



# Online Course Catalog

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# Awareness Level

*The following VFIS University programs are available free-of-charge to registered users which are affiliated with an organization insured by VFIS or Glatfelter Commercial Ambulance. These micro-learning programs emphasize critical safety and risk management concepts relevant to all personnel within all fire departments and ambulance services.*

## What Is Micro-Learning?

Micro-learning is a type of education or training program which is specifically designed to address a few focused learning objectives in a relatively short period of time. Micro-learning involves focused strategies to emphasizing key concepts. This type of program has become a popular and effective way to deliver compliance trainings, orientation for new personnel and various skills trainings. The ⌚ symbol in the course title in this catalog indicates a micro-learning course and contact hours are under 30 minutes.

### A001 Safety Basics for Emergency Responders ⌚

This program provides an introduction to emergency responder basic safety practices and responsibilities.

### A002 Creating a Culture of Safety in Your ESO ⌚

This program reviews the concept of safety culture and its application to your organization.

### A003 The True Relationship of Safety to Risk Management ⌚

This program will provide guidance in understanding the true relationship between safety and risk management as applied to emergency services.

### A004 Situational Awareness – The Basics ⌚

This program is intended to provide you with a very brief overview of the concept of situational awareness, its impact on your safety and your need to practice it.

### A005 NFFF 16 Life Safe Initiatives ⌚

This program introduces you to the 16 Life Safety Initiatives established by the National Fallen Firefighters Foundation.

### A006 Cancer and the Firefighter – An Awareness ⌚

This program provides an introduction to cancer's impact on emergency responder and how to manage related exposures.

### **A007 Firefighter Cancer Resources to Assist You** ⌚

This program is intended to help you understand the value and resources available from the Firefighter Cancer Support Network to assist your organization in understanding, preventing and dealing with the risk of firefighter cancer.

### **A008 Workplace Violence Awareness** ⌚

This program provides an awareness of the issues and actions to take to manage incidents of violence or threats of violence in the workplace.

### **A009 Wash Your Hands to Prevent the Spread of Germs and Carcinogens** ⌚

The purpose of this program is to help you understand the value of handwashing and the proper way to wash your hands, with special emphasis on preventing the spread of carcinogens.

### **A010 Paratransit Safety Operations – An Introduction** ⌚

This program provides an introduction of the value of a paratransit van vehicle safety program and the basic content of that program.

### **A011 Cellular Telephone Use in Emergency Medical Services** ⌚

This session will review challenges and risk management techniques associated with Cellular phone use in emergency medical services.

### **A012 Bariatric Patient Handling Logistics** ⌚

This session discusses the needed resources, patient lifting and handling as well as transport of bariatric patients, to prevent emergency responders putting the patients, themselves and others at risk of injury.

### **A013 Talking About and Responding to Firefighter Cancer** ⌚

This program is intended to help you understand how to deal with the situation when someone tells you they have cancer and where to go to for assistance.

### **A014 Junior Membership Programs** ⌚

This program is intended to provide information on the value of junior programs and key points in developing and managing these programs

### **A015 Kitchen Safety in the Fire-EMS Station** ⌚

This program will focus on safety issues relative to the kitchen and food preparation in Fire and EMS stations.

### **A016 Workplace Noise and Hearing Protection** ⌚

This program will focus on the effects of noise on a member's hearing and the importance of using hearing protection.

### **A017 Personal Protective Equipment** ⌚

This program will focus on your organization's use of personal protective equipment (PPE) and personnel safety.



### **A018 Bullying in Fire & EMS Agencies** ⌚

This program will provide an understanding of what bullying is and how to prevent or respond to bullying, if encountered in your organization.

### **A019 Distracted Driving** ⌚

This program discusses the application of distracted driving principles and impacts upon emergency services personnel.

### **A020 Progressive Discipline in Fire & EMS Agencies** ⌚

This program is intended to help you understand the concept of progressive discipline and how to apply it to the emergency services.

### **A021 Intersection Safety: An Introduction** ⌚

This program is intended to provide an introduction on intersection driving safety to help you with operating for a safe arrival.

### **A022 Emergency Vehicle Driver/Operator Requirements** ⌚

This program is intended to assist you in the understanding of the need for and application of emergency vehicle driver-operator requirements.

