

Name	Course Length in Minutes	Description
12 Recipes for Success in Leadership	60	To be a good leader, you must be willing to have a positive attitude, maintain your credibility, and be humble. In this course, Paul Combs invites you to learn the 12 recipes for success in a leadership role. These recipes are standards the foundation for success. As Lieutenant (ret.) Paul Combs walks you through the recipes for success, he shares key advices, stories, and his cartoons proving that if you have a passion for the fire service and follow the recipe for success, you will find success as a leader.
A Proactive Approach to Suicide Prevention	60	Taking proactive action towards mental health is a proven means to combat the many mental health disorders that are common among first responders including depression, addiction, anxiety, and post-traumatic stress symptoms. Tragically, when not addressed, the end result of each of these can be suicide. This course will discuss methods to prevent suicide by learning its traceable causes. Rather than focusing on individual risk factors, this course will explain how creating an environment to encourage help-seeking behavior can alter an individual's trajectory from reaching suicide.
ARFF: Aircraft Rescue and Firefighting	120	Aircraft rescue firefighting (ARFF) is a necessary skill for any fire department that is near an airport or along a flight path. This course discusses aircraft forcible entry, firefighting with the high reach extendible turret (HRET), and cargo aircraft firefighting. NFPA Standards: 440, 460, 1900.
Autism Awareness for First Responders	150	Individuals with autism are seven times more likely to interact with first responders than the average citizen. To properly respond to calls with individuals who have autism, first responders must understand what autism is, best practices, and associated dangers. This course will discuss specific hazards unique to fire and EMS and recommend best practices to protect those with autism, their loved ones, and first responders.

<p>Basic First Aid</p>	<p>120</p>	<p>When you provide first aid, it is important that you help both the victim and yourself. Take this course to find out how to avoid legal liability, prevent disease transmission and determine how and when to move victims. This course will remind you how to assess the scene and the victim as well as how to recognize cardiac incidents, perform CPR, treat choking and put victims in the recovery position. This course will also discuss bleeding control, shock and anaphylaxis, burns and electrical shock, sudden illnesses, as well as poisonings and bites. Additionally, this course will also refresh your memory for initial treatment of brain, spine, chest, abdominal, and pelvic injuries as well as bone, joint, and muscle injuries. Lastly, this course will discuss cold and heat emergencies.</p>
<p>Basic First Aid Response</p>	<p>120</p>	<p>Medical emergencies can happen anywhere and at any time. Someone's life may depend on your ability to rapidly recognize and intervene in certain cases. This course will refresh your knowledge of how to provide first aid for people in need of medical attention while you wait for further medical help to arrive. Topics will include initial actions, consent, recognizing sudden illnesses, CPR, choking, bleeding control, injury types, as well as cold and heat stress.</p>
<p>Becoming the Boss: A Guide for New Managers</p>	<p>60</p>	<p>As a first-time manager, you likely feel a mixture of excitement and apprehension about your new role. What changes should you expect? How can you build rapport and make a good first impression with your new team? And above all, how can you become an effective boss? This guide will help you transition seamlessly from employee to manager. This general education course provides foundational information on this subject, not specific to Fire and EMS operations.</p>
<p>Bloodborne and Airborne Pathogens for First Responders</p>	<p>60</p>	<p>As a first responder, you may encounter varying types of bloodborne and airborne pathogens. It is necessary to be prepared for these circumstances so that you are better equipped to protect yourself and others and help to stop the spread of potentially dangerous pathogens. This course will discuss bloodborne and airborne pathogens, including the use of personal protective equipment and controlling exposure.</p>

<p>Building Integrity in the Workplace</p>	<p>30</p>	<p>What does it mean to have integrity? What role does it play in career advancement and job satisfaction? These questions make up the heart of this course on workplace integrity. As we'll discuss, there are benefits and challenges of maintaining integrity when making difficult workplace decisions. Through real-world examples, you'll see the three forms of workplace integrity in action. You'll also uncover four steps to align your values and actions to become someone that others trust, admire, and respect.</p>
<p>Business Writing Fundamentals</p>	<p>60</p>	<p>Many of us took courses on writing in elementary school or even high school, however, there are specific requirements for business writing. In this general education course, you'll learn why excellent business writing skills are so crucial in the workplace and how you can improve those skills.</p>
<p>Company Level Building Inspections</p>	<p>120</p>	<p>When arriving on the scene to respond to a fire call, it will be of great benefit to have some understanding of the building you are about to rush into. By conducting a pre-plan inspection before you arrive at an emergency scene, you are giving yourself and your crew an upper hand by knowing the different aspects of the building. The details on the building you will likely gain in your inspection are the type of sprinkler system equipped, the general construction and makeup of the structure, the type of materials used, and any life safety issues that can be addressed before an accident happens.</p>

<p>Confined Spaces</p>	<p>60</p>	<p>Many people think of a confined space as a small, dark space like a closet or crawl space. Confined spaces include much more than just tight spaces with limited light. They have shared characteristics that you can use to better identify them. If one of your co-workers passed out in a confined space, would you go in to rescue him? Can you be sure the air in the space is safe? This training will help you understand the risks associated with confined spaces and the procedures your employer has in place to protect you and those around you. Do not take this information lightly as it can make the difference between life and death!</p>
<p>Dealing with Difficult People and Their Organizational Impact</p>	<p>60</p>	<p>Dealing with difficult people is an unfortunate reality for many in the workplace. In this course, Jerry Streich discusses his experience dealing with a difficult person in the workplace and its impact on the organization. Difficult people are inevitable, but knowing how to work with them, handling a hostile person, and mitigating further issues can help.</p>
<p>Defensive and Distracted Driving</p>	<p>120</p>	<p>Most vehicle accidents are actually the result of human error. If an error is made at the wrong moment, an accident or collision will result. A consistent, defensive approach to driving is the best way to reduce the likelihood of driver error. The goal of this course is to provide drivers of large vehicles with the knowledge and safe driving techniques they need to prevent collisions and violations. A split-second decision can change your life, especially when you are behind the wheel of a fast-moving, heavy vehicle. This course will also discuss distracted driving, changing lanes safely, speed effects on stopping distance, tailgating, and extreme driving conditions (such as rain, snow, ice, fog, or extremely hot or cold weather).</p>
<p>Drugs and Alcohol Awareness</p>	<p>60</p>	<p>This course aims to educate about the dangers and outcomes of drug and alcohol (or substance) use. According to the National Center for Drug Abuse Statistics, almost 15% of Americans aged 12 and over used illicit drugs in the last month, with a projected 3.8% increase each year. Likewise, 20.4% of Americans in the same age group have an alcohol use disorder. By the end of the course, you'll be able to recognize various addictive substances and understand the significance of these substances in fire and emergency services. Additionally, you'll learn about the role of an Employee Assistance Program (EAP) and other resources in supporting a healthy workplace.</p>

