



Distribution 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
- 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
- Slips, Trips, and Falls
- Slips, Trips, and Falls — REFRESHER

Warehouse

(English & Spanish)

- Basic Food Defense (Distribution)
- Basic Food Defense for Drivers
- Driver Food Safety SOPs — LTL Delivery Stops¹
- Driver Food Safety SOPs — Maintaining Proper Temperature¹
- Driver Food Safety SOPs — Pre-chilling Procedures¹
- Driver Food Safety SOPs — Trailer Maintenance¹
- 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)

Transportation: PRO-TREAD (Premium Library*)

(English; 20 of the 150+ courses include Spanish subtitles)

150+ eLearning courses and refresher courses covering driver safety, defensive driving, warehouse & OSHA safety for all types of vehicles (heavy trucks, box trucks, cars, and light duty trucks), including:

- Accident Procedures
- Air Brakes
- Avoiding Fixed Objects
- Avoiding Roadside Collisions
- Back Injury Prevention
- Backing and Docking

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

1: English only

Transportation: PRO-TREAD (Premium Library*) (Continued)

(English; 20 of the 150+ courses include Spanish subtitles)

- Basic Vehicle Controls
- Box Cutting
- Cargo Handling
- Cargo Securement
- CDL Basics
- Communication – Medium Duty Truck
- Communication Enhanced
- Coupling and Uncoupling
- COVID-19: What Drivers Need to Know
- CSA Overview
- Defensive Driving Enhanced
- Driver Disqualifications
- Driver Distractions
- Driver Qualifications
- Driver Wellness
- Drug and Alcohol Awareness
- DVIR Pre / Post Trip Inspections
- Emergency Maneuvers
- Environmental Compliance Issues
- Fatigue Management
- Fifth Wheel
- Flatbed Safety
- Fuel Island Procedures
- Fuel Management
- Hand Truck Safety
- Hazard Awareness
- Hazmat Communication Rules
- Hazmat Driving and Parking Rules
- Hazmat Loading and Placarding
- Heat Illness
- Hours of Service
- Identification and Diagnosis of Malfunctions
- Introduction to Electronic Logging Devices
- Lane Changes and Intersections
- Lift Gate Safety
- Log Books
- Longer Combination Vehicles
- Mounting and Dismounting
- Night Driving
- Pallet Jacks
- Parking Lots
- Pre-Trip Inspection Without Exercises
- Pre-Trip Inspections Enhanced
- Preventive Maintenance
- Railroad Safety
- Rear End Collision Avoidance
- Road Rage
- Roadside Inspections
- Roll Over 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 Enhanced
- 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 70+ more courses!

PRO-TREAD Supervisor (Premium Library*)

(English)

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

- Reasonable Suspicion: Alcohol
- Reasonable Suspicion: Drugs

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Food Safety

(English, Spanish, & Canadian French)

- Air Hose Safety
- Bacteria Basics
- 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
- E. Coli: Overview
- Effective Record Keeping Practices
- Employee Illness Reporting
- Environmental Monitoring Basics
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Allergens: Proper Handling
- Food Allergens: Proper Handling — REFRESHER
- Food Fraud: Introduction
- Food Safety Standards: Introduction
- Food Safety Standards: Introduction and BRC
- Food Safety Standards: Introduction and SQF
- Foodborne Illness and Employee Reporting
- Foreign Material Exclusion: Overview
- Foreign Material Exclusion: Employee Role
- FSMA: Introduction
- GMPs for Maintenance Personnel
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Hand Washing: Effective Techniques
- Hand Washing: Effective Techniques — REFRESHER
- Listeria and its Dangers to Food
- Maintenance Personnel GMPs
- Pasteurization: Introduction
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Pest Control: Effective Practices
- Preventing Foodborne Illness
- Preventing Food Contamination
- Preventive Controls: Overview
- Raw Milk Receiving
- Salmonella: Controlling it in Food Manufacturing
- Salmonella: Controlling it in Food Manufacturing (Poultry)
- Sanitation Theory: Overview
- Visitor Procedures
- Waste Management Procedures and Proper Disposal
- Water Hose Safety

Human Resources

(English, Spanish, & Canadian French)

- Active Shooter Readiness
- Americans with Disabilities Act²
- Anger Management
- Appropriate Behavior in the Workplace
- Bullying
- Canada Leave of Absence
- COVID-19 Overview
- Cybersecurity: Overview
- Diversity & Inclusion
- Family & Medical Leave Act²
- Health Screening²
- How Diseases Spread²
- Physical and Mental Health and Well-being²
- Preventing Illness at Work and at Home²
- Proper Workplace Conduct
- Sexual Harassment
- Social Skills in the Workplace
- Substance Abuse Awareness
- Workplace Harassment and Discrimination
- Workplace Violence

Operations

(English, Spanish, & Canadian French)

- Good Laboratory Practices: Overview
- Lean Manufacturing
- Root Cause Analysis: Introduction

2: English and Spanish only

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

Alchemy Resources

(English)