### **A023 Solar Energy Fire Safety Considerations** ⌚

This program is intended to help you understand the safety issues of solar power that fire and EMS personnel may encounter.

### **A024 Emergency Vehicle Response Guidelines** ⌚

This program is intended to assist you in understanding basic emergency vehicle response guidelines to include in such a program and how to integrate the guidelines into your organization.

### **A025 Public Safety Officer Benefit Program** ⌚

This program is designed to provide basic information about the Public Safety Officer Benefit Program.

### **A026 Keeping Volunteers by Using LOSAP Programs** ⌚

This program is intended to introduce you to the concept of Length of Service Award Programs (LOSAP) and how they can be used for recruitment and retention.

### **A027 Recruiting and Retaining Emergency Service Personnel** ⌚

This program is intended to acquaint you with current techniques in recruitment and retention, and is extracted from the USFA-NVFC program “21st Century Emergency Service Recruitment and Retention”

### **A028 Active Shooter 9-Step Approach to Response Preparedness** ⌚

The purpose of this program is to help you understand an approach to dealing with active shooter situation preparation.



### **A029 How to Keep Volunteers Volunteering – A Cafeteria Plan** ⌚

This program is intended to share successful methods used to retain volunteer fire and EMS personnel using a cafeteria approach.

### **A030 Flood Emergency Response Guidelines** ⌚

This program is intended to remind emergency responders of precautions to take during responses in flooding conditions.

### **A031 Decontamination Wipes** ⌚

The purpose of this program is to provide background information on the use of decontamination wipes to prevent carcinogen exposure to firefighters and EMS personnel.

### **A032 Seven Reasons Fire Trucks Catch Fire** ⌚

The purpose of this program is to identify some recurring causes of emergency vehicle fire incidents.

### **A033 Vehicle Safety: Back to Basics** ⌚

This program is intended to review the basics of safe emergency vehicle operation and to remind all drivers that arriving at the emergency incident safely is your goal.

### **A034 Reserved for Future Use**

### **A035 Overhead Door Safety** ⌚

This program is designed to help ESOs prevent injuries and property damage caused by overhead doors at fire and EMS stations.

### **A036 Setting Goals for Employment Practice Risk Management** ⌚

This program is intended to provide an approach to proactively manage personnel relations to help improve morale and mitigate exposure to costly and time consuming litigation.

### **A037 Winter Driving Tips for Fire & EMS Personnel** ⌚

The purpose of this program is to review measures with your drivers and operators to help them get safely through the winter.

### **A038 Behind the Wheel Driver Training Needed** ⌚

This program is designed to introduce the key steps in a comprehensive emergency vehicle driver training program.

### **A039 An Introduction to Fire & EMS Personnel Behavioral Health Concerns** ⌚

This program introduces the concept of fire and EMS behavioral health background, education, symptoms, causes, treatments and related aspects of Fire and Behavioral health considerations.

### **A040 Fire & EMS Personnel Behavioral Health Concerns - Stress** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral health considerations for fire and EMS personnel related to stress.

#### **A041 Fire & EMS Personnel Behavioral Health Concerns - Workplace Violence** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral health considerations for fire and EMS personnel related to workplace violence.

#### **A042 Fire & EMS Personnel Behavioral Health Concerns - Drug & Alcohol Addiction** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral health considerations for fire and EMS personnel related to addiction.

#### **A043 Fire & EMS Personnel Behavioral Health Concerns - Depression & Suicide** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral health considerations for fire and EMS personnel related to Depression and Suicide

#### **A044 Fire & EMS Personnel Behavioral Health Concerns - Post Traumatic Stress (PTS)** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral Health considerations for fire and EMS personnel related to Post Traumatic Stress (PTS)

#### **A045 Fire & EMS Personnel Behavioral Health Concerns - Assessing Your Program** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral Health considerations for fire and EMS personnel Program Assessment.

#### **A046 Fire & EMS Personnel Behavioral Health Concerns - Wellness Services** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral Health considerations for fire and EMS personnel Wellness Services.

#### **A047 Fire & EMS Personnel Behavioral Health Concerns - Peer Support** ⌚

This session will provide background, education, symptoms, causes, treatments and related aspects of Behavioral health considerations for fire and EMS personnel Peer Support Programs.

