



# Aegis Online Safety Training Course Catalogue

April 2008

[www.aegisgroup.ca](http://www.aegisgroup.ca)

phone: 403.567.1244

#210, 4202-17th Avenue S.E.

Calgary, Alberta Canada T2A 0T2

## Aegis Online Safety Training

If safety training is boring everyone to tears, you need to take action... and FAST! Now you can effectively meet industry safety standards quickly and effortlessly—regardless of your physical location with Aegis online safety training. And as an added bonus, you'll have fun along the way. The result will be safer and more productive operations. Inconvenient offsite safety training and operational disruptions will become a thing of the past.

### **Our Internet-Based Safety Training is Revolutionary**

Based on years of on-site and classroom-based experience, our online safety courses are unparalleled in terms of content, flexibility and convenience:

- \* Aegis courses are visually appealing and are highly interactive. These interactive activities help students practice and therefore better retain the information they have just learned.
- \* Students can click to get extra details if they are curious about a certain subject.
- \* Each course contains several lessons, at the end of which students must pass a quiz to make sure they have grasped the critical information. And they aren't allowed to complete the course until they pass all quizzes.
- \* Self-paced courses are broken up into easily assimilated information segments. The point and click navigation allows students to easily manoeuvre to any section within the course, including forwarding or rewinding within each lesson. Students can read the written text, listen to audio or both. Plus they can adjust the volume or turn it off.
- \* Once finished, students can download data sheets and print off their certificate.
- \* Our Aegis Learning Management System (LMS) automatically keeps records of successfully completed courses, expiry dates and notifies when updating is needed.

## Online Training Demos

See for yourself. Check out our demos at [www.aegisgroup.ca](http://www.aegisgroup.ca) to find out what fun and effective training is all about!

## About Aegis

Established in 2003, Aegis provides online and onsite safety solutions proven to decrease accidents, increase productivity and positively affect a company's bottom line. Headquartered in Calgary, the company provides safety solutions to companies around the world.

Innovative offerings such as our online training help to ensure that companies can be compliant regardless of their worksite or employee location. We work closely with companies to ensure safety can be seamlessly integrated into their culture and business model. In fact, we will only engage with companies who are serious about safety and making it a part of their daily operations.

We believe that safety does not have to be painful. Aegis makes safety fun and effective by offering online and onsite training, advisory and programming services that engage your people and keep them safe.

## Aegis Online Course List

Bear and Wildlife Awareness .....	4
Common Injury Prevention .....	4
Driving Level 1 .....	5
Electrical Safety .....	5
Emergency Response Awareness .....	6
Explosives and You .....	6
Fire Awareness .....	7
Geophysical Operations, Introduction to .....	7
Hazards, Incidents and You .....	8
Helicopter Safety Awareness .....	8
Hydrogen Sulphide (H2S) Awareness .....	9
Personal Protective Equipment (PPE) Awareness .....	10
Substance Abuse and the Workplace .....	10
Transportation of Dangerous Goods (TDG) .....	11
Working Outdoors 101.....	11
Workplace Hazardous Materials Information System (WHMIS) .....	12

**Please note:** We've done our best to make sure this document contains the latest and greatest information about our fabulous online training courses. However, all course information is subject to change without notice. To make sure you have the latest information, please visit our website or contact us using the information listed below.

## Don't Wait – Start Your Training Now!

Interesting in taking your training to the next level? We can help!

web: [www.aegisgroup.ca](http://www.aegisgroup.ca)  
 email: [info@aegisgroup.ca](mailto:info@aegisgroup.ca)  
 phone: 403.567.1244  
 fax: 403.569.1245  
 mail: #210, 4202-17th Avenue S.E., Calgary, Alberta Canada T2A 0T2

## Bear & Wildlife Awareness



When working in the outdoors, it is important to be prepared for not only the weather but also the wildlife you might encounter. Knowing the myths of their behaviour, prevention and avoidance is important for survival.

