



Course Catalog

*Cover your training needs for
workplace 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 Awareness
- Ammonia Awareness — REFRESHER
- Ammonia Accident Prevention and First Aid
- Arc Flash Awareness
- Asbestos Awareness
- Asbestos Awareness — REFRESHER
- Avian Influenza (Bird Flu): Overview
- Back Injury Prevention
- Back Injury Prevention — REFRESHER
- Bloodborne Pathogens¹
- Bloodborne Pathogens — REFRESHER¹
- Chemical Safety: Introduction
- Combustible Dust
- Compressed Gas Cylinders
- Confined Spaces: Basics
- Confined Spaces: Basics — REFRESHER
- Confined Spaces: For Attendants
- Confined Spaces Advanced: Entrant (Parts 1 & 2)
- Conveyor Safety
- Electrical Safety
- Electrical Safety — REFRESHER
- Emergency Preparedness
- Ergonomics
- Ergonomics — REFRESHER
- Face Masks
- Fall Protection
- Fire Extinguishers: Introduction
- Fire Extinguishers: Introduction — REFRESHER
- Fire Prevention and Protection
- Fire Prevention and Protection — REFRESHER
- First Aid Basics: Bleeding and Shock
- First Aid Basics: Burns
- First Aid Basics: Major Illness and Health Issues
- First Aid Basics: Sudden Injuries to the Body
- First Aid Basics: Sudden Injuries to the Face and Head
- GHS: Introduction¹
- GHS: Labels¹
- GHS: Labels — REFRESHER¹
- GHS: Pictograms and Hazards¹
- GHS: Pictograms and Hazards — REFRESHER¹
- GHS: Safety Data Sheets¹
- GHS: Safety Data Sheets — REFRESHER¹
- Hand and Power Tools
- Hearing Protection¹
- Hearing Protection — REFRESHER¹
- Heat Stress: Awareness
- Heat Stress: Prevention
- Heat Stress — REFRESHER
- Hoists and Slings
- Hot Work
- Ladder Safety
- Lift Truck Advanced: Basic Operations
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lift Truck Advanced: Load Handling and Stability
- Lift Truck Advanced: Pre-operation Inspections
- Lockout / Tagout Procedures¹
- Lockout / Tagout Procedures — REFRESHER¹
- Lockout / Tagout for Authorized (Parts 1, 2, and 3)¹
- Machine Guarding
- Machine Guarding — REFRESHER
- Office Ergonomics
- Office Safety
- Personal Protective Equipment (PPE)¹
- Personal Protective Equipment (PPE) — REFRESHER¹
- Respirators: Introduction
- Slips, Trips, and Falls
- Slips, Trips, and Falls — REFRESHER
- X-ray and Radiation Safety

¹: These courses currently do not come in Canadian French. However they can be translated into Canadian French using Alchemy Creator.

Warehouse

(English, Spanish, & Canadian French)

- Aerial Platforms and Scissor Lifts: Operator Safety
- Conveyor Safety (Distribution)
- Good Warehousing Practices
- Hand Pallet Trucks: Operator Safety
- Hand Trucks and Dollies: Operator Safety
- High Lift Trucks: Operator Safety
- Lift Trucks: Operator Safety
- Lift Truck Battery Charging Safety
- Loss Prevention (Distribution)
- Pallet Trucks: Operator Safety
- Pest Control (Distribution)
- Racking Safety
- Sanitary Transport: Load Security
- Sanitation: Distribution Environments
- Slips, Trips, and Falls (Distribution)
- Utility Knives and Boxcutters: Basics

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

Human Resources

(English, Spanish, & Canadian French)

