

# Caterpillar University

## ADEM Acceptable Safety EHS Training

Course Number	Course Title	Language	Course Description	Course Duration
40290	Aerial Work Platforms	E	Don't get hung up working overhead. This computer-based training module describes basic types of aerial work platforms and how to work with them safely. It provides an overview of safety requirements, controls, preparation, work rules, hazards, and other safety precautions related to elevated platforms. This course discusses Extensible Boom Platforms, Aerial Ladders, Articulating Boom Platforms, and Vertical Towers. 12 Minutes (7 min. video + 5 min. test) 29 CFR 1910.67	:12
40301	Alert Driving	E	Understanding the importance of being an alert driver can mean the difference between life and death. Learn how to observe conditions around you, anticipate hazardous situations, and react to avoid hazards with our Alert Driving course. Our course discusses driving at safe speeds, the dangers of driving while impaired, and illustrates how to increase your reaction time by following the two-second rule. Alert driving is a fundamental element of safe, defensive driving techniques. For specific procedures, be sure to refer to your location's policies and procedures.	:11
41000	Arc Flash Safety	E	An arc flash is a type of electrical explosion. It's a serious hazard when working on or near energized electrical equipment. OSHA requires that all employees understand the electrical hazards to which they are exposed.  This course introduces the dangers of arc flash and presents common methods for preventing and protecting against those dangers. It's based primarily on the National Fire Protection Association (NFPA) 70E® "Standard for Electrical Safety in the Workplace," which is the recognized industry resource in the United States for best electrical work practices.  Based on: <ul style="list-style-type: none"> <li>•NFPA 70E® "Standard for Electrical Safety in the Workplace"</li> <li>•Industry best practices</li> <li>•Contributions by Bob Ruggles, electrical expert and safety trainer, of Electrical Diagnostic Surveys</li> </ul>	:24
40293	Asbestos Awareness	E	Dispel some of the common myths about asbestos by educating your team about Asbestos Containing Materials (ACM) and how to work safely around them. This computer-based training module describes the most common types of asbestos as well as the hazards asbestos may present. It provides an overview of the history of asbestos use, exposure limits, detection, prevention, and regulation. It also covers some of the potential effects of long-term exposure including asbestosis, lung cancer,	:20
40297	Combustible Dusts	E	It's only DUST! What's the big deal? Under the right conditions, many types of industrial dust, including coal, paper, and wood dust, can ignite and produce a devastating explosion. With our Combustible Dusts course, you'll learn to identify the hazards of combustible dust by using the Dust Fire and Explosion Pentagon. You'll get a clear understanding of dust control and preventions measures as well as dust analysis and explosion risk reduction. Our course will also help identify additional risks and prevention techniques associated with primary and secondary dust explosions. Based on OSHA's "Status Report on Combustible Dust National Emphasis Program" and "Hazard Communication Guidance for Combustible Dusts." For specific procedures, be sure to refer to your location's policies and procedures.	:15
40298	Compressed Air Fundamentals	E	Prepare yourself and your team to work safely with and around compressed air systems. Use this DVD to get a better understanding of the benefits and uses of compressed air. This course discusses the types of compressors (reciprocating, rotary screw, and centrifugal), the relationship between pressure, temperature and volume, gauge vs. absolute pressure, and air quality considerations. Additional topics include air cooling and drying as well as managing airborne, oil, and moisture contamination. 24 Minutes (15 min. video + 9 min. test) For specific procedures, be sure to refer to your location's policies and procedures.	:24

40299	Compressed Gas Cylinder Safety	E	Prepare yourself and your team to work safely with and around compressed gas cylinders. This course describes compressed gas cylinders and how they are commonly used. Use this training module to raise awareness about potential hazards and learn best practices for storage, transport, installation, and use of compressed gas cylinders. Missile hazards and types of compressed gases are also discussed. 13 Minutes (8 min. video + 5 min. test) For specific procedures, be sure to refer to your location's policies and procedures.	:23
