



Course Catalog

Cover your training needs for workplace safety, food safety, HR, leadership, and more.



All courses are developed by industry leaders and subject matter experts.



Flexible delivery via interactive group training and/or individual eLearning on-site or remote.



Easily modify Alchemy courses or create your own courses from scratch.

Workplace Safety

(English, Spanish, & Canadian French)

- Ammonia Accident Prevention and First Aid
- Ammonia Awareness
- Arc Flash Awareness
- Asbestos Awareness
- Back Injury Prevention
- Basic First Aid
- Bloodborne Pathogens
- Chemical Safety: Introduction
- Cold Stress
- Combustible Dust
- Compressed Gas Cylinders
- Confined Spaces: Basics
- Confined Spaces: For Attendants
- Conveyor Safety
- Electrical Safety
- Emergency Preparedness
- Ergonomics
- Face Masks
- Fall Protection
- Fire Extinguishers: Introduction
- Fire Prevention and Protection
- GHS: Introduction
- GHS: Labels
- GHS: Labels — REFRESHER
- GHS: Pictograms and Hazards
- GHS: Pictograms and Hazards — REFRESHER
- GHS: Safety Data Sheets
- GHS: Safety Data Sheets — REFRESHER
- Good Laboratory Practices: Overview
- Hand and Power Tools
- Hearing Protection
- Heat Exhaustion
- Hoists and Slings
- Hot Work
- Knife Safety Basics
- Ladder Safety
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout / Tagout Procedures
- Lockout / Tagout Procedures — REFRESHER
- Machine Guarding
- Office Safety
- Personal Protective Equipment (PPE)
- Respirators: Introduction
- Root Cause Analysis: Introduction
- Slips, Trips, and Falls
- Slips, Trips, and Falls — REFRESHER

Food Safety

(English, Spanish, & Canadian French)

- Air Hose Safety
- Basic Facility Defense
- Basic Facility Defense — REFRESHER
- CIP: Introduction
- Cleaning and Sanitizing: Dry Environment
- Cleaning and Sanitizing: Wet Environment
- Contamination, Adulteration, and Tampering: Introduction
- Dangerous Microorganisms in Food Manufacturing
- Dangerous Microorganisms — REFRESHER
- E. coli: Controlling it in Food Manufacturing
- Environmental Monitoring: Basics
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Allergens: Proper Handling
- Food Allergens: Proper Handling — REFRESHER
- Food Fraud: Introduction
- Food Safety Matters
- Food Safety Standards: Introduction
- Food Safety Standards: Introduction and BRC
- Food Safety Standards: Introduction and SQF

Food Safety (Continued)

(English, Spanish, & Canadian French)

- Foodborne Illness: Introduction
- Foodborne Illness: Prevention
- Foodborne Illness — REFRESHER
- Foreign Material Exclusion: Overview
- Foreign Material Exclusion: Employee Role
- FSMA: Introduction
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Hand Washing: Effective Techniques
- Hand Washing: Effective Techniques — REFRESHER
- Listeria: Understanding the Dangers to Food
- Maintenance GMPs
- Pasteurization: Introduction
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Pest Control: Effective Practices
- Pest Control: Effective Practices — REFRESHER
- Preventing Foodborne Illness
- Preventing Food Contamination
- Preventing Food Contamination — REFRESHER
- Preventive Controls: Overview
- Raw Milk Receiving: Process Overview
- Record Keeping: Effective Practices
- Record Keeping: Effective Practices — REFRESHER
- Salmonella: Controlling it in Food Manufacturing
- Salmonella and Campylobacter: Controlling them in Food Manufacturing (Poultry)
- Sanitation Theory: Overview
- Visitor Procedures
- Waste Management Procedures and Proper Disposal
- Water Hose Safety

Quality

(English, Spanish, & Canadian French)

- Food for Feed
- Food Labels
- Gluten Free Manufacturing
- Halal Manufacturing
- Kosher Manufacturing
- Label Claims
- Organic Manufacturing
- Statistical Process Control: Overview
- Traceability: Introduction

Human Resources

(English, Spanish, & Canadian French)

