



Distribution Course Catalog

*Cover your training needs for workplace safety,
food safety, HR, leadership, and more.*



All courses are developed by industry leaders and subject matter experts.



Flexible delivery via interactive group training and/or individual eLearning on-site or remote.



Easily modify Alchemy courses or create your own courses from scratch.

Workplace Safety

(English, Spanish, & Canadian French)

- Ammonia Accident Prevention and First Aid
- Ammonia Awareness
- Arc Flash Awareness
- Asbestos Awareness
- Back Injury Prevention
- Basic First Aid
- Bloodborne Pathogens
- Chemical Safety: Introduction
- Cold Stress
- Combustible Dust
- Compressed Gas Cylinders
- Confined Spaces: Basics
- Confined Spaces: For Attendants
- Conveyor Safety
- Electrical Safety
- Emergency Preparedness
- Ergonomics
- Face Masks
- Fall Protection
- Fire Extinguishers: Introduction
- Fire Prevention and Protection
- GHS: Introduction
- GHS: Labels
- GHS: Labels — REFRESHER
- GHS: Pictograms and Hazards
- GHS: Pictograms and Hazards — REFRESHER
- GHS: Safety Data Sheets
- GHS: Safety Data Sheets — REFRESHER
- Good Laboratory Practices: Overview
- Hand and Power Tools
- Hearing Protection
- Heat Exhaustion
- Hoists and Slings
- Hot Work
- Knife Safety Basics
- Ladder Safety
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout / Tagout Procedures
- Lockout / Tagout Procedures — REFRESHER
- Machine Guarding
- Office Safety
- Personal Protective Equipment (PPE)
- Respirators: Introduction
- Root Cause Analysis: Introduction
- Slips, Trips, and Falls
- Slips, Trips, and Falls — REFRESHER

Warehouse

(English, Spanish, and Canadian French)

- Aerial Platforms and Scissor Lifts: Operator Safety
- Conveyor Safety (Distribution)
- Facility Defense (Distribution)
- Food Defense Basics for Drivers
- Food Safety for Selectors: Overview
- Good Warehousing Practices
- Grain Handling: Safety Overview
- Hand Pallet Trucks: Operator Safety
- Hand Trucks and Dollies: Operator Safety
- High Lift Trucks: Operator Safety
- Lift Trucks: Operator Safety
- Lift Truck Battery Charging Safety
- Loading Food Safety SOPs: Overview
- Loading Food Safety SOPs: Pre-load Temperature Checks
- Loss Prevention (Distribution)
- Maintaining the Cold Chain
- Material Handling (Distribution)
- Pallet Trucks: Operator Safety
- Personal Hygiene (Distribution)
- Pest Control (Distribution)
- Racking Safety
- Receiving Food Safety SOPs: Shelf Stable
- Receiving Food Safety SOPs: Temperature Control
- Sanitary Transport: Load Security
- Sanitation: Distribution Environments
- Slips, Trips, and Falls (Distribution)
- Utility Knives and Boxcutters: Basics

Food Safety

(English, Spanish, & Canadian French)

- Air Hose Safety
- Basic Facility Defense
- Basic Facility Defense — REFRESHER
- CIP: Introduction
- Cleaning and Sanitizing: Dry Environment
- Cleaning and Sanitizing: Wet Environment
- Contamination, Adulteration, and Tampering: Introduction
- Dangerous Microorganisms in Food Manufacturing
- Dangerous Microorganisms — REFRESHER
- E. coli: Controlling it in Food Manufacturing
- Environmental Monitoring: Basics
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Allergens: Proper Handling
- Food Allergens: Proper Handling — REFRESHER
- Food Fraud: Introduction
- Food Safety Matters
- Food Safety Standards: Introduction
- Food Safety Standards: Introduction and BRC
- Food Safety Standards: Introduction and SQF
- Foodborne Illness: Introduction
- Foodborne Illness: Prevention
- Foodborne Illness — REFRESHER
- Foreign Material Exclusion: Overview
- Foreign Material Exclusion: Employee Role
- FSMA: Introduction
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Hand Washing: Effective Techniques
- Hand Washing: Effective Techniques — REFRESHER
- Listeria: Understanding the Dangers to Food
- Maintenance: GMPs
- Pasteurization: Introduction
- Personal Hygiene: Basics
- Personal Hygiene: Basics — REFRESHER
- Pest Control: Effective Practices
- Pest Control: Effective Practices — REFRESHER
- Preventing Foodborne Illness
- Preventing Food Contamination
- Preventing Food Contamination — REFRESHER
- Preventive Controls: Overview
- Raw Milk Receiving: Process Overview
- Record Keeping: Effective Practices
- Record Keeping: Effective Practices — REFRESHER
- Salmonella: Controlling it in Food Manufacturing
- Salmonella and Campylobacter: Controlling them in Food Manufacturing (Poultry)
- Sanitation Theory: Overview
- Visitor Procedures
- Waste Management Procedures and Proper Disposal
- Water Hose Safety