### Topics Covered:

- \* The risks associated with black bear and grizzly encounters. Provides an in-depth look at differentiating between the species, understanding their habitat and behaviour, how to identify signs of their presence, avoidance strategies, and survival fundamentals for encounters.
- \* Other animals workers might encounter such as cougars, ungulates, wolves, coyotes/dogs, snakes and insects. Provides insight on how to avoid them and what to do in case of an encounter.
- \* The basics of outdoor survival including strategies to maintain mental and physical health.
- \* List of items everyone should take with them when working—or playing—in the wild.
- \* Strategies and tips offers information on how to find/build shelter, increase chances of being found, safely forage for food and water and deal with common injuries.

The course is divided into two sections: the first dealing with the wildlife and then how to survive in the wild. Each section includes an introductory overview, a quiz to ensure the student understood the key concepts and a conclusion. Students can download the course certificate once they have reviewed all content and passed the two quizzes.

**Course Time:** 60 minutes

**Who should take this course?** Anyone who will be working in a wilderness environment where encounters with wildlife are possible.

## Common Injury Prevention



Nobody wants to get time off with an injury – it's hard to relax with a cast on your leg! Understanding proper lifting and handling techniques can prevent a number of life-long health problems, including back injuries. As well, varied terrain is a major cause for ankle, foot and knee injuries. Workers need to understand how to manage working in different terrains

### Topics Covered:

- \* Statistics, rehabilitative information and symptoms of the four most common (and preventable) work-related injuries: slips/trips/falls, back injuries, contact injuries and overexertion/overuse injuries.
- \* Specific examples of where and why these injuries occur, their characteristics and contributing factors.
- \* How the worksite can eliminate or reduce hazards by implementing engineering controls, administrative controls and personal protective equipment.
- \* Strategies individuals can use to prevent common injuries.
- \* What to do if you become injured.

The course is broken up into three lessons and includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the covered information. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 minutes.

**Who should take this course?** Anyone is potentially exposed to injury while working in the field or in an office.

## Driving Level I



Statistically, driving is one of the most dangerous activities that workers perform on the job. Learning to drive in a defensive manner is extremely important to overall jobsite safety.

### Topics Covered:

- \* Why defensive driving and a positive attitude are critical to personal safety.
- \* The benefits of a good driving record.
- \* The different phases of a car crash, including details of what happens to the vehicle and passengers in each phase, and how victims can get injured or killed.
- \* The importance of understanding a vehicle's limits, its safety features and keeping it properly maintained.
- \* Vehicle safety supplies for emergency situations and breakdowns.
- \* How drugs, alcohol, over-the-counter (OTC) medications, prescriptions, fatigue as well as one's own limitations affects their condition and readiness to drive.
- \* Defensive driving strategies such as how to avoid collisions and proper distance between moving vehicles, journey management, and basic good driving habits.

The course is broken up into four lessons and includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the information they need to stay safe when driving. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 to 60 minutes.

**Who should take this course?** Anyone who will be driving a vehicle at work.

## Electrical Safety



Electricity is an extremely useful yet potentially dangerous phenomenon. Workers should know the risks associated with it. This training course also includes Lock-Out Tag-Out (a system for isolating power sources for maintenance on equipment).

### Topics Covered:

- \* What electricity is, how it works and how it moves.
- \* The hazards of working around electricity including shock, burns, arc-blasts, explosions, and fires. Includes information on how these hazards occur and how to prevent incidents.
- \* Information on positive lightning and lightning strikes.
- \* Safe work practices including lockout/tag-out and how to minimize electrical hazards.
- \* Do's and don'ts when a lightning storm is approaching.

The course is broken up into three lessons, with each lesson including an introductory overview and conclusion. The final lesson is followed by a quiz and course wrap-up to ensure the student has absorbed the critical information. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 to 60 minutes.

**Who should take this course?** Anyone working with or around equipment, vehicles, electricity or lightning.

## Emergency Response Awareness



It is important to know how to plan for an emergency in order to avoid one—and to know what to do when one does occur. Workers can avoid further injury, equipment or environmental damage when trained in emergency response.

