

# Correcting Risky Driving Behavior With **Online Fleet Driver Training**

100+ Lessons Syllabus



# Table of Contents

**03**

Core Content

**04**

Driver Series

**07**

Arrive Alive Series

**09**

Mini Lessons

**12**

Legacy

**14**

Light Duty Training

**17**

Driver Safety

**26**

Safety Tips Standalone

**27**

Safety Tips

**28**

Heavy Duty Training

**30**

Dot Compliance

**32**

Health & Wellness

**33**

Workplace Safety

**44**

HR & Leadership Skills

**47**

Manager Coaching

**48**

iQuotient Assessment





# 90%

## OF ACCIDENTS ARE CAUSED BY HUMAN ERROR

Just like any acquired skill, safe driving can deteriorate over time if not practiced or reinforced.

Embark Safety's fleet driver training is integrated with our Driver Record Monitoring technology to maximize fleet safety management and performance.



- ✓ Target Driver Deficiencies
- ✓ Easy Access Online
- ✓ Interactive Training
- ✓ Test & Completion Certificate
- ✓ Available in Different Languages

# Assign & Track your Driver Lessons With a Few Clicks

Combining MVR Monitoring with driver safety training allows organizations to customize training plans based on individual driver needs.

By analyzing MVR data, organizations can identify areas of concern or repeated offenses and design training programs that directly address these issues.

## TRAIN YOUR TEAM



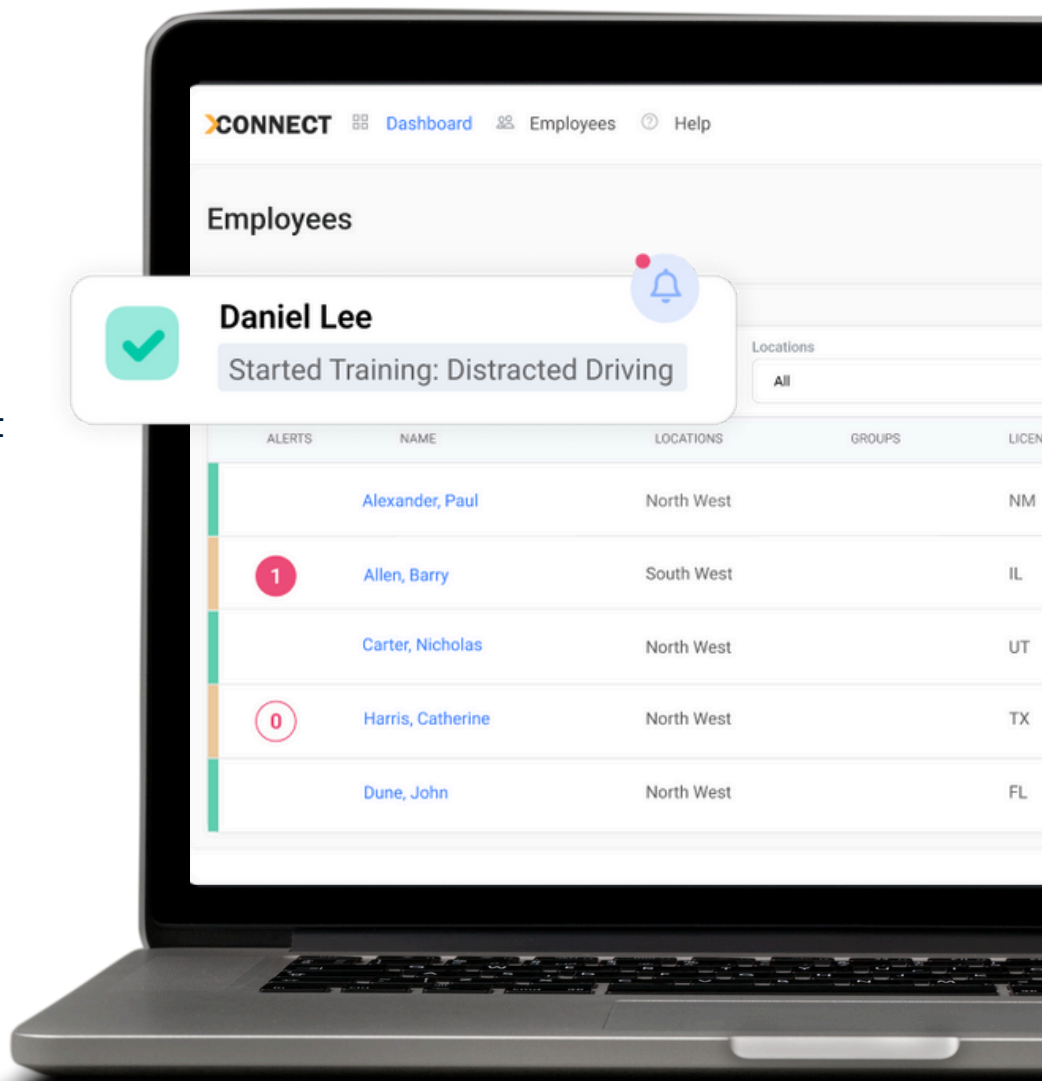
New negative event in driving record



MVR Monitoring sends alert



Manager assigns an online lesson







# Core Content

**US\$98**  
Per lesson/ Per driver



✓ **THE 5KEYS TO FORWARD MOTION  
AND BACKING - SMALL VEHICLE OR TRUCK**  
(1 HOUR)

**FRE, SPA, BPT, ARA, HIN, NOR, CHI, ITL, POL, THA, DUT, GER, KOR, TUR, CZE, SWE**

This is the core Smith5Keys® course which provides drivers with a unique insight into common driving errors. Traffic patterns are analyzed utilizing our proven Smith5Keys® techniques. These concepts have been shown to significantly reduce motor vehicle crash rates, lower company costs and save lives. This course is available in 15 languages





# Driving Series Courses

**US\$15**  
Per lesson/ Per driver



- ✔ **DRIVING THE 5KEYS® - SMALL VEHICLE, TRUCK OR UTILITY TRUCK**  
(20 MINUTES)  
FRE, SPA, BPT,ARA
- This course provides drivers with a unique insight into common driving errors. Using a combination of footage taken from both ground-level and aerial perspectives, traffic patterns are analyzed utilizing our proven 5Key techniques. The presentation also addresses in vehicle crash prevention technology as a compliment, not replacement, for every good driver's existing skills

- ✔ **DRIVING THE 5KEYS® - BUS & TRANSIT**  
(30 MINUTES)
- This course provides bus & transit drivers with a unique insight into common driving errors and proven safety techniques geared specifically for drivers of city transit, school, paratransit, and motor coaches. This course applies the time tested 5Keys® to Space Cushion driving to bus and transit services that are challenged by vehicle dimensions, passenger needs, and hazards unique to bus stops.

- ✔ **DRIVING REVERSE**  
(20 MINUTES)  
FRE
- Many crashes happen not on open roads but in parking lots, driveways, and garages, often while reversing into fixed or moving objects. Driving Reverse teaches drivers how to avoid these crashes and stay safe while parking. The same Smith5Keys® principles that benefit professional drivers on the road can also help overcome the challenges of reversing.

# Driving Series Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **DRIVING PREPARED**  
(15 MINUTES)  
**FRE**

When it comes to operating a vehicle safely, you can never be too prepared. Driving Prepared reminds drivers the importance of remaining ready for unexpected dangers which could arise behind the wheel. Topics include staying fit for duty, daily pre-trip inspections, proper route planning, nighttime driving, foul weather and other driving hazards

---

  - ✓ **DRIVING EVS**  
(20 MINUTES)

This course introduces electric and hybrid vehicles, highlighting what drivers can expect when driving one for the first time. It defines differences between electric, hybrid, and gas-powered vehicles, explains range considerations, charging station levels, and hazards of driving in cold weather.

---

  - ✓ **DRIVING FAMILY**  
(18 MINUTES)  
**FRE**

The course adapts the proven Smith System crash-avoidance techniques for the consumer market, addressing major safety concerns like distracted and drowsy driving, bad weather, seat belt and car seat use, and safer parking. It also teaches viewers how to prepare themselves and their vehicles for safety. It's the Smith5Keys® tailored for everyday drivers.

---

  - ✓ **DRIVING DISTRACTED**  
(20 MINUTES)  
**FRE, BPT, CHI, POL, GER, CZE, SWE**

Motor vehicle crashes causing injuries and deaths are rising at unprecedented rates, largely due to driver distractions, with smartphones as the leading cause. Driving Distracted educates drivers on the four types of distractions and how the brain processes information, using an interactive demonstration to debunk the myth of multitasking.

---

  - ✓ **DRIVING DROWSY**  
(20 MINUTES)  
**FRE**

Most people wouldn't drive drunk, but they often overlook the dangers of driving while fatigued. As drowsy driving crashes increase, Driving Drowsy addresses common misconceptions and risks, showing how The Smith5Keys® can help drivers stay alert and prevent fatigue-related incidents.

---

  - ✓ **DRIVING WEATHER**  
(20 MINUTES)  
**FRE**

Each year, nearly half a million people are injured and 6,000 killed in weather-related crashes, with most occurring on wet pavement during rain. Snow, ice, fog, wind, and flooding also create risks. Driving Weather helps fleet drivers adapt to challenging conditions, improve visibility and traction, and stay safe using The Smith5Keys®, Smith System's proven methodology.

---

  - ✓ **DRIVING TECHNOLOGY**  
(20 MINUTES)  
**FRE**

Automakers have introduced Advanced Driver Assistance Systems (ADAS) to help reduce crashes, recognizing that human drivers can be unpredictable. While helpful, these features are not foolproof and can't replace advanced driving skills. Driving Technology teaches drivers how to integrate the Smith5Keys® with ADAS technology, maximizing safety and crash prevention.



# Driving Series Courses

**US\$15**  
Per lesson/ Per driver

✓ **DRIVING SPACE**  
(20 MINUTES)  
**FREE**

Driving Space illustrates the importance of why maintaining a proper space cushion is an essential element to collision avoidance. Learners recognize how proper following distance lowers stress behind the wheel without adding additional time to their daily drive.

✓ **DRIVING AT NIGHT**  
(20 MINUTES)

Driving at night requires different safe driving techniques than those used during daylight driving. In this course, we explain how driving at night affects your vision and your ability to make thoughtful driving decisions. The course focus is on The Smith System's 5 Keys® to safe driving as they apply to driving at night, including where to keep your eyes, your focus, and your vehicle as you adapt and compensate for the dark conditions.

✓ **DRIVING LEASE ROADS**  
(20 MINUTES)

Driving on lease roads and in staging areas presents unique challenges not found on paved roads. This course explains what lease roads and staging areas are, the rules that apply to them, and how to navigate them safely. Using The Smith5Keys® as a guide, drivers learn best practices for handling surface hazards, obstacles, and maintaining a safe attitude.

✓ **DRIVING ROUNDABOUTS**  
(11 MINUTES)

Roundabouts are increasingly common in the U.S., requiring driver education for safe use. This course teaches the rules of roundabout navigation and applies the Smith System5Keys to Space Cushion Driving® for safety. It covers approaching, entering, and exiting single- and multi-lane roundabouts, responding to emergency vehicles, and ensuring pedestrian and bicycle safety.





# Arrive Alive Courses

**US\$15**  
Per lesson/ Per driver



✓ **AVOIDING A REAR  
END COLLISION**  
(06 MINUTES)  
**FRE**

Rear-end collisions are often labeled as non-preventable, but they can frequently be avoided. This White Board Series course offers practical tactics and tips to reduce the risk of such incidents. By practicing a few simple strategies consistently, drivers can significantly lower the chances of being struck from behind.