<p>Drugs and Alcohol: The Facts</p>	<p>90</p>	<p>Substance abuse causes harm to more people than just the abuser. Are the effects of cannabis different than other controlled substances? What do I need to know about cannabis as it relates to workplace safety? This course teaches workers what substance abuse is and it outlines the costs of substance abuse to employers and co-workers. It also provides facts about commonly abused substances and how to reduce the risks of substance abuse. This course will also discuss the properties of cannabis, its effects, potential consequences of working while impaired and strategies you can use at your workplace to keep everyone safe. This course is ideal for all learners.</p>
<p>Egress and Emergency Action Plans</p>	<p>30</p>	<p>Fires, severe weather, medical emergencies, chemical releases, bomb threats and other hazardous situations can threaten life and limb. Precautions reduce the number of injuries and deaths attributable to these threats. This course will focus on two important aspects of this effort: egress and emergency action plans.</p>
<p>Electric Vehicle Extrication</p>	<p>60</p>	<p>With the popularity of electric vehicles increasing, more of these vehicles are on the road. Knowing the unique hazards and considerations for electric vehicles is crucial. They are made of different materials and high-voltage components, which can pose a risk to responders and civilians. As we'll discuss and demonstrate in this course, to perform a safe and effective extrication from an electric vehicle, you must prepare by learning about the hazards, special considerations, and specific elements that make electric vehicle responses unique.</p>
<p>Electrical Hazards</p>	<p>75</p>	<p>Electrical standards do not just help you comply with the law, they keep you safe! You are already familiar with electrical terms and hazards. Take this course to learn about NFPA 70E and what it means for you. Stay compliant and stay safe! This course explains how and why electricity is dangerous so that employees may recognize when hazards are present as well as how to troubleshoot electrical hazard issues.</p>
<p>Emergency Action Plans and Egress</p>	<p>90</p>	<p>As first responders, you face new challenges and hazards that test your skills, knowledge, and courage daily. This course will give you critical information and strategies to navigate these dangers effectively, focusing on essential OSHA standards and emergency action plans. Understanding and applying these guidelines will enhance your ability to protect yourself, your team, and those you serve in every emergency scenario.</p>

<p>EVOC: Crash and Injury Prevention and Unsafe Driving Conditions</p>	<p>60</p>	<p>There is no set time of day for when an emergency call will come, nor will these calls only happen on clear, sunny days. Because of this fact, fire apparatus operators, emergency vehicle drivers, fleet managers, and chief officers must be armed with an understanding of the unsafe driving conditions they may encounter while responding to an emergency incident; bad weather, driving at night, driving while distracted, fatigued, or DUI. In the event of a crash, a fire apparatus operator should also know injury prevention methods to lessen the severity of the crash.</p>
<p>EVOC: Driving Dynamics</p>	<p>60</p>	<p>Vehicle dynamics are important for fire apparatus operators and emergency vehicle drivers to avoid unnecessary risks while operating the vehicle. What happens when a larger apparatus rounds a curve too quickly, factors that affect the total stopping distance of the rig, and how kinetic energy plays a part in it all are part of the dynamics a driver and passenger of these apparatus face on each call they drive to. Understanding these effects will benefit all on board, making for an easier and safer drive whenever you are behind the wheel.</p>
<p>EVOC: Driving Tactics</p>	<p>60</p>	<p>When driving any vehicle, the driver must keep in mind the basic safety rules of the road and the vehicle they are operating. When it comes to driving an emergency vehicle there are even more topics to consider to maintain the safety of the driver, the passengers on board, and those around them on the road. This course will review safety topics on how to navigate an intersection during an emergency run where civilian vehicles may not hear the sirens of the apparatus, tire related maintenance to avoid unnecessary risk, skid control, ways to prevent rollover, and safe maneuvering of railroad crossings.</p>
<p>EVOC: Fleet Maintenance</p>	<p>60</p>	<p>Avoiding liabilities is an important act for not only chief officers, but apparatus operators, and emergency vehicle drivers. To best accomplish this it is important understand how to safely operate the vehicles in the fleet. Starting with safe drivers will lead to less accidents and issues later and avoid the unwanted outcomes that could come along with negligent acts.</p>
<p>EVOC: Laws and Liabilities</p>	<p>60</p>	<p>Understanding the laws and liabilities that can affect emergency vehicle drivers is the first step in preventing unnecessary risk. In this course, we will explain the laws and liabilities related to the safe operation of an emergency vehicle and how to avoid unnecessary charges in the event of a lawsuit.</p>

<p>EVOC: Personnel Qualifications and Training</p>	<p>60</p>	<p>The NFPA has a set of standards set forth to be followed when creating driver training courses, selecting an instructor for these courses, and the guidelines for the safe operation of an emergency vehicle. This course outlines these standards to provide emergency responders with an understanding of the requirements for all members and those selected to deliver driver training instruction. Following these standards will lead to the safe operation of vehicles because the trainers will have been hand-selected following a list of requirements and trained well enough to pass the instruction on to others.</p>
<p>EVOC: Specialized Vehicle Operations</p>	<p>60</p>	<p>Firefighting often requires unique tactics to accomplish fire suppression or emergency response mission. As part of these unique tactics, specialized vehicles may be needed to reach a fire or accomplish a goal. This lesson will discuss some issues associated with driving and operating certain specialized vehicles.</p>
<p>EVOC: The Standard for Automotive Fire Apparatus (1901)</p>	<p>60</p>	<p>The purpose of this course is to provide fire apparatus operators and emergency vehicle drivers with an overview of the vehicle safety components required by the NFPA 1901 “Standard for Automotive Fire Apparatus – 2016 Edition” Operating an emergency vehicle or fire apparatus is a stressful task; ensuring to arrive at the scene at the right time, providing necessary care to those on board, and operating the vehicle and apparatus in the correct ways. Because of this there are a set of safety standards in place from the NFPA that outline the proper ways to avoid any unnecessary risks to the operator of the vehicle, the passengers, and those driving around the apparatus.</p>
<p>Fall Protection</p>	<p>60</p>	<p>Each year, many workers are hurt or killed as a result of falls in the workplace. Falls are usually complex events that involve a variety of factors. For that reason, the OSHA fall protection standard deals with both human- and equipment-related issues for protecting workers from fall hazards. This training will cover systems and procedures designed to prevent falls off, onto or through working levels and to protect workers from being struck by falling objects.</p>

