school officials understand the basic requirements of FERPA and how to remain compliant when handling student records.

7 min
duration

Federal Wage & Hour for Supervisors

All states excluding California. Supervisors make wage and hour decisions every day, from managing meal and rest periods to addressing overtime, off-the-clock work, and employee pay concerns. Through realistic scenarios, interactive decision-making, and practical guidance, this course helps supervisors recognize compliance risks, respond appropriately, and know when to involve Human Resources.

40 min
duration

When Life Happens: FMLA Basics*

Provides supervisors with an overview of the Family and Medical Leave Act, common workplace situations that may signal a need for protected leave, and the supervisor's role in recognizing potential FMLA requests. Includes a Leave Signals activity focused on real-world employee messages — medical needs, family care, new child bonding, military-related leave, and routine time-off requests — reinforcing key concepts related to eligibility, job protection, benefits continuation, neutral follow-up, and timely HR involvement.

7–10 min
duration

Workplace Accommodations: Medical, Pregnancy, and Religious Needs

This course prepares managers and supervisors to recognize and respond to workplace accommodation needs involving medical conditions, pregnancy, religion, leave, and related protections. Learners will explore how to identify potential accommodation requests, involve HR at the right time, participate in the accommodation process, and avoid common actions that can create compliance risk. Through practical examples and scenarios, the course reinforces a consistent, respectful approach to supporting employees and protecting the workplace accommodation process.

45 min
duration

Ethics & Code of Conduct • 3 courses**Ethics & Code of Conduct (Employees)**

This course is targeted towards all employees and covers the importance of an ethical culture, how to make complaints, safeguarding confidential information and intellectual property, gifts and entertainment, improper payments, conflicts of interest, respectful workplace, accurate records, and fraud and abuse.

30 min
duration

Ethics & Code of Conduct (Supervisors)

This course covers all of the topics in Ethics & Code of Conduct for All Employees plus an additional module for supervisors covering understanding and enforcing the code, being a role model, always being professional, handling complaints, and management best practices.

45 min
duration

Global Anti-Bribery & Corruption*

Global business can present new legal and ethical challenges. This course explains anti-corruption laws and anti-corruption policy, which prohibits bribes and improper payments of any kind. Designed for companies that do business in the United Kingdom, it covers the FCPA, UK Bribery Act, EU Anti-Bribery Conventions, corrupt payments, record keeping, penalties, red flags, commercial bribery, and policy acceptance.

50–60 min
duration

Harassment Prevention • 9 courses**Abusive Conduct in the Workplace***

This course helps employees recognize and address abusive conduct before it escalates into more serious workplace issues. Participants will learn to identify different forms of abusive behavior, distinguish it from constructive feedback, and understand its impact on individuals and the organization. The course also provides practical strategies for promoting a respectful, safe, and professional work environment.

15 min
duration

Being Proactive*

This course equips leaders with practical strategies to prevent harassment, discrimination, and other inappropriate conduct in the workplace. Participants will learn how to model respectful behavior, foster trust and approachability, address concerns early, and apply proactive communication techniques that strengthen accountability and professionalism. This training empowers supervisors to create and sustain a culture grounded in dignity, inclusion, and mutual respect.

15 min
duration

Being an Active Bystander*

This training explains how employees can help create a safe, respectful, and inclusive workplace by recognizing and responding to harassment, discrimination, and other harmful behaviors. Participants learn the CARE approach for recognizing when to intervene and the 4D Model of bystander intervention: Direct, Distract, Delegate, and Delay. Through real-world examples, the course demonstrates practical ways employees can safely support others, interrupt inappropriate behavior, and report concerns.

60 min
duration

Case Studies: Harassment Prevention in Practice*

Through a series of real-world case studies, this course explores how inappropriate conduct can arise, emphasizing why awareness, early action, and reporting are so important.

8 min
duration

Connecticut Sexual Harassment for All Employees

Designed to support Connecticut sexual harassment prevention training requirements, including the interactive Q&A element, when implemented with the included employer/training administrator question-submission process.