Quality

(English, Spanish, & Canadian French)

- Food for Feed
- Food Labels
- Gluten Free Manufacturing
- Halal Manufacturing
- Kosher Manufacturing
- Label Claims
- Organic Manufacturing
- Statistical Process Control: Overview
- Traceability: Introduction

Human Resources

(English, Spanish, & Canadian French)

- Active Shooter Readiness
- Americans with Disabilities Act¹
- Anger Management
- Appropriate Behavior in the Workplace
- Bullying
- Canada Leave of Absence
- COVID-19 Overview
- Cybersecurity: Overview
- Ethics: Overview
- Diversity & Inclusion
- Family & Medical Leave Act¹
- Financial Literacy: Managing Money
- Financial Literacy: Credit and Debt
- Goals and Time Management
- Health Screening¹
- Housing Basics
- Human Trafficking / Modern Slavery
- How Diseases Spread¹
- Mental Wellness
- Office Etiquette
- Overcoming Bias
- Physical and Mental Health and Well-being¹
- Physical Wellness
- Preventing Illness at Work and at Home¹
- Proper Workplace Conduct
- PWFA and PUMP: Introduction¹
- Racism in the Workplace
- Sexual Harassment
- Social Skills in the Workplace
- Substance Abuse Awareness
- Transportation Basics
- Workplace Etiquette
- Workplace Harassment and Discrimination
- Workplace Violence

Lean Manufacturing

(English, Spanish, & Canadian French)

For Frontline Workers

- Lean: Introduction
- Lean: Waste Types
- Lean: Data Integrity
- Lean: Identifying Solutions
- Lean: 5S Overview

For Supervisors

- ABCs of Lean
- Categories of Waste
- Documenting Activities — Value Stream Mapping, Workflow Diagrams
- Examining Data — Spreadsheets, Pareto Charts, Five Whys
- Identifying Solutions — Brainstorming, Fishbone Diagrams
- Identifying Solutions — Kaizen, PDCA
- Implementing Solutions — Kanban, Performance Management Boards
- Implementing Solutions — Line Balancing, Takt Time, Pull Systems, Changeovers
- Implementing Solutions — Workplace Organization
- Verifying Solutions — Standardization, Audits
- The Alchemy of Lean Final Exam

¹: English & Spanish only

Supervisor

(English & Spanish)

- Crisis Management Skills
- Deep Cleaning Procedures
- Emergency Preparedness: Active Shooter Readiness Planning
- Emergency Preparedness: Infectious Disease Plan
- Infectious Disease Management Programs
- Infectious Disease Prevention: Best Practices
- Infectious Disease Response: Best Practices
- Reasonable Suspicion

Sustainability

(English & Spanish)

- Energy Conservation
- Environmental Management System: Overview
- Environmental Responsibility: Introduction
- Everyday Sustainability
- Hazardous Waste Awareness
- Pollution: Air, Water, Noise
- Process Waste Prevention
- Recycling Basics
- Spill Prevention
- Stormwater Runoff
- Waste Reduction
- Water Conservation

Transportation: Supervisors

 **Premium Library** *(English)*

These eLearning courses meet Federal Motor Carrier Safety Act (FMCSA) legal requirements for supervisors of CDL drivers.

