

# The Redwoods Institute

# Complete Course List

## Courses available to all Redwoods customers

### Aquatic Safety Trainings

- Risk Management 101 (20 min)
- Shallow Water Blackout (12 min)
- The Professional Lifeguard (30 min)

### Camp Safety Trainings

- Aquatic Safety at the Pool (10 min)
- Aquatic Safety in Natural Bodies of Water (10 min)
- Behavior Management at Camp (12 min)
- Bullying Prevention at Camp (10 min)
- Child Sexual Abuse Prevention at Camp (14 min)
- Day Camp Supervision (12 min)
- Field Trips & Off-Site Travel Safety (10 min)
- Peer-to-Peer Sexual Abuse Prevention at Camp (12 min)
- Playground Safety & Programming at Camp (9 min)
- Resident Camp Supervision (14 min)
- Transportation Safety at Camp (9 min)

### Compliance Trainings

- First Aid Basics (Coming Soon)
- HIPAA (2 hr 17 min)

### Employment Practices Trainings

- Anti-Harassment for Everyone (10 min)
- Anti-Harassment for Managers (13 min)
- Anti-Harassment in Court (9 min)
- Anti-Harassment: Investigating Complaints (10 min)
- Anti-Harassment: Writing and Communicating Effective Policy (11 min)
- Anti-Harassment Review (13 min)
- Harassment Prevention for Employees (55 min)
- Harassment Prevention for California (120 min)
- Harassment Prevention for Connecticut (120 min)
- Harassment Prevention for Maine (120 min)

### Employee Safety Trainings

- Hazard Communication & GHS Standards for Employees (25 min)
- Hazard Communication & GHS Standards for Employers (Coming Soon)
- Managing Your Risk of Exposure to Bloodborne Pathogens (45 min)
- Preventing Member and Guest Slips, Trips and Falls (20 min)
- Safe Lifting (20 min)

### Sexual Abuse Prevention Trainings

- Appropriate Touch (15 min)
- Child Sexual Abuse Prevention (60 min)
- Child Sexual Abuse Prevention for Volunteers (15 min)
- Risk Management 101 (20 min)
- School-Aged Childcare Safety (15 min)
- Social Media & Digital Communications (20 min)
- YMCA Before & After School Program Safety (45 min)

### Spanish-Language Trainings

- Prevención de Abuso Sexual de Menores - Child Sexual Abuse Prevention (60 min)
- Levantamiento Seguro - Safe Lifting (30 min)
- Patógenos Transmitidos por la Sangre - Bloodborne Pathogens (45 min)

### Transportation Safety Trainings

- Commercial Drivers License Basics (52min)
- Risk Management 101 (20 min)
- Safe Driving (28 min)

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## Courses Available to all Directors and Officers Customers

### Employment Practices

- Age Discrimination in Employment Act for Employees (7 min)
- Age Discrimination in Employment Act for Managers (7 min)
- Americans with Disabilities Act for Employees (9 min)
- Americans with Disabilities Act for Managers (10 min)
- Avoiding Discrimination Problems: 5 Keys (10 min)
- California Time and Labor for Employees (5 min)
- Discrimination: The Protected Classes (8 min)
- Equal Pay Act for Employees (6 min)
- Equal Pay Act for Managers (7 min)
- Fair Labor Standards Act for Employees (7 min)
- Fair Labor Standards Act for Managers (10 min)
- Family and Medical Leave Act (FMLA) for Employees (6 min)
- Handling References (4 min)
- Interview Checklist (7 min)
- Leadership of a Diverse Group (9 min)
- Legally Firing (5 min)
- Legally Hiring (5 min)
- Military Family and Medical Leave Act (Military FMLA) for Employees (6 min)
- Pregnancy Discrimination Act for Employees (3 min)
- Pregnancy Discrimination Act for Managers (5 min)
- Retaliation (7 min)
- Termination Checklist (9 min)
- The New I-9 Form (14 min)
- Uniformed Services Employment & Reemployment Rights Act (USERRA) for Employees (6 min)
- Working Well with Everyone: Diversity = Greatness (6 min)
- Working Well with Everyone: The Diversity Continuum (4 min)
- Working Well with Everyone: The Mistake of Stereotyping (3 min)
- Working Well with Everyone: The Power of Inclusion (4 min)
- Working Well with Everyone: What is Diversity? (5 min)
- Workplace Bullying (5 min)
- Workplace Violence (10 min)
- California Time and Labor for Managers (6 min)
- Uniformed Services Employment and Reemployment Rights Act (USERRA) for Managers (8 min)
- Military Family and Medical Leave Act (Military FMLA) for Managers (10 min)
- Family and Medical Leave Act (FMLA) for Managers (8 min)
- Background Checks (8 min)

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## Courses Available to all Workers' Compensation Customers

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### Employee Safety

- Aerial Lift Safety (9 min)
- Back Smarts (8 min)
- Emergency Exits (10 min)
- Lockout Tagout (19min)
- OSHA Recordkeeping (27min)
- Portable Fire Extinguisher (5 min)
- Safety First: Slips, Trips, and Falls (5 min)
- Two-Wheeled Handcart (7 min)
- Proper Ergonomics (15 min)
- Weather Conditions: Working in Cold Weather  
(Coming Soon)
- Weather Conditions: Cold Stress (Coming Soon)
- Weather Conditions: Working in Hot Weather  
(Coming Soon)
- Weather Conditions: Heat Stress (Coming Soon)
- CSA Training for Employees (14 min)
- CSA Training for Managers (12 min)