2 hours
duration

Managing the Gray Areas*

This course focuses on helping employees recognize and navigate workplace behaviors that may not be clearly acceptable or unacceptable. Using realistic scenarios, the course explains how everyday actions can cross the line into harassment, sexual harassment, or discrimination. Participants will gain practical strategies to make respectful choices and help create a safe, inclusive work environment.

18 min
duration

Retaliation: Employee Rights and Protections*

This course provides leaders with a clear understanding of employee protections and the legal risks associated with workplace retaliation. Participants will learn how to recognize protected activity, respond appropriately to complaints, prevent retaliatory behavior, and partner with Human Resources to ensure fair and consistent action. Through practical examples and case studies, this training reinforces the importance of maintaining a workplace where individuals can speak up without fear.

16–18 min
duration

Sexual Harassment and Respectful Workplace Essentials*

This engaging training helps employees understand how to create and maintain a respectful, harassment-free workplace. Participants will explore key topics including discrimination and harassment, gender and sexual orientation, and responding to inappropriate conduct. Through practical guidance and real-world examples, learners gain the knowledge and confidence to recognize, prevent, and address inappropriate behavior. The course concludes with a brief assessment to reinforce learning.

40 min
duration

The Special Role of a Supervisor*

This course prepares supervisors and managers to recognize workplace conduct concerns, respond appropriately when concerns arise, follow organizational reporting procedures, and help prevent retaliation. Through realistic scenarios, videos, and interactive practice, learners apply supervisory responsibilities to situations they may encounter on the job.

25 min
duration

Privacy • 11 courses**GDPR Introduction and Overview**

This comprehensive course is delivered in a series of short modules targeted to specific areas and roles within the General Data Protection Regulation (GDPR). Participants will learn the fundamentals of the regulations and the key concepts behind them, and will be able to recognize situations where the GDPR comes into play and what to do when they encounter data that falls under GDPR regulations.

20 min
duration

GDPR Transfers of Data Outside the EU

In this module, participants will learn how the General Data Protection Regulation (GDPR) affects organizations when transferring or receiving EU residents' private information outside the borders of the UK and EU.

15 min
duration

GDPR for Data Handlers

Compliance with the GDPR will affect all data handling activities, either directly or indirectly, and all staff whose responsibilities include use of personally identifiable information (PII) will be expected to operate in accordance with its safeguards. This course will provide employees a general awareness of the GDPR's requirements and how they affect day-to-day data processing activities, as well as helping them recognize potential problems should they arise.

8 min
duration

HIPAA / HITECH Privacy for Business Associates

The final Omnibus rules for HIPAA, as amended by the HITECH Act, place greater responsibility on Business Associates to safeguard Protected Health Information. This privacy course is specifically tailored to help employees of business associates understand what information is private, why it is private, and what they can do to protect it.

50–60 min
duration

HIPAA / HITECH Privacy for Covered Entities

The final Omnibus rule greatly enhances patient privacy protections and significantly strengthens the government's ability to enforce the law. Training employees to safeguard Protected Health Information (PHI) is a requirement of all covered entities under HIPAA as amended by the HITECH Act. This privacy course is

60 min
duration

specifically tailored to help healthcare employees understand what information is private, why it is private, and what they can do to protect it.

How to Comply with the GDPR in the US

The GDPR contains principles for protecting the privacy of EU residents' personal data. Every organization worldwide that gathers, stores, or processes this data must comply with the strong data protections required under the GDPR. Upon completion of this module, learners will be able to recognize situations where the GDPR comes into play and what to do when they encounter data that falls under GDPR regulations in the US.

10 min
duration

Key Aspects of the GDPR

In this module, participants will learn key aspects of the General Data Protection Regulation (GDPR), including vital terms and roles, the rights of data subjects, enforcement of the law, how breaches should be addressed, and potential fines and remedies.