- Reasonable Suspicion: Alcohol
- Reasonable Suspicion: Drugs

Transportation: Drivers

 **Premium Library** *(English; *indicates 59 of the 150+ courses include Spanish subtitles)*

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

- Accident Procedures
- Air Brakes²
- Ammonia Awareness *
- Automobiles - Avoiding Fixed Objects *
- Automobiles - Defensive Driving^{*2}
- Avoiding Fixed Objects *
- Avoiding Fixed Objects - Medium Duty Truck
- Avoiding Roadside Collisions
- Back Injury Prevention *
- Backing and Docking - Medium Duty Truck²

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

Transportation: Drivers (Continued)

 **Premium Library** (English; *indicates 59 of the 150+ courses include Spanish subtitles)

- Backing and Docking Enhanced*²
- Basic Vehicle Controls
- Bloodborne Pathogens*
- Box Cutting*
- CARB
- CDL Basics
- COVID-19 What Drivers Need to Know*
- CSA Overview
- Cargo Handling
- Cargo Securement²
- Communication - Medium Duty Truck*
- Communication Enhanced
- Confined Space
- Coupling Uncoupling*²
- Customs Security Awareness
- DVIR Pre Post Trip Inspections
- Defensive Driving - Medium Duty Truck²
- Defensive Driving Enhanced²
- Driver Disqualifications²
- Driver Distractions*
- Driver Distractions - Medium Duty Truck
- Driver Qualifications*
- Driver Wellness*
- Drug and Alcohol Awareness
- Drug and Alcohol Clearinghouse - What Drivers Need to Know²
- Emergency Maneuvers
- Emergency Response Plans*
- Environment
- Fatigue Management*
- Fatigue Management - A Guide for Families
- Fifth Wheel
- Fire Prevention*
- Flatbed Safety
- Forklift Fundamentals*
- Forklift Operations*
- Forklift Propane and Battery Replacement*
- Fuel Island Procedures
- Fuel Management
- Hand Truck Safety*
- Hazard Awareness*
- Hazard Awareness - Medium Duty Truck
- Hazmat Communication Rules
- Hazmat Driving and Parking Rules*
- Hazmat Loading and Placarding
- Hazmat Security Awareness
- Heat Illness*
- Hours of Service
- Hours of Service - No Sleeper²
- Hours of Service Updated Provisions - 2020
- IBT - Avoiding Fixed Objects
- IBT - Backing and Docking
- IBT - Basic Vehicle Controls
- IBT - Defensive Driving
- IBT - Driver Distractions
- IBT - Fatigue Management
- IBT - Hours of Service
- IBT - Intersections
- IBT - Left Turns
- IBT - Pre-Trip Inspection
- IBT - Rear End Collision Avoidance
- IBT - Right Turns
- IBT - Space Management
- IBT - Speed Management
- IBT - Winter Driving
- Identification and Diagnosis of Malfunctions
- Intermodal Equipment Inspections
- Introduction to Electronic Logging Devices
- Ladder Safety (Transportation)*
- Lane Changes and Intersections*²
- Lift Gate Safety*
- Lockout Tagout
- Log Books²
- Longer Combination Vehicles
- Mounting and Dismounting
- Night Driving²
- Night Driving - Medium Duty Truck
- Pallet Jacks*
- Parking Lots
- Personal Protective Equipment*

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

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

Transportation: Drivers (Continued)