- Active Shooter Readiness
- Americans with Disabilities Act¹
- Anger Management
- Appropriate Behavior in the Workplace
- Bullying
- Canada Leave of Absence
- COVID-19 Overview
- Cybersecurity: Overview
- Diversity & Inclusion
- Family & Medical Leave Act¹
- Financial Literacy: Managing Money
- Financial Literacy: Credit and Debt
- Goals and Time Management
- Health Screening¹
- Housing Basics
- How Diseases Spread¹
- Mental Wellness
- Office Etiquette
- Overcoming Bias
- Physical and Mental Health and Well-being¹
- Physical Wellness
- Preventing Illness at Work and at Home¹
- Proper Workplace Conduct
- Race & Equity
- Sexual Harassment
- Social Skills in the Workplace
- Substance Abuse Awareness
- Transportation Basics
- Workplace Etiquette
- Workplace Harassment and Discrimination
- Workplace Violence

Lean Manufacturing

(English, Spanish, & Canadian French)

For Frontline Workers

- Lean: Introduction
- Lean: Waste Types
- Lean: Data Integrity
- Lean: Identifying Solutions
- Lean: 5S Overview

For Supervisors

- ABCs of Lean
- Categories of Waste
- Documenting Activities — Value Stream Mapping, Workflow Diagrams
- Examining Data — Spreadsheets, Pareto Charts, Five Whys
- Identifying Solutions — Brainstorming, Fishbone Diagrams
- Identifying Solutions — Kaizen, PDCA
- Implementing Solutions — Kanban, Performance Management Boards
- Implementing Solutions — Line Balancing, Takt Time, Pull Systems, Changeovers
- Implementing Solutions — Workplace Organization
- Verifying Solutions — Standardization, Audits
- The Alchemy of Lean Final Exam

¹: English & Spanish only; ²: English only

Warehouse

(English & Spanish)

- Basic Food Defense (Distribution)
- Basic Food Defense for Drivers
- Driver Food Safety SOPs — LTL Delivery Stops²
- Driver Food Safety SOPs — Maintaining Proper Temperature²
- Driver Food Safety SOPs — Pre-chilling Procedures²
- Driver Food Safety SOPs — Trailer Maintenance²
- Food Safety for Selectors — Overview
- Food Safety for Selectors — Safe Pallet Building Practices
- Food Safety SOPs — Pre-load Temperature Checks
- High Lift Truck Review
- Lift Truck Operator Overview
- Loading Food Safety SOPs — Overview
- Maintaining the Cold Chain
- Material Handling (Distribution)
- Pallet Truck Review
- Personal Hygiene (Distribution)
- Receiving Food Safety SOPs — Can Inspection
- Receiving Food Safety SOPs — Overview
- Slips, Trips, and Falls (Distribution)

Supervisor

(English & Spanish)

- Emergency Preparedness: Active Shooter Readiness Planning
- Emergency Preparedness: Infectious Disease Plan
- Deep Cleaning Procedures
- Infectious Disease Management Programs
- Infectious Disease Prevention: Best Practices
- Infectious Disease Response: Best Practices
- Crisis Management Skills

Sustainability

(English & Spanish)

- Energy Conservation
- Environmental Management System: Overview
- Environmental Responsibility: Introduction
- Everyday Sustainability
- Hazardous Waste Awareness
- Pollution: Air, Water, Noise
- Process Waste Prevention
- Recycling Basics
- Spill Prevention
- Stormwater Runoff
- Waste Reduction
- Water Conservation

1: English & Spanish only; 2: English only

Animal Welfare

(English, Spanish, & Canadian French)

Cattle

- Humane Stunning Practices for Cattle
- Proper Handling and Movement of Cattle
- Transportation and Receiving
- Unloading & Receiving Cattle at Processing Facilities

Pigs

- Humane Stunning Practices for Pigs — Captive Bolt
- Humane Stunning Practices for Pigs — CO2
- Humane Stunning Practices for Pigs — Electric
- Proper Handling and Movement of Pigs
- Unloading & Receiving Pigs at Processing Facilities

Poultry

- Humane Euthanizing Practices for Poultry
- Humane Practices for Live Bird Processing
- Introduction to Hatchery Operations
- Monitoring Birds During Grow Out
- Poultry Welfare During Transportation and Receiving
- Proper Catching and Handling Methods

The Alchemy of Leadership

 **Premium Library** (English, Spanish, & Canadian French)

20-course eLearning library that teaches new and emerging supervisors the people skills they need to be effective leaders.

