



ONLINE/BLENDED TRAINING COURSES



F.A.S.T. Rescue Online/Blended Training Courses

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Standard Online Training Courses

HEALTH & SAFETY COURSES

Accident Investigation

Accident investigation is about preventing a recurrence by determining the direct cause and identifying the indirect causes of an incident so that it does not happen again. Accident investigation is a critical component in a hazard identification and control program and is an integral part of a successful health and safety program. This course will review who is responsible for the various tasks through the investigation process, the applicable legislation, and definitions regarding accident investigation.

Annual Safety Review

This training module is designed to review and refresh employees on health and safety basics. It covers WHMIS responsibilities, Workplace Violence and Harassment types and risk factors, and reporting requirements for hazards, incidents, and near misses. It also includes basic information on MSDs, how to prevent them, and methods used for hazard recognition. It is important for employees to review Health & Safety topics on a regular basis to refresh the information and keep up to date with any changes that may occur.

Asbestos Controls

Carrying on from Asbestos Awareness, Asbestos Controls aims to educate Safety Committees and Management on the three main methods for controlling asbestos and how to protect workers from exposure. Readers will receive practical information on safe practices, emergency response and the duties and responsibilities of both management and the safety committee in regard to preventing and responding to reports of asbestos exposure.

Confined Space Awareness

A confined space is a fully or partially enclosed space. The employer is responsible for ensuring that the requirements of the legislation and regulations are complied with in the workplace. This course will review specific regulations that govern confined spaces, hazards of confined space, atmospheric testing, permits, safety procedures, and training and duties of the confined space entry team.



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Electrical Safety

Electricians and others who work with electricity require additional electrical safety training due to a number of factors, including changes to code, laws and regulations, equipment, and practices. This course provides a well-rounded approach to electrical safety basics and will increase understanding of the dangers of electricity from a shock protection as well as an arc flash protection point of view. Material covered includes hazards of electricity, isolating circuits LOTO (lockout, tagout), working on energized equipment, personal protective equipment, other considerations, portable electric tools, work area safety, and electrical systems.

Fall Protection Awareness Program

This course is an introductory program in fall protection principles and is intended to be used as a guide only. All persons must be further trained to use fall arrest equipment in strict adherence with individual manufacturer's instructions and according to safe work practices. Fall protection is a method to prevent a person from falling or by reducing the distance of a fall to limit physical damage. This course will review the anatomy of the fall, slips, trips, and falls, fall protection equipment, other fall protection methods, anchor systems, parts of a system, inspections, storage, and maintenance, how to put on a harness, and the fall protection plan.

Fire Safety

Fire is a chemical reaction involving rapid oxidation or burning of a fuel. It needs three elements to occur: fuel, oxygen, and heat. This course will review how fires are classified, how to prevent fires from occurring, how to identify and inspect fire extinguishers, how to extinguish small fires, when not to fight a fire, what to do if someone catches on fire, and how to evacuate a burning building.

Hot Work Permits

Hot work is any work using open flames or sources of heat that could ignite materials in the work area. This course will review how to recognize work that requires the use of hot work permits and how to implement the hot work permit process.

Housekeeping

Housekeeping is a basic but important part of accident and fire prevention. Effective housekeeping can help eliminate hazards and increase efficiency in completing a job while poor housekeeping frequently contributes to accidents by hiding hazards that can lead to injuries. This course will review hazards from poor housekeeping, the benefits of good housekeeping, planning a housekeeping program, elements of the program, and will provide some safety tips.



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Ladder and Step Stool Safety

It is policy that employees receive training on the proper use of the equipment in the workplace. The main goal of ladder safety is to prevent injuries from slips and falls while using a ladder. This course is designed to give the employee the crucial knowledge and information about the why's and how's of ladder and step stool safety and will help them understand and interpret the Ladder Safety program. Material covered includes applicable government legislation, ladder inspection, types of ladders, and safety tips for using ladders and step stools.

Ladder and Stilt Safety

It is policy that employees receive training on the proper use of the equipment in the workplace. The main goal of ladder safety is to prevent injuries from slips and falls while using a ladder. This course is designed to give the employee the crucial knowledge and information about the why's and how's of ladder and step stool safety and will help them understand and interpret the Ladder Safety program. Material covered includes applicable government legislation, ladder inspection, types of ladders, safety tips for using ladders, and stilt safety.

Ladder Safety

It is policy that employees receive training on the proper use of the equipment in the workplace. The main goal of ladder safety is to prevent injuries from slips and falls while using a ladder. This course is designed to give the employee the crucial knowledge and information about the why's and how's of ladder and step stool safety and will help them understand and interpret the Ladder Safety program. Material covered includes applicable government legislation, ladder inspection, types of ladders, and safety tips for using ladders.

Lift Truck Pedestrian Safety

This training course is designated for those who work in environments with lift trucks. Not only is it important to keep the operators of lift trucks safe, but it is also important to keep pedestrians working around lift trucks safe as well. Being run over or struck by a forklift is one of the leading causes of critical injuries and fatalities in the warehousing and retail sectors. This course will review lift truck hazards, causes of accidents, safeguards, and pedestrian safety.