### Topics Covered:

- \* Characteristics of the five most common types of emergencies: injuries/illnesses and fatalities, spills and leaks, fires, explosions, and natural disasters.
- \* The key steps to undertake specific to each emergency.
- \* The responsibilities of employers and employees when planning for and during an emergency.
- \* What emergency preparedness and proper response practices are and how they can prevent further damage.
- \* Emergency Response Procedures (ERP) in the worksite and why they are important to employers and employees.
- \* Emergency services, supplies and equipment.

The course is broken up into three lessons and includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the information they have covered. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 to 60 minutes.

**Who should take this course?** Anyone who will be part of a work site with an emergency response plan.

## Explosives & You



Many workers who deal with explosives on a regular basis do not take any type of training if they are working with a ticketed individual. Yet it is still important that they understand the basics of safety handling and detonating explosives. This is especially helpful for new hires in drilling and recording companies.

### Topics Covered:

- \* Where explosives are used in the upstream oil and gas industry and the key role they play in seismic exploration.
- \* How explosives work including the elements of the device (detonator and detonator chord) and the physics behind the explosion.
- \* Other common seismic instruments used with explosives, including a galvanometer, circuit tester and blasting machine.
- \* Hazards associated with explosives such as unintentional detonation through storing, transportation, handling and using.
- \* Safe work practices in seismic explosives.
- \* Emergency procedures.

The course is broken up into four lessons and each includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the information they have covered. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 60 minutes.

**Who should take this course?** Anyone who may be handling or working with explosives in any way.

## Fire Awareness



Fire can happen anywhere at any time – it is important to learn to practice fire prevention, recognise different types of fires and how to react to them.

### Topics Covered:

- \* Classification of fires (classes A, B, C, D) and fire prevention tips through proper storage, transportation handling and usage of specific equipment and materials.
- \* Safe work practices for fighting fires. Includes proper fire response procedures and when you should not fight a fire.
- \* How to extinguish the different classes of fires.
- \* How to use an extinguisher and its proper maintenance.
- \* Safety procedures when caught in various types of fires including grass, forest, office and work camp fires.

The course is broken up into three lessons, each including an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the course information. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 60 minutes.

**Who should take this course?** Any worker in an office or field environment.

## Geophysical Operations, Introduction to



An overview of the geophysical exploration industry—also known as “seismic”—to provide a complete picture of operations from the planning stages through to the final cleanup.

### Topics Covered:

- \* The basics of exploring for oil and gas. Students will learn how oil and gas is formed, all about the upstream, midstream, and downstream sectors, what seismic exploration is and how it works.
- \* The elements of a geophysical program including advance operations, surveying, line production, drilling, and recording.
- \* The different partners and processes involved in a successful seismic program.
- \* How a typical day unfolds.
- \* How the natural elements—from weather, terrain and wildlife—affect operations.
- \* The critical role safety plays in seismic operations.

The course is broken up into three sections: the basics of oil and gas, elements of a geophysical program and a typical day. Each section includes an introductory overview, a quiz to ensure the student understood the key concepts and a conclusion. The course wraps up with a course overview. Students can download the course certificate once they have reviewed all content and passed the quizzes.

**Course Time:** 60 minutes.

**Who should take this course?** Any individual about to begin working in the geophysical exploration industry, or anyone curious as to what seismic is about.

## Hazards, Incidents & You



Most accidents are preventable. Well-planned operations with good risk management ensure a safe working environment and limited liabilities. Employers must inform workers of specific worksite hazards and the methods used to control or eliminate the hazards—or face penalties. In this course, students will increase their awareness of hazard and incident risks and reporting responsibilities.

### Topics Covered:

- \* What are the employer versus employee responsibilities for identifying, assessing and communicating hazards, preventing incidents, reporting incidents that do occur, and, preventing incidents from happening again.
- \* Safe worksite practices and procedures including the importance of safety training.
- \* How hazards are defined, what level of risk they involve and tools to help assess that risk level. Includes specific examples of different hazards workers might encounter on the job (physical, chemical, biological and psychological).
- \* How and why hazards should be reported to ensure the ongoing safety of the workplace, including proper incident reporting procedures and corrective prevented actions.
- \* How to respond to incidents including what to report and to whom, procedural steps during an incident (including risk management), and post-incident procedures.