#### **A048 Fixed Object Strike Prevention** ⌚

This session will provide best practices to prevent emergency vehicle operators from striking fixed objects, including standard operative guidelines, define responsibilities to prevent incidents, and be cognizant of situational factors that can lead to fixed object strikes.

# 100 Level – Introduction

*The following VFIS University programs are available free-of-charge to registered users which are affiliated with an organization insured by VFIS or Glatfelter Commercial Ambulance. These programs provide introductory content and emphasize safety and risk management concepts relevant to fire departments and ambulance services.*

## 100 Distance Learning in Emergency Service Agencies

*Contact Hour(s): 0.5*

This program provides an overview of the history of distance learning, its application to emergency services and provides tips on how you can use distance learning in your organization.

### **Objectives**

- Explore a powerful learning tool – distance learning
- Identify the benefits of distance learning
- Understand the application of distance learning in emergency services

## 101 Introduction to VFIS Education, Training & Consulting & VFIS University

This program provides an overview of VFIS Education, Training & Consulting resources and a brief tutorial on VFIS University.

### **Objectives**

- Explore the education and training resources provided by VFIS

## 102 Risk Management in Fire and EMS Agencies

*Contact Hour(s): 0.5*

The objective of this session is for you, given a situation, to be able to identify liability exposures to accidental loss faced by individual or organization.

### **Objectives**

- Describe general types of insurance coverage
- Identify liability exposures and accidental loss
- List the eight methods of managing liability risk



## 103 Leadership

*Contact Hour(s): 1.0*

This program is designed for future leaders, or current leaders. The session provides a discussion on the concept of leadership in the emergency services, introducing several different perspectives and applicable situations involving leadership, and allows the participant to consider tools and techniques for individual application.

### **Objectives**

- Describe the concept of leadership
- Compare perspectives and situations involving leadership
- Identify tools and techniques for individual leadership

## 104 Seat Belt Safety

*Contact Hour(s): 1.0*

Wearing your seat belt can result in fewer, less impacting injuries and death in accident situations. We at VFIS believe so strongly in the use of seat belts that we have compiled this on-line training program of emergency service seat belt informational pieces to influence and support your fire/EMS department's use of seat belts.

### **Objectives**

- Describe the importance of seat belt use
- Define methods to support the use of seat belts within an emergency service organization
- Provide information to participate in the "Seat Belt Pledge"

## 105 Drive Safe

*Contact Hour(s): 1.0*

Drive Safe is a short, hard-hitting program on personal responsibility and mindful driving. It is suggested as mandatory training for all new employees/members and serves as an excellent refresher and awareness program regarding driving safe and distracted driving impact.

### **Objectives**

- Describe how risk management pertains to safe driving
- Define personnel management responsibility
- Identify methods to manage driving risk





## 106 Sexual Harassment Prevention

Contact Hour(s): 1.0

This program discusses issues and concerns regarding sexual harassment and preventive practices to manage your organization's risk. The program provides annual refresher type content.

### Objectives

- Define employment practices liability
- Describe how employment practices liability issues impact individuals and organizations
- Identify ways to improve personnel relations
- Identify ways to reduce exposures to claims

### Compliance Note

This program meets and/or exceeds the requirements in New York and California. If other state requirements exist, please contact VFIS for additional information.

## 107 Bloodborne Pathogen & Communicable Disease Annual Refresher Training

Contact Hour(s): 1.0

This program provides the content and guidance for meeting the annual refresher training requirements for Bloodborne Pathogen and Communicable Disease for emergency service personnel.

### Objectives

- Identify the standards that outline bloodborne pathogens education and training requirements
- Define bloodborne pathogens and communicable diseases
- Identify how an exposure can occur
- Identify person protective equipment (PPE) that can be used to protect yourself from bloodborne pathogens
- Understand how a bloodborne pathogen exposure can occur
- Review information specific to your organization to include: procedures, PPE, and exposure data

### Compliance Note

This program is designed to comply with a portion of the requirements of Occupational Safety and Health Act, 1910.1030 for annual review of bloodborne pathogen and communicable diseases for emergency service personnel. Upon completion of this online program, each individual must meet with their infection control officer or designee to review all requirements set forth by OSHA 1910.1030.



## 108 Reputational Management for Emergency Service Organizations

*Contact Hour(s): 1.0*

This program reviews the concepts of reputation management, the application of these concepts to Emergency Services, the research and leadership programs developed by Cumberland Valley Volunteer Fireman's Association, and the steps you can take to manage reputational risk in your organization.