<p>FF: Advanced Communications</p>	<p>60</p>	<p>Communications is an important but often overlooked aspect of fire services. Well-managed communications are essential to achieving positive outcomes and avoiding lapses that put lives and property at risk. This module builds off the Fire Fighter I knowledge base established in “Fire Department Communications.” In this module, you will learn Fire Fighter II-level information about fire department communication and reporting procedures. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.2.1 and 5.2.2, “Fire Department Communications.”</p>
<p>FF: Advanced Fire Attack - Class B Fires</p>	<p>60</p>	<p>This module builds on lessons learned in the “Basic Fire Attack” module. Fire Fighter II-aligned concepts introduced here should guide you toward becoming a more experienced firefighter and advancing into the officer rank. In this module, you will learn how to decide which technique to employ as well as where and when, and how to carry them out without immediate supervision during Class B fires. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.10 and 4.3.12: “Fireground Operations;” and Fire Fighter II: 5.3.1, 5.3.2, and 5.3.3: “Fire and Life Safety Initiatives, Preparedness, and Maintenance.”</p>
<p>FF: Advanced Fire Attack - Commercial Occupancies</p>	<p>60</p>	<p>This module builds on lessons learned in the “Basic Fire Attack” module. Fire Fighter II-aligned concepts introduced here should guide you toward becoming a more experienced firefighter and advancing into the officer rank. In this module, you will learn how to decide which technique to employ as well as where and when, and how to carry them out without immediate supervision during commercial occupancy fires. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.10 and 4.3.12: “Fireground Operations;” and Fire Fighter II: 5.3.1, 5.3.2, and 5.3.3: “Fire and Life Safety Initiatives, Preparedness, and Maintenance.”</p>
<p>FF: Advanced Fire Attack - Residential Occupancies</p>	<p>60</p>	<p>This module builds on lessons learned in the “Basic Fire Attack” module. Fire Fighter II-aligned concepts introduced here should guide you toward becoming a more experienced firefighter and advancing into the officer rank. In this module, you will learn how to decide which technique to employ as well as where and when, and how to carry them out without immediate supervision during residential occupancy fires. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.10 and 4.3.12: “Fireground Operations;” and Fire Fighter II: 5.3.1, 5.3.2, and 5.3.3: “Fire and Life Safety Initiatives, Preparedness, and Maintenance.”</p>

<p>FF: Basic Fire Attack</p>	<p>60</p>	<p>While not every task a firefighter performs may be as dramatic as rescuing a child or being on a nozzle and knocking down a rapidly spreading fire, every task at a fire is critical to overall success. Your proficiency in carrying out your assigned tasks will directly affect the outcome of the fire attack. This module will review fighting structural vs. non-structural fires, choosing a successful fire attack method, and coordinating the tactical elements of a fire attack. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.5, 4.3.8, 4.3.10, 4.3.11, 4.3.12, 4.3.19, "Fireground Operations." and 4.5.1. "Preparedness and Maintenance."</p>
<p>FF: Building Construction</p>	<p>60</p>	<p>As long as there have been buildings, firefighters have been called upon to extinguish fires within them. This module covers building construction elements firefighters need to know to conduct safe and efficient fireground operations. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.4, 4.3.10, and 4.3.12; and Fire Fighter II: 5.3.2, "Fireground Operations."</p>
<p>FF: Emergency Medical Response</p>	<p>60</p>	<p>Most fire departments have emergency medical technicians or paramedics on their crew to provide emergency medical services (EMS). Even if they're not part of the EMS team, firefighters are typically first on the scene and will be expected to begin basic medical treatment until EMS arrives. This module introduces the EMS service and covers some basic skills firefighters need to begin appropriate care of sick and injured patients as well as protect themselves from injury and disease. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Emergency Medical Services 6.1, "General EMS requirements."</p>
<p>FF: Fire Behavior</p>	<p>60</p>	<p>Fire behavior is a core principle to becoming a proficient firefighter. Understanding fire behavior will allow firefighters to progress with smarter and safer firefighting tactics. This module examines the science behind fire, heat, combustion, decay, and the hazards that may appear along each stage. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.11 and 4.3.12, "Fireground Operations."</p>

<p>FF: Fire Extinguishers</p>	<p>60</p>	<p>Even small fires endanger lives and property. Portable fire extinguishers can stop the spread of fire. However, to be effective, they must be appropriate for the fire being fought and in proper working order. This module will review the classes of fire, extinguishing agents, and how to choose the correct extinguisher for each job. We'll also cover fire extinguisher operations, care, and maintenance. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.8 and 4.3.16, "Fireground Operations."</p>
<p>FF: Fire Prevention and Fire-Safety Information</p>	<p>60</p>	<p>The 1973 publication of America Burning inspired fire departments around the country to focus on fire prevention and community education as a way to stop fires before they start. In this module, you will learn about how fire departments protect and serve communities with fire prevention and fire-safety codes, information, inspections, and educational programming. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.5.1 and 5.5.2 "Fire and Life Safety initiatives, Preparedness, and Maintenance."</p>
<p>FF: Fire Protection Systems</p>	<p>60</p>	<p>Fire protection systems assist building occupants and firefighters by warning occupants, notifying fire departments, and activating a suppression system. In this module, you'll learn how different types of detection and suppression systems work. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.5.3, "Fire and Life Safety Initiatives, Preparedness, and Maintenance."</p>
<p>FF: Fire Service Communications</p>	<p>60</p>	<p>Communication is the cornerstone of the fire service. The communication system – between the community, dispatch, departments, and department personnel – must work even when other things do not. In this module, we'll examine the standards and procedures for fire department communications, from initial calls to incident scenes. Content in this module is aligned with NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.2.1, 4.2.2, 4.2.3, and 4.2.4, "Fire Department Communications."</p>