 **Premium Library** (English; *indicates 59 of the 150+ courses include Spanish subtitles)

- Pre-Trip Inspection Without Exercises*
- Pre-Trip Inspections Enhanced*²
- Preventative Maintenance
- PRO-DEFENSE - MDT - An Approach to Safe Driving*
- PRO-DEFENSE - MDT - Distractions*
- PRO-DEFENSE - MDT - Effective Communication*
- PRO-DEFENSE - MDT - Essential Planning*
- PRO-DEFENSE - MDT - Evaluating Space*
- PRO-DEFENSE - MDT - Fatigue Management*
- PRO-DEFENSE - MDT - Navigating Hazards*
- PRO-DEFENSE - MDT - Speed Management*
- PRO-DEFENSE An Approach to Safe Driving*
- PRO-DEFENSE Distractions*
- PRO-DEFENSE Effective Communication*
- PRO-DEFENSE Essential Planning*
- PRO-DEFENSE Evaluating Space*
- PRO-DEFENSE Fatigue Management*
- PRO-DEFENSE Navigating Hazards*
- PRO-DEFENSE Speed Management*
- Railroad Safety
- Rear End Collision Avoidance
- Rear End Collision Avoidance - Medium Duty Truck
- Road Rage²
- Roadside Inspections*
- Rollover Prevention
- Safe Lifting*
- Safe Lifting Driver
- Safe Operation of Manual Pallet Jacks*
- Safe Operation of Trailer Doors*
- Safely Raising and Lowering Landing Gear
- Sanitary Transportation Act - What Drivers Need to Know
- Seat Belts²
- Seat Belts - Medium Duty Truck
- Security Awareness
- Skid Control
- Sleep Apnea
- Slips, Trips and Falls*
- Space Management - Medium Duty Truck²
- Space Management Enhanced*²
- Space Management Workshop
- Speed Management - Medium Duty Truck
- Speed Management Enhanced
- Spill Response
- Summer and Mountain Driving
- Tanker Pre-Trip²
- Tanker Rollovers
- Terminal Trucks
- Tire Chains - HDT MDT
- Trailer Loading/Unloading Procedures
- Transporting Lithium Batteries*
- Trip Planning
- Truckers Against Trafficking*
- Urban Driving - HDT
- Urban Driving - MDT
- Visual Search
- Visual Search - Medium Duty Truck
- Whistle Blower Protection*
- Winter Driving²
- Winter Driving - Medium Duty Truck
- Winter Driving - No Chains²
- Workplace Awareness*
- Yard Driving Skills²

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

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

The Alchemy of Leadership

 **Premium Library** *(English, Spanish, & Canadian French)*

This eLearning library teaches new and emerging supervisors the soft skills they need to manage people effectively and be successful leaders. The topics below have two courses each to introduce and reinforce these leadership essentials.

Communication

- Active Listening
- Communication Basics
- Difficult Conversations
- Good First Impression
- Providing Constructive Feedback
- Receiving Feedback

Performance Management

- Anger Management
- Dealing with Difficult People
- Disciplinary Action
- Giving a Performance Evaluation
- Handling Employee Complaints
- How to Conduct an Interview

Leadership

- Behaving Like a Leader
- Building Trust
- Engaging Employees
- Follow Up and Follow Through
- Managing Change
- Valuing Differences

Teamwork

- How to Delegate
- Motivating Yourself and Others
- Teamwork

State-mandated Workplace Harassment Training

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

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

- California
- Connecticut
- Delaware
- Illinois
- New York

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

Burmese (Continued)

Workplace Safety

- Ammonia Awareness
- Back Injury Prevention
- Bloodborne Pathogens
- Emergency Preparedness
- Ergonomics
- Hearing Protection
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout/Tagout Procedures
- Lockout/Tagout Procedures — REFRESHER
- Machine Guarding
- Personal Protective Equipment (PPE)
- Slips, Trips, and Falls

Human Resources

- Anger Management
- Appropriate Behavior in the Workplace
- COVID-19 Overview
- Diversity & Inclusion
- Proper Workplace Conduct
- Sexual Harassment
- Social Skills in the Workplace
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

Haitian Creole

Premium Library

These courses covering workplace safety, food safety, animal welfare, and HR have been accurately translated into Haitian Creole. Courses are available as eLearning or Player group-based training.