15 min
duration

Navigating the GDPR with Our US Partners

This course compares the differences between EU and US privacy laws and explores the different avenues by which EU-US information exchanges can be conducted.

8 min
duration

PCI Essentials for Account Data Handlers — DSS 4.0

The Payment Card Industry (PCI) Data Security Standard is a set of security standards created by payment card companies to help protect against identity theft and other crimes. This course teaches account data handlers what PCI DSS is, how it affects the organization, and the best practices they should follow to help protect cardholder data.

20 min
duration

PCI Overview for IT Professionals — DSS 4.0

The Payment Card Industry Data Security Standard (PCI DSS) is a set of security standards created by payment card companies to help protect against identity theft and other crimes. This course teaches IT professionals what PCI DSS is, how it affects the organization, and how to comply with the 12 principal PCI DSS requirements.

44 min
duration

Privacy and Data Protection

Helps employees understand what information is private, why it is private, and how to protect it throughout the full data lifecycle.

15 min
duration

Professional Development • 9 courses

5 Common Mistakes New Managers Make

Stepping into a management role comes with new responsibilities and challenges. This course explores five common mistakes first-time managers make and provides practical strategies to help you lead with confidence, build stronger relationships, and support your team's success. Through real-world examples and actionable insights, you'll develop the skills needed to make a successful transition from individual contributor to effective leader.

15–20 min
duration

Becoming a Strategic Thinker

This course introduces the fundamentals of strategic thinking and explores how successful professionals move beyond day-to-day tasks to make thoughtful, long-term decisions. Learners will discover the three core elements of strategic thinking — acumen, allocation, and action — and learn how to analyze situations, prioritize resources, collaborate effectively, and execute strategies with purpose. Through practical examples and self-reflection, participants will identify opportunities to apply strategic thinking in their own roles and make decisions that create greater value for their team and organization.

13 min
duration

Discover Your Leadership Style

Leadership begins with understanding how you lead. In this introductory course, emerging leaders will explore six common leadership styles, learn the strengths and challenges of each approach, and discover how different styles influence team performance and workplace relationships. By the end of the course, learners will be better equipped to identify their own leadership style and adapt their approach to meet the needs of different people and situations.

15–20 min
duration

Shifting to a Growth Mindset

This beginner-level course introduces employees to the fundamentals of a growth mindset and how it can support personal and professional development. Learners will explore the differences between growth and fixed mindsets, the benefits of adopting a growth mindset in the workplace, and practical strategies for embracing challenges, learning from feedback, and adapting to change. Through realistic workplace examples and guided reflection, participants will develop the skills and confidence to apply a growth mindset in their everyday work.

11 min
duration

The Importance of Effective Documentation

Effective documentation is essential for protecting your organization and ensuring legal success. This course covers the key principles of clear, objective, and consistent documentation to support workplace decisions and defend against legal disputes. You'll learn how to properly document employee performance, disciplinary actions, and workplace incidents while avoiding common pitfalls. By the end, you'll have the skills to create strong records that promote fairness, compliance, and legal protection.

15 min
duration**Emotional Intelligence**

This beginner-level course introduces employees to emotional intelligence (EQ), why it matters, and how to develop EQ through its four core pillars. Learners will explore the benefits of emotional intelligence and how to apply it when navigating conflict, working with customers and stakeholders, and managing everyday workplace interactions. The course also provides practical strategies for strengthening EQ and creating a personal action plan for continued growth.

17 min
duration**Maintaining Your Wellness**

This beginner-level course helps employees understand the importance of wellness in the workplace. Learners will explore common workplace stressors, recognize signs of stress, and discover practical strategies for supporting their physical, mental, and emotional well-being. Through realistic examples and reflection opportunities, the course provides simple techniques that can improve overall well-being and contribute to a healthier, more productive workplace.

10 min
duration**Communication That Gets Results**

This course explores practical strategies for communicating effectively in the workplace. You'll learn how to consider your audience and context, use a simple decision-making framework, and choose between written and verbal, synchronous and asynchronous communication based on the situation. You'll also explore how to select and use communication methods efficiently and build practical daily habits that strengthen your communication skills.