✓ **AVOIDING BACKING  
COLLISIONS**  
(05 MINUTES)  
**FRE**

Misjudgment of moving and stationary objects while backing is the leading cause of backing incidents. The Smith System teaches “when in doubt, Get Out And Look” to achieve the GOAL of safe backing. The easily learned methods explained in this White Board Series course can substantially reduce these costly, frustrating and potentially dangerous incidents

✓ **AVOIDING  
DISTRACTIONS**  
(07 MINUTES)  
**FRE**

New devices, such as smartphones, are great for communication in our daily work, but should not be used while navigating a vehicle. Drivers using their cell phones while behind the wheel are four times more likely to be involved in a traffic crash than when they are not on the phone. This White Board Series course unveils a series of logical tips to reduce these risks.

✓ **AVOIDING  
INTERSECTION  
COLLISIONS**  
(05 MINUTES)  
**FRE**

This course covers the many dangers in and around intersections, where the majority of traffic collisions occur. Intersections account for over 45% of all reported crashes, happening daily on country roads, highways, uptown, downtown, and in neighborhoods.



# Arrive Alive Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **BUILDING EFFECTIVE SEEING HABITS**  
(04 MINUTES)  
**FRE**

This course explains how maintaining a proper space cushion provides visibility, helping drivers assess situations and make informed decisions. Unlike a workhorse, which instinctively avoids obstacles, a vehicle relies entirely on its driver for guidance. Traffic incidents often occur due to faulty guidance from one or more drivers.

---

  - ✓ **DROWSY DRIVING**  
(07 MINUTES)  
**FRE**

This course covers the causes of fatigue and important driving strategies for coping with drowsiness are explored. Fatigue plays a role in thousands of traffic incidents each year.

---

  - ✓ **EMOTIONS AND DRIVING**  
(05 MINUTES)  
**FRE**

Few drivers consider the impact of anger behind the wheel. While most acknowledge emotions affect driving, few make efforts to change. This lesson draws a striking parallel between driving under the influence of alcohol and being influenced by various emotions.

---

  - ✓ **FOUL WEATHER DRIVING**  
(05 MINUTES)  
**FRE**

This course covers various inclement weather events and teaches drivers how to adjust for poor conditions. What might be a close call in good weather can become a disaster in bad conditions. While weather and road conditions can't be fully overcome, drivers can take steps to reduce the risks.

---

  - ✓ **MARGIN FOR ERROR**  
(05 MINUTES)  
**FRE**

Leave nothing to chance. Each day drivers are confronted with thousands of opportunities to make mistakes behind the wheel. Learn how the margin for error is greatly decreased when logical, proactive measures are applied.

---

  - ✓ **PROPER FOLLOWING DISTANCE**  
(04 MINUTES)  
**FRE**

Driving too close to other vehicles puts you and others at risk. Sufficient following distance is crucial to safe driving. Yet few drivers maintain proper spacing. This White Board Series course explores the reasons behind driving too close and explains the Smith System suggested following distance.

---

  - ✓ **PROPER POSITIONING IN TRAFFIC**  
(05 MINUTES)

This course demonstrates that changing lanes and merging require more than luck. Smart vehicle positioning can greatly reduce collision risks. By applying The Smith5Keys®, drivers can avoid traffic conflicts and navigate safely.

---

  - ✓ **SAVING FUEL**  
(05 MINUTES)  
**FRE**

This course teaches how to drive more economically by using proper techniques and skills. Many drivers waste fuel without realizing it, but it's easy to reduce consumption. Practical tips are provided to help conserve resources and save money.





# Mini Lessons

**US\$10**  
Per lesson/ Per driver



✓ **BREAKDOWN SAFETY**  
(05 MINUTES)  
SPA , FRE

A breakdown can be inconvenient and dangerous. This lesson covers safety when stopping unexpectedly, keeping passengers safe, calling for help, and signaling other drivers. It also includes tips on preparing your vehicle for a breakdown and assembling a safety kit.

✓ **DRIVING IN THE RAIN**  
(05 MINUTES)  
SPA , FRE

Staying safe in poor weather conditions relies on advance preparation and discipline behind the wheel. This lesson covers important maintenance to prepare for wet weather, along with a review of proper use of wipers and headlights, a consideration of speed and the proper use of cruise control.

✓ **DRIVING SAFELY NEXT TO LARGE TRUCKS**  
(05 MINUTES)  
SPA , FRE

Professional truck drivers are highly skilled, but their limitations are often overlooked by other drivers. This lesson highlights key factors to keep automobile drivers safe, including awareness of truck starting and stopping distances, blind spots, and turning radius.

✓ **ADJUST YOUR DRIVING FOR FOUL WEATHER**  
(05 MINUTES)  
SPA , FRE

**Life Saving Skills**

Bad Weather - Slow Down! Increase following distance for each worsening condition and maintain your vehicle.





# Mini Lessons

**US\$10**  
Per lesson/ Per driver

- 
- ✓ **AVOID DRIVING FATIGUED**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Get enough rest, and plan frequent stops. Never try to “push through” Stop get refreshed.

---

  - ✓ **AVOID PARKING LOT COLLISIONS**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Avoid reverse driving. 1. First choice, Pull through 2. Choice, Back in. Take precautions when reversing.

---

  - ✓ **DON'T SPEED**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Break the speeding habit, pay attention to speed limits and don't overload your schedule.

---

  - ✓ **HAVE THE RIGHT ATTITUDE**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
You need to realize that the most important task you accomplish everyday is arriving home safely.

---

  - ✓ **MAINTAIN A SAFETY CUSHION**  
(05 MINUTES)  
**Life Saving Skills**  
Keep a safe following: 3 seconds when dry, 6 when wet, 8 in light snow. If Icy, Park it!

---

  - ✓ **MAINTAIN ESCAPE SPACE**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
You have 3 escapes when driving - left right and ahead. Keep as many of these open as possible.

---

  - ✓ **NEVER DRIVE IMPAIRED**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Never drive impaired by alcohol, marijuana, illicit drugs, or prescribed and over the counter medications.

---

  - ✓ **PAY ATTENTION**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Avoid anything that causes distraction,  
This includes electronics, eating, and daydreaming. Stay focused!

---

  - ✓ **SCAN 360- DEGREES**  
(05 MINUTES)  
SPA , FRE  
**Life Saving Skills**  
Be aware of your surroundings by continuously scanning ahead, behind to the left and to the right.



# Mini Lessons

**US\$10**  
Per lesson/ Per driver

- 
- ✓ **STAY BACK WHEN STOPPING**  
(05 MINUTES)

**Life Saving Skills**  
Stop back so that you can see the rear tires of the vehicle in front of you, a car length when you are first in line.

---

  - ✓ **USE CAUTION ON HIGHWAYS**  
(05 MINUTES)  
SPA , FRE

**Life Saving Skills**  
Stay focused, choose the safest lane of travel, and avoid riding next to trucks.

---

  - ✓ **PROPER MAINTENANCE OF YOUR BUSINESS VEHICLE**  
(05 MINUTES)  
SPA , FRE

Taking the right steps to maintain your business vehicle will reap tangible rewards in reliability, reduced operating cost, and safer driving. This brief lesson delves into not only scheduled maintenance items but also the details of tires, lights, and windows. Written with the business driver in mind, this lesson emphasizes the time and money saved by regular maintenance.

---

  - ✓ **SEATBELTS AND AIRBAGS**  
(05 MINUTES)  
SPA , FRE

Used together, seatbelts and airbags save lives. However, when used incorrectly, they may provide little or no protection at all. This brief lesson examines both the science of passenger restraint systems and the common ways drivers inadvertently defeat their own safety devices.

---

  - ✓ **TIRE PRESSURE: THE KEY TO MILEAGE AND HANDLING**  
(05 MINUTES)  
SPA , FRE

This brief lesson explains the critical role tires play in vehicle handling, braking, accelerating, and overall safety on the road. From the technical standpoint of contact patches to everyday concerns such as gas mileage and finding your vehicle's correct tire pressure, everything a driver needs to know about tire pressure is here.

---

  - ✓ **USING YOUR ANTI-LOCK BRAKING SYSTEM (ABS)**  
(05 MINUTES)  
SPA , FRE

ABS brakes enable drivers to control their vehicles in emergency situations in ways that were never before possible. Unfortunately, most drivers aren't familiar with ABS braking technology or how to employ it in an emergency. This brief lesson covers the difference between ABS and traditional brakes, as well as practical advice on the application of ABS and how to tell if your vehicle is equipped with ABS brakes.

---

  - ✓ **WINTER AT THE WHEEL**  
(05 MINUTES)  
SPA , FRE

Seasonal precipitation in winter challenges all driver skill levels. This brief lesson addresses both the slippery realities of driving in snow and icy conditions as well as empowering timid drivers with facts about speed, handling, all-wheel drive and 4-wheel drive vehicles, and the vital vehicle maintenance points for cold weather readiness.



# Legacy Courses

**US\$15**  
Per lesson/ Per driver



- ✔ **THE 5 KEYS TO BACKING SAFELY-SMALL VEHICLE OR TRUCK**  
(35 MINUTES)  
SPA, ARA

Crash statistics reveal that reversing a vehicle can be more than 130 times more dangerous than driving forward. Unique problems, circumstances and vehicle design issues are almost always at the heart of backing incidents. Drivers learn why backing is hazardous and they are taught easy-to-apply tips that will make backing crashes much less likely.

- ✔ **INTERSECTIONS**  
(25 MINUTES)

This course explores the many threats in and around intersections and uses The Smith5Keys® to provide drivers with simple to learn and easy to use techniques to dramatically reduce these threats. The course concludes with an engaging animated reenactment of an intersection crash which the audience is asked to analyze based on the knowledge learned earlier.

- ✔ **SAFE LANE CHANGING AND MERGING**  
(15 MINUTES)

This course offers dozens of real-world tips and techniques that will have an instant and lasting impact on drivers of any type of vehicle. Sharing this course with your drivers may help you keep your costs and your headaches under control and may even save lives.



# Legacy Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **FOLLOWING DISTANCE - SMALL VEHICLE OR TRUCK**  
(14 MINUTES)  
**FRE**
- Following distance plays a major role in most multi vehicle traffic crashes. Despite the evidence, huge numbers of drivers continue to maintain inadequate spacing. The main reason for this behavior is drivers' misconception that leaving too much space invites other drivers to cut in, resulting in added risk and lost time.

- 
- ✓ **FUEL ECONOMY**  
(25 MINUTES)
- Right Foot Fuel Economy documents how The Smith5Keys® help drivers enjoy as much as 29% better fuel economy. Drivers learn how to avoid the fuel wasting behaviors that almost all untrained drivers exhibit. Drivers will grasp the simple techniques that will help them immediately realize better fuel economy with the added benefit of safer vehicle operation.

- 
- ✓ **CLOSE QUARTER MANEUVERING - SMALL VEHICLE OR TRUCK**  
(07 MINUTES)
- Backing and fixed-object crashes are common in fleets but preventable. By training thousands of drivers, we've identified key causes and solutions. Compass Maneuvering combines an easy crash avoidance method with a mental checklist. Using the Smith5Keys® and a mobile visual compass, we focus on proactive crash prevention.



# Light Duty Training

**US\$10**  
Per lesson/ Per driver



✓ **AVOIDING  
AGGRESSIVE DRIVING**  
(15 - 20 MINUTES)  
SPA , FRE

The primary obligation of any driver is to be safe and responsible. This lesson defines aggressive driving and then investigates the causes, typical behaviors, and factors that can make drivers aggressive. Several case scenarios are presented on what to do if you encounter an aggressive driver and why responding to aggression with aggression isn't effective.