<p>FF: Fire Streams</p>	<p>60</p>	<p>Knowing how manage fire streams is a crucial, and potentially lifesaving, part of a firefighter’s job. In this module you will learn how to select, deploy, and use the proper hoselines, nozzles, and fire streams. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.10, 4.3.11, and 4.3.13, “Fireground Operations;” and Fire Fighter II: 5.3.2, “Fireground Operations.”</p>
<p>FF: Firefighter Safety and Survival</p>	<p>60</p>	<p>Firefighting is a dangerous occupation, requiring routine life-and-death decisions. There is no greater priority on the fireground than firefighter safety and survival. This module will cover common hazards, accidents, and injuries, risk management and mitigation, and the impact of behavior and response. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.1.1, “General Knowledge Requirements,” 4.2.4, “Fire Department Communications;” 4.3.2, 4.3.3, 4.3.5, 4.3.9, 4.3.10, 4.3.17, and 4.3.18, “Fireground Operations,” and Fire Fighter II: 5.1.1, “General Knowledge Requirements.”</p>
<p>FF: Firefighting Tools</p>	<p>60</p>	<p>Firefighting is a labor-intensive, tool-dependent occupation. Tools accomplish various tasks on the fireground. This module will cover the different types of tools used in fire service, how they are used, and their care and maintenance. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.5.1, “Fireground Operations;” and Fire Fighter II: 5.5.4, “Fire and Life Safety Initiatives, Preparedness, and Maintenance.”</p>
<p>FF: Forcible Entry</p>	<p>60</p>	<p>Forcible entry is often the first step before a fire attack, search or rescue can begin. It takes place through a door, window, wall, or other opening. Firefighters must be proficient in forcible entry, choosing the right tool for the job and operating safely. This module will cover the different types of locks, doors, and windows as well as breaching floors and walls and the appropriate tools used to force entry. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Job Performance Requirements, Fire Fighter I: 4.3.4 and 4.3.9, “Fireground Operations;” and Fire Fighter II: 5.3.2, “Fireground Operations.”</p>

<p>FF: Incident Command Systems</p>	<p>60</p>	<p>"The incident command system (ICS) is as much about firefighter safety as it is about effective incident management. In this module, you'll learn about the history of ICS, why it exists, how it operates, and what role the firefighter plays within it. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.1.1, "General Knowledge Requirements." "</p>
<p>FF: Ladders</p>	<p>60</p>	<p>Fire service ladders are essential in the performance of both saving human life and extinguishing fires. Constructed under rigid specifications, their use during adverse conditions requires them to provide a margin of safety not usually expected of commercial ladders. On the fire ground, they require close and coordinated teamwork quickly and accurately using established and proper techniques. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.6 and 4.3.20, "Fireground Operations;" and 4.5.1, "Preparedness and Maintenance;" and Fire Fighter II: 5.5.4, "Fire and Life Safety Initiatives, Preparedness, and Maintenance."</p>
<p>FF: Origin and Cause Investigation</p>	<p>60</p>	<p>Firefighters who understand the procedures of a fire investigation can be useful tools to the fire investigator. This module will explain the role of the firefighter in fire investigations, how to collect and preserve evidence, and basic procedures followed by all persons involved. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.3.4, "Fireground Operations."</p>
<p>FF: Personal Protective Equipment</p>	<p>60</p>	<p>Personal protective equipment (PPE) is a firefighter's first, but not last, line of defense. In this module, you'll learn about the different types and limitations of each PPE as well as how to inspect and maintain PPE. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.2 and 4.5.1, "Fireground Operations" and Fire Fighter II: 5.5.4, "Fire and Life Safety Initiatives, Preparedness and Maintenance."</p>

<p>FF: Pre-Incident Planning</p>	<p>60</p>	<p>The ability to successfully handle a fire in a building is greatly enhanced by one critical factor: a pre-incident plan. Formulating a plan of action before an incident gives a foreground commander inside information about the building and its contents, allowing the officer to anticipate problems and best use his or her resources. This module will review how to conduct a pre-incident survey and develop a pre-incident plan. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.5.3, "Fire and Life Safety Initiatives, Preparedness, and Maintenance."</p>
<p>FF: Ropes and Knots</p>	<p>60</p>	<p>Rope work is an important part of the fire service. Firefighters need to understand how to select ropes based on construction, strength, and use. Firefighters also need to know how to tie essential fire service knots and how to properly care for, clean, and store ropes. That is what this module will cover. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.20 and 4.5.1, "Fireground Operations" and Fire Fighter II: 5.5.4, "Fire and Life Safety Initiatives, Preparedness, and Maintenance."</p>
<p>FF: Salvage and Overhaul</p>	<p>60</p>	<p>The three tactical priorities of fireground operations are life safety, incident stabilization, and property conservation. Salvage and overhaul affect all three. In this module, you'll learn how to conduct salvage and overhaul operations in a safe and thorough manner. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.8, 4.3.10, 4.3.13, and 4.3.14, "Fireground Operations."</p>
<p>FF: Search and Rescue</p>	<p>60</p>	<p>"Fighting fires is a well-orchestrated event carried out by a highly trained team. The procedures and techniques that make up this module are critical for the survival of the rescuers as well as the victims. This module will cover search and rescue techniques, victim removal techniques, and choosing a dangerous situation response. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Job Performance Requirements, Fire Fighter I: 4.3.9, "Fireground Operations," and Fire Fighter II: 5.3.2, "Fireground Operations." "</p>

<p>FF: Self-Contained Breathing Apparatus</p>	<p>60</p>	<p>Self-contained breathing apparatus, or SCBA, provides respiratory protection so firefighters can operate safely in all kinds of hazardous environments. In this module, you will learn about SCBA for fireground operations, and how to operate, troubleshoot, and care for it. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.1, 4.3.5, 4.3.10, 4.3.11, and 4.5.1, "Fireground Operations;" and Fire Fighter II: 5.5.4, "Fire and Life Safety Initiatives, Preparedness, and Maintenance." It also is compliant with components of NFPA 1500 Standard on Fire Department Occupational Safety and Health and NFPA 1981 Standard on Open-Circuit Self-Contained Breathing Apparatus for Emergency Services.</p>
<p>FF: Support of Technical Rescue Teams</p>	<p>60</p>	<p>Firefighters need to be prepared to assist and support many types of rescue operations. It is important to have the skills, knowledge, and abilities to support secondary rescue units. In this module, you will review the ways which firefighters provide support to rescue operations, distinguish between the different forms of response and how they change based on environmental and structural factors, and describe proper rescue procedures. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.1.1, "General Knowledge Requirements;" and 5.4.2, "Rescue Operations."</p>
<p>FF: The Mission, History, and Traditions of Fire Service</p>	<p>60</p>	<p>You are one in a long line of firefighters who have put their lives at risk for others. But how much do you know about the mission, history, and traditions of fire service? In this module, you'll investigate the core values of fire service and how they're put into action, key historic figures and events, and traditions you might encounter locally or regionally. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.1.1, "General Knowledge Requirements."</p>
<p>FF: The Modern Fire Service</p>	<p>60</p>	<p>Firefighters do much more than fight fires. Because of that, it's important that they understand all the components of the modern fire service. In this module, you'll examine how fire departments are organized and the types of services they perform. You'll also become familiar with the sister agencies it partners with and the policies, regulations, and standards that govern fire department operations. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.1.1., "General Knowledge Requirements."</p>