21 min
duration**Time Management in the Workplace**

This course explores practical strategies for managing your time effectively in the workplace. You'll learn how to set priorities, plan your week and day, manage your workload, protect your focus, and control common time sinks. You'll also explore strategies for building sustainable time management habits that help you stay productive and scale your effectiveness as responsibilities grow.

14 min
duration**Safety • 32 courses****10 Tips to Survive an OSHA Inspection***

In this course employees will learn 10 practical tips for confidently handling an OSHA inspection while reducing fines and protecting their safety program.

11 min
duration**Active Shooter Event**

This course provides important, clear instructions on what to do in the unlikely event of an active shooter situation. Topics include indicators of potentially violent behavior, how to respond to an active shooter situation, and how to react when law enforcement arrives. Knowing the proper procedures could mean the difference between life and death.

15 min
duration**Bloodborne Pathogen Safety**

Understanding how to protect yourself from bloodborne pathogen exposure is crucial — injuries can occur on any job site. This course uses demonstrations to emphasize universal precautions, BBP clean-up, and exposure prevention. Topics include BBP definitions, transmission, how to prevent the spread of BBP, proper PPE use, the employer's exposure control plan, and information on the hepatitis B vaccine.

17 min
duration**Caught-In or Caught-Between Hazards**

OSHA identifies caught-in and caught-between hazards as one of the construction fatal four. This course will help you identify common caught-in and caught-between hazards and learn how to protect yourself from these risks in the workplace.

12 min
duration**Confined Space Safety**

Confined space work is dangerous. This course provides demonstrations of what a confined space is, the hazards of entry, how to keep yourself safe, and the roles involved. Topics include identifying permit-required confined spaces, managing confined space hazards, gas demonstrations, emergency and rescue procedures, and conducting a permit-required confined space entry.

30 min
duration

Driving Safety and Defensive Driving

This training is designed for anyone who drives as part of their job, focusing on identifying risky behaviors, adopting defensive driving techniques, and building lasting safe driving habits. Traffic accidents are the leading cause of workplace fatalities across all industries in the United States. This course empowers employees to recognize their top risks, master defensive driving practices, and take proactive steps to ensure their safety on the road.

34 min
duration**Electrical Safety Awareness**

The employees most likely to suffer burns, shock, and electrocutions are not necessarily electricians. That's why it's critical that all employees have a basic understanding of electrical principles, preventing shock, and responding to emergencies. This course covers electrical principles, how GFCI devices work, lockout/tagout, arc flash, powerline hazards, electrical equipment safety, and how to respond to electrical shock incidents.

19 min
duration**Emergency Preparedness**

Emergency Preparedness Training gives employees the skills to quickly and decisively react to emergency situations at work. This course covers how to properly evacuate, emergency escape procedures, procedures for employees who remain to operate critical equipment, how to account for all employees after evacuation, rescue and medical duties, how to report fires and other emergencies, and the purpose of the written emergency action plan.

21 min
duration**Ergonomics in the Workplace**

The #1 type of workplace injury in the US is musculoskeletal injuries — soft tissue injuries to the back, shoulders, knees, hands, and more. This course covers how to identify ergonomic risk factors, recognize the early symptoms of ergonomic issues, practice safe lifting and movements, reduce the risk of musculoskeletal injury using preventative practices, and utilize strategies from athletes to build resiliency and recover quickly.

20 min
duration**Excavation and Trenching Safety**

The risk of death in excavations and trenches is 112% higher than other construction work. In this Excavation and Trenching Safety training, learners cover hazard assessments, soil types, protective systems, types of trench collapse, and more. Topics include defining excavation and trench terminology, identifying soil types, early signs of trench instability, mechanics of trench collapse, protective systems, and safe work practices.