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Lockout/Tagout Training Program

The Lockout/Tagout Training Program is designed to help prevent costly injuries, fatalities and other losses caused by exposure to uncontrolled energy sources. Lockout/Tag Out is geared for individuals who work with or near machines or equipment requiring energy. This includes maintenance, repair and set-up personnel and operators. This course covers the servicing and maintenance of machines and equipment in which the unexpected energization, or start up of the machines or equipment, or release of stored energy could cause injuries to employees. Material covered includes applicable definitions, types of energy, scope and application, written procedures, preparation for shutdown, multi-lock lockout, restoring the equipment to service, and periodic inspections.

Musculoskeletal Disorders, Ergonomics, Guidelines for Movement Safety and Safe Lifting and Body Care and Prevention Tips.

Office Safety

This course aims to address concepts relating to office safety. Material covered includes hazard identification, using office equipment, office safety tips, accident investigation and reporting, office specific hazards, and WHMIS.

Ontario-specific course also covers obligations under the law, roles and responsibilities, health and safety committees and representatives, health and safety partners, due diligence, accident investigation and reporting, and occupational illness.

Preventing Back Injuries and MSD/MSI

Every time you bend over, lift a heavy object, or sit leaning forward, you put stress on the components of your back and spine. Over time, they can start to wear out and become damaged. Acute or immediate injuries to the back can be caused by tearing or straining ligaments and muscles. The best way to prevent back injuries is to develop habits that reduce the strain placed on the back. This course will review proper lifting techniques, ergonomics, types of musculoskeletal disorders, ergonomic hazards, assessing the workplace, and types of controls.

Safety Basics

This course provides readers with the knowledge and skills they need to work safely. Safety Basics provides employees with a basic overview of health and safety legislation and regulations in their province and introduces them to the concept of health and safety. Material covered includes applicable law, roles and responsibilities, hazard identification, personal protective equipment, safety basics, office safety, preventing violence, preventing back injuries, and early safe return to work. The content of this course is based off of provincial legislation.



F.A.S.T. Rescue Online/Blended Training Courses

Safety Basics: Health Care (This course is for Ontario only)

Safety Basics for health care provides readers in the health care field with the knowledge and skills they need to work safely. Safety Basics provides employees with a basic overview of health and safety legislation regulations in their province and introduces them to the concept of health and safety. Material covered includes the law, roles and responsibilities, WHMIS, blood borne diseases, precautions, sharps, back safety, hazard identification and control, housekeeping, aggressive residents/patients, personal protective equipment, discipline for health and safety infractions, occupational illness, early and safe return to work, and safety hints and tips.

Silica Awareness

This module will provide employees with basic information regarding the dangers of silica, exposure limits, where silica may be found in the workplace, control planning and control measures, handling, and storage and first aid measures in case of exposure to silica.

Please note: This is an awareness course only. It does not provide the student with certification.

Slips, Trips, and Falls Basics

Slips, trips, and falls are a leading cause of workplace injuries and result in injuries to over 42,000 workers every year, which accounts for 17% of all lost time injuries. Preventing such injuries should be a key goal of every safe and healthy workplace. This course will review examples and prevention of slips and trips, examples, and prevention of different types of falls, and tips for how to minimize injury when falling.

Slips, Trips, and Falls Prevention Program

Slips, trips, and falls are a leading cause of workplace injuries and result in injuries to over 42,000 workers every year, which accounts for 17% of all lost time injuries. Preventing such injuries should be a key goal of every safe and healthy workplace. This course will review the differences among slips, trips, and falls, identify the hazards that can cause each one, assess slip, trip, and fall hazards, select engineering controls to manage these hazards, and establish administrative and work controls to manage hazards.

Supervisor Competency (This course is for Ontario only)

Under section 8(5) of the OHSA, it is required that appointed supervisors be competent. Properly training supervisors is part of meeting this requirement. Comprised of 5 modules, Supervisor Competency offers a perspective on the competencies that supervisors require in order to achieve superior workplace management. Superior workplace management results in greater health and safety within the operation and a better understanding of social responsibility in the workplace. The Supervisor Competency training program outlines the activities, knowledge and skills that are expected to enhance a supervisor's performance. By providing examples, the course encourages continuous improvement and strives to make a positive difference in supervisory outcomes in today's workplaces. Upon completion of the 5 modules of the program, supervisors will be issued a competency certificate.



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Traffic Control Awareness

This course is intended to assist personnel who act as traffic control persons (TCPs) to help improve the health and safety of the worker while they perform traffic control duties. Material covered includes regulations, personal protective equipment, TCP on the job, how to signal, communication and problems, and code of conduct.

Transportation of Dangerous Goods

Each year more and more workers are handling hazardous materials that are moved across Canada by road, rail, water, and air. All companies, management and workers need to be educated about the potential hazards involved when transporting these products. This course will review training, enforcement, responsibilities and duties, classifications, packing and risk groups, classes, exemptions, safety marks, documentation, means of containment, and consignor certification and proof of classification.