Communication

- Active Listening
- Communication Basics
- Difficult Conversations
- Good First Impression
- Providing Constructive Feedback
- Receiving Feedback

Performance Management

- Anger Management
- Dealing with Difficult People
- Disciplinary Action
- Giving a Performance Evaluation
- Handling Employee Complaints
- How to Conduct an Interview

Leadership

- Behaving Like a Leader
- Building Trust
- Engaging Employees
- Follow Up and Follow Through
- Managing Change
- Valuing Differences

Teamwork

- How to Delegate
- Motivating Yourself and Others
- Teamwork

 Premium Libraries can be added to your Alchemy course library for an additional charge.

State-mandated Workplace Harassment Training

 **Premium Library** (English & Spanish)

State-specific eLearning courses to meet state regulations governing the training requirements for workplace harassment and discrimination.

- California³
- Connecticut
- Delaware
- Illinois
- New York
- General Harassment Training for Employees
- General Harassment Training for Managers

Food Safety Professional

 **Premium Library** (English)

14.5 hours of advanced eLearning courses for professionals who administer, participate, or contribute to food safety programs.

- Environmental Monitoring Program
- Risk Assessment
- Verification & Validation

Food Safety Inspector

 **Premium Library** (English)

Developed by International Food Protection Institute (IFPTI) for the FDA. These are the exact same courses FDA uses to train their Investigators. This 19-course library can provide supervisors/managers clarity on regulatory requirements and the focus of FDA inspections.

- Allergens
- Biological Hazards
- Biosecurity
- Environmental Hazards
- HACCP
- Imports
- Inspections, Complaints, & Enforcement
- Integrated Food Safety System
- Investigation Principles
- Labeling
- Personal Safety
- Preventive Controls
- Public Health Principles
- Recalls
- Regulatory Foundations
- Sampling
- Sanitation Practices
- Traceability
- Transportation

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3: Also available in group-based training.

ABA Baking Basics 101

 **Premium Library** *(English & Spanish)*

This eLearning course and exam from American Bakers Association introduces the fundamentals for new baking facility employees to hone their craft.

- ABA Baking Basics 101

Burmese

 **Premium Library**

40 food safety, workplace safety, and HR courses translated and localized into Burmese. Courses are available as eLearning or Player group-based-training.

Food Safety

- Basic Facility Defense
- Basic Facility Defense — REFRESHER
- Dangerous Microorganisms in Food Manufacturing
- Food Allergens: Introduction
- Food Allergens: Proper Handling
- Food Allergens: Proper Handling — REFRESHER
- Food Safety Standards: Introduction
- Foodborne Illness: Prevention
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Handwashing: Effective Techniques
- Handwashing: Effective Techniques — REFRESHER
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Preventing Food Contamination

Animal Welfare

- Humane Practices for Live Birds Processing
- Unloading and Receiving Pigs at Processing Facilities

Workplace Safety

- Ammonia Awareness
- Back Injury Prevention
- Bloodborne Pathogens
- Emergency Preparedness
- Ergonomics
- Hearing Protection
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout/Tagout Procedures
- Lockout/Tagout Procedures — REFRESHER
- Machine Guarding
- Personal Protective Equipment (PPE)
- Slips, Trips, and Falls

 *Premium Libraries can be added to your Alchemy course library for an additional charge.*

Burmese (Continued)

Human Resources

- Anger Management
- Appropriate Behavior in the Workplace
- COVID-19 Overview
- Diversity & Inclusion
- Proper Workplace Conduct
- Sexual Harassment
- Social Skills in the Workplace
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

Somali

Premium Library

36 food safety, workplace safety, and HR courses translated and localized into Somali. Courses are available as eLearning or Player group-based-training.

Food Safety

- Basic Facility Defense
- Basic Facility Defense — REFRESHER
- Dangerous Microorganisms in Food Manufacturing
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Safety Standards: Introduction
- Foodborne Illness: Prevention
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Handwashing: Effective Techniques
- Handwashing: Effective Techniques — REFRESHER
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Preventing Food Contamination

Animal Welfare

- Humane Practices for Live Birds Processing
- Unloading and Receiving Pigs at Processing Facilities

Workplace Safety

- Ammonia Awareness
- Bloodborne Pathogens
- Emergency Preparedness
- Ergonomics
- Hearing Protection
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout/Tagout Procedures
- Lockout/Tagout Procedures — REFRESHER
- Machine Guarding
- Personal Protective Equipment (PPE)
- Slips, Trips, and Falls

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Somali (Continued)

Human Resources

- Anger Management
- Appropriate Behavior in the Workplace
- Diversity & Inclusion
- Proper Workplace Conduct
- Social Skills in the Workplace
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

Vietnamese

Premium Library

49 food safety, workplace safety, and HR courses translated and localized into Vietnamese. Courses are available as eLearning or Player group-based-training.