✓ **AVOID COLLISIONS  
AT INTERSECTIONS**  
(15 - 20 MINUTES)  
SPA , FRE

Intersections are the home of more collisions than anywhere else. This lesson reviews how to stay safe in intersections by anticipating hazardous situations and identifying traffic control devices. It also introduces new techniques such as evaluating an intersection and how to brake safely and wait to your advantage.

✓ **AVOIDING COLLISIONS  
WHILE BACKING AND  
PARKING**  
(15 - 20 MINUTES)  
SPA , FRE

Collisions happen at an alarming rate in the low-speed world of parking. This lesson reviews Smart Parking, which combines skills learned in the first lesson with the pull-through parking technique. Backing, space selection criteria, and how to position your vehicle in a space are also discussed. A step-by-step animation of parallel parking is also presented.



# Light Duty Training

**US\$10**  
Per lesson/ Per driver

- 
- ✔ **AVOID COLLISIONS WHILE CHANGING LANES**  
(15 - 20 MINUTES)  
SPA , FRE  
Properly adjusted mirrors help eliminate blind spots and enhance control around your vehicle, making lane changes safer. This lesson covers mirror adjustments, looking techniques for a 360° view, and tips like using turn signals and passing safely on highways.

---

  - ✔ **DISTRACTED DRIVING: THE DECISIONS YOU MAKE**  
(15 - 20 MINUTES)  
SPA , FRE  
This lesson emphasizes personal responsibility in driving, motivating learners to make safe, positive decisions behind the wheel. Interactive tools highlight the risks of distractions, concluding with a call to action for responsible driving.

---

  - ✔ **IMPAIRED DRIVING: NOT WORTH THE RISK**  
(15 - 20 MINUTES)  
SPA , FRE  
This lesson explores the facts and consequences of impaired driving. Animated scenarios illustrate preventable collisions and their life-threatening outcomes. It highlights the effects on drivers, passengers, and others on the road, with a focus on the career consequences of a DUI conviction.

---

  - ✔ **MANAGING YOUR TIME AND SPEED**  
(15 - 20 MINUTES)  
SPA , FRE  
Speeding is a growing concern on all roadways. This lesson examines why people speed, strategies to manage speeders, and how to drive safely. Topics include the purpose of speed limits, time management to reduce speeding, and the legal and physical consequences of breaking them.

---

  - ✔ **THE ONE SECOND ADVANTAGE - BRAKING, LOOKING, SEE, STEERING**  
(15 - 20 MINUTES)  
SPA , FRE  
The DrivActiv One Second Advantage™ curriculum was developed to provide drivers with superior, safe driving methods and extra reaction time which can mean the difference between a collision and a safe outcome. Learners complete our programs with a different attitude on safety and benefit from newly acquired advanced performance and safe driving skills.

---

  - ✔ **PREVENTING REAR END COLLISIONS**  
(15 - 20 MINUTES)  
SPA , FRE  
Awareness of your safety zone and escape routes is crucial to avoiding collisions. This lesson covers techniques to create a safety zone, manage front space, brake effectively, and respond to roadway emergencies.

---

  - ✔ **PROPER LANE POSITIONING**  
(15 - 20 MINUTES)  
SPA , FRE  
The Insurance Institute for Highway Safety reports 242,000 annual sideswipe crashes, resulting in 2,500 deaths and 27,000 injuries. Many drivers neglect journey planning and lane positioning, increasing the risk of collisions. This lesson focuses on best practices for lane choice and positioning to prevent these incidents.



# Light Duty Training

**US\$10**  
Per lesson/ Per driver

- 
- ✓ **PROTECTING YOURSELF AND YOUR VEHICLE**  
(15 - 20 MINUTES)  
SPA , FRE

Only you can protect your personal safety and that of your vehicle. This lesson will give you tools and techniques to use while driving, stopped, and in parked situations. Specific topics covered include taking understanding what attracts criminals, avoiding parking lot attacks, and recognizing common tricks criminals use on the street.

---

  - ✓ **BREAKING THE HARSH BRAKING HABIT**  
(15 - 20 MINUTES)  
SPA , FRE

Repeated harsh braking causes abnormal wear and tear on vehicles, while also increasing the risk of drivers getting hit from behind.

---

  - ✓ **STOP SPEEDING!**  
(15 - 20 MINUTES)  
SPA , FRE

Speeding is a leading contributor to roll-over crashes and increasing the severity of a crash.

---

  - ✓ **UNDERSTANDING TRAFFIC SIGNALS AND SIGNS**  
(15 - 20 MINUTES)  
SPA , FRE

Traffic control devices are in place to protect everyone on the road. This lesson covers the signals and devices of the road. Ignoring or trying to skirt the rules is a good way to get a traffic ticket. It's also a good way to get someone else on the road into an accident they can't avoid. Disregarding traffic signals and signs accounts for nearly 25% of all crashes.

---

  - ✓ **YOUR PERSONAL SECURITY EXPERT ADVICE FOR A SAFER ROAD TRIP**  
(15 - 20 MINUTES)  
SPA , FRE

The First Amendment protects our right to protest, but peaceful demonstrations can sometimes turn violent, leading to property damage and harm. This lesson covers how to plan your journey, respond to protests or civil unrest, and what to do if stopped by law enforcement. It also offers tips to avoid being pulled over by the police.



# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver



✔ **ACCIDENTS AND BREAKDOWNS**  
(17 MINUTES)

If a company driver is involved in an accident or breakdown, they must be prepared to handle the situation, especially with other vehicles involved. This course covers emergency stop preparation, handling roadside incidents, what to say and document at the scene, and key vehicle warnings to watch for while driving.

✔ **ALCOHOL AWARENESS**  
(42 MINUTES)

Alcohol is used in various contexts, and while moderate consumption can be beneficial, overuse can lead to abuse. This course covers the short- and long-term effects of alcohol on the body, signs of intoxication and alcohol abuse in yourself and others, and strategies for making wise choices regarding alcohol consumption, including managing dependence.

✔ **AVOIDING REAR-END COLLISIONS - LARGE VEHICLES**  
(14 MINUTES)

Rear-end collisions happen all the time, resulting in injuries, costly damage, legal fees, and fatalities. This course explores methods that drivers of tractor trailers and other large trucks can use to help avoid rear-ending another vehicle, and steps to keep their vehicle from getting hit from behind.

✔ **AVOIDING REAR-END COLLISIONS - SMALL VEHICLES**  
(22 MINUTES)

Rear-end collisions occur frequently and result in injuries, damage, costly repairs, and fatalities. This course details what you can do to avoid being hit from behind and the actions you can take to keep your vehicle from being struck by a driver behind you.



# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **BACKING - LARGE VEHICLES**  
(14 MINUTES)

Backing large vehicles and semi-trailers takes practice, experience, skill, and more practice. This course explains the risks of backing situations, identifies safe backing maneuvers, and suggests how to avoid backing situations, when possible.

---

  - ✓ **BACKING - SMALL VEHICLES**  
(20 MINUTES)

Most drivers spend 99% of the time driving forward and only 1% backing up. Yet 25-30% of vehicle accidents occur during backing. This course explains backing risks, identifies safe backing maneuvers, and suggests ways to avoid backing situations all together.

---

  - ✓ **CHANGING LANES- LARGE VEHICLES**  
(12 MINUTES)

Changing lanes safely is more challenging for drivers of large trucks, CMVs, and buses due to blind spots, longer stopping distances, and limited maneuverability. This course teaches safe lane-changing practices, how to minimize accident risks, and what to watch for when sharing the road with other vehicles.

---

  - ✓ **CHANGING LANES- SMALL VEHICLES**  
(10 MINUTES)

Moving from one lane to another is a hazardous task when there are other vehicles on the road. Drivers need to develop good lane-changing habits to ensure their chances of accident and injury are reduced. This course gives drivers the guidelines they need to make safe lane changes, minimize the risk of accidents, and know what to look out for when sharing the road.

---

  - ✓ **CLOSE QUARTER MANEUVERING - LARGE VEHICLES**  
(15 MINUTES)

Maneuvering in tight spaces, such as busy parking lots or distribution centers, can be challenging and risky for large vehicle drivers. This course covers the hazards of backing, pulling forward, and turning in close quarters, offering strategies to avoid collisions and injuries during these maneuvers.

---

  - ✓ **CLOSE QUARTER MANEUVERING - SMALL VEHICLES**  
(17 MINUTES)

Maneuvering in tight spaces, like busy parking lots, can be tricky. Backing up, pulling forward, and turning all pose collision risks. This course for small vehicle drivers covers the hazards of close-quarter maneuvers and provides strategies to avoid collisions and injuries.

---

  - ✓ **CLOSING THE LOOP**  
(16 MINUTES)

As a supervisor, ensuring driver safety is crucial. When you receive an incident report, do you know how to coach the driver effectively? This course outlines the steps to return a driver to the road safely, including when and how to provide feedback and follow up with proper training.





# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **CSA OVERVIEW**  
(19 MINUTES)  
**SPA**

CSA, the Compliance, Safety, and Accountability program by the FMCSA, uses data to identify high-risk motor carriers and drivers. It applies interventions to reduce risky behavior and improve roadway safety. In this course, drivers will learn how their actions affect their safety rating and the rating of the carrier they work for.

---

  - ✓ **DEFENSIVE DRIVING - LARGE VEHICLES**  
(22 MINUTES)

This defensive driving course addresses the unique challenges and risks faced by large vehicle drivers, offering safety tips for each. Topics include conducting pre-trip inspections, securing and hauling loads, safe driving practices, staying alert, and exercising caution while driving at night.

---

  - ✓ **DEFENSIVE DRIVING - SMALL VEHICLES**  
(15 MINUTES)

Driving conditions are constantly changing, with sharp curves, construction zones, and other hazards appearing quickly. This course covers the major causes of traffic accidents, common driving errors and how to prevent them, actions to stay in control of the vehicle, and key characteristics of defensive driving.

---

  - ✓ **DELIVERY DRIVER SAFETY**  
(23 MINUTES)

Defensive driving goes beyond following traffic laws. This course teaches how to stay alert, cautious, and proactive in spotting road hazards. It emphasizes essential safe driving skills to avoid accidents, with specific tips for driving safely at night.

---

  - ✓ **DISTRACTED DRIVING**  
(11 MINUTES)

A safe driver is one who knows how to recognize hazards and avoiding distractions. This course reminds drivers of the importance of keeping their eyes on the road and their minds on their driving. It includes different types of driving distractions and best practices for driving distraction-free.

---

  - ✓ **DOT DRIVER COMPLIANCE**  
(15 MINUTES)

The DOT and FMCSA set rules for commercial drivers that must be followed. This course reviews these regulations, covering compliance, electronic logging device requirements, daily inspections, and the three types of driver duty time. It also explains DOT whistleblower protection and HIPAA regulations.

---

  - ✓ **DRIVER FATIGUE**  
(09 MINUTES)

Fatigued and drowsy driving causes at least 100,000 crashes per year, yet it is a preventable condition. In this course, you will learn how to recognize the symptoms of driver fatigue and the strategies you need to keep you safe and alert on the road.



# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **DRIVING YOUR BRAND**  
(18 MINUTES)  
SPA

As a driver, you represent your organization on the road and in public. This course explains the concept of "Driving Your Brand," highlights the driving behaviors that reflect positively on your organization, and emphasizes the importance of representing your brand in a professional manner.

---

  - ✓ **EMERGENCY MANEUVERS - SMALL VEHICLES**  
(15 MINUTES)

The best way to prepare for road emergencies is to learn maneuvering techniques in advance and have a plan for different situations. This course, using The Smith System 5Keys to Space Cushion Driving®, provides tips for handling common road hazards, including how to react to oncoming vehicles, road obstacles, brake failure, and tire blowouts.

