



E-Learning Course Catalog



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.

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 fire and EMS 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 Program

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

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.

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

Coming soon

102 Risk Management in Fire and EMS Agencies

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.

103 Leadership

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.

104 Seat Belt Safety

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.

105 Drive Safe

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.

106 Sexual Harassment Prevention

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.

107 Bloodborne Pathogen & Communicable Disease Annual Refresher Training

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

108 Reputational Management for Emergency Service Organizations

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.

109 Background Investigations for Fire & EMS Agencies

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.

110 Ergonomic Issues for Fire & EMS Personnel

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

111 Social Media Issues, Concerns and Remedies for Fire & EMS Agencies

Social media, social networking, websites, and related venues have increased the opportunity for members of emergency service organizations to communicate. However, 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 deal with this topic.

112 Managing Fire & EMS Agency Financial Systems

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.

113 Recruitment & Retention of Emergency Service Personnel

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.

114 Slip, Trip & Fall Prevention

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

115 Ten Key Issues Affecting Safe Vehicle Operations

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.

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

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.

118 In Station Safety

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

119 Let's Talk – Sexual Abuse and Misconduct

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.

120 Workplace Violence Issues for Fire & EMS Personnel

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.

121 Strain and Sprain Prevention

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.

122 Disaster Planning for Emergency Service Organizations

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.

123 Lock Out-Tag Out for Fire & EMS Personnel

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.

124 Hazard Communication

This program provides the student with an understanding of the need to have knowledge of the hazard communication standard and its application in public safety.

125 Recommendations Related to Reducing Known Risk of Cancer in Firefighters

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.

126 Fire Service Safety Culture – Part 1- Definition

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

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

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

128 Firefighter Rehabilitation

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.

129 Respectful Workplace: Harassment Prevention Training for Employees

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.

130 Respectful Workplace: Harassment Prevention Training for Managers

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.

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

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.

207 Safe Backing Practices for Emergency Services

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

210 Emergency Vehicle Rollover Prevention

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

211 Who Holds the Key to Safe Emergency Vehicle Operations?

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.

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

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)

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)

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)

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)

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.

406 Firefighter Rehabilitation (Pennsylvania)

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