<p>FF: Vehicle Extrication</p>	<p>60</p>	<p>Motor vehicle crashes (MVCs) are the second most common incidents that the fire service will respond to. Motor vehicles have been designed to keep the passengers as safe as possible, but sometimes this can impede rescue or injure fire service personnel. Every MVC is different. However, the fire service must be prepared for rapid management of the scene, hazard reduction, and rescue of the patient. This module will review vehicle management, patient extraction, rescue tools, and select the appropriate actions to take during a motor vehicle crash rescue. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter II: 5.1.1, “General Knowledge Requirements.”</p>
<p>FF: Vehicle Fires</p>	<p>60</p>	<p>Vehicle fires can occur for many reasons when the vehicle is being driven, when it is parked and turned off, or as a result of an accident that compromises one of the vehicle’s systems. This module will cover basic vehicle fire extinguishment procedures, potential hazards of fighting vehicle fires, and proper fire operations based on vehicle type and situation. Content in this module is aligned with the NFPA 1001 Standards for Fire Fighter Professional Qualifications, Fire Fighter 1: 4.3.7, “Fireground Operations.”</p>
<p>FF: Ventilation Strategies: Roofs</p>	<p>60</p>	<p>Safe, timely, and effective ventilation is integral to control and extinguish structure fires. In this module, you will learn the types of ventilation, ventilation principles and procedures, and ventilation operations for various types of roofs. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.11, 4.3.12, and 4.3.20.</p>
<p>FF: Ventilation Strategies: Varied Structure Types</p>	<p>60</p>	<p>Safe, timely, and effective ventilation is integral to control and extinguish structure fires. In this module, you will learn the types of ventilation, ventilation principles and procedures, and ventilation operations for various types of structures and fires. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.11, 4.3.12, and 4.3.20.</p>

<p>FF: Water Supply and Hose</p>	<p>60</p>	<p>Water supply is a crucial component of the fire service. Firefighters need to know about different water supplies, how water is treated and stored, as well as how water can be distributed. Firefighters also need to know about the hose, specifically how to test, maintain, and store them. Content in this module is aligned with the NFPA 1001, Standards for Fire Fighter Professional Qualifications, Fire Fighter I: 4.3.10 and 4.3.15, "Fireground Operations;" 4.5.2, "Preparedness and Maintenance;" and Fire Fighter II: 5.5.5, "Fire and Life Safety Initiatives, Preparedness, and Maintenance."</p>
<p>Fire Instructor: Assessments and Evaluations</p>	<p>60</p>	<p>Assessments are meant to be conducted throughout your time with your students to ensure their understanding of the topic you teach in the classroom and the skills you are demonstrating on the training ground. Evaluations are meant to measure student understanding at the end of a unit, a class, or a training session, and these come in the form of tests provided by your hosting AHJ. Utilize these two measurement methods to ensure your students fully comprehend the topics and skills you are teaching.</p>
<p>Fire Instructor: Creating Effective Lectures</p>	<p>60</p>	<p>Keeping open lines of communication is key to creating a safe environment for you as the instructor and your students. Providing your students with the necessary information and training is important, but you must also ensure they obtain that information and meet their learning goals. Students who answer questions, pose questions, and participate in group discussions all prove that they understand what you have taught them. In this course, we'll discuss these factors and more to determine what goes into creating an effective lecture.</p>
<p>Fire Instructor: Customizing Lesson Plans for Individual Development</p>	<p>60</p>	<p>A lesson plan is your outline for what topics will need to be covered to achieve the learning goals for each of your students. However, there are times when you will need to customize the plan to fit the needs of students. Your students will come from very different backgrounds, some may have learning disabilities and need more one-on-one instruction to succeed, and others may have more experience on the subject and need to be challenged with new details to stay engaged. To adapt to the challenges of teaching a group of individuals with different needs, you should focus on adapting your lesson plans, classroom environment, and teaching methodologies to give your students the best chance to achieve the course objectives.</p>

<p>Fire Instructor: Effective Learning Environments</p>	<p>60</p>	<p>All instructors should strive to create an effective learning environment where your students feel comfortable and trust you as their instructor and fellow students. Simple adjustments like the configuration of students' desks and your position in the classroom while teaching are ways to build that trust and engage more students in your teaching, leading to an effective learning environment.</p>
<p>Fire Instructor: Elements of a Lesson Plan</p>	<p>60</p>	<p>Fire Service Instructors are responsible for many things when it comes to leading a group of students in a classroom setting or during hands-on training: understanding the components of a lesson plan, assembling supporting materials for the lesson, using and adapting a plan, and meeting the needs of their students. In this course, we will review how to take the list of duties of an instructor and break them down into manageable steps so you can be better prepared for your first class and those to follow. You will be given scenarios of real-life situations with explanations of how to adapt the plans and techniques to fit the situation best.</p>
<p>Fire Instructor: Principles of Learning</p>	<p>60</p>	<p>As a Fire Service Instructor I, you will mostly teach adult learners. Regardless of the course, you will no doubt be teaching students from different backgrounds and cultures with various motivation levels. As their instructor, it is important to adapt your lessons, teaching techniques, and possibly expectations based on their needs. In this course, we will discuss the impacting factors affecting students, including motivation, cultural differences, learning styles, learning disabilities, and more. We will also review how you can help these students succeed despite their roadblocks.</p>
<p>Fire Instructor: The Role of Online Learning</p>	<p>60</p>	<p>Since the idea of distance learning was first introduced, to now, how a student and instructor can attend a class has evolved. Online training is not meant to replace hands-on training but can supplement and make lecture time more effective by reviewing the basic information in the virtual classroom. The setting and modes of communication may differ, but the instructor's main role remains the same: providing students with the best opportunity to achieve the learning objectives.</p>