---

  - ✓ **EXTREME DRIVING CONDITIONS - LARGE VEHICLES**  
(22 MINUTES)

Rain, fog, ice, snow, heat, and wind present huge driving challenges to drivers. This course identifies safe practices specifically for the driver of large vehicles to use in extreme driving conditions. It explains how to maintain and equip the vehicle and describes the steps to take to drive safely and avoid accidents in dangerous weather conditions.

---

  - ✓ **EXTREME DRIVING CONDITIONS - SMALL VEHICLES**  
(20 MINUTES)

Designed for drivers of small vehicles, this course identifies safe driving practices in harsh weather conditions, explains how to maintain your vehicle, and helps you prepare for extreme driving conditions in rain, fog, ice, snow, and heat.

---

  - ✓ **FAILURE TO YIELD - LARGE VEHICLES**  
(19 MINUTES)  
SPA

Failing to yield can lead to serious accidents. This course, designed for large vehicle drivers, covers situations where yielding is necessary, how to recognize when a failure to yield causes a collision, and how to make smart decisions to help avoid accidents on the road.

---

  - ✓ **FAILURE TO YIELD - SMALL VEHICLES**  
(19 MINUTES)  
SPA

Failing to yield while driving can produce dangerous consequences. This course will discuss situations in which you will need to yield to another vehicle on the road. We will also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.

---

  - ✓ **FIFTEEN-PASSENGER VANS**  
(19 MINUTES)

15-passenger vans react differently than smaller cars and larger trucks. They are bigger and heavier than cars and have larger blind spots. Upon completing this course, you will understand the special skills and knowledge it takes to operate a 15-passenger van, and how to prepare and properly load the van to reduce the risk of accidents, especially rollovers.



# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **FLEET SAFETY**  
(16 MINUTES)

Employers invest in a comprehensive fleet safety program when they consider employee safety of key importance. This course explains fleet safety procedures and policies, employee, and management roles in the program, and how the program will have a positive impact on the safety record of their fleet.

---

  - ✓ **FOOD SERVICE DELIVERY DRIVER**  
(28 MINUTES)

Food service delivery drivers play a crucial role but face injury risks when driving and handling their load. This course covers proper stretching techniques before, during, and after deliveries, safe lifting practices, and tips for using hand trucks and lift gates. It also includes guidance on safely loading, delivering, and unloading food products.

---

  - ✓ **HAZMAT TRANSPORTATION PART 1**  
(28 MINUTES)  
SPA

Safely transporting hazardous materials begins with properly packaging, labeling, and preparing those hazardous materials for shipment. In Part 1 of this 3-part course, we review HAZMAT definitions and regulations and define the responsibilities of shippers and carriers. This section also includes the Hazardous Materials Table (HMT).

---

  - ✓ **HAZMAT TRANSPORTATION PART 2**  
(09 MINUTES)  
SPA

When hazardous materials are shipped, public safety depends on proper packaging, labeling, and handling of hazardous materials (HAZMAT). Part 2 of this 3-part course describes the shipping documentation, package markings, and labeling required by the HMR and includes instruction on how to respond to HAZMAT spills and emergencies.

---

  - ✓ **HAZMAT TRANSPORTATION PART 3**  
(09 MINUTES)  
SPA

Every HAZMAT vehicle requires identification to instantly alert all concerned that hazardous materials are within. The final part of this 3-part course identifies vehicle placarding requirements, as mandated by the PHMSA. It also describes carrier and shipper responsibilities, and reportable HAZMAT incident response procedures.

---

  - ✓ **HOUSEKEEPING VEHICLE: MICRO-COURSE**  
(05 MINUTES)

Good housekeeping in the workplace boosts health, safety, efficiency, and morale. This micro-course teaches drivers, who view their vehicle as their workplace, how to maintain a clutter-free and organized environment, highlighting the benefits of good housekeeping practices.

---

  - ✓ **LOAD SECUREMENT PART 1: PRINCIPLES**  
(19 MINUTES)

Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part one of this two-part course explains the need for load securement and describes the basic principles and standards for load securement.





# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **LOAD SECUREMENT PART 2: EQUIPMENT AND METHODS**  
(23 MINUTES)

Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part two of this two-part course describes the equipment and methods used in securement systems.

---

  - ✓ **OVERHEAD CLEARANCE**  
(09 MINUTES)

In this course, we look at overhead clearance strikes, why they continue to occur, and what you can do to make certain your vehicle never hits an overhead obstacle. Included are tips for safely backing up when encountering low overhead clearance and precautionary measures specific to bridges, power lines, and overhead signs and traffic lights.

---

  - ✓ **PARKING LOT SAFETY**  
(24 MINUTES)

Parking lots can be more dangerous than highways due to negligent drivers, low-speed collisions, theft, and pedestrian accidents, especially with children. This course reviews common parking lot hazards and provides guidance on safe driving, parking, walking, and departing, highlighting what to do and what to avoid.

---

  - ✓ **PRE-TRIP INSPECTIONS - LARGE VEHICLES**  
(13 MINUTES)

A thorough inspection of your vehicle before you begin each trip is crucial to the safety of you, your cargo, and other drivers. This course is specifically designed to address the pre-trip inspection process for large vehicles and set you up for a safe and successful trip.

---

  - ✓ **PRE-TRIP INSPECTIONS - SMALL VEHICLES**  
(10 MINUTES)  
**SPA**

A pre-trip inspection helps you find problems that could cause a crash, breakdown, or citation. It is important to perform a daily pre-trip and post-trip inspection for every trip. In this course, you will learn the essential steps to perform a pre-trip inspection for small and light duty trucks.

---

  - ✓ **REASONABLE SUSPICION PART 1**  
(10 MINUTES)

If you suspect an employee in your charge is abusing drugs or alcohol, it is important to know the signs of substance abuse and how to act on those suspicions. In Part One of this three-part course, you will learn how to define reasonable suspicion, identify behavior in violation of drug and alcohol policies, and outline substance abuse testing requirements.

---

  - ✓ **REASONABLE SUSPICION PART 2**  
(10 MINUTES)

If you suspect an employee in your charge is abusing drugs or alcohol, it is important to know the signs of substance abuse and how to act on those suspicions. In Part Two of this three-part course, you will learn about behaviors that trigger suspicions of substance abuse, and how to take action.



# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **REASONABLE SUSPICION PART 3**  
(07 MINUTES)

If you suspect an employee is abusing drugs or alcohol, it's important to recognize the signs and know how to respond. In the final part of this three-part course, you will learn about required drug and alcohol testing, including post-accident and DOT-mandated return-to-work testing, and how to handle a positive test result.

---

  - ✓ **RESPONSIBLE DRIVER SERIES: ACCIDENTS AND BREAKDOWNS**  
(08 MINUTES)

How would your employees respond to a breakdown or accident while driving? This course teaches drivers how to safely handle such situations, covering what to do and what to avoid if an incident occurs. It includes tips on preparing for potential accidents or breakdowns, common causes of vehicle breakdowns, and key warning signs to watch for while driving.

---

  - ✓ **RESPONSIBLE DRIVER SERIES: DEFENSIVE DRIVING**  
(10 MINUTES)

When an employee drives defensively, they stay alert, cautious, and proactive in spotting potential hazards. This course teaches drivers how to adopt defensive driving techniques to avoid accidents, covering safety guidelines and how to anticipate and react to hazards on the road.

---

  - ✓ **RESPONSIBLE DRIVER SERIES: DISTRACTED DRIVING**  
(09 MINUTES)

Everyone experiences distractions while driving, but a safe driver knows how to recognize and eliminate them. This course emphasizes the importance of driving distraction-free, offering tips on how to refocus and avoid distractions. It also covers best practices for maintaining focus behind the wheel.

---

  - ✓ **RESPONSIBLE DRIVER SERIES: FOOD DELIVERY SAFETY**  
(14 MINUTES)

This course addresses the risks delivery drivers face and gives drivers the information they need to keep themselves — and the food they deliver — safe. Topics include safety procedures for dangerous locations, slip, trip, and fall prevention, and how to properly handle food to maintain safe temperatures, integrity, and cleanliness.

---

  - ✓ **RESPONSIBLE DRIVER SERIES: HARASSMENT**  
(09 MINUTES)

Sexual harassment encompasses a wide range of behaviors, including verbal, physical, and emotional actions, not just sexual abuse and assault. Training employees to recognize harassment helps them understand appropriate behavior. This course covers conversational boundaries, respecting customers' privacy and personal space, bystander responsibility, and defines the various types of sexual assault.

---

  - ✓ **ROAD RAGE**  
(15 MINUTES)

What is road rage and what triggers it? This course defines road rage, explains what stressors can trigger road rage, teaches you how to avoid aggressive drivers, and lists steps you can take if you become a victim of road rage.

# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **SEAT BELT SAFETY: MICRO- COURSE**  
(02 MINUTES)

Understand the potentially fatal consequences of not wearing a seat belt and learn what you can do to make sure you, your employees, and any passengers are properly buckled up every time, every trip. Whether you are a driver, operator, or passenger always wear your seat belt.

---

  - ✓ **SMARTPHONES AND SMARTER DRIVING: MICRO-COURSE**  
(03 MINUTES)

Every day, fatal driving accidents occur when distracted drivers use their smartphones. This 3-minute course acts as an engaging reminder to all of us to put down our phones and concentrate on driving. Course includes helpful tips to help put the phone down and a 5-question quiz.

---

  - ✓ **SPEEDING AWARENESS - LARGE VEHICLES**  
(16 MINUTES)  
FRE, SPA

Speeding contributes to 31% of all fatal crashes, according to the National Highway Traffic Safety Administration. The risk of death or serious injury doubles for every 10 miles per hour over 50. This course examines the hazards of speeding and provides strategies to reduce the risk of speeding-related incidents.

---

  - ✓ **SPEEDING AWARENESS - SMALL VEHICLES**  
(14 MINUTES)  
SPA

Speeding is involved in 31% of all fatal crashes, according to the National Highway Traffic Safety Administration. The risk of death or serious injury doubles for every 10 mph over 50 mph. This course explores the dangers of speeding and provides strategies to reduce the risk of speeding-related incidents.

---

  - ✓ **STOP SIGNS AND SIGNALS -LARGE VEHICLES**  
(16 MINUTES)  
SPA

Running stop signs and signals is dangerous and it can be costly. This course presents tips and strategies to help drivers successfully navigate red lights, signals, and stop signs.

---

  - ✓ **STOP SIGNS AND SIGNALS - SMALL VEHICLES**  
(16 MINUTES)  
SPA

Running stop signs and signals is dangerous and it can be costly. This course for small vehicles presents tips and strategies to help drivers successfully navigate red lights, signals, and stop signs.

---

  - ✓ **DRIVING AT NIGHT**  
(14 MINUTES)

Driving at night requires different techniques than daytime driving. This course explains how night driving affects vision and decision-making. It focuses on The Smith System's 5 Keys® to safe driving, emphasizing where to keep your eyes, your focus, and your vehicle to adapt to dark conditions and drive safely.





# Driver Safety Courses

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **TAILGATING AWARENESS - LARGE VEHICLES**  
(18 MINUTES)  
SPA

Tailgating shortens stopping distance, slows reaction times, and increases road rage. For your safety and others', it's vital to avoid tailgating and know how to handle being tailgated. This course covers actions to take when tailgated and offers tips to help you avoid tailgating others.

---

  - ✓ **TAILGATING AWARENESS - SMALL VEHICLES**  
(18 MINUTES)  
SPA

Tailgating reduces stopping distance, shortens reaction times, and can fuel road rage. For your safety and others', it's crucial to avoid tailgating and know how to respond when you're being tailgated. This course outlines actions to take when tailgated and provides reminders to help you refrain from tailgating.