### **Objectives**

- Describe the concept of reputational management
- Understand the background of reputational management
- Identify challenges associated with reputational management
- List possible solutions to reputational management

## 109 Background Investigations for Fire & EMS Agencies

*Contact Hour(s): 1.0*

This program discusses the reasons Fire and EMS agencies should conduct background checks and the process to be used to assure members are free from backgrounds of concern.

### **Objectives**

- Understand the importance of confirming information provided in applications
- Develop a plan to ensure the safety and security of your organization and the public
- Comply with any applicable federal and state regulation
- Address potential liability and negligence issues and concerns

## 110 Ergonomic Issues for Fire & EMS Personnel

*Contact Hour(s): 1.0*

Strains and sprains are the most frequent cause of fire and EMS personnel being injured in the workplace. These are considered ergonomic related injuries. This program reviews the implementation of engineering controls, administrative controls, or a combination of both to reduce back injuries.

### **Objectives**

- Define ergonomics
- Identify engineering controls that can be implemented to manage ergonomic issues
- List administrative controls that can be implemented to manage ergonomic issues
- Address potential liability and negligence issues and concerns



## 111 Social Media

*Contact Hour(s): 1.0*

Social media has increased the opportunity for emergency service organizations and its members to communicate. These communication opportunities create potential management challenges and related liabilities if there are no controls in place. This program will discuss the issues, concerns, and necessary actions to manage social media in an emergency services organization.

### **Objectives**

- Identify the characteristics of common social media platforms
- Evaluate the benefits and challenges of social media for an emergency services organization
- Differentiate official and personal (unofficial) social media use
- Identify methods to manage social media within an emergency services organization

## 112 Managing Fire & EMS Agency Financial Systems

*Contact Hour(s): 1.0*

Managing Fire and EMS Agency Financial Systems is an important aspect of leading an organization in the 21st century. Thefts, embezzlement or similar loss situations create not only a financial challenge for the organization, but presents a negative image in the community. This program reviews the financial management issues that need to be well managed with emphasis on implementing specific systems providing checks and balances for managing funds.

### **Objectives**

- Define the responsibility for financial management
- Define fidelity
- Identify measures to prevent embezzlement or other forms of infidelity
- Describe situations that have previously occurred to emergency service organizations
- Discuss possible penalties surrounding embezzlement or other forms of infidelity

## 113 Recruitment & Retention of Emergency Service Personnel

*Contact Hour(s): 1.0*

This program will review the findings of various research projects on recruiting and retaining emergency response personnel. Techniques of success will be reviewed along with case studies. Four key factors of any recruiting and retaining efforts will be discussed.

### **Objectives**

- Discuss how to find volunteers
- Discuss how to keep volunteers
- Describe what motivates them to stay
- Identify the impact of leadership



## 114 Slip, Trip & Fall Prevention

*Contact Hour(s): 1.0*

This program is intended to assist the student in understanding the causes and impacts of slips, trips and falls in emergency service operating environments.

### **Objectives**

- Identify the most common and most preventable slip, trip, and fall hazards
- Understand general practices to help avoid slip, trip, and fall incidents
- Prevent slip, trip, and fall injuries

## 115 Ten Key Issues Affecting Safe Vehicle Operations

*Contact Hour(s): 1.0*

This program discusses "Ten Key Issues Affecting Safe Vehicle Operations" based upon research and experience of VFIS in insuring emergency service vehicles and conducting vehicle safe driving research and training for over 40 years.

### **Objectives**

- Identify issues that cause accidents, injuries and deaths involving emergency vehicles
- Define risk management techniques to limit the risk
- Describe attitudes regarding emergency vehicle operation to drive safer

## 116 Privately Owned Vehicle (POV) Operations - Answering the Call Safely

*Contact Hour(s): 1.0*

This program is designed to aid in the national effort to reduce privately owned vehicle (POV) crashes. VFIS has designed this program to help emergency services organizations provide proper training and develop standard operating guidelines to help reduce the risk associated with driving POV's.

