

The Ohio Bureau of Workers' Compensation offers online courses to Ohio employers and employees with active workers' compensation coverage. **Free tuition!**

## Online Courses:

### Accident Analysis Online

**You will learn:**

- o Basic information and tools for establishing and improving accident analysis programs;
- o Elements of an effective written accident analysis program;
- o Five primary causal factors of accidents;
- o Action steps in analyzing accidents;
- o The use of comprehensive accident analysis to prevent and/or minimize the occurrence of future occupational accidents, injuries and illnesses.

Approximately 30 minutes

### Avoiding Back Trauma Online

**You will learn:**

- o Risk factors for back pain;
- o How to use and apply BWC and the Ohio State University lifting guidelines;
- o How to use ergonomics to prevent back pain.

Approximately two hours

### A Five-Step Process for Preventing Work-Related Musculoskeletal Disorders (WMSD) in your Workplace Online

**You will learn:**

- o The benefits of an effective ergonomics process;
- o How to identify jobs that need ergonomic improvements;
- o How to recognize basic risk factors or WMSD;
- o How to develop a process for preventing WMSD in your workplace.

Approximately one hour

### Bloodborne Pathogens (BBP) Online

**You will learn:**

- o What are BBP;
- o How BBPs spread;
- o How to help prevent exposure incidents by following work practice controls;
- o Information on BBP topics to include: engineering controls; personal protective equipment; personal hygiene; cleaning/disinfecting equipment and supplies; and recognizing, reporting and following up on employee exposures to infectious materials.

Approximately two hours

### NEW! Cuts, Lacerations, and Gashes. Oh My! Online

**You will learn:**

- o Four different types of controls to prevent cuts and lacerations
- o Engineering Controls
- o Administrative Controls
- o Work Practice Controls
- o How to select Personal Protective Equipment (PPE)

Approximately one hour

*Coming soon!*

### NEW! Dealing with Difficult People in the Workplace Online

**You will learn:**

- o How to recognize when to address a difficult person's behavior.
- o Methods you can utilize in working with difficult people in a constructive manner.
- o To apply communication skills conducive to having successful but difficult conversations.

Approximately 30 minutes

### Developing a Safety Culture Online

**You will learn:**

- o The case for safety as a core value;
- o How to recognize an organization with a poor safety culture;
- o Causes of unsafe behaviors by employees;
- o Strategies to change the culture of your workplace;
- o How to identify and address the challenges in implementing a safety and health management system;
- o The importance of having accountability for all employees built into your company's safety and health management system.

Approximately two hours

### Food Service Safety Online

**You will learn:**

- o The benefits of an effective safety and health program;
- o Kitchen equipment safety, including but not limited to, knives and cutting equipment, as well as cooking and heating equipment;
- o Chemical safety including storage, handling and labeling;
- o Ergonomic risk factors and control measures dealing with manual lift.

Approximately two hours

## Online Courses:

### Hazard Communication 2012 Basics: Labeling, Safety Data Sheets and Pictograms Online

**You will learn:**

- o The elements of the 16-section safety data sheet;
- o The different pictograms for the Globally Harmonized System (GHS) and what they mean;
- o The elements of a GHS compliant label.

Approximately 30 minutes

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### Health Hazards in Construction Online

**You will learn:**

- o How to recognize potential health hazards for various construction occupations;
- o Ways to evaluate your specific construction site for health risks;
- o How to recognize four common construction health hazards;
- o How to apply exposure controls to protect your health.

Approximately one hour

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### Industrial Hygiene Overview: Recognizing Occupational Health Hazards Online

**You will learn:**

- o The definition of occupational/industrial hygiene;
- o How to recognize potential health hazards (dusts, mists, gases, vapors, noise, etc.);
- o Evaluation methods used to determine employee exposure to chemical and physical hazards;
- o Control methods to reduce the risk of occupational illness or injury;
- o Required written programs.

Approximately one hour

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### Introduction to OSHA Online

**You will learn:**

- o The basic history of OSHA;
- o OSHA's primary mission;
- o Employers that are covered by OSHA;
- o Rights OSHA protects for both workers and employers;
- o Activities OSHA conducts to accomplish its mission.

Approximately two hours

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### Office Ergonomics: Computer Workstation and Mobile Computing Online

**You will learn:**

- o Various techniques to address office ergonomics and mobile computing issues;
- o How to make proper adjustments to office furniture and equipment;
- o How to improve the arrangement of furniture and equipment in offices and mobile computing settings;
- o How to apply simple changes that improve posture and comfort while working with desktop and laptop computers.

Approximately 90 minutes

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### OSHA Recordkeeping 101 Online

**You will learn:**

- o OSHA recordkeeping requirements for workplace injuries and illnesses;
- o The correct use of the required OSHA recordkeeping forms;
- o How to properly fill out OSHA forms.

Approximately two hours

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### OSHA Updated Rule for Industry: Walking-Working Surfaces & Fall Protection Online

**You will learn:**

- o Changes to OSHA general industry Walking Working Surfaces & Fall Protection standards that include:
  - Guardrail systems.
  - Safety net systems.
  - Personal fall arrest systems.
  - Positioning systems.
  - Travel restraint systems.
  - Ladder safety systems.
- o What you need to know to comply with changes

Approximately 90 minutes

## Online Courses:

### PIT and Other Mobile Equipment Online

**You will learn:**

- o Hazards specific to use of powered industrial trucks in day-to-day operations and specific situations.
- o The similarities and differences between operating different powered mobile equipment
- o The precautionary measures needed to be taken when operating powered mobile equipment including how to conduct pre-operational and operational inspections.
- o Best practices when operating or working around Powered Industrial Trucks & other Mobile Equipment

Approximately one hour

*Coming soon!*

### Safety and Health Management Programs Online

**You will learn:**

- o What is a Safety and Health Management System (SHMS);
- o How a SHMS can promote better safety and health processes in the workplace;
- o The importance OSHA places on SHMS development;
- o How to develop an action plan to implement improvements to your workplace.

Approximately 90 minutes

### NEW! "Zapped" Basic Electrical Safety Online

**You will learn:**

- o Elements of an electrical safe work practice
- o Basic electrical safety principles
- o How to select Personal Protective Equipment (PPE)
- o How to properly communicate electrical hazards found in the workplace

Approximately one hour

## Webinars\*

**OSHA knocks on the door Who, What, Why?**  
8/20/2020

**What is a PERRP Scheduled Inspection?**  
9/10/2020

**Drones: Safety Tools in the Sky**  
10/7/2020

**What would you do?**  
11/10/2020

**Need Help with Environmental Regulations?**  
12/3/2020

**What is PERRP?**  
1/7/2021

**Office Ergonomic Tips**  
2/17/2021

**Engaging Millennials in the Workplace**  
4/20/2021

**Is fatigue affecting your safety program?**  
5/25/2021

\* These webinars are provided equivalent BWC online training credit.

**Enroll today!** 

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