---

  - ✓ **TOWING TRAILERS**  
(19 MINUTES)

Towing a trailer adds challenges to vehicle handling, making driving more difficult. This course covers safe towing practices, including checking your vehicle, familiarizing yourself with the trailer equipment, preparing your vehicle, connecting the trailer, loading it properly, and driving carefully, especially when slowing down.

---

  - ✓ **TURNING FOR TRUCKS**  
(17 MINUTES)

In the trucking industry, making turns incorrectly is the third leading cause of truck accidents. This course will describe proper turning practices for making left and right turns correctly and explain the factors that contribute to truck turning accidents.



# Safety Tips Standalone

3-4 MINUTE VIDEO SEGMENTS SPA , FRE

**US\$10**

Per lesson/ Per driver



Our safety lessons provide essential tips to help drivers navigate various road situations and environments with confidence and care. From managing speed and avoiding distractions to handling hazardous weather and safely sharing the road, each tip is designed to promote awareness and reduce risks.

- **ANTI-LOCK BRAKING SAFETY TIP**
- **AVOID AGGRESSIVE DRIVING SAFETY TIP**
- **AVOIDING COLLISIONS WHILE CHANGING LANES SAFETY TIP**
- **AVOIDING COLLISIONS WITH LARGE ANIMALS SAFETY TIP**
- **AVOIDING FATIGUE SAFETY TIP**
- **AVOIDING ROLLOVERS SAFETY TIP**
- **BREAKDOWN SAFETY - SAFETY TIP**
- **DISTRACTED DRIVING -3 TYPES SAFETY TIP**
- **DISTRACTED DRIVING MULTITASKING SAFETY TIP**
- **DISTRACTED DRIVING -THE MIND'S EYE SAFETY TIP**
- **DRIVING ERGONOMICS SAFETY TIP**
- **DRIVING IN RAIN SAFETY TIP**
- **ECO-DRIVING SAFETY TIP**
- **ENTERING/MERGING SAFETY TIP**
- **HIGHWAY WORK ZONES SAFETY TIP**
- **HOT WEATHER SAFETY TIP**
- **INTERSECTION ETIQUETTE SAFETY TIP**
- **MAINTAINING YOUR VEHICLE SAFETY TIP**
- **MANAGING INTERSECTIONS SAFETY TIP**
- **MANAGING YOUR SPEED SAFETY TIP**
- **MOUNTAIN DRIVING SAFETY TIP**
- **MULTI-LANE HIGHWAYS SAFETY TIP**
- **PARENT-TEEN DRIVER SAFETY TIP**
- **PARKING BACKING SAFETY TIP**
- **PEDESTRIANS SAFETY TIP**
- **READY BRAKE SAFETY TIP**
- **SAFELY NAVIGATING ROUNDABOUTS SAFETY TIP**
- **SEAT BELTS SAFETY TIP**
- **SHARING THE ROAD WITH MOTORCYCLES SAFETY TIP**
- **SHARING THE ROAD WITH TRUCKS SAFETY TIP**
- **THE ONE SECOND ADVANTAGE SAFETY TIP**
- **TIRE PRESSURE SAFETY TIP**
- **TRAILER TOWING SAFETY TIP**
- **VEHICLE TECHNOLOGIES -- DRIVER ASSIST**
- **WINTER DRIVING TIP**



# Safety Tips

3-4 MINUTE VIDEO SEGMENTS SPA , FRE

**US\$10**

Per lesson/ Per driver



Our safety lessons provide essential tips to help drivers navigate various road situations and environments with confidence and care. From managing speed and avoiding distractions to handling hazardous weather and safely sharing the road, each tip is designed to promote awareness and reduce risks.

- ANTI-LOCK BRAKING SAFETY TIP
- AVOID AGGRESSIVE DRIVING SAFETY TIP
- AVOIDING COLLISIONS WHILE CHANGING LANES SAFETY TIPS
- AVOIDING COLLISIONS WITH LARGE ANIMALS SAFETY TIP
- AVOIDING FATIGUE SAFETY TIP
- AVOIDING ROLLOVERS SAFETY TIP
- BREAKDOWN SAFETY SAFETY TIP
- DISTRACTED DRIVING 2 SAFETY TIP
- DISTRACTED DRIVING MULTITASKING SAFETY TIP
- DRIVING ERGONOMICS SAFETY TIP
- DRIVING IN RAIN SAFETY TIP
- ECODRIVING SAFETY TIP
- ENTERING /MERGING SAFETY TIP
- HIGHWAY WORK ZONES SAFETY TIP
- HOT WEATHER ZONES SAFETY TIP
- INTERSECTION ETIQUETTE SAFETY TIP
- MAINTAINING YOUR VEHICLE SAFETY TIP
- MANAGING INTERSECTIONS SAFETY TIP
- MANAGING YOUR SPEED SAFETY TIP
- MOUNTAIN DRIVING SAFETY TIP
- MULTI-LANE HIGHWAYS SAFETY TIP
- PARENT-TEEN DRIVER SAFETY TIP
- PARKING BACKING SAFETY TIP
- PEDESTRIANS SAFETY TIP
- READY BRAKE SAFETY TIP
- SAFELY NAVIGATING ROUNDABOUTS SAFETY TIP
- SEAT BELTS SAFETY TIP
- SHARING THE ROAD WITH MOTORCYCLES SAFETY TIP
- SHARING THE ROAD WITH TRUCKS SAFETY TIP
- THE ONE SECOND ADVANTAGE SAFETY TIP
- TIRE PRESSURE SAFETY TIP
- TRAILER TOWING SAFETY TIP
- VEHICLE TECHNOLOGIES -- DRIVER ASSIST
- WINTER DRIVING TIP





# Heavy Duty Training

**US\$10**  
Per lesson/ Per driver



✓ **AVOID COLLISIONS AT INTERSECTIONS**  
(15 - 20 MINUTES)  
SPA , FRE

There is an intersection-related crash every twelve seconds. With crossing lanes, turning vehicles, and drivers changing speed or stopping, intersections are some of the most hazardous areas on the road. As a professional driver, it's crucial to anticipate and react to mistakes made by others. This lesson teaches the skills needed to navigate intersections safely.

✓ **AVOIDING COLLISIONS WHILE BACKING**  
(15 - 20 MINUTES)  
SPA , FRE

In truck fleets, one in four accidents involves backing. This lesson focuses on safe backing techniques, with an emphasis on tractor-trailers, where the tractor-trailer pivot increases complexity, along with visibility and clearance challenges. The goal is to keep you and others safe.

✓ **AVOIDING COLLISIONS WHILE CHANGING LANES**  
(15 - 20 MINUTES)  
SPA , FRE

In an ideal world, you'd never get stuck behind a slow driver or have to make a left turn across traffic, and all drivers would stay out of your blind spots. But in reality, truck drivers face these challenges daily. When changing lanes, you can't rely on others to move out of the way. Your technique is key to staying safe. This lesson covers the best practices for changing lanes on highways and in city traffic to ensure your safety.

✓ **DISTRACTED DRIVING DECISIONS YOU MAKE**  
(15 - 20 MINUTES)  
SPA , FRE

Distracted driving accounts for up to 25% of all incidents. This lesson motivates learners to make safer driving decisions through interactive tools like games and quizzes. It helps them recognize the risks of non-essential tasks while driving and encourages a commitment to responsible, conscientious driving.



# Heavy Duty Training

**US\$10**  
Per lesson/ Per driver

- 
- ✓ **MANAGING YOUR TIME AND SPEED**  
(15 - 20 MINUTES)  
SPA , FRE

A federal study found that excess speed is the leading cause of serious accidents. As a professional driver, you need a deeper understanding of speed and its risks. This lesson explores misconceptions about speed limits and examines the factors that lead drivers to speed, highlighting the impact on you, your company, and everyone on the road.

---

  - ✓ **DRIVING AFTER DARK AVOID FATIGUE**  
(15 - 20 MINUTES)  
SPA , FRE

Operating a tractor-trailer safely requires skill, especially when driving at night, which presents unique challenges. This lesson explains why night driving is more hazardous than daytime driving and offers techniques to help minimize risks, ensuring safety for you and other road users. As a professional driver, it's your responsibility to uphold the highest safety standards on the road.

---

  - ✓ **PREVENTING REAR END COLLISIONS**  
(15 - 20 MINUTES)  
SPA , FRE

Rear-end collisions are the most common type of truck crash, accounting for one-third of all multi-vehicle accidents. The majority are caused by insufficient following distance and driver inattention. This lesson teaches how to maintain awareness of surrounding vehicles and manage your safety zone to prevent rear-end collisions, whether from the vehicle in front or behind you.

---

  - ✓ **WINTER DRIVING**  
(15 - 20 MINUTES)  
SPA , FRE

Winter weather, including freezing rain, ice, fog, and snow, creates poor visibility, reduced traction, and vehicle instability. While experience cannot eliminate the risks, this lesson helps drivers understand the challenges of winter driving and provides techniques for recognizing and responding to road hazards. As a professional driver, it's crucial to anticipate weather conditions and react appropriately, even when other drivers may underestimate the dangers.



# DOT Compliance

**US\$15**  
Per lesson/ Per driver



✓ **ALCOHOL AWARENESS**  
(42 MINUTES)

Alcohol is common in many aspects of life, and while moderate use can have some benefits, overuse leads to abuse. This course covers the short- and long-term effects of alcohol on the body, identifies signs of intoxication and abuse in yourself and others, and provides guidance on making wise choices about alcohol consumption, including strategies for coping with dependence.

✓ **CSA OVERVIEW**  
(18 MINUTES)  
SPA

The Compliance, Safety, and Accountability (CSA) program of the FMCSA uses data to identify high-risk motor carriers and drivers, applying interventions to reduce risky behavior and enhance road safety. This course teaches drivers how their actions affect their own safety ratings and the ratings of the carriers they work for.

✓ **DIET AND EXERCISE**  
(18 MINUTES)

A sedentary lifestyle and poor nutrition can lead to a higher risk of disease and other health issues. This course explains the risks of a sedentary lifestyle and outlines the benefits of healthy eating and regular exercise.

✓ **DOT DRIVER COMPLIANCE**  
(22 MINUTES)  
SPA

This course covers DOT and FMCSA regulations designed to improve commercial vehicle and driver safety by addressing qualifications, driving hours, duty limits, and vehicle maintenance. Learn how compliance can reduce fatigue, errors, and accidents while promoting safer operations on the road.





# DOT Compliance

**US\$15**  
Per lesson/ Per driver

- ✔ **DOT REASONABLE SUSPICION FOR SUPERVISORS**  
( 46 MINUTES)

This course helps supervisors of CMV drivers meet DOT training requirements under 49 CFR Sections 382.603 and 382.307. It covers how to identify signs of drug and alcohol misuse, act professionally on suspicions, and follow the 5-step Reasonable Suspicion Process: observe, confirm, confront, document, and refer drivers for drug and alcohol testing to ensure compliance and workplace safety.
- ✔ **DRIVER FATIGUE**  
(15 MINUTES)

Fatigued and drowsy driving causes at least 100,000 crashes per year, yet it is a preventable condition. In this course, you will learn how to recognize the symptoms of driver fatigue and the strategies you need to keep you safe and alert on the road.
- ✔ **HAZMAT TRANSPORTATION PART 1**  
(14 MINUTES)  
SPA

Knowing how to properly package, label, handle, and ship hazardous materials (HAZMAT), and how to respond to spills and emergencies is critical to transportation safety. In part one of this three-part course you will learn about HAZMAT definitions and Hazardous Materials Regulations, as well as shipper and carrier responsibilities. You will also learn about DOT-required HAZMAT training, and about the Hazardous Materials Table(HMT).
- ✔ **HAZMAT TRANSPORTATION PART 2**  
(09 MINUTES)  
SPA

When hazardous materials are shipped, public safety depends on proper packaging, labeling, and handling of hazardous materials (HAZMAT). Part 2 of this 3-part course describes the shipping documentation, package markings, and labeling required by the HMR and includes instruction on how to respond to HAZMAT spills and emergencies.
- ✔ **HAZMAT TRANSPORTATION PART 3**  
(09 MINUTES)  
SPA

Every HAZMAT vehicle requires identification to instantly alert all concerned that hazardous materials are within. The final part of this 3-part course identifies vehicle placarding requirements, as mandated by the PHMSA. It also describes carrier and shipper responsibilities, and reportable HAZMAT incident response procedures.