30 min
duration**Fall Protection Safety**

Falls from heights are the #1 cause of death in construction, and fall protection violations are the most common OSHA citation. This training covers the differences between fall arrest and fall restraint, common fall hazards, when fall protection is required, how to don and doff personal fall protection systems, how to calculate fall distance, the importance of a fall rescue plan, and fall protection equipment care and storage.

22 min
duration**Fire Prevention Safety**

The Workplace Fire Prevention training teaches employees to prevent, prepare for, and respond to fires. This course covers identifying common fire hazards, the fire triangle and basic fire principles, reducing the risk of fire, fire extinguisher types, how to use a fire extinguisher using the P-A-S-S method, and how to assess the situation and evacuate in the event of a fire.

22 min
duration**Forklift Safety**

Those who work around forklifts are often victims of forklift accidents. This awareness-level training covers common forklift hazards, the forklift stability pyramid, pedestrian safety, key-on and key-off forklift inspections, safe forklift operation basics, and methods for safe signaling and communication with forklift operators.

28 min
duration**Hazard Identification and Risk Assessment**

A key part of any safety program is ensuring employees can identify hazards and mitigate risk. This course walks through the process step-by-step with demonstrations, examples, and illustrations to simplify hazard assessments. Learners will understand the relationship between hazard and risk, recognize hazard categories, apply the hierarchy of controls, and conduct and document effective hazard assessments.

22 min
duration**Heat Illness Prevention**

In this Cal-OSHA compliance training, learners explore the dangers of working in hot environments and learn how to recognize, prevent, and respond to heat-related illness. The course covers acclimatization, hydration, recognizing symptoms, and emergency response.

20 min
duration**Ladder Safety**

Falls from ladders are prevalent in both construction and general industry. This course demonstrates how to choose the right ladder for the job, conduct pre-use inspections, properly set up and use both extension and step ladders, store ladders appropriately, practice correct ladder dos and don'ts, and identify and mitigate hazards when working on and around portable ladders.

20 min
duration

Lockout Tagout Safety Control hazardous energy simply and effectively with training that demonstrates lockout/tagout and test start procedures, identifies all types of hazardous energy sources, and shows how procedures create a zero energy state. Topics include lockout/tagout animations, real-life demonstrations, hazardous energy source types and magnitudes, methods for energy control, authorized and affected roles and responsibilities, and demonstrations of emergency lock removal and group lockout.	23 min duration
Machine Guarding Machine guarding OSHA violations are in the top 10 citations year after year. In this training, learners will explore the basic concepts and methods of machine guarding, recognize the point of operation, power transmission devices, and operating controls, identify guard types and how they protect against machine components, and utilize safeguarding devices.	14 min duration
Mobile Elevated Work Platforms: Aerial Lifts & Scissor Lifts* In this course learners are guided through the safe operation of scissor lifts and boom lifts using real-world examples, clear explanations, and visual demonstrations.	30 min duration
Noise and Hearing Conservation Safety Hearing damage is highly preventable. This Noise and Hearing Conservation course covers the effects of noise on hearing, types of hearing protection and how to select, fit, and care for them, the purpose and procedures of audiometric testing, when noise levels become hazardous, common noise levels, early signs of hearing loss, and how to protect your hearing both at work and at home.	21 min duration
Personal Protective Equipment (PPE) Safety In this course, PPE is put to the test to demonstrate that not all types are built for the same hazards. Learners will understand when PPE is necessary, what PPE is necessary, how to properly don, doff, adjust, and wear PPE, the limitations of the PPE, and the proper care, maintenance, useful life, and disposal of the PPE.	20 min duration
Reading Pesticide Labels* This course provides workers with the knowledge and skills to correctly read and apply pesticide label information, a critical step in protecting people, animals, and the environment. This course is Cal-OSHA compliant.	10 min duration
Respiratory Protection This Respiratory Protection Safety training gives employees the information they need to stay safe and compliant. Learners are guided through different types of respiratory hazards, respirator types, cartridges, filters, how to don, doff, fit check, and adjust respirators, how to clean and maintain respirators, what to expect from fit tests and medical exams, and voluntary respirator use.	25 min duration
Scaffold Safety Awareness 65% of people in the construction industry work on scaffolds. This awareness-level course teaches the principles of scaffold safety, types of scaffolds, the dangers associated with scaffold use, scaffold roles, and how to stay safe. Learners will identify scaffold types and components, recognize major scaffold hazards, distinguish roles and responsibilities, assess electrical and falling object hazards, and demonstrate proper scaffold use.	16 min duration
Slips, Trips, and Falls in Mining* This microlearning covers the differences between slips, trips, and falls common in the mining industry. MSHA compliant.	6 min duration
Struck-By Hazards Safety Struck-by hazards are one of OSHA's fatal four topics covering the most common causes of workplace fatalities. This course guides employees to recognize common struck-by hazards — flying, falling, swinging, and rolling objects — and take steps to protect themselves and others using PPE and safe work practices.	12 min duration
The Biggest Dangers to Women in Construction* This course addresses the unique safety risks faced by women in construction, covering hazards like poorly fitting PPE, overexertion, heat illness, workplace violence, and fall protection.	11 min duration
The Hazard Communication Program This video course focuses on the basics of the Hazard Communication Standard. Topics include what the standard is and why it matters, routes of hazardous substance exposure, the Globally Harmonized System (GHS), GHS pictograms and labels, secondary labels, safety data sheet sections, a demonstration of hazardous substance clean-up using the SDS as a guide, and how to protect yourself from hazardous substances.	21 min duration

