

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

Online Courses:

Accident Analysis Online

You will learn:

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

Approximately 30 minutes

Avoiding Back Trauma Online

You will learn:

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

Approximately two hours

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

You will learn:

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

Approximately one hour

Bloodborne Pathogens (BBP) Online

You will learn:

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

Approximately two hours

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

You will learn:

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

Approximately one hour

Coming soon!

NEW! Dealing with Difficult People in the Workplace Online

You will learn:

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

Approximately 30 minutes

Developing a Safety Culture Online

You will learn:

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

Approximately two hours

Food Service Safety Online

You will learn:

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

Approximately two hours

Online Courses:

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

You will learn:

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

Approximately 30 minutes

Health Hazards in Construction Online

You will learn:

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

Approximately one hour

Industrial Hygiene Overview: Recognizing Occupational Health Hazards Online

You will learn:

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

Approximately one hour

Introduction to OSHA Online

You will learn:

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

Approximately two hours

Office Ergonomics: Computer Workstation and Mobile Computing Online

You will learn:

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

Approximately 90 minutes

OSHA Recordkeeping 101 Online

You will learn:

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

Approximately two hours

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

You will learn:

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

Approximately 90 minutes



Online Courses:

PIT and Other Mobile Equipment Online

You will learn:

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

Approximately one hour

Coming soon!

Safety and Health Management Programs Online

You will learn:

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

Approximately 90 minutes

NEW! "Zapped" Basic Electrical Safety Online

You will learn:

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

Approximately one hour

Webinars*

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

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

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

What would you do?
11/10/2020

Need Help with Environmental Regulations?
12/3/2020

What is PERRP?
1/7/2021

Office Ergonomic Tips
2/17/2021

Engaging Millennials in the Workplace
4/20/2021

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

* These webinars are provided equivalent BWC online training credit.

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