The course is broken up into four lessons and includes an introductory overview and course wrap-up. Each lesson is followed by a quiz to ensure the student has comprehended the materials. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 60 minutes.

**Who should take this course?** Anyone who will work in a potentially hazardous environment.

## Helicopter Safety Awareness



This course will provide general helicopter safety awareness in seismic operations. Although more thorough safety briefings are done by helicopter pilots and on-the-job training from senior personnel must continue in field operations, this gives a great overview of some of the areas of concern working with helicopters.

### Topics Covered:

- \* The key role helicopters play in seismic operations.
- \* Hazards and safe work practices for personnel and equipment transport.
- \* Hazards and safe work practices for long-line operations.
- \* General safe work practices for different team members, various types of terrain, weather and in-flight behaviour.
- \* Role of orientation and on-the-job training.

The course is broken up into three lessons, each including an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the course information. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 to 60 minutes.

**Who should take this course?** Anyone working with or around helicopters.

## H<sub>2</sub>S Awareness



Known by many names including hydrogen sulphide and sour gas, “H-2-S” is the chemical name for an extremely poisonous gas commonly found within the oil and gas industry worksite. Once students have taken this in-depth course, they will better understand the nature and hazards of working with H<sub>2</sub>S. Because it’s a gas you can’t see or smell in higher concentrations, students will learn information that will keep them and their co-workers safe—and maybe even save their life.

### Topics Covered:

- \* Employer and employee H<sub>2</sub>S safety responsibilities such as safe work procedures, emergency response plans and personal protective equipment.
- \* Details about what type of substance H<sub>2</sub>S is, including its properties and characteristics so students can understand how to best deal with this dangerous substance.
- \* The various names H<sub>2</sub>S is listed or known as.
- \* Industries, sources, locations, jobs or risk zones where H<sub>2</sub>S hazards are common and where workers will need to take appropriate precautions.
- \* The dangerous effects of H<sub>2</sub>S at different levels of exposure, the symptoms at those different levels, when to use protective equipment, and post-exposure symptoms and issues.
- \* Strategies to protect individuals from H<sub>2</sub>S exposure by understanding how to properly use monitoring equipment and breathing apparatuses as well as follow safe work procedures.
- \* What to do during an H<sub>2</sub>S incident including common safety practices and procedures as well as vital rules and procedures to remember during a rescue.

The course is broken up into six lessons and includes an introductory overview and course wrap-up. Each lesson is followed by a quiz to ensure the student has comprehended the materials. A downloadable certificate is available once the student has successfully reviewed and passed all H<sub>2</sub>S lessons.

### Course Time:

30 to 60 minutes.

### Who should take this course?

H<sub>2</sub>S Awareness Training is essential for any individual who has the potential to come into contact with H<sub>2</sub>S that does not need hands-on training with self-contained breathing apparatuses.

## Personal Protective Equipment Awareness



Although it is the last line of defense, personal protective equipment (PPE) is an important part of reducing risk in the workplace. This course will discuss common uses for PPE including care and maintenance.

### Topics Covered:

- \* The major types of PPE used by workers including eyes, face, head, hands, and feet, whole body, respiratory, and hearing protection.
- \* Fit and care for PPE.
- \* Other types of PPE such as high visibility clothing and fall protection.

The course includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the information they have covered. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 minutes.

**Who should take this course?** Any worker who could potentially need to wear personal protective equipment on a work site.

## Substance Use & the Workplace



Substance use is a major problem on many job sites. Recognition is the first step in getting rid of the problem. This course will explain the consequences and effects of the abuse of alcohol and other substances.

### Topics Covered:

- \* Information about the most commonly used/abused substances: alcohol, drugs, prescription medications and over-the-counter (OTC) drugs.
- \* The effects these substances can have on an individual, including the short and long-term risks they pose biologically, mentally, socially and professionally.
- \* Key resources to find more specific details about substance abuse.
- \* Effects of substance use at the workplace and why substance abuse and work do not mix.
- \* The signs of abuse/addiction.
- \* Options for treatment.