### **Objectives**

- Differentiate POV and authorized emergency vehicles
- Describe the risks related to POV operations
- Recognize the importance of the state motor vehicle code as it relates to POV's
- Explain the importance of identification and visibility of "courtesy lights" used on POV when responding to emergencies
- Recall the contributing factors related to POV fatalities and the costs of those factors on individuals and emergency services organizations
- Explain methods organizational leaders can use to reduce POV response risks
- Describe the standard operating guidelines that are necessary for safe POV operations
- Discuss the key aspects of defensive driving



## 118 In Station Safety

Contact Hour(s): 1.0

This program is intended to provide guidance for the best practices in Station Safety.

### Objectives

- Identify fundamental safety techniques for the protection of:
  - People
  - Vehicles
  - Tools and Equipment
  - Facilities

## 119 Let's Talk – Sexual Abuse and Misconduct

Contact Hour(s): 1.0

This program takes an honest look at child sexual abuse in a variety of settings that provide services to children and teenagers, including fire/EMS agencies. This session offers considerations to help prevent child sexual abuse.

### Objectives

- Describe specific behaviors that can be taken to protect an organization from false allegations
- Identify environmental adjustments that can be made to increase surveillance and transparency
- Define ways to increase awareness of behaviors that indicate another individual may be an abuser

## 120 Workplace Violence Issues for Fire & EMS Personnel

Contact Hour(s): 1.0

This program is designed to provide an operational understanding of the awareness of the issue, prevention techniques to take and actions necessary when events occur.

### Objectives

- Define workplace violence
- Identify prevention techniques
- Identify actions necessary when events occur

## 121 Strain and Sprain Prevention

Contact Hour(s): 1.0

This program provides an overview of the causes of strain and sprain injuries to fire and EMS personnel as well as information on how to prevent the incidents from occurring.

### Objectives

- Identify the most common and most preventable strain and sprain hazards
- Understand general practices to help avoid strain and sprain incidents
- Prevent strain and sprain injuries



## 122 Disaster Planning for Emergency Service Organizations

*Contact Hour(s): 0.5*

This program provides the student with an understanding of the process, as well as the details of good disaster planning and business continuity. A workbook is provided in the VFISU File Center.

### **Objectives**

- Define the steps of the disaster planning process
- Define business continuity
- Describe the importance of planning and business continuity to an emergency service organization

## 123 Lock Out-Tag Out for Fire & EMS Personnel

*Contact Hour(s): 0.5*

This program applies to firefighter involvement with equipment and circumstances in which the unexpected energization or start up or release of stored energy could cause injury to firefighters or civilians.

### **Objectives**

- Recognize hazardous energy sources
- Understand the purpose and use of energy control procedures
- Implement lockout-tagout procedures

## 124 Hazard Communication

*Contact Hour(s): 1.0*

This program provides an overview of the hazard communication standard and its application in emergency services.

### **Objectives**

- Describe the Hazard Communication Standard and its implications for emergency services organizations
- Identify workplace labeling and hazard communication requirements
- Identify types of hazards by labels
- Describe the sections of a safety data sheet (SDS)

## 125 Recommendations Related to Reducing Known Risk of Cancer in Firefighters

*Contact Hour(s): 1.0*

The InterAgency Board (IAB) released a document entitled “Recommendations Related to Reducing Known Risks of Cancer in Firefighters”; and had given VFIS permission to share this report and program with the fire and EMS community to help reduce cancer cases in fire &EMS personnel.

### **Objectives**

- Describe the recommendations in the IAB document
- Understand the prevalence of cancer in firefighters and EMS personnel
- Implement a cancer prevention program

## 126 Fire Service Safety Culture – Part 1- Definition

*Contact Hour(s): 1.0*

This program defines what a safety culture is and a series of key points to help understand it.

### **Objectives**

- Define safety culture
- Identify key points to help understand safety culture.

## 127 Fire Service Safety Culture – Part II – Creation & Change

*Contact Hour(s): 1.0*

This program provides guidance in how to develop or change a safety culture.

### **Objectives**

- Identify methods to develop or change safety culture

## 128 Firefighter Rehabilitation

*Contact Hour(s): 0.5*

This program is intended to provide an overview of a comprehensive rehabilitation plan which is a key element to ensure responder safety, recognizing potentially lethal symptoms early.

