

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

Act First Safety provides best-in-class online/e-learning opportunities for employers and workers. With a selection of 17 programs, including eight (8) programs in French. Choosing Act First Safety is simple. Act First Safety plans the launch of several new programs in the near future that meet the needs of employers across Canada. Online learning advantages include consistent program delivery, cost effectiveness, manageability, self-paced style, efficiency, security, tracking, customization and instant certification upon successful program completion.

ONLINE SAFETY TRAINING PROGRAM SUMMARY

AVAILABLE IN ENGLISH AND FRENCH

- WHMIS / SIMDUT
- Transportation of Dangerous Goods / TDG
- Manual Material Handling
- Office Ergonomics
- Due Diligence
- Lift Truck / Forklift / Reach Truck
- Fire Safety
- Ladder Safety

AVAILABLE IN ENGLISH ONLY

- WHMIS for Healthcare
- Confined Space
- Aerial Lift / Elevating Work Platform
- Fall Protection / Fall Arrest
- H2S – Hydrogen Sulphide
- Incident Investigation
- Lockout – Tagout
- Workplace Inspection
- Workplace Violence and Harassment

Joint Health and Safety Certification Part 1 & Part 2 **** Coming Soon****



www.actfirstsafety.ca
(416) 283-7233

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
					Quantity	Price
WHMIS	Provides participants with the basic knowledge necessary to work with hazardous materials as required by law.	<ul style="list-style-type: none"> ▪ Introduction ▪ Basic Worker Rights ▪ WHMIS Symbols ▪ WHMIS Labels ▪ Material Safety Data Sheet (MSDS) ▪ Exposure to Hazardous Materials 	1 year	45 minutes	1-10	\$19.95
					11-25	\$17.95
					26-50	\$15.95
					51-100	\$13.95
					101-500	\$ 9.95
SIMDUT	Same as above in French		1 year	45 minutes	As above	
WHMIS for HEALTHCARE	Specifically targeted to healthcare providers, participants gain the basic knowledge necessary to work with hazardous materials as required by law.	<ul style="list-style-type: none"> ▪ Introduction ▪ Basic Worker Rights ▪ WHMIS Symbols ▪ WHMIS Labels ▪ Material Safety Data Sheet (MSDS) ▪ Exposure to Hazardous Materials 	1 year	45 minutes	1-10	\$24.95
					11-25	\$22.95
					26-50	\$19.95
					51-100	\$17.95
					101-500	\$15.95
CONFINED SPACE	Participants learn about the potential hazards of working in these spaces and the elements necessary to control hazards prior to entry.	<ul style="list-style-type: none"> ▪ Confined Spaces ▪ Entry Permit ▪ Confined Space Controls ▪ Hazard Assessment ▪ Roles and Responsibilities ▪ Entry Plan/On-site Rescue 	2 year	60 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95

NOTE: Further price reductions may apply on volumes purchased over 500 units.

