

Courses Included in Systems 24-7 (strongly recommended for due diligence)	Course Type	Approximate Course Duration (in minutes)
Accessibility for Ontarians with Disabilities Act (AODA)	Human Resources	60
Accident Investigation	Health and Safety	120
Fire Safety	Health and Safety	45
Personal Protective Equipment	Health and Safety	60
Return to Work for Managers	Health and Safety	15
Return to Work for Workers	Health and Safety	15
Supervisor Competency	Health and Safety	300-360
The Law (Canadian Labour Code)	Health and Safety	60
WHMIS 2015 (Current Standard)	Health and Safety	45
Work Refusal	Health and Safety	30-40
Worker Awareness Training	Health and Safety	200-230
Workplace Inspections	Health and Safety	30-40
Workplace Violence, Harassment and Bullying	Health and Safety	60
Courses Included in Systems 24-7	Course Type	Approximate Course Duration (in minutes)
Accident Investigation (Canadian Labour Code)	Health and Safety	120
Accident Investigation Non Compensation	Health and Safety	120
Advance Care Planning	Home Health Care	30
Aerial Lift Training*	Health and Safety	18-20
AODA and IASR Training	Human Resources	90
Asbestos Awareness	Health and Safety	18-20
Asbestos Controls	Health and Safety	15
Asbestos Controls (Canadian Labour Code)	Health and Safety	15
Back Care 210 for Healthcare	Health and Safety	30-45
Back Care 220 for Retail Environments	Health and Safety	30-45
Battery Storage and Disposal	Environmental	15
BBQ Assembly and Safety Tips Retail Environments	Health and Safety	45
Bed Bug Prevention and Control	Home Health Care	25
Bloodborne Pathogens	Health and Safety	35-40
Board of Directors Roles and Responsibilities for Health and Safety	Health and Safety	20
Caring for Residents with Dementia	Long Term Care	45
Celiac Disease and Gluten Related Disorders	Long Term Care	20
Chain Saw Safety*	Health and Safety	45-50
Change Management	Human Resources	50
Client Aggression	Home Health Care	20
Coaching	Human Resources	60
Communication	Human Resources	60
Communication Techniques	Long Term Care	30
Confidentiality	Home Health Care	20
Confined Spaces	Health and Safety	50
Confined Spaces (Canadian Labour Code)	Health and Safety	30
Confined Spaces US	Health and Safety	55
Ladder and Stilt Safety for Construction*	Health and Safety	30

Courses Included in Systems 24-7	Course Type	Approximate Course Duration (in minutes)
Safety Basics for Construction	Health and Safety	100
Trenching and Shoring for Construction	Health and Safety	35
Continence Care and Bowel Management	Long Term Care	40
Crane Operator Training*	Health and Safety	60
Crossing Guard Basic Safety	Health and Safety	60
Customer Service	Human Resources	35
Decanting	Health and Safety	15
Dental Care	Wellness	10
Dog Bite Prevention	Health and Safety	45
Due Diligence and the Law	Health and Safety	35
Effective Goal Setting	Human Resources	35
Electrical Bed Safety	Health and Safety	15
Electrical Safety	Health and Safety	60
Emergency Codes in Long Term Care	Long Term Care	40
Energy Efficiency in the Workplace	Environmental	60
Entrapment	Long Term Care	25
EpiPen Training	Health and Safety	45
EpiPen Training for Schools	Health and Safety	45
Ergonomics	Health and Safety	30-40
Escorting Residents	Long Term Care	25
Fall Protection Awareness Program	Health and Safety	20
Flash Burn, Arc Eyes, and Welders Flash	Health and Safety	20
Fuel Fired Heaters*	Health and Safety	15-20
Fuel Handling	Health and Safety	40
Fuel Handling for Marinas	Health and Safety	40
Gas Pump Safety Video	Health and Safety	30
Hair Care at Work	Health and Safety	10
Handwashing Video	Health and Safety	30
Hazardous and Common Household Waste Disposal	Environmental	30
Head Lice in Children	Wellness	20
Health and Safety Auditing	Health and Safety	30
Healthy Eating on the Job	Wellness	30
Healthy Feet	Wellness	35
Hearing Etiquette	Home Health Care	20
Heart Disease and Prevention	Wellness	25
Heart Disease Prevention in Home Health Care	Home Health Care	25
Heat Stress Prevention	Health and Safety	60
Hiring the EASIE Way	Human Resources	35
Hot Work Permits	Health and Safety	20-25
Housekeeping	Health and Safety	20
How to Hand Rub Your Hands Video	Health and Safety	15
How to Hand Wash Video	Health and Safety	30
HR Code of Conduct	Human Resources	45
Human Rights Code	Human Resources	30
Hypoglycemia Management	Long Term Care	30