<p>Fire Officer: Administrative Department Operations</p>	<p>60</p>	<p>This course will examine the different administrative tasks required of the company officer. The four areas of focus will be budgeting, labor relations management, information management, and developing and implementing policies and procedures.</p>
<p>Fire Officer: Community Relations and Risk Reduction</p>	<p>60</p>	<p>This course will examine the role that the fire department plays in protecting the community. This starts with prevention rather than reaction, by analyzing the community and developing programs to address certain risks. Community relations are where the fire department advances the goal of reducing loss of life and property from fire within the community.</p>
<p>Fire Officer: Conducting Fire Inspections and Investigations</p>	<p>60</p>	<p>This course will examine the purposes and processes for conducting fire inspections and investigations. The company officer may lead the inspection or the investigation or assist with both in some capacity. We will detail what the company officer needs to know to conduct the inspection and investigation.</p>
<p>Fire Officer: External Relationships</p>	<p>60</p>	<p>This course will examine the concept of stakeholders, both internal and external, private, public, and government-affiliated, in relation to the fire department. It will examine their expectations for the department and the fire service in general and the role the fire department plays in local government. This course will also outline resources and agencies at the local, state, and federal levels that can support the fire department's mission and practice.</p>
<p>Fire Officer: Management Responsibilities and Ethics</p>	<p>60</p>	<p>Leadership takes on new intonations depending on the leader, their accompanying traits and characteristics, and their ability to inspire the best from their crew in the fire service. This course outlines the important differences between management and leadership, as well as varying theories and styles of implementation. Actions and supporting activities for effective management are discussed, as well as the characteristics of good leadership. The legal and ethical responsibilities of the company officer are addressed.</p>

<p>Fire Officer: Officer Professional Development</p>	<p>60</p>	<p>The fire officer will continually utilize the skills of communication, decision-making, and conflict management. These skills can be acquired and accelerated through professional development, higher education opportunities, and setting goals. This course will examine the various aspects of professional development for the company officer and how to continually develop their skill sets through various means, which will allow them to increase their effectiveness within the organization.</p>
<p>Fire Officer: Role in the Organization</p>	<p>60</p>	<p>Firefighters seeking to serve their departments and communities more effectively may be interested in becoming company officers. This course aims to educate current and aspiring company officers in the fire service to maximize their leadership capabilities. Ultimately, leaders strive to serve, create a cohesive crew, and ensure safety for the departments and communities they serve. This course, based on Robert S. Fleming's book Company Officer for Fire and Emergency Services, prepares the learner for the knowledge, skills, and competencies outlined for Fire Officer I and Fire Officer II in NFPA 1021, Standard for Fire Officer Professional Qualifications.</p>
<p>Fire Officer: Supervising and Developing Personnel</p>	<p>60</p>	<p>This course will examine the role of the company officer in more detail with respect to managing and leading the crew for which they are responsible. It will explore and detail the areas of training, mentoring, supervision, performance management, and discipline.</p>
<p>Hand and Power Tool Safety</p>	<p>30</p>	<p>Most of us use tools in our daily work. But do you realize how dangerous tools can be if they are not handled correctly? This training focuses on the importance of hand and power tool safety, the hazards that can lead to injuries and deaths, and the precautions needed to work safely with these tools.</p>

<p>Hazmat Awareness (Hazcom)</p>	<p>60</p>	<p>First responders can mitigate risks and personal bodily harm by being aware of where to find life-saving information in an emergency and being prepared for likely outcomes. This course is designed to equip firefighters and emergency response personnel with essential knowledge and skills to navigate the release of chemicals and hazardous substances. This course will cover relevant material for NFPA 704, NFPA 472, and the OSHA Hazard Communication Standard. Key topics include understanding chemical safety hazards, recognizing potential threats posed by hazardous substances in different environments, and ensuring effective communication of critical information. This course emphasizes the importance of clear and accessible chemical identity and hazard information, aligning with OSHA standards.</p>
<p>Hazmat: Awareness Response to Hazardous Materials</p>	<p>120</p>	<p>Hazardous material (hazmat) operations begin with using product and hazard information to correctly identify the materials involved and utilizing resources to guide the initial response and defensive operations. In this module, you'll learn how to recognize commonly used hazmat placards and markers, use resources like the Emergency Response Guidebook, and perform awareness level operations related to initial response and product control. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 4.2.1, 4.3.1, 4.4.1, and 6.5.</p>
<p>Hazmat: Chemicals, Their Properties, and Potential Hazards</p>	<p>120</p>	<p>It is important for responders to be familiar with basic chemistry concepts to understand how elements react with one another to form chemical compounds and how chemicals react to each other so they can predict the behavior of hazardous materials. It is not necessary to memorize the chemical symbols of all the elements on the periodic table, but one must be familiar with those that most often appear in hazardous materials. In this module, you'll learn about chemicals, their properties, and potential hazards. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 5.1.3.</p>
<p>Hazmat: Detection, Monitoring, and Sampling</p>	<p>60</p>	<p>First responders can use a variety of monitors and detectors to determine hazards present at potential hazardous materials incidents. Detection and monitoring equipment range from simple papers that detect presence to sophisticated multi-gas gas detectors that quantify the amount present in the atmosphere. In this course, you'll learn about how hazardous materials are detected, monitored, and sampled. This course provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 6.7.</p>

<p>Hazmat: Fixed Facilities and Fire Protection</p>	<p>60</p>	<p>Fixed facilities have many types of fixed fire-protection, suppression, and detection systems. In this module, you'll learn about these fixed systems. You'll also learn about other forms of fire protection, such as the International Fire Code, and the process of pre-emergency planning. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 5.1.1, 5.1.4, 5.1.5, 5.4.1, and 5.6.1.</p>
<p>Hazmat: Foundation to Hazardous Materials</p>	<p>60</p>	<p>Simply put, if something endangers the public, the fire department typically plays some role in the response. Along those lines, in most communities it is the responsibility of the fire department to handle the release of hazardous materials (hazmat) and weapons of mass destruction (WMD). This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 4.1.1, 4.1.3, 4.2.1, 5.1.1, 5.1.4, and 5.1.5.</p>
<p>Hazmat: Gross, Emergency, Mass, and Technical Decontamination</p>	<p>60</p>	<p>Decontamination protects responders from agents that may contaminate and permeate the protective clothing, self-contained breathing apparatus (SCBA), tools, apparatus, and other equipment used at the incident. In this module, you'll learn about how things become contaminated, and how to perform different kinds of decontamination procedures during accidental release incidents and at crime scenes. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 5.5.1, 6.3, 6.4, 6.5.1, and 6.6.1.</p>
<p>Hazmat: Hazardous Material Operations</p>	<p>120</p>	<p>Hazardous materials (hazmat) operations depend on the structure of the Incident Command System (ICS) and the observations of its responders to predict potential harm; minimize hazards; control the scene; and protect people, property, and the environment. In this module, you will learn how ICS works, how to estimate and reduce potential harm, and the types of hazmat response operations you may be asked to perform on-scene. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 5.1.1, 5.1.5, 5.2.1, 5.3.1, 5.4.1, and 5.6.1.</p>