### **Objectives**

- Identify methods to develop or change safety culture Differentiate between standards and guidelines
- Describe the phases of an incident as it relates to establishing rehab
- Identify the necessary components of a rehab area



## 129 Respectful Workplace: Harassment Prevention Training for Employees

*Contact Hour(s): 1.0*

This program defines what harassment is, gives examples of desirable behaviors and what “crosses the line”, and identifies the channels for reporting harassing behavior. This program is intended for all personnel within an organization.

### **Objectives**

- Define harassment
- Identify channels for reporting harassing behavior (for employees)

## 130 Respectful Workplace: Harassment Prevention Training for Managers

*Contact Hour(s): 1.0*

This program defines what harassment is, gives examples of desirable behaviors and what “crosses the line”, and identifies the channels for reporting harassing behavior. This program is intended for management personnel within an organization.

### **Objectives**

- Define harassment
- Identify channels for reporting harassing behavior (for managers)

## 131 Cyber Security Assessment

*Contact Hour(s): 1.0*

This program is an introduction to cyber security for an emergency services organization for leadership.

### **Objectives**

- Describe the importance of a cyber risk assessment.
- Recognize the legal and regulatory requirements related to cyber security impacting emergency service organizations (ESO).
- Recognize the risks associated with cloud services and third-party vendors.
- Explain the significance of industry standards and frameworks.
- Prepare or revise a cyber incident response plan for an ESO.



## 132 Cyber Security Awareness

*Coming Soon!*

This program is an introduction to cyber security for all emergency services personnel and serve as annual refresher training.

### **Objectives**

- Describe the role of all personnel in cyber security
- Define key terms related to cyber security
- Recognize the legal and regulatory requirements related to cyber security impacting emergency services personnel
- Recognize the risks associated with cloud services and third-party vendors
- Identify methods to safeguard against a cyber security incident
- Identify modern cyber threats and take appropriate actions to prevent unauthorized access
- Review the cyber incident response plan for your organization

### **Compliance Note**

This program is designed to comply with Texas cyber security training regulations.

## 200 Level – Skills Training

*The following VFIS University programs are available free-of-charge to registered users which are affiliated with an organization insured by VFIS or Glatfelter Commercial Ambulance. These programs build upon introductory content and continue to emphasize safety and risk management concepts relevant to fire departments and ambulance services.*

### 201 Incident Investigation – An Introduction

*Contact Hour(s): 1.0*

This program provides the background on why to conduct incident investigations and how to conduct an incident investigation. Forms are provided for use within the VFIS File Center.

#### **Objectives**

- Describe the need for an attitude of prevention
- Understand the importance of thorough incident investigation procedures
- Correlate prompt, thorough incident investigation with emergency service organization health and safety
- Identify the steps of an incident investigation

### 207 Safe Backing Practices for Emergency Services

*Contact Hour(s): 1.0*

This program discusses the causes of backing accidents and how to prevent them.

#### **Objectives**

- Define the essential elements for a Safe Backing Program
- Describe emergency vehicle driver responsibilities during backing situations
- List the responsibilities of the spotter
- Identify the situational factors that may lead to a backing incident

### 210 Emergency Vehicle Rollover Prevention

*Contact Hour(s): 1.0*

This program discusses the causes of emergency vehicle rollover incidents and how to prevent them from occurring.

#### **Objectives**

- Define the scope of the vehicle rollover issue
- Describe the influence of both physical dynamics and the mechanics of vehicle operations
- Identify advanced skills required to assist in the prevention of vehicle rollovers



## 211 Who Holds the Key to Safe Emergency Vehicle Operations?

*Contact Hour(s): 1.0*

The goal of this program is to increase vehicle operation safety via a “team approach” with emergency service organization leadership playing a very active role.

### **Objectives**

- Discuss emergency vehicle-related crash data
- Define the role of emergency service organization leadership in safe emergency vehicle operations
- Develop a culture of safe emergency vehicle operations



## 300 Level – EMS Risk Management & Safety

*The following VFIS University programs are available free-of-charge to registered users which are affiliated with an organization insured by VFIS or Glatfelter Commercial Ambulance. These programs provide emphasize safety and risk management concepts relevant to ambulance services and paratransit operations.*

### 301 EMS Safety Issue Awareness ⌚

This program is intended to provide an overview on the types of injuries and illnesses incurred and how to prevent them.