# Health & Wellness Courses

**US\$15**  
Per lesson/ Per driver



✓ **ALCOHOL AWARENESS**  
(42 MINUTES)

This course explores alcohol's role in our culture, highlighting both its potential benefits when used in moderation and the risks of abuse. It covers the short- and long-term effects of alcohol on the body, how to recognize signs of intoxication and abuse in yourself and others, and provides strategies for making informed decisions about alcohol consumption, including coping with dependence.

✓ **DIET AND EXERCISE**  
(18 MINUTES)

A sedentary lifestyle and poor nutrition can lead to a higher risk of disease and other health issues. This course explains the risks of a sedentary lifestyle and outlines the benefits of healthy eating and regular exercise.

✓ **DRUG AWARENESS**  
(39 MINUTES)

This course offers a foundational understanding of legal and illegal drugs and their serious consequences. Topics include the risks of prescription and street drugs like opioids and fentanyl, the five schedules of the Controlled Substances Act, signs of drug use and abuse to recognize in yourself and others, and an overview of available treatments and therapies.

✓ **STRESS**  
(21 MINUTES)

Stress is recognized as a normal part of life, but when it becomes excessive, debilitating, or overwhelming, it needs to be managed and controlled. This course defines stress, explains where it can originate, identifies different types and effects of negative stress, and offers strategies to effectively manage and cope.

✓ **TOBACCO AND SMOKING**  
(20 MINUTES)

Tobacco use can lead to many health issues and is the single most preventable cause of death in the U.S. In this course, we will describe the health effects of both smoking and smokeless tobacco. We will also discuss the benefits of quitting smoking, as well as tips and resources for smoking cessation.



# Workplace Safety

**US\$15**  
Per lesson/ Per driver



- ✔ **ABRASIVE WHEELS AND GRINDER SAFETY**  
(25 MINUTES)

Working with or near abrasive wheels and grinders comes with both visible and hidden dangers. This course covers essential knowledge and tools to manage these risks effectively, ensuring safety while using this equipment. Topics include recognizing hazards, proper handling techniques, and critical safety measures.
- ✔ **ACCESS TO EMPLOYEE EXPOSURE AND MEDICAL RECORDS**  
(10 MINUTES)

If you are exposed to toxic substances or harmful physical agents at work, OSHA's Access to Employee Exposure and Medical Records standard ensures your right to review relevant records. This course explains which records you can access, those your employer is not required to share, employer responsibilities, and the role of OSHA representatives.
- ✔ **ACCIDENT INVESTIGATION**  
(35 MINUTES)


Every day, more than 12 workers lose their lives on the job, and over 4 million suffer serious work-related injuries annually. Accidents result from unsafe conditions, behaviors, or both. This course introduces a systematic approach to accident investigation, helping you uncover the causes and implement measures to prevent future occurrences.
- ✔ **ACCIDENT PREVENTION SIGNS AND TAGS**  
(11 MINUTES)

Signs and tags are crucial for alerting people to hazardous conditions and providing protection instructions in the workplace. This course helps employers and employees understand the meaning and proper use of these signs and tags, where they should be placed, and the importance of following OSHA standards for health and safety.




# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
-  **AED**  
(20 MINUTES)


Automated External Defibrillators (AEDs) save thousands of lives each year. They are readily available and surprisingly simple to use. This step-by-step training prepares you to use an AED to treat victims of sudden cardiac arrest and refreshes your knowledge of CPR techniques.

---

  -  **AERIAL LIFT SAFETY**  
(18 MINUTES)


Working in and around aerial lifts, also referred to as mobile elevating work platforms (MEWPs), poses a variety of hazards for workers at height and those below them on the ground. This course identifies lift hazards and provides guidelines to help reduce the risks of working on or near elevated work platforms.

---

  -  **ALCOHOL AWARENESS**  
(22 MINUTES)


Alcohol is commonly used in various cultural settings, and while moderate consumption can have benefits, overuse can lead to abuse. This course covers both the short- and long-term effects alcohol has on the body, identifying signs and symptoms of intoxication and alcohol abuse in yourself and others. It also offers guidance on making wise choices about alcohol consumption and provides strategies for coping with dependence.

---

  -  **ASBESTOS SAFETY**  
(34 MINUTES)


You may be exposed to asbestos in your workplace. While this course is not a replacement for the specialized training required for certain classes of workers, we will describe the hazards associated with asbestos exposure. Additionally, we will explain the precautions needed to minimize personal danger.

---

  -  **ATMOSPHERIC TESTING**  
(17 MINUTES)


If your work requires entering a confined space, it is essential to test the atmosphere before entry. This course explains the importance of using calibrated, direct-reading instruments to evaluate the atmosphere in a permit-required confined space. Topics include calibration checks, drift conditions, full calibrations, calibration rules, and the necessity of conducting a bump test for safety.

---

  -  **ATMOSPHERIC TESTING**  
(17 MINUTES)

If your work requires entering a confined space, you must test the atmosphere before entry. This course covers using well-calibrated, direct-reading instruments to assess the space's atmosphere, including calibration checks, drift conditions, full calibrations, and bump tests for safety.

---

  -  **BACK INJURY PREVENTION**  
(17 MINUTES)

Back injuries are a very common, yet preventable, form of workplace injury. In this course, you will learn about the powerful muscles and bones that make up your back. Additionally, you will learn about different types of back injuries, and how to practice "smart" posture, as well as healthy lifting techniques.





# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **BANDING AND BOX CUTTER SAFETY**  
(16 MINUTES)

In shipping and receiving departments, there are two dangerous hazards that are not often considered: the use of box cutters and banding straps. This course demonstrates the safest methods to use when working with banding and box cutters, and precautions to prevent injuries.

---

  - ✓ **BASIC RIGGING**  
(23 MINUTES)

An improperly rigged load can result in property damage, injuries and worse. This course explains proper procedures for different types of rigging equipment and situations a worker might encounter so they can know how to plan and execute a lift safely.

---

  - ✓ **BENZENE SAFETY**  
(14 MINUTES)

Benzene is a cancer-causing chemical found in many industrial workplaces. This course covers the hazards of benzene exposure, OSHA permissible limits, and ways to protect yourself and reduce exposure risk, along with first aid and spill response procedures.

---

  - ✓ **BLOODBORNE PATHOGEN SAFETY**  
(12 MINUTES)  
SPA

Bloodborne pathogens can cause serious illness or death. If you're at risk of exposure to blood or body fluids, it's essential to understand the potential dangers and how to minimize exposure. This course covers identifying risks, using proper equipment and practices, taking appropriate action if exposed, and understanding an employer's Bloodborne Pathogen Exposure Program.

---

  - ✓ **COLD STRESS**  
(27 MINUTES)

Working in cold environments, whether indoors or outdoors, can lead to serious health risks. This course focuses on making cold work environments safer, covering preparation, proper PPE, symptoms of cold stress, and emergency response to cold-related health issues.

---

  - ✓ **COMPRESSED GAS SAFETY**  
(21 MINUTES)

Compressed gas cylinders, regardless of the type of gas they contain, require special handling, storage, and disposal. Employees must be trained to avoid hazards and maintain a safe workplace. This course covers safe use, storage practices, inspections, and hazards associated with compressed gases, as well as recommended PPE and instructions for safely moving the cylinders.

---

  - ✓ **CONFINED SPACES**  
(33 MINUTES)

Workers may encounter hazards when working in confined spaces. This course defines the differences between permit-required and non-permit confined spaces, explaining employer and employee responsibilities. It covers worker types, hazards, the purpose of an entry permit, and how to test and evaluate confined spaces. Additionally, it provides criteria for selecting a rescue services provider.





# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
-  **CRANE SAFETY**  
(23 MINUTES)  
All employees who work on or around cranes need to be aware of the risks of crane operation. In this course, you will learn how to recognize common hazards of crane operation and employ safe work practices.

---

  -  **ELECTRICAL SAFETY**  
(35 MINUTES)  
SPA  
Working safely around electricity is critically important: hundreds of deaths and thousands of injuries occur to workers every year as a result of unsafe electrical working practices. This course reviews how electricity works, how electric shock occurs, the different types of electrical hazards and injuries, as well as safe practices for working with and around electricity.

---

  -  **ELECTRICAL SAFETY NFPA 70E**  
(38 MINUTES)  
Working safely around electricity is crucial, as unsafe electrical practices lead to hundreds of deaths and thousands of injuries annually. This course covers the NFPA 70E Safety Standard, including how electric shock, arc flash, and arc blast occur, the types of electrical hazards and injuries, and safe practices for working with and around electricity.

---

  -  **EMERGENCY ACTION PLANNING**  
(26 MINUTES)  
Whether caused by a natural disaster or man-made, the best time to plan for a workplace emergency is before it happens. Participants of this course learn to distinguish between different types of emergencies, how to follow emergency response procedures, and the basics of a clear and well-communicated Emergency Action Plan.

---

  -  **EMERGENCY ACTION PLANNING AND FIRE SAFETY**  
(21 MINUTES)  
SPA  
The best time to plan for an emergency is before it happens. This course emphasizes the importance of preparing for emergencies, particularly fires. Participants will learn to identify different types of fires, understand how fire suppression and extinguishers work, determine when to fight a fire versus evacuate, and plan evacuation routes and procedures.

---

  -  **ERGONOMICS**  
(16 MINUTES)  
Whether your employees work at a workstation or perform physical labor, they are all at risk for Musculoskeletal Disorders (MSDs) and injuries. MSDs can lead to missed work, lost wages, and workers' compensation claims. This course teaches employees about common causes of MSDs and the controls and practices they can implement to reduce or eliminate their risk of injury.


---

  -  **FALL PROTECTION PART 1**  
(18 MINUTES)  
SPA  
When working at elevation, employees must be aware of fall hazards and equipped with fall protection gear. Employers must provide this equipment and have a fall rescue plan, along with backups. In Part 1 of this course, you will learn the importance of fall protection, relevant regulations, how to identify and avoid fall hazards, and fall protection systems.




# Workplace Safety


**US\$15**  
Per lesson/ Per driver

- 
-  **FALL PROTECTION PART 2**  
(19 MINUTES)  
SPA  
In Part 2 of the Fall Protection course, you will be able to describe components of fall protection systems and discuss fall arrest systems. Inspecting and maintaining fall protection equipment will also be explained. Additionally, fall rescue planning and requirements will be discussed.


---

  -  **FIRE SAFETY**  
(26 MINUTES)  
SPA  
Every year, about 42,800 fires occur in industrial facilities. This course covers fire principles, extinguishing techniques, extinguisher types, fire classes, and firefighting concepts. It addresses fire safety program elements and operating procedures.