<p>Hazmat: Incidents involving Terrorism, Weapons of Mass Destruction, and Illicit Laboratories</p>	<p>60</p>	<p>Acts of terrorism are designed to result in the maximum amount of damage from an explosive device, or through the release of a chemical or biological agent, which are often created in illicit laboratories. These illegal labs may explode or contaminate its workers and the surrounding environment, which can cause catastrophic damage similar to a terrorist attack. Terrorist activity may include actions like vehicular homicide and shootings, but for the purposes of this course, we will focus on hazmat response to terrorist activity. In this module, you'll learn how to recognize signs that identify potential terrorist activity and illicit labs. You'll also learn which actions to take during incidents involving terrorism, weapons of mass destruction (WMD), and illicit laboratories. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 5.2.1 and 6.9.1.</p>
<p>Hazmat: Personal Protective Equipment</p>	<p>60</p>	<p>Personal protective equipment (PPE) is an important component in any hazmat responder's inventory. Using it properly is the best way to prevent injury or death. In this module, you'll learn about the two major categories of PPE, how to select the proper PPE for an incident, and how to use and maintain the equipment properly. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 6.2.1.</p>
<p>Hazmat: Victim Rescue and Recovery</p>	<p>60</p>	<p>Rescue operations can range from a single exposed or injured victim to a mass casualty event. The incidents can range from accidental releases from vehicles or industry to terrorist acts. Operations-level personnel trained to the mission-specific operation of victim rescue and recovery must operate under the guidance of a hazardous materials technician, an allied professional an emergency response plan, or standard operating guideline. This module covers the methods of victim rescue, triage, and recovery. This module provides knowledge and information related to OSHA 1910.120 and the following NFPA Standard 1072 Job Performance Requirements: 6.8.1.</p>
<p>Hearing Conservation</p>	<p>30</p>	<p>Did you know that most noise-related hearing loss is completely preventable? In this course, you will learn about the noise risks in your workplace and what you need to do to protect your hearing. Protection against excessive noise exposure is the only way to avoid permanent hearing damage. In this course, you will learn about types of hearing protection as well as how to select, wear and maintain hearing protection.</p>
<p>HIPAA for First Responders</p>	<p>60</p>	<p>HIPAA provides protections to ensure that patient identities and their protected health information remain confidential. It's important that all EMS providers take steps and caution to prevent any violations of HIPAA. This course will act as a reminder to ensure providers take the necessary precautions to avoid any information breaches.</p>

<p>HIPAA for Managers of First Responders</p>	<p>90</p>	<p>HIPAA provides protections to ensure that patient identities and their protected health information remain confidential. It's important that all EMS providers take steps and caution to prevent any violations of HIPAA. This course will act as a reminder to ensure providers take the necessary precautions to avoid any information breaches.</p>
<p>Incident Command Mindset and Initial Response</p>	<p>120</p>	<p>The command function is arguably one of the most challenging on the fireground, or any emergency scene for that matter, in both larger and smaller departments. In the first minutes of an incident, the Incident Commander (IC) takes in massive amounts of data, distills it down into decipherable pieces of information, and then makes strategic decisions that guide the incident forward based on that information. To do this, the IC must not only be operationally sound and an excellent communicator, but they must also have a robust understanding of those initial critical command functions, why they are being performed, and how to perform them proficiently. This course will guide anyone who is, or potentially will be, an incident commander. It will address command fundamentals, as well as the elements that can both help and hinder an IC, to help ensure fireground success.</p>
<p>Infectious and Communicable Diseases</p>	<p>60</p>	<p>Hazards are present in many aspects of EMS. When you're focusing on the patient, it can be difficult to think of some of the smaller or unseen dangers to first responders. This course will discuss what EMS providers can do to identify symptoms and protect themselves from infectious and communicable diseases such as hepatitis, HIV, tuberculosis, influenza, norovirus, and coronaviruses.</p>
<p>Introduction to Aircraft Rescue and Firefighting (ARFF)</p>	<p>120</p>	<p>Airport rescue and firefighting services can differ significantly in terms of staffing, equipment, vehicles, operating procedures, airport size, emergency activities, and the types of aircraft they serve. Throughout this course, we will review the knowledge first responders should have when responding to aircraft or airport fires, including but not limited to the layout of the airport, the type and size of aircraft at the airport, different fire extinguishing agents, evacuation protocols, and how to read and navigate additional resources like an Airport Emergency Plan (AEP). The information in this course aligns with 14 CFR Section 139, AC 150/5210-17, NFPA 440, NFPA 460, and NFPA 1900. Procedures at your facility may not align with all the information presented in this course, so be sure to follow your local protocol.</p>

<p>Lockout/Tagout</p>	<p>60</p>	<p>Responding to an emergency call at a location that handles hazardous materials and machines can be a frightening situation if you do not have the proper training. Industries that work with such materials are required to have a lockout/tagout system in place to prevent these situations from happening, but sometimes accidents will happen anyway. As a first responder, you must go into these calls with your training, an understanding of how to handle these locks and tags, and knowing that you will have to be even more cautious when providing care as your actions may have adverse reactions when it comes to dealing with hazardous materials and machines.</p>
<p>Mitigating Workplace Violence</p>	<p>60</p>	<p>Learning how to mitigate workplace violence is a crucial part of providing a safe and secure work environment. Mitigating workplace violence is not only important so that departments can provide personnel with a safe workplace, but it also allows staff to recognize early warning signs and how to report them. This course will help departments learn how to recognize, identify, prevent, and respond to instances of workplace violence.</p>
<p>Municipal Response to ARFF Incidents</p>	<p>60</p>	<p>Aircraft accidents pose unique challenges to municipal firefighters who may not have been specifically trained in aircraft rescue and firefighting techniques. Departments near an airport may be called on for aircraft-related incidents and should seek to train for a safe and effective response. In this course, we will discuss regulations, aviation specifics for response, extinguishing aircraft fires, search and rescue operations, hazmat mitigation, and scene preservation.</p>
<p>Personal Protective Equipment</p>	<p>90</p>	<p>This course consists of a 10-part training suite on personal protective equipment (PPE). In this course, you will learn about PPE standards outlined by OSHA and how employers determine PPE requirements. Topics discussed include PPE measures to protect the head, eye, face, hand, arm, body, foot, and leg. This course will also include hearing protection methods and respirator use to protect against inhalation hazards. This course will also include PPE recommendations to protect against electrical hazards and how to select appropriate PPE to provide adequate protection.</p>
<p>Preventing Sexual Harassment</p>	<p>60</p>	<p>Fire and EMS personnel come to work ready to face any call that comes their way. When facing a difficult call, resting at the station between calls, or interacting with other personnel, there may be times that an individual is made to feel uncomfortable in their working environment. Every employee deserves to work in an environment free from harassment. In this course, we'll examine what constitutes sexual harassment, ways to prevent it, and how to cultivate a safe working environment.</p>