- Active Shooter Readiness
- Americans with Disabilities Act¹
- Anger Management¹
- Appropriate Behavior in the Workplace¹
- Bullying¹
- Canada Leave of Absence¹
- COVID-19 Overview
- Cybersecurity: Overview
- Diversity & Inclusion¹
- Ethical Trading Initiative (ETI): Introduction
- Ethics: Overview
- Family & Medical Leave Act¹
- Financial Literacy: Money Management
- Financial Literacy: Credit and Debt
- Goals and Time Management
- Health Screening¹
- Housing Basics
- How Diseases Spread¹
- Human Trafficking: Overview¹
- Mental Wellness
- Mpx: Overview
- Office Etiquette
- Overcoming Bias
- Physical and Mental Health and Well-being¹
- Physical Wellness
- Pregnant Workers Fairness Act¹
- Preventing Illness at Work and at Home¹
- Proper Workplace Conduct¹
- Racism in the Workplace: Recognition and Response
- Sexual Harassment¹
- Social Skills in the Workplace¹
- Substance Abuse Awareness¹
- Transportation Basics
- Workplace Etiquette
- Workplace Harassment and Discrimination¹
- Workplace Violence¹

The Alchemy of Leadership

(English, Spanish, & Canadian French)

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

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Supervisor

(English, Spanish, & Canadian French)

- Crisis Management Skills¹
- Deep Cleaning Procedures¹
- Emergency Preparedness: Active Shooter Readiness Planning
- Emergency Preparedness: Infectious Disease Plan Development¹
- Ethics in Leadership
- Infectious Disease Management Programs¹
- Infectious Disease Prevention: Best Practices¹
- Infectious Disease Response: Best Practices¹
- Personal Liability for Leaders
- Reasonable Suspicion

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

State-mandated Workplace Harassment Training

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

The standard Alchemy course library includes valuable training courses on harassment, diversity, inclusion, and more. But certain states have additional regulations governing the training requirements for workplace harassment. This Premium Library covers those mandated legal requirements set forth for the following states:

- California
- Connecticut
- Delaware
- Illinois
- New York

Transportation: Supervisors

 **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

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Transportation: Drivers

 **Premium Library** (English; *indicates 59 courses with Spanish subtitles)

150+ eLearning courses to help you meet DOT and FMCSA training requirements. Courses cover driver safety, defensive driving, warehouse safety, and more for heavy trucks, box trucks, cars, and light duty trucks.

- Accident Procedures
- Air Brakes²
- Ammonia Awareness*
- Automobiles - Avoiding Fixed Objects*
- Automobiles - Defensive Driving*²
- Avoiding Fixed Objects*
- Avoiding Fixed Objects - Medium Duty Truck
- Avoiding Roadside Collisions
- Back Injury Prevention*
- Backing and Docking - Medium Duty Truck²
- Backing and Docking Enhanced*²
- Basic Vehicle Controls
- Bloodborne Pathogens*
- Box Cutting*
- CARB
- CDL Basics
- COVID-19 What Drivers Need to Know*
- CSA Overview
- Cargo Handling
- Cargo Securement²
- Communication - Medium Duty Truck*
- Communication Enhanced
- Confined Space
- Coupling Uncoupling*²
- Customs Security Awareness
- DVIR Pre Post Trip Inspections
- Defensive Driving - Medium Duty Truck²
- Defensive Driving Enhanced²
- Driver Disqualifications²
- Driver Distractions*
- Driver Distractions - Medium Duty Truck
- Driver Qualifications*
- Driver Wellness*
- Drug and Alcohol Awareness
- Drug and Alcohol Clearinghouse - What Drivers Need to Know²
- Emergency Maneuvers
- Emergency Response Plans*
- Environment
- Fatigue Management*
- Fatigue Management - A Guide for Families
- Fifth Wheel
- Fire Prevention*
- Flatbed Safety
- Forklift Fundamentals*
- Forklift Operations*
- Forklift Propane and Battery Replacement*
- Fuel Island Procedures
- Fuel Management
- Hand Truck Safety*
- Hazard Awareness*
- Hazard Awareness - Medium Duty Truck
- Hazmat Communication Rules
- Hazmat Driving and Parking Rules*
- Hazmat Loading and Placarding
- Hazmat Security Awareness
- Heat Illness*
- Hours of Service
- Hours of Service - No Sleeper²
- Hours of Service Updated Provisions - 2020
- IBT - Avoiding Fixed Objects
- IBT - Backing and Docking
- IBT - Basic Vehicle Controls

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

2: These courses are available in both eLearning and group-based classroom training with Alchemy Player. Remaining courses are eLearning only.