The course is broken up into three lessons and includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the critical information. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 to 60 minutes.

**Who should take this course?** This course applies to all employees in an organization.

## Transportation of Dangerous Goods (TDG)



The Transportation of Dangerous Goods (TDG) Act is federal legislation that establishes the safety requirements for the transportation of dangerous goods across Canada. Students will learn how these regulations are meant to eliminate any harm to emergency workers, the public and the environment from the hazards involved in transporting dangerous goods.

### Topics Covered:

- \* A definition of “Dangerous Goods” under the Federal act and the history that brought the act into effect.
- \* Responsibilities of the employer, consigner, carrier and consignee when transporting dangerous goods.
- \* An overview of TDG enforcement and associated penalties for disobedience.
- \* The nine different TDG classifications and associated subsidiaries, and why each one is dangerous.
- \* How to identify & understand dangerous goods via unique UN Numbers and packing groups, placards, labels, markings.
- \* Required documentation when transporting dangerous goods.
- \* If an emergency incident occurs while transporting dangerous good, the steps and reporting procedures to follow.

The course is broken up into several sections and includes an introductory overview and course wrap-up. At the end of the course, the student must pass a quiz to ensure they have comprehended the materials. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 30 minutes

**Who should take this course?** Anyone offering for transport, transporting or receiving dangerous goods must be trained.

## Working Outdoors 101



When working outside all day, it is important to be prepared for the consequences of temperatures, especially extreme temperatures. Additionally, working in the wilderness brings forward a number of hazards related to equipment, clothing, footwear, terrain, and weather. Identifying and eliminating these hazards is key to accident prevention. Course includes survival tips and a survival checklist.

### Topics Covered:

- \* What a hazard is and how to assess its risk.
- \* The different types of weather hazards (heat/cold, precipitation and storms), their associated cold/heat injuries and how proper planning, clothing and diet can mitigate risk factors.
- \* The different terrains workers may encounter and the hazards they pose. Includes terrain classification and safety strategies when working on broken ground, mountains, snow and ice, swamp, muskeg or when crossing on water or ice.
- \* How a worker’s personal limitations might affect their safety when working outdoors.
- \* Survival tips and survival checklist associated with these different outdoor hazards.

The course is broken up into three lessons and includes an introductory overview and course wrap-up. The final lesson is followed by a quiz to ensure the student has absorbed the information they have covered. Students can download the course certificate once they have reviewed the content and passed the summary test.

**Course Time:** 40 to 60 minutes.

**Who should take this course?** Anyone who will be working outside, particularly in remote or extreme conditions.

## Workplace Hazardous Materials Information System (W.H.M.I.S.)



WHMIS is the legislated Canadian system for communicating hazards about “controlled substances” in the workplace. Enforced provincially, companies must train staff and follow WHMIS rules. In this course, students will learn about the six different categories of hazardous materials and how to find the information they need to ensure proper usage, storage, handling and disposal of these materials.

### Topics Covered:

- ✦ The WHMIS responsibilities of the federal and provincial governments, suppliers, companies, and individual workers like themselves. Also covers the legislation and regulations governing WHMIS.
- ✦ The importance of worksite WHMIS training and following on-site WHMIS procedures, including penalties for not obeying WHMIS.
- ✦ What constitutes a workplace, which materials are hazardous, information about those materials and the system designed to keep workers safe. Students will learn the meaning of the WHMIS symbols, how to locate and identify the different hazardous materials using the WHMIS system of symbols and labels, and, Materials Safety Data Sheets (MSDS). Students then learn how to apply that information to protect the health and safety of themselves and those around them.
- ✦ Steps workers must take when products are missing MSDS/WHMIS labels or WHMIS protocol is not followed.

The course is broken up into three lessons and includes an introductory overview and course wrap-up. Each lesson is followed by a test to ensure the student has comprehended the materials. Downloadable WHMIS information sheets and a printable certificate become available once the student has successfully reviewed and passed all lessons.

### Course Time:

30 to 60 minutes.

### Who should take this course?

Individuals who will handle or could potentially come into contact with hazardous chemicals, as well as their trainers, managers and company owners.