Preventing Slips, Trips, and Falls	60	<p>Slips, trips and falls remain one of the most common causes of employee injury in the workplace. At best, slipping and tripping is embarrassing. Often, it leads to strains and sprains. At worst, it causes serious injury or even death. Preventing slips, trips and falls is fairly inexpensive and easy, but often ignored in the daily routine of trying to get work done quickly and efficiently. This course defines slips, trips and falls and details how you can avoid them. This course will also discuss how using the wrong equipment, or using the right equipment in the wrong way, can cause you to slip, trip and fall.</p>
Preventing Slips, Trips, and Falls	60	<p>The latest data shows that 22% of all firefighter injuries and 10% of all EMS provider injuries are due to slips, trips, and falls. These types of injuries are largely preventable if appropriate precautions are taken. This course will cover the basic preventative methods for avoiding this kind of injury in the workplace or on the fireground. Topics covered include the most common circumstances for major falls, preventative measures to avoid slips, trips, and falls, and the correct usage of workplace equipment to ensure environmental safety. This course will address OSHA guidelines, including 29 CFR 1910 subpart D.</p>
Protection Against Phishing Attacks	60	<p>Reports of online scams and cyberattacks are on the rise, but most people don't heed them until it's too late. So, what steps can you take right away to avoid becoming another cautionary tale? One critical security measure is protecting yourself against phishing—when an attacker pretends to be a trusted contact or organization to gain access to personal information. This general education course provides foundational information on this subject, not specific to Fire and EMS operations.</p>
Resolving Conflict in the Workplace	60	<p>Resolving conflict between employees can be difficult. This general education course explains the common causes of conflict. It also gives you six full-proof steps to mediate conflict and how to deal with angry or frustrated employees.</p>
Respiratory Protection	30	<p>A single exposure to an airborne chemical can cause health effects that may last for the rest of your life. If your workplace contains dangerous chemicals or hazardous atmospheres, you must know when and how to wear a respirator. This training will present the basic requirements of respiratory protection and focus on respirators' types and limitations.</p>

<p>Roadside Safety Issues</p>	<p>90</p>	<p>Emergency responses to road and highway incidents are some of the most dangerous work faced by firefighters and emergency medical personnel. According to the National Highway Traffic Safety Administration (NHTSA), on average, 23 roadside workers and first responders are killed in motor vehicle-related crashes on the roadside, with hundreds of others suffering injuries from the same. Blocking with a fire apparatus can help protect fire and EMS personnel, but that's only one aspect of an overall system of strategies and tactics for highway incident response. As we will discuss in this course, there are several tactics responders should implement to provide opportunities for a safer roadside incident work area.</p>
<p>S-190: Basic Concepts and Fuels</p>	<p>60</p>	<p>As a firefighter responding to a wildland fire, a landscape that can change in seconds, it is important to be prepared. A basic understanding of the terminology used in the field relating to the parts of a fire, suppression, and fire behavior will provide a better understanding and ability to use skills and knowledge more effectively. Being able to distinguish the different fuel types igniting these fires will benefit all responding departments by giving an idea of how the fire may burn, how best to extinguish it, and how to navigate it safely.</p>
<p>S-190: Temperature, Moisture Relationships, and Topography</p>	<p>60</p>	<p>Weather is the most unpredictable and challenging aspect of the fire environment. Firefighters closely monitor temperature and moisture as these weather components directly influence fuels and potential fire behavior. Weather can also be affected by topographic features and characteristics of an area. The responsibility for predicting wildland fire behavior lies with everyone on the fireline, emphasizing the importance of identifying, analyzing, and using relevant situational information about topographic features.</p>
<p>Tackling Defensive and Distracted Driving</p>	<p>60</p>	<p>In the United States, over 100 fatalities per day result from car crashes. Of those, 9% are the result of distracted driving. Defensive driving will help first responders and passengers get to and from emergencies with minimal incidents. Being aware of common driving distractions will help you to anticipate ways to avoid accidents caused by distractions. This course will discuss defensive driving techniques for large work vehicles like fire engines and ambulances, defensive driving techniques for personal vehicles, the dangers of distracted driving and how to mitigate it, and avoiding dangerous driving habits like tailgating and speeding.</p>

<p>Toxic Chemical Handling and Exposure</p>	<p>150</p>	<p>As first responders, you may be called to respond to an environment with a toxic chemical; you may or may not be aware of its presence initially. This course will discuss many toxic chemicals, such as hexavalent chromium, crystalline silica, flammable liquids, combustible liquids, benzene, arsenic, formaldehyde, asbestos, and lead. In each segment, you will learn about the risks of exposure, how to avoid exposure, relevant handling procedures, necessary PPE, and what to do if you are exposed.</p>
<p>Trench Rescue: Excavation, Trenching, and Soil Mechanics</p>	<p>60</p>	<p>Responding to a trench rescue requires quick and accurate action. Understanding how to handle the situation best and not make it worse is imperative. After years without much information on the topics of trench collapse and shoring unstable dynamic soil conditions, an innovative method has been designed specifically for firefighters to rapidly and accurately estimate worst-case soil forces associated with these incidents. This course addresses OSHA CFR 29 Subpart P; OSHA CFR 29 Part 1926 Subpart P.</p>
<p>Workplace Communication Basics</p>	<p>60</p>	<p>What do most great employees have in common? Stellar communication skills. In this course, you'll learn why having excellent communication skills is so important in the workplace, and how you can improve yours.</p>