40300	Confined Space Awareness	E	Don't get stuck in a tight spot. This computer-based training module provides information on confined space identification, hazardous atmospheres, physical hazards, entrance and exit hazards, hazard prevention and permits. Other topics discussed include, atmospheric testing, energy isolation, engulfment, moving or rotating equipment, and rescue procedures. 29 Minutes (18 min. video + 11 min. test) 29 CFR 1910.146 For specific procedures, be sure to refer to your location's policies and procedures.	:29
42189	Crane and Hoist Rigging Safety	E	Setting up safe and secure rigging for a crane lift is of the utmost importance; possibly more important than the operation of the crane itself. This training module gives an overview of the primary rigging issues that affect crane and hoist safety. Workers will learn about the materials used for rigging and slings, the various sling hitches used, and basic safety precautions. It is based on OSHA General Industry and Construction regulations, as well as recognized best rigging practices. It is also aligned with the 2010 OSHA regulations that require riggers in the construction industry to be qualified.	:32
40303	Driving Hazard Recognition	E	Safe drivers recognize potential hazards and stay out of harm's way. With our Driving Hazard Recognition course, you'll learn techniques for negotiating intersections and blind spots as well as avoiding erratic drivers, pedestrians, animals, and parked vehicles. You'll also learn about driving with limited visibility and in slippery conditions. Paying extra attention to common driving hazards can help ensure that your passengers and cargo return home safely. For specific procedures, be sure to refer to your location's policies and procedures.	:13
40302	Driving Preparation	E	Be prepared for any trip with our Driving Preparation training that provides the basics of vehicle maintenance and inspection as well as suggestions for planning your route. Our course also suggests some valuable emergency supplies that can help prevent a minor inconvenience from becoming a major problem, such as common tools, spare tire, jumper cables and more. In addition to saving time and other costs, proper driving preparation can ultimately save your life as well as the lives of other drivers, passengers, and pedestrians around you. For specific procedures, be sure to refer to your location's policies and procedures.	:13
40304	Electrical Safety General Awareness	E	Be prepared for any trip with our Driving Preparation training that provides the basics of vehicle maintenance and inspection as well as suggestions for planning your route. Our course also suggests some valuable emergency supplies that can help prevent a minor inconvenience from becoming a major problem, such as common tools, spare tire, jumper cables and more. In addition to saving time and other costs, proper driving preparation can ultimately save your life as well as the lives of other drivers, passengers, and pedestrians around you. For specific procedures, be sure to refer to your location's policies and procedures.	:18
40495	Emergency Action Plans	E	Based on OSHA standards and recognized industry best practices, this course is intended as an introduction or refresher course for general industry workers and those responsible for developing an emergency action plan.	:16
Coming Soon	Equipment Maintenance and Reliability	E	In industrial facilities, it is extremely important that the equipment runs smoothly and reliably. If proper maintenance is not done regularly, it can cost a company thousands of dollars, and potentially compromise the safety of its workers. This course answers the questions: What is equipment maintenance? Why is it so important? and what are the benefits of maintaining equipment? It also covers some safety and work guidelines related to performing equipment maintenance.	18

40360	Escape Respirators and SCSRs - EHS	E	Don't let smoke, fumes, or toxic gases keep you from getting to safety in an emergency. Use this training to prepare yourself and your team with a working knowledge of escape respirators. This computer-based training module describes the different types of escape respirators and self-contained self-rescuers (SCSRs), as well as inspecting, caring for, donning, and using them. Additional topics discussed include atmospheres immediately dangerous to life and health (IDLH) and transferring to a new SCSR when necessary. 23 Minutes (15 min. video + 8 min. test) Based on 30 CFR Part 46.5.c.1	:24
40310	Fall Prevention and Protection	E	Slips, trips, and falls are often the most common causes of injuries and occupational fatalities. Raise awareness and lower the likelihood of these incidents with this course focusing on fall prevention, fall injury reduction, personal fall arrest systems, and fall protection nets. 10 Minutes (6 min. video + 4 min. test) Based on 29 CFR 1910.66 App C For specific procedures, be sure to refer to your location's policies and procedures.	:10