Food Safety

- Basic Facility Defense
- Food Allergens: Introduction
- Food Allergens: Proper Handling
- Food Safety Standards: Introduction and SQF
- Foodborne Illness: Prevention
- HACCP: Overview
- Hand Washing: Effective Techniques
- Personal Hygiene: Basics
- Personal Hygiene: Basics – REFRESHER
- Pest Control: Effective Practices
- Preventative Controls: Overview
- Preventing Food Contamination

Workplace Safety

- Ammonia Awareness
- Back Injury Prevention
- Bloodborne Pathogens
- Combustible Dust
- Confined Spaces: Basics
- Conveyor Safety
- Electrical Safety
- Emergency Preparedness
- Ergonomics
- Fall Protection
- Fire Extinguishers: Introduction
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- GHS: Labels – REFRESHER
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- GHS: Pictograms and Hazards – REFRESHER
- GHS: Safety Data Sheets
- GHS: Safety Data Sheets – REFRESHER
- Hearing Protection
- Heat Exhaustion
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness – REFRESHER
- Lockout/Tagout Procedures
- Machine Guarding
- Personal Protective Equipment (PPE)
- Respirators: Introduction
- Slips, Trips, and Falls

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Vietnamese (Continued)

Human Resources

- Appropriate Behavior in the Workplace
- Bullying
- Diversity & Inclusion
- Family and Medical Leave Act
- Proper Workplace Conduct
- Sexual Harassment
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

Transportation Supervisor

 **Premium Library** (English)

These eLearning courses meet Federal Motor Carrier Safety Act (FMCSA) legal requirements for supervisors of CDL drivers.

- Reasonable Suspicion: Alcohol
- Reasonable Suspicion: Drugs

Transportation: PRO-TREAD

 **Premium Library** (English; *indicates 41 courses with Spanish subtitles)

150+ eLearning courses covering driver safety, defensive driving, warehouse & OSHA safety for heavy trucks, box trucks, cars, and light duty trucks.

- Accident Procedures*
- Air Brakes
- Avoiding Fixed Objects*
- Avoiding Roadside Collisions
- Back Injury Prevention
- Backing and Docking*
- Cargo Securement
- CDL Basics
- Communication Enhanced
- Coupling and Uncoupling*
- COVID-19: What Drivers Need
- to Know*
- CSA Overview
- Defensive Driving Enhanced*
- Driver Distractions*
- Driver Qualifications*
- Driver Wellness*
- Drug and Alcohol Awareness
- Emergency Maneuvers
- Fatigue Management*
- Fuel Management
- Fifth Wheel
- Flatbed Safety
- Fuel Island Procedures
- Hazmat Loading & Placarding
- Heat Illness*
- Hours of Service*
- Lane Changes and Intersections*
- Lift Gate Safety
- Log Books
- Longer Combination Vehicles

 Premium Libraries can be added to your Alchemy course library for an additional charge.

Transportation: PRO-TREAD (Continued)

- Mounting and Dismounting
- Night Driving
- Pallet Jacks
- Parking Lots
- Pre-Trip Inspection Without Exercises*
- Pre-Trip Inspections Enhanced*
- Roadside Inspections*
- Rollover Prevention
- Safe Lifting
- Safe Operation of Trailer Doors
- Safely Raising and Lowering Landing Gear
- Sanitary Transportation Act — What Drivers Need to Know
- Skid Control
- Sleep Apnea
- Space Management Enhanced*
- Space Management Workshop
- Speed Management
- Spill Response
- Summer and Mountain Driving
- Tanker Pre-Trip
- Tanker Rollovers
- Tire Chains — HDT / MDT
- Trailer Loading / Unloading Procedures
- Trip Planning
- Truckers Against Trafficking* Whistle Blower Protection*
- Winter Driving
- **And 90+ more courses!**

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