

intRAtrain OSHA Safety Core



Contact Us!

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Le Sueur, MN 56058

Active Shooter Response

- Active Shooter Myth vs Reality
- Prepare Now for an Active Shooter
- Survival Mindset
- Run, Hide, Fight from an Active Shooter
- When Law Enforcement Arrives
- Managing Consequences of an Active
- Shooter Incident

Back Safety & Injury Prevention

- Back Safety: You Need to Know
- Understanding Back Pain
- Back Injury Risk Factors at Home & Work
- Reducing Your Risk of Back Injury
- Materials Handling for Back Safety
- Recognize & Report a Back Injury

Bloodborne & Airborne Pathogens

- Bloodborne Pathogens: You Need to Know
- Bloodborne Diseases: HBV, HCV, HIV
- Airborne Diseases: You Need to Know
- Airborne Diseases: TB & FLU
- Work Practices to Control Pathogen Exposure
- Pathogen Exposure Incident Response
- Exposure Control Plan

Control of Hazardous Energy

- How Hazardous Energy Works
- Types of Hazardous Energy
- LOTO Procedure 1: Lockout/Tagout
- LOTO Procedure 2: Return to Service
- Workplace Energy Control Program

Electrical Safety: Unqualified

- Electrical Safety 1: You Need to Know
- Electrical Safety 2: Workplace Electrical Hazards
- Electrical Safety 3: Safe Work Practices
- Electrical Injuries
- Electrical Contact Release
- First Aid: Electrical Shock

Fire Prevention & Safety

- Fire Safety: You Need to Know
- Preventing Workplace Fire
- Fire: Fight or Flee
- Using a Fire Extinguisher
- Fire: Evacuation Procedures
- First Aid: Burns
- First Aid: Shock

First Aid

- First Aid: Burns
- First Aid: Shock
- First Aid: Heat Illness
- First Aid: Electrical Shock



Forklift Safety

- How Forklifts Work
- Forklifts: Operator Inspection & Maintenance
- Forklifts: Safe Driving
- Forklifts: Stability
- Forklifts: Load Handling
- Forklifts: Workplace Conditions
- Forklifts: Safe Work Practices
- Forklift Safety Program

HazCom: Your Right to Understand

- HazCom: How Chemicals Affect Your Body
- Understanding GHS 1: Safety Data Sheets (SDS)
- Understanding GHS 2: Hazard Pictograms
- Understanding GHS 3: GHS Labels
- HazCom: Protect Yourself
- Hazard Communication Program



Hearing Conservation

- Understanding Hearing Loss
- Recognize & Measure Noise Hazards
- PPE: Intro to Hearing Protection
- Audiometric Testing for Hearing Conservation
- Hearing Conservation Program

Machine Guards Safety

- Understanding Machine Hazards 1: Actions
- Understanding Machine Hazards 2: Areas
- Understanding Machine Hazards 3: Motions
- Machine Guard Methods 1: Barrier Guards
- Machine Guard Methods 2: Safeguarding Devices
- Machine Guard Methods 3: Other Safeguards
- Machine Guards: Safe Work Practices



New Worker Safety Orientation

- Recognizing Workplace Hazards
- Emergency Procedures for New Workers
- Intro to Personal Protective Equipment (PPE)
- Incident Prevention and Reporting
- Occupational Heat Exposure
- Heat Stress: You Need to Know
- Heat Stress: Water, Rest, Shade
- Reducing Your Risk of Heat Illness
- First Aid: Heat Illness

Personal Protective Equipment (PPE)

- PPE: Intro to PPE Selection
- PPE: Intro to Head Protection
- PPE: Intro to Hand & Arm Protection
- PPE: Intro to Foot & Leg Protection
- PPE: Intro to Eye & Face Protection
- PPE: Intro to Body Protection
- PPE: Intro to Filtering Facepiece Respirators
- PPE: Using a Filtering Facepiece Respirator
- PPE: Intro to Cartridge Type Respirators
- PPE: Using a Cartridge Type Respirator
- PPE: Atmosphere Supplying Respirators
- PPE: Intro to Hearing Protection
- PPE: Intro to Personal Fall Protection (PFAS)
- PPE Safety Program

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Respiratory Safety

- Understanding Respiratory Hazards
- PPE: Intro to Filtering Facepiece Respirators
- PPE: Using a Filtering Facepiece Respirator
- PPE: Intro to Cartridge Type Respirators
- PPE: Using a Cartridge Type Respirator
- PPE: Atmosphere Supplying Respirators
- PPE: Using SCBA Type Respirators
- PPE: Using SAR Type Respirators
- Respirator Selection & Fit
- Respirator Inspection & Care
- Respiratory Protection Program

Safety Attitudes & Actions

- Your Workplace Safety Attitude
- Your Workplace Safety Culture

Safety & Health Program Management

- Forklift Safety Program
- PPE Safety Program
- Respiratory Protection Program
- Hearing Conservation Program
- Exposure Control Plan
- Heat Stress Program
- Workplace Energy Control Program
- Hazard Communication Program
- Recognizing Workplace Hazards

Scaffolding

- Understanding Scaffolding Types
- Scaffolding: Safe Work Practices
- Planking, Footings, & Base
- Capacity, Deflection, & Height
- Scaffold Fall Protection
- PPE: Intro to Personal Fall Protection (PFAS)
- When Falls Happen

Slips, Trips, & Falls

- Slips, Trips, & Falls 1: Causes
- Slips, Trips, & Falls 2: Hazards
- Slips, Trips, & Falls 3: Prevention
- When Falls Happen

Stairways & Ladders

- Stairways: You Need to Know
- Ladders: You Need to Know
- When Falls Happen

Workplace Violence: Warning

- Signs & Prevention
- Workplace Violence: You Need to Know
- Workplace Violence Warning Signs
- Workplace Violence Prevention Strategies
- Responding to Aggressive Behavior at Work
- Managing Consequences of a Workplace
- Violence Incident

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