WHMIS

The Workplace Hazardous Materials Information System (WHMIS) has aligned with the Globally Harmonized System of Classification and Labelling of Chemicals (GHS). GHS is a worldwide system. With a common set of rules for classifying hazardous products, common rules for labels, and a standard format for safety data sheets (SDSs). As of December 1, 2018, there must be WHMIS labels and safety data sheets for all hazardous products in the workplace. This course focuses on the changes to WHMIS with the implementation of GHS. Material covered includes roles and responsibilities, hazard pictograms, hazard classes, labels and their required elements, safety data sheets and how to read them, and will give the reader a chance to apply their knowledge.

Work Refusal

Occupational Health and Safety Legislation gives workers the right to refuse work when it is believed to be unsafe. It is important that workers, employers, supervisors, health and safety representatives and committee members understand this procedure. By completing this course, readers will understand the procedures in refusing unsafe work and what to expect during the process of refusal. Material covered includes the work refusal process and the documentation involved.

Worker Awareness Training (This course is for Ontario only)

The worker awareness training program is comprised of three modules which are designed to provide all workers with the basics of health and safety, as it is applied to the workplace. On working through this training program, readers will be able to understand their obligations and role to health and safety within the workplace. Module 1 is an introduction to health and safety, module 2 looks at workplace hazards, and module 3 deals with working together for safety.



F.A.S.T. Rescue Online/Blended Training Courses

Workplace Violence, Harassment and Bullying

Workplace violence, harassment and bullying are potential hazards that exist in every workplace and must be treated as we treat all high-rated hazards. Left uncontrolled, harassment and bullying may lead to violence, which can result in injuries. The purpose of this course is to instruct all workplace parties on their role in preventing and dealing with workplace violence, harassment, and bullying. Material covered includes what the law says, roles and responsibilities, a look at what workplace violence is, a look at what harassment and bullying is, and program components.

HUMAN RESOURCES COURSES

Accessibility for Ontarians with Disabilities (AODA) (This course is for Ontario only)

Not every disability is visible. Approximately 15.5% of Ontarians have a disability. These can include vision impairment, deafness or hard-of-hearing, intellectual disabilities, developmental disabilities, or even mental health disabilities. The AODA was developed by the Government of Ontario to ensure that the province is accessible for all people and to remove any barriers that it can. It requires that every employer and employee in Ontario take training on the AODA and the Ontario Human Rights Code. In taking this course, participants will learn:

- The intent and purpose of the Accessibility for Ontarians with Disabilities Act (AODA).
- How to interact and communicate with those that have disabilities.
- What policies, procedures and processes are related to providing customer service to those with disabilities.

Diversity and Inclusion

An inclusive work environment, one that is built on the principles of diversity and inclusion, can make, or break a company. This course will review what diversity and inclusion is, the barriers and challenges a company may face, what constitutes 'inclusive language' and how to use it, perspective and goal setting, and respect in the workplace.



Premium Online/Blended Training Courses

FIRST AID COURSES

F.A.S.T. Rescue is recognized as an approved provider for First Aid training by WSIB. These programs consist of 2 parts. Part 1 is the online theory component and Part 2 is the practical, onsite session which must be taken within 30 days of the completion of the Part 1 program. Both Part 1 and 2 must be completed successfully in order to be certified.

Standard First Aid & CPR/AED Certification Training

This comprehensive Standard First Aid & CPR/AED program will train you in First Aid, CPR and AED skills. This course meets the CSA Standard Z1210-17 for Intermediate First Aid and is required for all workplaces with 6 or more employees per work area per shift. Part 1 will take 6-8 hours of training time.

Emergency First Aid & CPR/AED Certification Training

This comprehensive Standard First Aid & CPR/AED program will train you in First Aid, CPR and AED skills. This course meets the CSA Standard Z1210-17 for Basic First Aid and is required for all workplaces with 1-5 employees per work area per shift. F.A.S.T. Rescue is recognized as an approved provider for First Aid training by WSIB. This program consists of 2 parts. Part 1 will take 4-6 hours of training time.

CPR/AED Certification Training

This comprehensive CPR/AED program will train you in CPR and AED skills. It is designed for those who need training on CPR and AED skills. Part 1 will take approximately 2 hours of training time.

CPR/AED Awareness Training

This CPR/AED Awareness program is designed for those who want to learn CPR and AED skills and do not require certification. It is ideal for families who have vulnerable members, such as seniors or infants.



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MENTAL HEALTH COURSES

Mental Health Awareness

Mental illness affects millions of Canadians - approximately 20% in any given year. Understanding the issues around mental illness is no longer optional, it is crucial to a healthy society. This program will give you an understanding of common mental disorders, how to manage them and how to help people who are experiencing their symptoms.

WORKPLACE NALOXONE TRAINING COURSES

Workplace Naloxone Training for Opioid Overdoses

This Workplace Naloxone online training program will give you an overview of the opioid problem in North America. You will learn about opioids, learn how to recognize an opioid overdose, and how Naloxone works to overcome an opioid overdose and how you can administer Naloxone to save a life. This training meets the Ontario Regulation 559/22.