40311	Fire Extinguisher Safety	E	We see them hanging on the wall every day but most people know very little about fire extinguishers. Use this course to educate your team on the fire triangle, the types of fires that can occur in the workplace, and how and when to use a fire extinguisher. This course also describes when to evacuate and provides some proper maintenance tips for fire extinguishers. 14 Minutes (9 min. video + 5 min. test) Based on 29 CFR 1910.157 For specific procedures, be sure to refer to your location's policies and procedures.	:14
40312	Fire Safety	E	Be prepared to keep yourself and your team safe in the event of a fire. This computer-based training module covers the nature of fire, preventative and protective measures, fire sprinklers, smoke detectors, alarms, extinguishers, evacuation, and the stop-drop and roll technique. Fire classifications and basic fire extinguisher use is also discussed. 23 Minutes (14 min. video + 9 min. test) Based on 29 CFR 1910 Subpart L For specific procedures, be sure to refer to your location's policies and procedures.	:23
40313	First Aid for Common Injuries - EHS	E	Unfortunately, everybody gets hurt at some point. Use this course to prepare yourself and your team to recognize the symptoms of and provide first aid for various common injuries and illnesses. This computer-based training module discusses concussions, eye injuries, burns (heat and chemical), fractures, dislocations, bites (insect, animal, and human), and environmental exposure emergencies such as heatstroke, hypothermia, and dehydration. 37 Minutes (23 min. video + 14 min. test) 30 CFR Part 46.5.c.2	:37
40314	First Aid for Emergencies - EHS	E	Be prepared to help in emergency situations. Use this computer-based training module to prepare yourself and your team to recognize the symptoms of and provide first aid in various life-threatening emergency situations. A broad range of common emergencies are discussed, including heart attack, cardiac arrest, shock, choking, stroke, blood loss, amputations, poisoning, seizures, drug overdose, diabetic emergencies, and loss of consciousness. 48 Minutes (30 min. video + 18 min. test) 30 CFR Part 46.5.c.2 For specific procedures, be sure to refer to your location's policies and procedures.	:48
40315	First Steps in All First Aid Situations - EHS	E	The first moments of every emergency situation are always the most critical. Use this computer-based training module to learn about the "DR. ABC" method and the importance of quickly calling 9-1-1. This course also explains how and when to perform artificial respiration and CPR, as well as how to use an automatic or semiautomatic external defibrillator (AED). 34 Minutes (21 min. video + 13 min. test) 30 CFR Part 46.5.c.2 For specific procedures, be sure to refer to your location's policies and procedures.	:34
41530	Flammable and Combustible Liquids	E	Based on OSHA standards, this course helps raise awareness of the potential hazards presented by common workplace products while offering practical instruction on labeling, storage, handling, and managing spills and waste to help establish safe work habits for yourself and your team.	:24
40319	Hand and Power Tools	E	The power to recognize and avoid injury is right at your fingertips. This computer-based training module includes information on hand tools, power tools, general tool safety, maintenance, guards, best practices, and operating guidelines. The module also covers safety related to electrical, pneumatic, hydraulic, liquid fuel, and powder-actuated power tools. 23 Minutes (14 min. video + 9 min. test) 29 CFR 1910 Subpart P For specific procedures, be sure to refer to your location's policies and procedures.	:23

40320	Hand Safety	E	We can think of at least ten critical reasons you should use this course to protect your hands. This computer-based training module covers the physiology of the hand, guidelines for hand safety, specific hand-safety situations, and proper personal protective equipment selection. Safety concerns discussed also include, protecting your hands from moving machine parts, extreme temperatures, chemicals, physical stress, and infection. Training Time: 12 Minutes 29 CFR 1910.132 For specific procedures, be sure to refer to your location's policies and procedures.	:12
40727	Hand Washing and Hygiene	E	Knowing proper hand hygiene techniques, the routes of hand contamination, the importance of the time spent washing the hands, and the difference between soaps and sanitizers will help keep you and your co-workers safe from the many foodborne illnesses that surround us.	:15
40321	Hazard Communication	E	Get a better understanding of the importance of container labeling for a safer workplace. This computer-based training module discusses OSHA's Hazard Communication Standard (HCS) and the requirements for a written Hazard Communication Program (HCP). Learn about the four factors of chemical exposure and additional topics such as workplace chemicals, chemical exposure, chemical labeling, Material Safety Data Sheets (MSDS), and methods of controlling physical and health hazards. 16 Minutes (10 min. video + 6 min. test) 29 CFR 1910.1200 For specific procedures, be sure to refer to your location's policies and procedures.	:16