Tractor Rollover Prevention*

In this course learners will identify the hazards associated with tractor operation and understand the critical steps to prevent rollovers. Through engaging videos and real-life scenarios, the course highlights the importance of rollover protective structures (ROPS), seat belt use, and proper operating techniques. Participants will learn about common rollover causes — including terrain hazards, improper loading, and unsafe maneuvers — while gaining practical strategies for maintaining stability and control.

10 min
duration**Walking-Working Surface Safety**

Slips, trips, and falls are the 2nd leading cause of workplace injuries, and this engaging training covers everything needed to prevent them. Topics include floor and wall opening hazards, stairway safety, safe ladder use, falls from heights and personal fall arrest systems, falling object protection, safe dockboard use, and general scaffolding safety for scaffold users.

23 min
duration**Workplace Violence Prevention for Retail Workers**

Workplace violence is any act of violence or threat of violence that occurs in a place of employment. This course, designed to meet the New York Retail Worker Safety Act (NY Labor Law §27-e) requirements, discusses the types of violence encountered in the workplace, the impact of violence on the workplace, proactive measures and strategies to protect against workplace violence, and additional resources for further assistance.

26 min
duration**Workplace Violence Prevention**

This course provides essential knowledge to help employees recognize, prevent, and respond to workplace violence. Participants will learn key definitions, types of workplace violence, warning signs, and effective strategies for de-escalation and hazard prevention. The training also outlines employee and employer responsibilities, reporting procedures, and emergency response actions to promote a safe and respectful work environment.

30 min
duration**Security Awareness • 20 courses****AI Governance**

AI Governance explores key concepts and provides a framework for critical, practical guidance on responsible AI use. Participants will gain insights into the principles of responsible AI, risk management, and best practices for ensuring compliance, transparency, and ethical decision-making in AI deployment. This training will equip you with the tools to navigate the complex landscape of AI governance effectively.

20 min
duration**An Introduction to Insider Threats***

Organizations spend countless hours working to keep sensitive data out of the hands of cybercriminals, but an increasing number of data compromises stem from insider threats. This module discusses the three types of insider threats, recognizable behaviors associated with each type, and simple yet effective strategies to counteract each threat.

7 min
duration**Appropriate Use of Social Media***

Social media can be an excellent tool to connect with customers and build a brand, but it also poses unique security, HR, and public relations challenges. This course teaches best practices for social media, including secure use, accountability, harassment, how to spot scams, secure passwords, and advanced security features.