---

  -  **FIRST AID BASICS**  
(35 MINUTES)  
If an emergency occurred at your workplace, would you know what to do? While this course is not a replacement for lifesaving, first-responder, or CPR training, it covers situations where you may offer first aid. Topics include recognizing emergencies, following priorities in rendering aid, and delivering basic first aid in various situations.


---

  -  **FLAMMABLE LIQUIDS**  
(18 MINUTES)  
Working with flammable liquids requires understanding safety procedures and associated risks. This course covers the hazards of flammable liquids, safe handling practices, storage requirements, OSHA regulations, and bonding and grounding procedures for safe liquid transfers.


---

  -  **HAND AND POWERTOOL SAFETY**  
(34 MINUTES)  
Hand and power tools are used every day for many kinds of jobs. Since they are not the largest or most complicated tools on a job site, it may be easy to overlook them, but these tools can do serious damage if you are not careful and well-trained on their use.


---

  -  **HAND, WRIST, AND FINGER SAFETY**  
(14 MINUTES)  
Your hands are vital tools but also prone to injury. This course covers the hazards that can affect your hands, wrists, and fingers, precautions to prevent such injuries, and how to properly select and care for hand protection equipment.

---

  -  **HAZARD COMMUNICATION**  
(20 MINUTES)  
OSHA's Hazard Communication Standard (HCS) requires training for employees handling hazardous chemicals on safe use, storage, and disposal. This course explains the HCS's five key elements, including the Globally Harmonized System (GHS), and covers requirements for pictograms, labels, and Safety Data Sheets.

---

  -  **HEARING CONSERVATION**  
(21 MINUTES)  
Working in a noisy workplace can jeopardize your hearing. This course explains how hearing works, how noise can cause damage, and ways to reduce the risk of hearing loss, as well as your responsibilities in preventing it.



# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
- ✔ **HEAT STRESS**  
(11 MINUTES)

If you perform strenuous work under hot conditions learn how you can protect yourself and others from types of heat-related illnesses, how to recognize the symptoms of heat stress, and how to take steps to prevent this totally preventable illness from happening to you.

---

  - ✔ **HOUSEKEEPING - INDUSTRIAL: MICRO-COURSE**  
(04 MINUTES)

Good housekeeping benefits both employers and employees by improving quality and productivity while reducing incidents, injuries, and fines. This micro-course covers the steps to maintain clutter-free, organized workstations in factory or warehouse settings.

---

  - ✔ **HOUSEKEEPING - OFFICE: MICRO-COURSE**  
(05 MINUTES)

A productive office environment is organized, not chaotic. Good housekeeping improves employee health, safety, efficiency, and morale. This micro-course teaches employees how to use the 5S system to establish effective housekeeping practices for a clutter-free, organized workplace.

---

  - ✔ **HOUSEKEEPING - VEHICLE: MICRO-COURSE**  
(05 MINUTES)

Good housekeeping improves employee health, safety, efficiency, and morale. This micro-course covers housekeeping practices for drivers, helping them maintain a clutter-free, organized vehicle to enjoy these benefits.

---

  - ✔ **HOUSEKEEPING FOR WORKPLACE SAFETY**  
(18 MINUTES)

Good housekeeping is essential for safety, efficiency, and creating optimal working conditions. By following proper routines, your team saves time, money, and space, boosts productivity and quality, and reduces the risk of incidents, injuries, and regulatory fines.

---

  - ✔ **HYDROGEN SULFIDE**  
(15 MINUTES)

Hydrogen Sulfide (H<sub>2</sub>S) is a hazardous gas that can be deadly at high concentrations. This course explains the properties and effects of H<sub>2</sub>S, how to protect yourself, and covers NIOSH and OSHA exposure limits.

---

  - ✔ **INDUSTRIAL ERGONOMICS**  
(30 MINUTES)

Improper ergonomics in construction, maritime, or general industries can lead to Musculoskeletal Disorders (MSDs), causing lost workdays and significant costs. Many MSDs can be prevented with ergonomic practices.

---

  - ✔ **INFECTIOUS DISEASE PREVENTION AT WORK**  
(15 MINUTES)

As an employer, you know the importance of stopping the spread of infectious diseases. This course teaches employees how to fight bacteria and viruses spread through person-to-person contact or contaminated surfaces. It covers what infectious diseases are, how they're transmitted, symptoms of infection, and basic hygiene methods to prevent transmission in the workplace.



# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **INJURY AND ILLNESS PREVENTION PROGRAMS (I2P2)**  
(36 MINUTES)

An Injury and Illness Prevention Program (I2P2) is crucial for a safe workplace. This course explains what I2P2 is, its origins, and its six core elements. We'll also explore how you're already using I2P2 in your job and ways to use it more effectively, along with sharing its benefits to promote safety and health.

---

  - ✓ **INTRO TO OSHA**  
(30 MINUTES)

OSHA ensures safe working conditions by setting and enforcing standards, and providing training, outreach, and assistance. This course covers the types of OSHA standards, worker and employer rights and responsibilities, and other safety and health resources.

---

  - ✓ **JOB SAFETY ANALYSIS**  
(21 MINUTES)

Analyzing workplace procedures, preventing hazards, and reducing injuries are key tasks that can be achieved with a Job Safety Analysis (JSA). This course explains what a JSA is, the steps involved, the responsibilities of managers and supervisors, and the types of jobs and tasks typically analyzed.

---

  - ✓ **LADDER SAFETY**  
(17 MINUTES)  
SPA

Ladders are essential workplace tools, but improper use or selection can lead to injuries. This course explains how to choose the right ladder for the job and provides guidelines for setting up and using ladders safely.

---

  - ✓ **LOADING DOCK SAFETY**  
(30 MINUTES)

Serious loading dock accidents happen every year with severe emotional and financial repercussions. This course reviews loading dock hazards and typical incidents, along with best practices to keep your workplace safe.

---

  - ✓ **LOCKOUT TAGOUT**  
(17 MINUTES)

OSHA's Lockout/Tagout Standard protects employees from injuries caused by hazardous energy. This course is for those who service or maintain equipment with energy sources, covering LOTO rules, protective devices, and proper procedures for applying and removing LOTO.

---

  - ✓ **MACHINE GUARDING**  
(14 MINUTES)  
SPA

Machinery-related injuries are common, but safeguards can prevent them. OSHA standards require machines with parts, functions, or processes that may cause injury to be safeguarded. This course covers potential machine hazards, types of guards and devices, and techniques used to prevent machine-related injuries.

---

  - ✓ **MATERIALS HANDLING SAFETY**  
(16 MINUTES)


Employers aim to reduce material handling injuries, whether manual or with equipment like industrial trucks and conveyors. This course covers safe practices, hazards, and specific info on conveyors, trucks, and proper storage and stacking.






# Workplace Safety


**US\$15**  
Per lesson/ Per driver

- 
-  **MERCURY SAFETY**  
(17 MINUTES) Mercury exposure poses serious health risks. This course covers safe practices, exposure limits, protective equipment, medical surveillance, first aid, and spill response.


---

  -  **OCCUPATIONAL EXPOSURE TO LEAD**  
(23 MINUTES) Lead is a common but toxic substance found in many products, from munitions to fishing sinkers. This course teaches you how to protect yourself from exposure, including where lead may be encountered, the health risks, and how to develop a lead safety plan for your job.


---

  -  **OFFICE ERGONOMICS**  
(31 MINUTES) Each year, 1.8 million workers in the United States report Musculoskeletal Disorders (MSDs). These reports result in hundreds of thousands of lost work days, and cost workers and employers billions of dollars in related costs. Many of these MSDs may be reduced or even prevented by considering Ergonomics.


---

  -  **OFFICE SAFETY**  
(30 MINUTES) Knowing what to expect and how to prepare for an OSHA inspection can save your organization time and money. This course gives managers and supervisors an overview of their legal rights during an OSHA inspection and how to prepare for one. The course also covers the three components of an OSHA inspection, types of penalties, and responding to citations.


---

  -  **PALLET JACKS**  
(14 MINUTES) Using a pallet jack presents risks to both yourself and your cargo. This course covers safety for both Class-3 powered and non-powered pallet jacks, including proper inspections, maintenance procedures, and techniques for lifting, moving, and lowering loads safely.


---

  -  **PCB AWARENESS**  
(14 MINUTES) PCBs, toxic chemicals once used in power plants, industrial facilities, and electrical utilities, are now banned but still present in many workplaces. This course explains what PCBs are, where they're found, how exposure occurs, and most importantly, how to protect yourself, administer first aid, and manage this persistent hazard.

---

  -  **POWERED INDUSTRIAL TRUCKS (FORKLIFTS) OVERVIEW**  
(24 MINUTES)  
SPA Operating a forklift requires specialized knowledge and training. This course covers the risks of using a powered industrial truck, including how loads affect stability and precautions for moving loads safely.

---

  -  **PPE**  
(18 MINUTES)  
SPA Personal protective equipment (PPE) protects against workplace hazards when worn correctly. This course covers PPE types, selection, proper use, and maintenance, as well as employee and employer responsibilities.



# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **PRE-TASK AND DAILY-TASK ANALYSES**  
(17 MINUTES)  
SPA

Work sites are full of hazards, so performing a Pre-Task Analysis (PTA) and Daily Task Analysis (DTA) is crucial for risk mitigation. This course explains what PTAs and DTAs are, how to perform them, who is responsible, and how they help keep your work crew safe.

---

  - ✓ **PREVENTING OVEREXERTION, STRAINS, AND SPRAINS**  
(35 MINUTES)

Overexertion, strains, and sprains are risks when pushing your body too hard at work. This course explains what overexertion is, the activities that cause it, warning signs, and preventive steps to take while working.

---

  - ✓ **PROPER HAND-WASHING**  
(03 MINUTES)

You work hard at Proper hand-washing is an easy way to prevent the spread of germs. This course takes you through the steps of an effective hand-washing procedure and use of hand sanitizers.

---

  - ✓ **RECOGNIZING AND REPORTING HUMAN TRAFFICKING**  
(20 MINUTES)

Human trafficking is a serious crime involving the exploitation of people through forced labor or sexual slavery. It's difficult to combat because victims often do not come forward. This course covers how to identify potential victims, recognize red flags, understand where trafficking occurs, and take appropriate action when trafficking is suspected.

---

  - ✓ **RESPIRATORY PROTECTION**  
(25 MINUTES)

Gases, vapors, dusts, fumes, smoke, and sprays can pose respiratory hazards. This course explains when respirators are needed, the most common types of respirators, and the inspection process required before each use. It also covers procedures for using respirators in immediately dangerous to life or health situations.

---

  - ✓ **SAFE LIFTING IN THE WORKPLACE: MICRO-COURSE**  
(02 MINUTES)

Lifting heavy and not so heavy objects during your workday can take a terrible toll on your back, shoulders, knees, and other joints. Whether your job calls for repeated lifting or just an occasional lift, this microcourse demonstrates safe lifting procedures that will keep you healthy and working.

---

  - ✓ **SCAFFOLDING SAFETY**  
(31 MINUTES)

Working on or around scaffolds presents a variety of safety hazards. Scaffolding is a major component of the construction industry and it is essential that you and your co-workers have a safe place to work. This course focuses on safety for the most common types of scaffolding and their specific OSHA requirements.

---

  - ✓ **SILICA AWARENESS**  
(12 MINUTES)

Silica, found in many materials, is released during construction, industrial, and maritime activities, posing serious health risks. Prolonged exposure can lead to severe, potentially fatal conditions. This course provides methods to minimize silica exposure and protect workers' health.