Courses Included in Systems 24-7	Course Type	Approximate Course Duration (in minutes)
Incident Reporting Process	Home Health Care	15
Infection Control	Home Health Care	25
Infection Control, Respiratory Protection and Fit Testing	Health and Safety	60
Infection Prevention and Control Part 1	Long Term Care	60
Infection Prevention and Control Part 2 for Environmental Services	Long Term Care	45
Infection Prevention and Control Part 2 for PSWs and Registered Staff	Long Term Care	25
Infection Prevention and Control Part 2 for Volunteers	Long Term Care	25
Infection Prevention and Control Part 3	Long Term Care	45
Infection Reporting	Home Health Care	15
Integrated Accessibility Standards Regulation (IASR)	Human Resources	60
Isocyanate Awareness	Health and Safety	60
Isocyanate Awareness (Canadian Labour Code)	Health and Safety	40
Job Hazard Analysis	Health and Safety	25-30
Just Clean Your Hands HouseKeeping Staff Video	Health and Safety	15
Just Clean Your Hands for Family and Friends Video	Health and Safety	15
Just Clean Your Hands for Health Care Professionals Video	Health and Safety	15
Just Clean Your Hands for Meal Assist Video	Health and Safety	15
Just Clean Your Hands for Personal Services Workers Video	Health and Safety	15
Just Clean Your Hands for Residents Video	Health and Safety	15
Just Clean Your Hands for Volunteers Video	Health and Safety	15
Just Clean Your Hands Introduction Video	Health and Safety	15
Keep Those Hands Clean	Wellness	20
Keep Your Vehicle Clean and Safe	Health and Safety	20
Kitchen Safety	Health and Safety	60
Kitchen Safety Club	Health and Safety	60
Knife Safety	Health and Safety	30
Ladder and Step Stool Safety for Retail Environments	Health and Safety	45
Ladder and Stilt Safety *	Health and Safety	45
Ladder Safety*	Health and Safety	45
Ladder Safety (Canadian Labour Code)*	Health and Safety	45
Ladder Safety for Retail Environments*	Health and Safety	45
Lawn Equipment Safety	Health and Safety	40
Lead in the Workplace	Health and Safety	15-20
Leadership	Human Resources	35
Lice at Home	Wellness	20
Lift Truck Operators Training Program*	Health and Safety	120
Lift Truck Pedestrian Safety	Health and Safety	20
Lifting Devices*	Health and Safety	30-40
Loading Dock Safety*	Health and Safety	10
Lockout Tagout Training Program	Health and Safety	50-60
Lunchroom Hygiene	Wellness	30
Machine Guarding	Health and Safety	50-60
Machine Guarding (Canadian Labour Code)	Health and Safety	40
Manual Pallet Pump Trucks*	Health and Safety	15
Minor Spill Response	Health and Safety	45-50

Courses Included in Systems 24-7	Course Type	Approximate Course Duration (in minutes)
Mould	Health and Safety	10
Musculoskeletal Disorders (MSD) for Managers	Health and Safety	90
Musculoskeletal Disorders (MSD) for Workers	Health and Safety	60
Office Safety	Health and Safety	60
Pain Management	Long Term Care	40
Palliative Care	Long Term Care	30
Patient Complaint Reporting	Home Health Care	15
Personal Development	Human Resources	35
Personal Protective Equipment for Healthcare	Health and Safety	90
Portable Grinder Safety*	Health and Safety	20
Power and Hand Tool Safety Awareness	Health and Safety	30
Powered Aerial Platform Lift (Elevated Platform)*	Health and Safety	60
Preventing Back Injuries and MSD MSI	Health and Safety	45
Prevention of Resident Abuse and Neglect	Long Term Care	45
Problem Solving	Human Resources	35
Propane Handling Training Program for Healthcare	Health and Safety	90
Propane Handling Training Program for Industrial	Health and Safety	120
Propane Handling Training Program for Retail Environments	Health and Safety	90
Proper Gripping and Handling	Health and Safety	20-30
R.A.C. and the Hazard Assessment Form	Health and Safety	50-60
Racking and Storage	Health and Safety	30-35
Radiation Awareness	Health and Safety	30-35
Recognition, Assessment and Control	Health and Safety	50-60
Resident Safety	Long Term Care	50
Respect in the Workplace	Human Resources	30
Responsive Behaviours	Long Term Care	35
Roles and Responsibilities of Safety Committees	Health and Safety	20-25
Roles and Responsibilities of Safety Committees (Canadian Labour Code)	Health and Safety	25
Run Flats and Zipper Ruptures	Health and Safety	15
Running a Safety Committee Meeting	Health and Safety	15-20
Running a Safety Committee Meeting (Canadian Labour Code)	Health and Safety	20
Safe Driving	Health and Safety	120
Safe Handling of Compressed Gas	Health and Safety	60
Safe Operation of Automotive Lifts*	Health and Safety	60
Safe Operation of Automotive Lifts (Canadian Labour Code)*	Health and Safety	65
Safe Operation of Golf Carts	Health and Safety	30
Safe Use of Automotive Fluids	Health and Safety	45
Safe Use of Automotive Fluids (Canadian Labour Code)	Health and Safety	25
Safe Use of Therapeutic Equipment*	Long Term Care	50
Safety and Bathing	Home Health Care	25
Safety and Medical Devices in the Home	Home Health Care	20
Safety Basics	Health and Safety	90-100
Safety Basics for Healthcare	Health and Safety	90
Safety Basics (Canadian Labour Code)	Health and Safety	80
Scaffolding Awareness	Health and Safety	25-30

Courses Included in Systems 24-7	Course Type	Approximate Course Duration (in minutes)
Skin and Wound Care	Long Term Care	50
Slips, Trips and Falls Basics	Health and Safety	15
Slips, Trips and Falls Prevention Program	Health and Safety	120
Spill Response	Health and Safety	50-60
Stress Busters	Wellness	25
The Art of Delegation	Human Resources	60-70
The Globally Harmonized System (GHS)	Health and Safety	60
The Ontario Long-Term Care Home Act and Regulations	Long Term Care	45
The Resident Bill of Rights	Long Term Care	25
Time Management	Human Resources	15-20
Traffic Control Awareness	Health and Safety	60
Transportation of Dangerous Goods	Health and Safety	75
Trenching and Shoring General Awareness	Health and Safety	45-50
Truck Training	Health and Safety	20-25
Using the Hazard Assessment Form	Health and Safety	20-25
Introduction to Health and Safety Auditing	Health and Safety	20-25
Whistleblower Protection	Long Term Care	20
Working with the Visually Impaired	Home Health Care	20
Your 4 Moments for Hand Hygiene	Health and Safety	30

*This course contains the theory portion only. A practical assessment is required for full certification.