40728	Hazard Communication 2012	E	Many workplaces use hazardous chemicals. But, it's not always easy to understand the various labeling requirements for these chemicals and the information provided to employees about the hazards these chemicals present. Concern and confusion about these issues increased when OSHA updated its Hazard Communication Standard in 2012 so "HazCom" would more closely align with the Globally Harmonized System (GHS).	:37
40323	Hearing Conservation	E	Protect one of your most valuable senses with a better understanding of the anatomy of the ear, how sound works, how the ear interprets sound, the effects of noise on hearing, and annual audiometric testing. Learn how to avoid occupational hearing loss by choosing and using the right hearing protection for your job, such as ear muffs and ear plugs. 18 Minutes (11 min. video + 7 min. test) 29 CFR 1910.95 For specific procedures, be sure to refer to your location's policies and procedures.	:18
41001	Heat Stress Causes	E	Heat stress is a serious concern in many workplaces. Every year heat stress affects thousands of people, and some die as a result. This course provides the information you'll need to "beat the heat" and keep yourself and other workers safe. You'll learn about the different types of heat stress, from the least severe (heat rash) to the most severe (heat stroke). It will explain how the body reacts to heat, and the causes of heat stress. Finally, it will list some factors that affect how individuals tolerate heat.  Based on: <ul style="list-style-type: none"> <li>•The General Duty Clause of the Occupational Safety and Health—Section 5(a)(1)</li> <li>•Materials from OSHA and state labor agencies on heat exposure</li> <li>•Current scientific and medical findings</li> <li>•Accepted best work practices for preventing heat exposure</li> </ul>	:21
40353	Hot Work Permits	E	Hot work permits, when correctly completed and implemented, are a key safety tool when workers are on the job. This Web-based training course contains information and interactions to help workers understand hot work conditions, the permit process, and working safely with a flame or spark-producing tools in areas with flammables or explosives (including dust).	:15
40485	Hot Work Safety	E	Before welding, cutting, or brazing metal or performing any work that could generate enough heat or sparks to start a fire, everyone involved should be properly trained on the fundamentals of hot work safety. Based on FPA 51B and 29 CFR Subpart Q regarding welding, cutting, brazing, and other hot work.	:15
40496	Hydraulic Fluid Safety	E	From bottle jacks to forklifts and shop equipment, this course provides important information on the principles of hydraulics and the hazards that hydraulic systems can present.	:27
40325	Hydrogen Sulfide Awareness	E	Sometimes what you can't smell can hurt you. Protect yourself and your team with this critical information that raises awareness of what Hydrogen Sulfide (H2S) is and discusses exposure risks and effects, toxicity, ignition, detection, prevention, and evacuation. 13 Minutes (8 min. video + 5 min. test) 29 CFR 1910 Subpart Z For specific procedures, be sure to refer to your location's policies and procedures.	:13

40354	Incident Investigation - CM	E	With this course, team leaders will learn how to complete an incident investigation for accidents and near misses—from initial response through team formation, root-cause analysis, and corrective actions with follow-up. Safety-related incidents can make work and the workplace safer—if they are systematically investigated and corrected to prevent their recurrence.	:35
41529	Job Hazardous Analysis	E	The Hazard Communication Standard • Workplace chemicals • Chemical exposure • Chemical labels • MSDS • PPE • Controlling physical and health hazards	:16
40326	Ladder Safety	E	With this course, you get the step-by-step basics of ladder safety. Topics discussed on this ladder safety training module include information on the types of ladders you may find in your workplace as well as ladder construction, ladder selection, height requirements, weight capacity, hazardous conditions, inspections, ladder setup, use, storage, and maintenance. 23 Minutes (14 min. video + 9 min. test) 29 CFR 1910 Subpart D For specific procedures, be sure to refer to your location's policies and procedures.	:23
40328	Lead Awareness	E	Before you cut, grind, or burn through any painted surface at work or at home, better make sure you know what you're dealing with. Protect yourself and your team from unintentional lead exposure with this computer-based training module that defines what lead is and provides information on its history and usage, reduction efforts, lead exposure, effects, detection and treatment, personal protective equipment (PPE), and prevention methods. 15 Minutes (9 min. video + 6 min. test) 29 CFR 1910.1025 For specific procedures, be sure to refer to your location's policies and procedures.	:15