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
DUE DILIGENCE Available in French	Developed for managers and supervisors, this program provides an understanding of the responsibilities and reasonable steps to be taken for the protection of all workplace parties and explores the elements critical to a strong health and safety program and safety management system.	<ul style="list-style-type: none"> ▪ What is Due Diligence? ▪ Internal Responsibility System ▪ Responsibility, Authority and Accountability ▪ Establishing Due Diligence ▪ Criminal Code of Canada 	2 year	60 minutes	1-10	\$74.95
					11-25	\$64.95
					26-50	\$54.95
					51-100	\$44.95
					101-500	\$34.95
FIRE SAFETY Available in French	Provides participants with the knowledge necessary to prevent fires in the workplace and also focuses on the basic elements of fire prevention and protection.	<ul style="list-style-type: none"> ▪ Fire Triangle ▪ Classification of Fires ▪ Fire Extinguishers & Ratings ▪ Extinguisher Use & Inspection ▪ Fire Prevention & Protection ▪ Emergency Evacuation & Procedures 	2 year	45 minutes	1-10	\$29.95
					11-25	\$24.95
					26-50	\$19.95
					51-100	\$15.95
					101-500	\$12.95
HYDROGEN SULPHIDE (H2S)	Participants learn about personal breathing apparatus, contingency planning and rescue methods used to assist victims of overexposure.	<ul style="list-style-type: none"> ▪ H2S: It's a Killer Gas ▪ Hazard Detection ▪ Exposure Limits ▪ H2S in the Oil & Gas Industry ▪ Personal Protective Measures ▪ Contingency Plans & Rescue Response including First Aid ▪ Safe Job Procedures 	N/A	90 minutes	1-10	\$44.95
					11-25	\$39.95
					26-50	\$34.95
					51-100	\$29.95
					101-500	\$19.95
LADDER SAFETY Available in French	Anyone using a ladder must comply and obtain the necessary training in order to reduce or eliminate worker injuries. This program complies with all necessary regulations.	<ul style="list-style-type: none"> ▪ Hazard Identification & Control ▪ Ladder Selection ▪ Inspection Procedures ▪ Safe Ladder Set-up & Use ▪ Proper Care, Transportation & Storage 	2 year	45 minutes	1-10	\$29.95
					11-25	\$24.95
					26-50	\$19.95
					51-100	\$15.95
					101-500	\$12.95

NOTE: Further price reductions may apply on volumes purchased over 500 units.

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
LOCKOUT TAGOUT	This program is designed to ensure employers, management and workers understand the hazards associated with uncontrolled energy and the proper methods of controlling energy through a properly developed and implemented lockout program.	<ul style="list-style-type: none"> ▪ Lockout and Definitions ▪ Hazardous Energy Control Program ▪ Lockout Devices and Steps to Lockout ▪ Lockout Processes ▪ Alternate Hazardous Energy Control Methods 	2 year	45 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95
MANUAL MATERIAL HANDLING Available in French	This program explores common causes and controls of MSDs, and introduces safe working procedures in order to handle material in the workplace without injury. The term MSD is used collectively for a number of injuries and disorders of the muscles, tendons, nerves, and more.	<ul style="list-style-type: none"> ▪ Introduction ▪ Biometrics ▪ Musculoskeletal Disorders ▪ Recognizing Hazards ▪ Controlling Hazards ▪ Guideline for Safe Manual Material Handling 	2 year	45 minutes	1-10	\$29.95
					11-25	\$24.95
					26-50	\$19.95
					51-100	\$15.95
					101-500	\$12.95
OFFICE ERGONOMICS Available in French	This program identifies the risk factors associated with poor ergonomic positioning, but more importantly the controls necessary to prevent musculoskeletal disorders from occurring.	<ul style="list-style-type: none"> ▪ Introduction ▪ Ergonomics Defined ▪ Musculoskeletal Disorders ▪ Identifying Risk Factors ▪ Ergonomic Guidelines ▪ Workstation Layout 	2 year	45 minutes	1-10	\$29.95
					11-25	\$24.95
					26-50	\$19.95
					51-100	\$15.95
					101-500	\$12.95
'TDG' TRANSPORTATION OF DANGEROUS GOODS Available in French	This program provides an understanding of the hazards and regulatory requirements associated with dangerous goods controlled products. This course addresses the needs of companies who ship by road and/or rail only. WHMIS is a pre-requisite program.	<ul style="list-style-type: none"> ▪ Legal Responsibilities ▪ Definitions and Classifications ▪ Schedule 1, 2 and 3 (including exemptions and special cases) ▪ Shipping Documents ▪ Safety Marks ▪ Containers 	3 year	75 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95

NOTE: Further price reductions may apply on volumes purchased over 500 units.