# Workplace Safety

**US\$15**  
Per lesson/ Per driver

- 
- ✓ **SLIPS, TRIPS, FALLS**  
(21 MINUTES)  
SPA

Slips, trips, and falls are the most common accidents in general industry, causing 15% of all accidental deaths and ranking second only to motor vehicles as a cause of fatalities. This course covers the causes of slips, trips, and falls at work and offers steps to prevent them.

---

  - ✓ **SPILL PREVENTION, CONTROL, AND COUNTER MEASURE**  
(17 MINUTES)

Facilities that store significant amounts of oil must comply with the EPA's Spill Prevention, Control, and Countermeasure (SPCC) rule. This course explains how to develop and implement an SPCC plan, covering inspections, containment, spill prevention, emergency procedures, and other required elements.

---

  - ✓ **STATIC ELECTRICITY**  
(17 MINUTES)

In the oil and gas industry, static electricity can ignite deadly explosions. This course covers preventing static electricity generation, controlling discharge, and reducing accumulation. It explains how static builds up during liquid handling and how workers can prevent worksite ignitions.

---

  - ✓ **STORMWATER POLLUTION PREVENTION**  
(22 MINUTES)

Stormwater pollution prevention can be summed up as "Only rain down the drain!" However, the process is more complex. This course covers identifying hazards, prohibited materials, types of drains, and contaminants. It also provides insights into wastewater and runoff related to your business and its environmental impact.

---

  - ✓ **STRESSS**  
(21 MINUTES)

Stress is a normal part of life, but when it becomes excessive or overwhelming, it must be managed. This course defines stress, explains its origins, identifies types and effects of negative stress, and offers strategies for effective management and coping.

---

  - ✓ **STRUCK- Y/CAUGHT-BETWEEN HAZARDS**  
(14 MINUTES)

Struck-By and Caught-Between incidents are major causes of construction injuries and fatalities. This course covers these hazards, protective measures, and the responsibilities of both employers and employees in preventing them.

---

  - ✓ **TRENCHING AND EXCAVATION PART 1**  
(20 MINUTES)

Working in and around trenches and excavations presents serious hazards. In Part 1 of this course, we will define trenching terminology, identify causes of trench failures, and explain soil types and their stability. Additionally, we will discuss how these factors contribute to safety risks and the importance of proper precautions.

---


  - ✓ **TRENCHING AND EXCAVATION PART 2**  
(22 MINUTES)

In Part 2 of this course, we will look at excavation protective systems, including the materials and equipment used in excavations, as well as excavation access. We will also describe the causes of most excavation accidents and common excavation hazards.




# Workplace Safety


**US\$15**  
Per lesson/ Per driver

- 
-  **UNIVERSAL WASTE**  
(33 MINUTES)  
Handling universal waste is crucial to prevent safety risks, legal issues, and environmental harm. This course covers how to identify various types of universal waste, the associated risks, and the proper labeling, storage, and shipping procedures. Additionally, we will explore recycling and disposal methods and the correct steps to take in the event of a spill or break.

---

  -  **WALKING WORKING SURFACES**  
(10 MINUTES)  
SPA  
Walking can become hazardous when unobserved obstacles, unexpected openings, slippery surfaces, or unguarded heights exist. Based on OSHA standards, this course presents safety precautions and practices you need to prevent fall injuries and fatalities in your workplace.


---

  -  **WAREHOUSE SAFETY**  
(31 MINUTES)  
Warehouses are busy environments with fast-moving people and equipment, making them potentially hazardous. This course teaches workers how to identify warehouse hazards and take the necessary steps to reduce the risk of incidents or injuries, ensuring a safer workplace.


---

  -  **WELDING, CUTTING, BRAZING, AND HOT WORK**  
(31 MINUTES)  
Hot work presents serious hazards, but following safety steps can help mitigate these risks. The U.S. Chemical Safety and Hazard Investigation Board identifies seven key steps to prevent accidents during hot work. This course covers welding, cutting, brazing, and other hot work safety concepts through these seven steps.

---

  -  **WORKPLACE SAFETY ORIENTATION**  
(51 MINUTES)  
SPA  
Most workplace injuries occur within an employee's first six months due to a lack of awareness and training. This course covers industrial safety fundamentals, including OSHA's role, common workplace hazards, and how to prevent and respond to incidents. It also highlights key safety programs like Emergency Response, Hazard Communication, and Hearing Conservation.

---

  -  **WORKPLACE VIOLENCE PREVENTION**  
(40 MINUTES)  
For the past thirty years, violence in the workplace has been a leading cause of workplace injuries and deaths. Close to 2 million workers are injured and almost 800 die each year from violence in the workplace, while many more cases go unreported. With training and preparation, you can be better equipped to stay safe in violent situations.





# HR & Leadership Skills

**US\$15**  
Per lesson/ Per driver



✓ **ADA IN THE  
WORKPLACE**  
(24 MINUTES)

The ADA prohibits workplace discrimination against individuals with disabilities. This course explains its application in hiring and job placement, employer duties, employee rights, key terms like “reasonable accommodations,” and guidance on accommodations, exclusions, safety, and recordkeeping.

✓ **ANGER MANAGEMENT**  
(15 MINUTES)

Anger is natural, but handling it responsibly is vital. This course teaches skills to transform anger from harmful reactions to problem-solving behavior. It covers anger’s effects on work, home, and health, with tips for constructive solutions.

✓ **CHANGE AGILITY**  
(12 MINUTES)

In today’s fast-changing world, organizations need change agility to stay competitive. This course outlines five steps for managers to implement change agility, tips for fostering agile employees, and ways to enhance personal agility skills.

✓ **COACHING SKILLS**  
(12 MINUTES)

Employee engagement drives organizational success. Managers must coach employees to solve problems, make decisions, grow their careers, and collaborate effectively. This course defines workplace coaching, offers skill improvement tips, and introduces the GROW model for structured coaching sessions.



# HR & Leadership Skills

**US\$15**  
Per lesson/ Per driver

- 
-  **CREATING A TRAINING PLAN**  
(14 MINUTES) Investing in employee development boosts retention, efficiency, cost savings, and workforce motivation. This course helps you create organized, targeted, and effective training plans for your organization.

---

  -  **DELEGATION**  
(14 MINUTES) Delegating tasks and assigning responsibilities to employees is an essential management skill. This course explains the value of delegation for you, your employees, and your organization. It covers how to promote individual and team development, key factors to consider when delegating tasks, and how to coach employees using an eight-step model.

---

  -  **DELIVERING FEEDBACK**  
(18 MINUTES) Clear, constructive feedback is essential for employee development but can be challenging to deliver. This course offers a step-by-step procedure for managers to provide difficult feedback in a supportive way. It also covers documenting feedback sessions and offering feedback to senior management.

---

  -  **DIVERSITY**  
(14 MINUTES) Organizations benefit from diversity, as it brings new perspectives and ideas. However, inclusion is key for employees to feel accepted and comfortable. This course explains how individuals can contribute to a positive company culture by recognizing and overcoming biases. It covers the importance of inclusion, identifies barriers to it, and offers strategies to break them down.

---

  -  **EFFECTIVE COMMUNICATION**  
(19 MINUTES) Effective communication ensures clear understanding and prevents misunderstandings, conflict, and poor performance. This course provides methods to improve communication with employees, teams, and managers. It also covers non-verbal communication, including email, text, body language, and voice intonation.

---

  -  **GOAL SETTING**  
(13 MINUTES) Managers motivate employees to achieve goals that align with the organization's plan. This course teaches how to leverage individual strengths to create motivating goals. It covers the SMART method of goal setting and provides tips and cautions for setting attainable, results-driven goals.

---

  -  **INTRODUCTION TO HIPAA**  
(16 MINUTES) The Health Insurance Portability and Accountability Act (HIPAA) was created to protect the confidentiality and security of personal medical information. If you've received medical treatment or work with protected health information (PHI), you need to understand your rights and the proper handling procedures. This course provides an overview of HIPAA, explaining its purpose, who it protects, and how it safeguards PHI. It covers the Privacy and Security Rules, the safeguards in place to protect privacy, and outlines how to comply with HIPAA, along with the consequences of non-compliance.



# HR & Leadership Skills

**US\$15**  
Per lesson/ Per driver

- 
- ✔ **SEXUAL HARASSMENT 2-HOUR COURSE PACKAGE**  
(02 HOURS)

This course meets harassment training requirements for all 50 states, including California State Law Assembly Bill (AB) 1825, which mandates two hours of sexual harassment training every two years for organizations with 50+ employees. AB 2053 amends CA §12950 to include prevention of abusive conduct as part of the training.

---

  - ✔ **SEXUAL HARASSMENT PART 1**  
(46 MINUTES)

This course covers what harassment is, how to respond if you experience or witness it, and the responsibilities of employees and leaders. It also reviews state and federal laws, potential legal outcomes of harassment claims, and how to minimize damage from harassment.

---

  - ✔ **SEXUAL HARASSMENT PART 2**  
(35 MINUTES)

This course offers an in-depth look at sexual harassment, abusive conduct, bullying, and the legal definitions of victims. It explores state-specific harassment laws, potential consequences, and concludes with strategies for preventing harassment and minimizing liability for your company.

---

  - ✔ **SEXUAL HARASSMENT PART 3**  
(38 MINUTES)

This course explains how to identify individuals experiencing bullying and abuse, how to respond appropriately, and how to report it. It also provides guidance on creating and implementing policies and protocols to prevent bullying, cyber-bullying, and other forms of online harassment and abuse.

---

  - ✔ **SEXUAL HARASSMENT PART 4**  
(34 MINUTES)

We all understand that sexual harassment is wrong and that it can carry serious consequences. However, situations may not always be black-and-white. In this course, we will look at several real-life harassment cases, and discover what went wrong, where they sometimes went right, and what might have been done differently to prevent sexual harassment in the first place.

---

  - ✔ **SOCIAL SENSITIVITY**  
(10 MINUTES)

In the workplace, social sensitivity is an important skill. This course discusses how to demonstrate you are aware and respectful of other people, how to consider the perspective of others, and specific types of sensitivity issues common in the workplace. It also includes tips on how to listen, how to communicate with difficult people, and how to accept constructive feedback.

---

  - ✔ **WORKPLACE VIOLENCE PREVENTION**  
(40 MINUTES)

For the past thirty years, violence in the workplace has been a leading cause of workplace injuries and deaths. Close to 2 million workers are injured and almost 800 die each year from violence in the workplace, while many more cases go unreported. With training and preparation, you can be better equipped to stay safe in violent situations.





# Manager Coaching

**US\$10**  
Per lesson/ Per driver



✓ **MANAGER RIDE ALONG -  
DRIVEREADY OVERVIEW**

✓ **MANAGER RIDE ALONG -  
THE COACHING PROCESS**

This two-lesson set gets managers and supervisors prepared to conduct a driver safety ride-along with their driving employees. The lesson provides a refresher of key driver safety skills and behaviors, while the lesson provides tips on the best way to “coach” a driver/student.





# iQuotient Assessment and E-Lessons

**US\$10**  
Per lesson/ Per driver



## ✓ **IQUOTIENT - INSIGHTS FOR SAFER DRIVING**

The iQuotient Assessment evaluates key driving behaviors and skills, identifying areas for improvement. Paired with tailored e-learning lessons, it offers interactive, self-paced training to reinforce safe driving practices.



The logo for Embark Safety features a stylized orange 'X' shape to the left of the word 'EMBARK' in white, bold, uppercase letters. Below 'EMBARK' is the word 'SAFETY' in orange, bold, uppercase letters. The background is a blue-tinted photograph of a person in a safety vest and helmet, possibly a construction worker, with their hands on a steering wheel.

# EMBARK SAFETY

---

✉ [sales@embarksafety.com](mailto:sales@embarksafety.com)

☎ (855) 362-2758