40532	Lead Based Paint Safety	E	Even though U.S. legislation passed in 1978 has dramatically limited the allowable lead levels in paint, lead-based paint is still present in many residential and commercial buildings.	:28
40330	Lockout Tagout	E	Don't count on luck, count on the lock. Protect yourself and your team from unintentional exposure to all types of hidden energy with this computer-based training module that describes hazardous energy types and energy control procedures, including preparation, shutdown, isolation, lockout, stored energy check, verification, and release of lockout. Additional topics include lockout hardware and administration of an Energy Control Program (ECP). 18 Minutes (11 min. video + 7 min. test) 29 CFR 1910.147 For specific procedures, be sure to refer to your location's policies and procedures.	:18
41524	Machine Guarding	E	This course is meant to be used as an introductory or refresher course for general industry workers who will be operating or working near industrial machinery.	:15
Coming Soon	NFPA 70E Introduction	E	NFPA 70E is the "Standard for Electrical Safety in the Workplace." It establishes safe practices for working with or near electrical equipment and was created to protect workers from two major electrical dangers, electric shock and arc flash. This course provides an introduction to NFPA 70E and summarizes some of its important safety guidelines, including safety boundaries around electrical equipment, personal protective equipment requirements, and some requirements for electrical equipment and devices.	:24
Coming Soon	Overhead Crane Operational Safety	E	This training module gives workers an overview of the safe operating procedures for moving loads with floor-operated overhead industrial cranes. This course covers the dangers associated with lifting and moving a load with an overhead crane, as well as safe procedures that will avoid those dangers. This course is based on relevant standards for overhead crane safety from OSHA, ANSI, and ASME, as well as recognized general industry best practices. Using clear, concise 2D and 3D diagrams and animations  OSHA 29 CFR 1910.179 – Overhead and Gantry Cranes American National Standards Institute (ANSI) best practices American Society of Mechanical Engineers (ASME) best practices	16
40539	Overhead Industrial Crane Safety	E	Based on OSHA standards and recognized industry best practices, it is intended as an introductory or refresher course for general industry workers who will either operate or work near floor-controlled overhead cranes.	:28
40333	Personal Protective Equipment	E	Every day, someone decides to give up their sight, hearing, fingers, toes, or worse to save a few seconds of effort. Sure it can be inconvenient and uncomfortable, but properly using personal protective equipment (PPE) sure is better than many unfortunate alternatives. Use this computer-based training module to educate yourself and your team on head protection, eye and face protection, hand protection, foot protection, respiratory protection, and hearing protection. 18 Minutes (11 min. video + 7 min. test) 29 CFR 1910.132	:18

40337	Radiation Safety	E	Every day, someone decides to give up their sight, hearing, fingers, toes, or worse to save a few seconds of effort. Sure it can be inconvenient and uncomfortable, but properly using personal protective equipment (PPE) sure is better than many unfortunate alternatives. Use this computer-based training module to educate yourself and your team on head protection, eye and face protection, hand protection, foot protection, respiratory protection, and hearing protection. 18 Minutes (11 min. video + 7 min. test) 29 CFR 1910.132	:20
40338	Respirators - EHS	E	Breathe easier with a better understanding of how to select, use, and maintain your respirators. This computer-based training module provides an overview of respirator types, including air-purifying and air-supplying technologies. Use this module to learn about the need for respirators, the proper use of respirators, filter types, fit testing, washing, inspection, and storage. 62 Minutes (39 min. video + 23 min. test) 30 CFR Part 46.5.c.1	:62
40574	Safety and Health - Advanced	E	Based on OSHA standards and recognized industry best practices, it is intended as an introductory or refresher course for general industry workers who will either operate or work near floor-controlled overhead cranes.	:22
40551	Safety and Health - Basic	E	This module covers basic guidelines and best practices for safety in a variety of industrial workplaces. From identifying and avoiding common workplace hazards to housekeeping and incident reporting, this course provides the fundamental elements critical to establishing safe work habits for yourself and your team.	:21