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
					Units	Price
WORKPLACE VIOLENCE AND HARASSMENT	Participants will have a greater appreciation of the negative effects of inappropriate workplace behaviour.	<ul style="list-style-type: none"> ▪ Introduction ▪ Definitions ▪ Elements of Violence & Harassment ▪ Control Methods for Risks ▪ Procedures 	N/A.	60 minutes	1-10	\$29.95
					11-25	\$24.95
					26-50	\$19.95
					51-100	\$15.95
					101-500	\$12.95
INCIDENT INVESTIGATION	<p>All incidents, whether a near-miss or an actual injury-related event, should be investigated to identify and control hazards before they have the potential of becoming more serious. The goal is to eliminate hazards completely.</p> <p>Procedures explored include securing/ managing the scene; notification to authorities, identifying/ interviewing witnesses; analyzing evidence, determining cause, recommendations, reporting and follow-up.</p>	<ul style="list-style-type: none"> ▪ Introduction to Accident/Incident Investigations ▪ Regulatory Requirements ▪ Information Gathering ▪ Analyzing the Facts ▪ Implementing Corrective Measures to Prevent Reoccurrence ▪ Report Writing 	3 years	60 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95
WORKPLACE INSPECTION	Inspections uncover hazards identified by workers, supervisors and employers in their daily activities with the objective to prevent the condition and/or activity and avert an incident from occurring. An inspection procedure includes preparation, inspection, reporting and follow-up.	<ul style="list-style-type: none"> ▪ Inspection Basics ▪ Pre-Inspection Activity ▪ Performing the Inspection ▪ Reporting ▪ Follow-up 	3 years	60 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95

NOTE: Further price reductions may apply on volumes purchased over 500 units.

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
** COMING SOON ** JOINT HEALTH AND SAFETY COMMITTEE CERTIFICATION PART 1 AND PART 2	Completion of the JHSC Certification Part 1 is the first step in becoming a Certified Member of your JHSC. JHSC Certification Part 2 continues to provide the training necessary to become a Certified Member of a Joint Health & Safety Committee.				1-10	\$
					11-25	\$
					26-50	\$
					51-100	\$
					101-500	\$

NOTE: Further price reductions may apply on volumes purchased over 500 units.

ACT FIRST SAFETY ONLINE LEARNING PROGRAMS

THE FOLLOWING THREE (3) PROGRAMS REQUIRE PRACTICAL EVALUATIONS:
The certificate must be signed by a competent individual verifying that a hands-on practical evaluation has been completed.

PROGRAM	DESCRIPTION	MODULES	RENEWAL PERIOD	AVERAGE DURATION	PRICING	
FALL PROTECTION FALL ARREST	Provides participants with an understanding of their responsibilities when working in areas where fall hazards exist, the use of and inspection of the required equipment and the critical controls necessary to reduce the risk of a fall.	<ul style="list-style-type: none"> ▪ Fall Protection and Fall Arrest Systems ▪ General Responsibilities ▪ Fall Hazards and Controls ▪ Inspection of Equipment ▪ Donning a Harness 	2 year	60 minutes	1-10	\$32.95
					11-25	\$30.95
					26-50	\$27.95
					51-100	\$25.95
					101-500	\$22.95
FORKLIFT/ LIFT TRUCK Available in French	This safe operation of a forklift /lift truck program makes participants aware of their legal responsibilities and provides the required information to achieve the theory portion of becoming a competent operator.	<ul style="list-style-type: none"> ▪ Hazard Identification ▪ Competency ▪ General Responsibilities ▪ Design and Classifications ▪ Stability Principles ▪ Pre-Operational Checks ▪ Safe Operating Procedures ▪ Fuel Sources ▪ Includes Electric Narrow Aisle Reach 	3 year	75 minutes	1-10	\$124.95
					11-25	\$99.95
					26-50	\$84.95
					51-100	\$69.95
					101-500	\$49.95
AERIAL LIFT/ ELEVATING WORK PLATFORM	Focuses on safe operation of self -propelled elevating work platforms and self-propelled boom supported elevating work platforms.	<ul style="list-style-type: none"> ▪ Hazard Identification ▪ Aerial Lift Devices ▪ Operating Controls ▪ Pre-Operational Checks ▪ Platform Positioning & Park Positioning 	2 year	75 minutes	1-10	\$124.95
					11-25	\$99.95
					26-50	\$84.95
					51-100	\$69.95
					101-500	\$49.95

NOTE: Further price reductions may apply on volumes purchased over 500 units.