14 min
duration**Cloud Security***

Teaches best practices for securing cloud-based services using HD video and real-world simulations to address challenges of externally stored information.

8 min
duration**Defending Against Phishers***

People around the world are inundated with millions of phishing threats every day. As the public grows more aware, cybercriminals evolve and look for ever-more sophisticated ways to trick would-be victims. This animated course builds awareness about phishing threats with easy-to-apply best practices for recognizing and defending against them.

10 min
duration**Deepfakes: Legal Risks and Best Practices**

This training examines the legal challenges surrounding deepfake technology and how to mitigate potential risks. Participants will review key legal concerns, best practices for minimizing liability, and recommended compliance steps to stay ahead of evolving regulations — gaining the knowledge to protect themselves and their organization in the age of AI-driven media.

8 min
duration

Deepfakes: Navigating the Reality of Digital Deception In an era where artificial intelligence is reshaping media, deepfakes have emerged as a powerful yet controversial technology. This training explores the rise of deepfake technology, its impact on society, and real-world applications.	7 min duration
Email and Instant Messaging Security* Email and instant messaging are essential communication tools, but they're also a two-way street — hackers and cybercriminals can use the same channels to connect with you. This course teaches email and IM best practices to protect both your organization's sensitive information and your own personal information and identity from attack.	11 min duration
Information Security for Executives Focuses on protecting executives from targeted cyberattacks including spear phishing and social engineering, and how to bolster organizational security posture.	14 min duration
Password Management* Passwords are the keys to our digital lives. This course uses video and real-world simulations to show the tactics hackers use to compromise accounts and the password security best practices that can help prevent that from happening.	10 min duration
Phishing Defense Essentials* Despite increasing public awareness, phishing remains a pervasive threat — 76% of businesses report falling victim to a phishing attack. This course, which can be taken as a refresher or a short standalone course, teaches participants how to recognize and thwart phishing attempts.	7 min duration
Physical Security* Teaches employees how to protect the organization from criminals, espionage, workplace violence, and natural disasters using HD video simulations.	15 min duration
S-A-F-E Web Browsing* Upon completion of this module, learners will be able to recognize scams used by cybercriminals that exploit consumers browsing the web, apply the S-A-F-E model to help protect against web-based threats, and use best practices to improve their overall web browsing experience.	15 min duration
Security Awareness Basics* This module covers two of the most dangerous cyber threats to any organization: malware and phishing. Learners will understand the importance of being security aware and making safe, security-conscious decisions on a day-to-day basis to help thwart these menacing cyberattacks.	15 min duration
Security Awareness Essentials* This security awareness training covers key security best practices end users should follow to prevent, detect, and respond to information security threats. Essential topics include password management, identity theft, malware, social engineering, phishing, spear phishing, physical security, Business Email Compromise (BEC), Internet of Things (IoT), travel safety, mobile data, privacy, and acceptable use.	35 min duration
Security Awareness for Managers Guides managers in building security-savvy teams, understanding why executives are high-value targets, and implementing effective security awareness programs.	14 min duration
Security Awareness for the Home* Threats to our home network can quickly turn into threats to our workplace infrastructure. In this course, participants will be introduced to key principles of safe system administration that they can use at home — mirroring techniques used in the workplace — to develop security-conscious behavior that helps keep important data safe from hackers and cybercriminals.	6 min duration
The Malware Threat* Malware is any type of software intended to damage or disable computer systems. It is often used to steal information, destroy or lock users from data, or disrupt operations. This course defines malware, describes the associated security threats, and explains common types of malware so employees can help defend their personal and workplace data.	6 min duration
Working Remotely* Covers best practices for protecting organizational assets when working outside secured facilities on laptops, smartphones, and tablets.	12 min duration

Working Securely from Home*

Mobile computing and online collaboration platforms make working from home easier than ever. However, working outside of an organization's secured facilities can expose a remote worker and the organization's assets to additional cyberthreats. This course provides best practices for working securely from home and defending against these threats.

10 min
duration

** Also available in Spanish.*