Transportation: Drivers (Continued)

 **Premium Library** (English; *indicates 59 courses with Spanish subtitles)

- IBT - Defensive Driving
- IBT - Driver Distractions
- IBT - Fatigue Management
- IBT - Hours of Service
- IBT - Intersections
- IBT - Left Turns
- IBT - Pre-Trip Inspection
- IBT - Rear End Collision Avoidance
- IBT - Right Turns
- IBT - Space Management
- IBT - Speed Management
- IBT - Winter Driving
- Identification and Diagnosis of Malfunctions
- Intermodal Equipment Inspections
- Introduction to Electronic Logging Devices
- Ladder Safety (Transportation)*
- Lane Changes and Intersections*²
- Lift Gate Safety*
- Lockout Tagout
- Log Books²
- Longer Combination Vehicles
- Mounting and Dismounting
- Night Driving²
- Night Driving - Medium Duty Truck
- Pallet Jacks*
- Parking Lots
- Personal Protective Equipment*
- Pre-Trip Inspection Without Exercises*
- Pre-Trip Inspections Enhanced*²
- Preventative Maintenance
- PRO-DEFENSE - MDT - An Approach to Safe Driving*
- PRO-DEFENSE - MDT - Distractions*
- PRO-DEFENSE - MDT - Effective Communication*
- PRO-DEFENSE - MDT - Essential Planning*
- PRO-DEFENSE - MDT - Evaluating Space*
- PRO-DEFENSE - MDT - Fatigue Management*
- PRO-DEFENSE - MDT - Navigating Hazards*
- PRO-DEFENSE - MDT - Speed Management*
- PRO-DEFENSE An Approach to Safe Driving*
- PRO-DEFENSE Distractions*
- PRO-DEFENSE Effective Communication*
- PRO-DEFENSE Essential Planning*
- PRO-DEFENSE Evaluating Space*
- PRO-DEFENSE Fatigue Management*
- PRO-DEFENSE Navigating Hazards*
- PRO-DEFENSE Speed Management*
- Railroad Safety
- Rear End Collision Avoidance
- Rear End Collision Avoidance - Medium Duty Truck
- Road Rage²
- Roadside Inspections*
- Rollover Prevention
- Safe Lifting*
- Safe Lifting Driver
- Safe Operation of Manual Pallet Jacks*
- Safe Operation of Trailer Doors*
- Safely Raising and Lowering Landing Gear
- Sanitary Transportation Act - What Drivers Need to Know
- Seat Belts²

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Transportation: Drivers (Continued)

 **Premium Library** (English; *indicates 59 courses with Spanish subtitles)

- Seat Belts - Medium Duty Truck
- Security Awareness
- Skid Control
- Sleep Apnea
- Slips, Trips and Falls*
- Space Management - Medium Duty Truck
- Space Management Enhanced*
- Space Management Workshop
- Speed Management - Medium Duty Truck²
- Speed Management Enhanced²
- Spill Response
- Summer and Mountain Driving
- Tanker Pre-Trip²
- Tanker Rollovers
- Terminal Trucks
- Tire Chains - HDT MDT
- Trailer Loading/Unloading Procedures
- Transporting Lithium Batteries*
- Trip Planning
- Truckers Against Trafficking*
- Urban Driving - HDT
- Urban Driving - MDT
- Visual Search
- Visual Search - Medium Duty Truck
- Whistle Blower Protection*
- Winter Driving²
- Winter Driving - Medium Duty Truck
- Winter Driving - No Chains²
- Workplace Awareness*
- Yard Driving Skills²

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2: These courses are available in both eLearning and group-based classroom training with Alchemy Player.
Remaining courses are eLearning only.

People *make the* Difference

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