### 302 EMS Strain and Sprain Safety ⌚

The purpose of this program is to provide an overview of the types of strain and sprain injuries EMS personnel sustain and how to prevent them

### 303 EMS Patient Handling Safety Awareness ⌚

This program intends to help you better understand the causes of patient handling incidents and how to prevent these incidents.

### 304 Securing EMS Vehicles ⌚

This program is intended to provide an overview on how to secure EMS Vehicles and prevent their theft.

### 305 EMS Fentanyl Exposure Prevention and Protection ⌚

This program is designed to help you understand the risk, exposure, and controls necessary to deal with fentanyl in the field.

### 309 Fatigue and the EMS Provider ⌚

This program is intended to provide an overview on the impacts of fatigue on the EMS provider and steps that can be taken to manage provider fatigue.

### 310 Patient Handling

*Contact Hour(s): 1.0*

This program is intended to provide an overview of proper patient handling techniques.

#### EMS Continuing Education

Many VFIS University programs may be eligible for EMS continuing education. All VFIS University certificates of completion contain the number of “contact hours” involved. The approval process for EMS continuing education varies by state. For more information, contact the VFIS education specialist serving your region or your state EMS office.

## 400 Level – State Specific

*The following VFIS University programs are available only to users registered within the state or region which the content was specifically customized for.*

### 401 FASNY OSHA Annual Refresher Training (New York)

*Contact Hour(s): 2.5*

This program is designed to assist you in meeting the requirements for annual safety related training in New York. A packet is included in the VFIS University File Center with appropriate reference materials and “sign-off” sheets for competency review.

### 402 Who Holds the Key to Safe Emergency Vehicle Operations (North Carolina)

Based upon North Carolina data and experience, the goal of this program is to increase vehicle operation safety via a “team approach” with emergency service organization leadership playing a very active role. A summary of effective North Carolina vehicle safety initiatives is included.

### 403 Recruitment and Retention Successes in Pennsylvania (Pennsylvania)

*Contact Hour(s): 1.0*

This program discusses the successes encountered by over 30 Fire and EMS agencies in Pennsylvania using funding from the Firemen’s Association of the State of Pennsylvania SAFER Grant.

### 404 Recruitment and Retention Success Stories (Pennsylvania)

*Contact Hour(s): 1.0*

This program provides additional success stories about Pennsylvania’s Recruitment and Retention efforts at the local level.

### 405 Sexual Harassment Awareness and Prevention (New York)

*Contact Hour(s): 0.5*

This program is provided with the assistance of the Fireman’s Association of the State of New York to help agencies comply with New York Law regarding Sexual Harassment awareness and prevention training.

#### **Compliance Note**

This program meets and/or exceeds the requirements in New York.

## **406 Firefighter Rehabilitation (Pennsylvania)**

*Contact Hour(s): 0.5*

This program is intended to provide an overview of a comprehensive rehabilitation plan, specific to Pennsylvania EMS requirements, which is a key element to ensure responder safety, recognizing potentially lethal symptoms early.

## **407 Vanessa K. Free Driver Training Program (Tennessee)**

This program is intended to provide background on the incident involving Vanessa K. Free, required training in Tennessee and related intersection safety practices.



# Target Solutions

*The following Target Solutions programs are available free-of-charge to registered users which are affiliated with an organization insured by VFIS or Glatfelter Commercial Ambulance.*

Allergies and Anaphylaxis Advanced

Burn Management Advanced

Driving Safely

Fundamentals of 12 Lead ECG Operation Interpretation

HIPAA Awareness

Pediatric Cardiac Arrest Advanced

NFPA 1500 Bloodborne Pathogens Safety

NFPA 1500 Advanced HAZWOPER Awareness Module 1

NFPA 1500 Advanced HAZWOPER Awareness Module 2

NFPA 1500 Advanced HAZWOPER Awareness Module 3

NFPA 1500 Advanced HAZWOPER Awareness Module 4

NFPA Driving Safety

NFPA Hazard Communication

## Accredited EMS Continuing Education

Many Target Solutions programs within this section are accredited by The Commission on Accreditation for Prehospital Continuing Education (CAPCE). CAPCE is an accrediting body charged with the review and accreditation of EMS continuing education. For more information, contact your state EMS office.

## Additional Target Solutions Programs

Additional Target Solutions programs are available to be purchased as an individual or group for additional fees. For more information on Target Solutions, visit: [www.targetsolutions.com](http://www.targetsolutions.com)