- Alchemy Platform: Introduction
- Alchemy Platform: Setting Up Alchemy Out of the Box
- Alchemy Platform: Preparing for Your Alchemy Training Day
- Alchemy Platform: Content Customization Options
- Group Training: Learner Basics (RF Remotes)
- Alchemy Player: Using Player to Facilitate Training
- Alchemy Player: Setting Up Your Training Space
- Alchemy Player: Using Captions in Player Videos
- Alchemy Player: Managing Mid-Session Changes
- Alchemy Player: Setting Up Kiosk Mode
- Alchemy Creator: Customizing an Alchemy Course
- Alchemy Creator: Building a Course from Scratch
- Alchemy Creator: Making Creator Content Look Like an Alchemy Course
- Alchemy Creator: Publishing Content in Player and eLearning
- Alchemy Creator: Translating a Course
- Alchemy Manager: Overview
- Alchemy Manager: Creating Groups
- Alchemy Manager: Managing the User Listing
- Alchemy Manager: Validating Users
- Alchemy Manager: Organizing Courses with Custom Categories
- Alchemy Manager: Identifying Learning Plans that Work for You
- Alchemy Manager: Creating Fixed Date Learning Plans
- Alchemy Manager: Creating Relative Date Learning Plans
- Alchemy Manager: Creating Relative Repeating Learning Plans
- Alchemy Manager: Using Learning Plans to Centralize Playlists
- Alchemy Manager: Retiring and Editing Learning Plans
- Alchemy Manager: Reporting Options
- Alchemy Manager: Identifying Reports that Work for You
- Alchemy Manager: Creating and Managing Scheduled Reports
- Alchemy Manager: Learning Plan Reports
- Alchemy Manager: Using eLearning
- Alchemy Manager: Tracking Outside Training with ILT Courses
- Alchemy Manager: Building a Coach Observation
- Alchemy Manager: Coach Reports
- Alchemy Coach: Overview
- Exploring the Roles and Behaviors of a Coach
- Alchemy Coach: Facilitating a Single-User Observation
- Alchemy Coach: Facilitating a Multi-User Observation
- Alchemy Communications: Overview
- Alchemy Playbook: Overview
- Mastering Alchemy: Exam — Platform
- Mastering Alchemy: Exam — Player
- Mastering Alchemy: Exam — Creator
- Mastering Alchemy: Exam — Manager
- Mastering Alchemy: Exam — Coach

**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 workplace harassment eLearning meeting legal requirements for the following states (plus general training courses for states not listed):

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

The Alchemy of Leadership (Premium Library*)

(English, Spanish, & Canadian French)

Supervisor development courses that teach critical people skills and soft skills.

- Active Listening
- Anger Management
- Behaving Like a Leader
- Building Trust
- Communication Basics
- Dealing with Difficult People
- Difficult Conversations
- Disciplinary Action
- Engaging Employees
- Follow Up and Follow Through
- Giving a Performance Evaluation
- Good First Impression
- Handling Employee Complaints
- How to Delegate
- Managing Change
- Motivating Yourself and Others
- Providing Constructive Feedback
- Receiving Feedback
- Teamwork
- Valuing Differences

Environmental Responsibility (Premium Library*)

(English & Spanish)

Decrease waste, increase profit, and build goodwill in your community. This library includes a toolkit for deeper engagement.

- 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

Food Safety Professional (Premium Library*)

(English)

Advanced courses for professionals who administer, participate, or contribute to food safety programs.

- Environmental Monitoring Program
- Risk Assessment
- Verification & Validation

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Burmese and/or Somali (Premium Library*)

34 food safety, workplace safety, and HR courses translated and localized into Burmese and/or 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
- Handwashing: Effective Techniques
- Handwashing: Effective Techniques — REFRESHER
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Safety Standards: Introduction
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Preventing Food Contamination
- Preventing Foodborne Illness

Animal Welfare

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

Workplace Safety

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

Human Resources

- Anger Management
- Appropriate Behavior in the Workplace
- Diversity & Inclusion
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics (RF Remotes)

Vietnamese (Premium Library*)

46 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
- HACCP: Overview
- Hand Washing: Effective Techniques
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Pest Control: Effective Practices
- Preventative Controls: Overview
- Preventing Food Contamination
- Preventing Foodborne Illness

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

Vietnamese (Premium Library*) (Continued)

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
- Fire Prevention & 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
- 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

Human Resources

- Bullying
- Family and Medical Leave Act
- Proper Workplace Conduct
- Sexual Harassment
- Workplace Harassment and Discrimination

Alchemy Resources

- Group Training: Learner Basics (RF Remotes)

Alchemy Communications Program Topics*

(English, Spanish, & Canadian French)

Workplace Safety

- Arc Flash²
- Back Injury Prevention
- Bloodborne Pathogens
- Cold Stress²
- Compressed Gas Cylinders²
- Conveyor Safety²
- Emergency Evacuation / Response
- Eye Protection
- Fire Prevention
- GHS Pictograms
- Hearing Protection
- Heat Exhaustion
- Hoists and Slings²
- Hot Work²
- Ladder Safety
- Lockout / Tagout
- Machine Guarding
- Pedestrian Fork Lift Safety
- Repetitive Motion
- Slips, Trips, and Falls

Food Safety

- Allergens
- Environmental Monitoring
- Foodborne Illness
- Food Defense
- Foreign Material Control
- Handwashing
- Listeria
- Personal Hygiene
- Pest Control
- Record Keeping
- Salmonella
- Water Hose Safety

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2: English and Spanish only.



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