Food Safety

- Basic Facility Defense²
- Cleaning and Sanitizing: Wet Environments
- Environmental Monitoring: Basics
- Food Allergens: Proper Handling²
- Foreign Material Exclusion: Overview
- Foreign Material Exclusion: Employee Role
- HACCP: Overview²
- Hand Washing: Effective Techniques
- Hand Washing: Effective Techniques – REFRESHER
- Listeria: Understanding its Dangers to Food
- Maintenance GMPs
- Personal Hygiene: Basics²
- Pest Control: Effective Practices
- Preventing Food Contamination

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

Haitian Creole (Continued)

Animal Welfare

- Humane Euthanizing Practices for Poultry
- Humane Practices for Live Bird Processing
- Poultry Welfare During Transportation and Receiving
- Proper Catching and Handling Methods

Workplace Safety

- Ammonia Awareness
- Ammonia Accident Prevention and First Aid
- Basic First Aid
- Bloodborne Pathogens
- Combustible Dust
- Confined Spaces: Basics
- Emergency Preparedness
- Fire Prevention and Protection
- Hearing Protection
- Lift Truck Safety Awareness
- Lockout/Tagout Procedures²
- Machine Guarding
- Personal Protective Equipment (PPE)

Human Resources

- Active Shooter Readiness
- Americans with Disabilities Act
- Appropriate Behavior in the Workplace
- Preventing Illness at Work and at Home
- Workplace Violence

Somali

Premium Library

These courses covering workplace safety, food safety, animal welfare, and HR have been accurately translated into Somali. Courses are available as eLearning or Player group-based training.

Food Safety

- Basic Facility Defense
- Basic Facility Defense — REFRESHER
- Dangerous Microorganisms in Food Manufacturing
- Food Allergens: Introduction
- Food Allergens: Introduction — REFRESHER
- Food Safety Standards: Introduction
- Foodborne Illness: Prevention
- HACCP: Overview
- HACCP: Overview — REFRESHER
- Handwashing: Effective Techniques
- Handwashing: Effective Techniques — REFRESHER
- Handwashing: Effective Techniques — REFRESHER
- Preventing Food Contamination

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

Somali (Continued)

Workplace Safety

- Ammonia Awareness
- Bloodborne Pathogens
- Emergency Preparedness
- Ergonomics
- Hearing Protection
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness — REFRESHER
- Lockout/Tagout Procedures
- Lockout/Tagout Procedures — REFRESHER
- Machine Guarding
- Personal Protective Equipment (PPE)
- Slips, Trips, and Falls

Human Resources

- Anger Management
- Appropriate Behavior in the Workplace
- Diversity & Inclusion
- Proper Workplace Conduct
- Social Skills in the Workplace
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

Vietnamese

Premium Library

These courses covering workplace safety, food safety, animal welfare, and HR have been accurately translated into Vietnamese. Courses are available as eLearning or Player group-based training.

Food Safety

- Basic Facility Defense
- Food Allergens: Introduction
- Food Allergens: Proper Handling
- Food Safety Standards: Introduction and SQF
- Foodborne Illness: Prevention
- HACCP: Overview
- Hand Washing: Effective Techniques
- Personal Hygiene: Basics
- Personal Hygiene: Basics – REFRESHER
- Pest Control: Effective Practices
- Preventative Controls: Overview
- Preventing Food Contamination

Workplace Safety

- Ammonia Awareness
- Back Injury Prevention
- Bloodborne Pathogens
- Combustible Dust
- Confined Spaces: Basics
- Conveyor Safety
- Electrical Safety
- Emergency Preparedness
- Ergonomics

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

Vietnamese (Continued)

Workplace Safety

- Fall Protection
- Fire Extinguishers: Introduction
- Fire Prevention & Protection
- GHS: Introduction
- GHS: Labels
- GHS: Labels – REFRESHER
- GHS: Pictograms and Hazards
- GHS: Pictograms and Hazards – REFRESHER
- GHS: Safety Data Sheets
- GHS: Safety Data Sheets – REFRESHER
- Hearing Protection
- Heat Exhaustion
- Lift Truck Safety Awareness
- Lift Truck Safety Awareness – REFRESHER
- Lockout/Tagout Procedures
- Machine Guarding
- Personal Protective Equipment (PPE)
- Respirators: Introduction
- Slips, Trips, and Falls

Human Resources

- Appropriate Behavior in the Workplace
- Bullying
- Diversity & Inclusion
- Family and Medical Leave Act
- Proper Workplace Conduct
- Sexual Harassment
- Workplace Harassment and Discrimination
- Workplace Violence

Alchemy Resources

- Group Training: Learner Basics, Remotes

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