41525	Slips, Trips and Falls	E	Based on OSHA standards, this course helps raise awareness of the root causes of falls on the same level and the serious nature of the resulting injuries, fatalities, and property damage. From identifying the leading scenarios which can lead to fall-related injuries and fatalities to reporting and prevention, this course provides the fundamental elements critical to establishing safe work habits for yourself and your team.	:16
40341	Storm Water Pollution Prevention	E	Do your part to keep our rivers, streams, and lakes clean and stay compliant. This computer-based training module provides an overview of the storm water pollution problem and the regulatory measures in place to help avoid pollution from rainwater runoff. Topics discussed include physical and operational best management practices (BMPs), housekeeping, pollution prevention, material management practices, spill prevention and response, and waste management. Catch basins, secondary containment, flow diversion, and bioretention are also covered in this material based on Environmental Protection Agency (EPA) regulations. 21 Minutes (13 min. video + 8 min. test) EPA Regulations	:21
41055	Toolbox Talk - Back Safety	E	Back injuries are one of the most common workplace injury and can lead to years of discomfort and disability. Learning how to adapt to each work environments' unique back safety hazards is key in avoiding cumulative and acute back injuries.	:07
41056	Toolbox Talk - Building a Safety Culture	E	Safety culture can be thought of as the values, beliefs, perceptions and normal behaviors that are shared by employees. Every company has a safety culture, intentional or not, but is it what they want it to be? Is the safety culture positive or negative? And what can be done to change it?	:08
41060	Toolbox Talk - Common Safety Mistakes	E	When working in industrial situations or operating heavy equipment, some of the most dangerous situations arise out of common mistakes that can be easily avoided. Common safety mistakes include a lack of housekeeping, not using Lockout/Tagout on equipment needing repair, improper use of PPE, not having a process or a plan, and a failure to communicate.	:08
41057	Toolbox Talk - Cost of an Incident	E	Every incident has a cost that affects both the employee and the employer. In either case, the employee who was injured will be the one who pays the most.	:05
41058	Toolbox Talk - Fatigue Avoidance	E	Fatigue is one of the leading causes of injury at the workplace and at home. Being fatigued while working can cause operator impairment and has been proven to be as dangerous as drunk driving with the same increased risk of injury and death. In this course, you'll learn the dangers of working while fatigued and tips for avoiding fatigue on a daily basis.	:08
41887	Toolbox Talk - Operator Visibility Around Heavy Equipment	E	This course covers visibility hazards around heavy equipment and common methods used to help ensure the safety of the operator and other nearby workers. This training illustrates observing and inspecting the conditions of the worksite and equipment. It is designed to generate discussion on potential low visibility situations and possible safety controls that could increase visibility around heavy equipment.	:07
41059	Toolbox Talk - Safe Use of Cell Phones	E	Using a cell phone improperly at your job site can pose dangers to you and your coworkers. A person using a cell phone will be less attentive to their job and can be distracting to nearby co-workers. Inattention and distraction can lead to personal injury or property damage.	:07

41510	Trenching and Excavating Safety	E	This course is meant to be used as an introductory or refresher course for construction workers involved in digging or working in an excavation. It is based on OSHA Construction regulations and industry best practices.	:26
41527	Trenching and Excavating Soil Properties	E	This course is meant to be used as an introductory or refresher course for construction workers who will be digging or working in excavations. It is based on OSHA excavation regulations and on recognized best practices.	:15
Coming Soon	Back Injury Prevention	E	If you work with heavy loads or repeatedly twist to move materials from one location to another, you may be at a greater risk of back injury. Back injuries are suffered by more than one million workers every year, account for twenty percent of all workplace injuries, and cost companies billions of dollars. This course will help prevent back injuries at your workplace by raising awareness about the common causes of acute and cumulative back injuries, signs and symptoms of back injuries, and the engineering and administrative controls that can be implemented to prevent back injuries.	:23