

## Safety Skillbuilders KOPY KIT®

Zenith's site license allows only a single copy of any document to be printed at a time. If multiple copies are needed, please contact Zenith's S&H department at [safety@thezenith.com](mailto:safety@thezenith.com). All electronic transmission is prohibited.

### Attitude & Awareness

[How Safe Is Your Behavior?](#)

[Why Does Safety Matter?](#)

[Do You Know What to Do in an Emergency?](#)

[Investigating and Reporting an Accident](#)

[Recognizing Negative Gender Stereotypes](#)

[Sexual Harassment in the Workplace](#)

[Welcoming Diversity in the Workplace](#)

[Working With Diversity](#)

### Confined Spaces

[What Do You Know About Confined Spaces?](#)

[Confined Spaces and You](#)

[Confined Spaces: Your Role](#)

[The Hazards of Confined Spaces: Part I](#)

[The Hazards of Confined Spaces: Part II](#)

[The Entry Permit: Your Ticket to a Confined Space](#)

### Fire Safety & Emergency Response

[Fire Safety: Understanding the Fire Triangle](#)

[What's Your Fire Safety Rating?](#)

[Fire Extinguishers: Do You Know Your ABCs?](#)

[First Aid: Your First Aid IQ](#)

[First Aid: In Case of Shock](#)

[First Aid: Burns and Bleeding](#)

[Bloodborne Pathogens](#)

### HazCom

[What Do You Know About the Hazard Communication Standard?](#)

[What Makes a Chemical Hazardous?](#)

[What Can You Learn From an MSDS?](#)

[What Can You Learn From a Chemical Warning Label?](#)

[What Can You Learn From an HMIS Label?](#)

[What Can You Learn From an NFPA Diamond?](#)

[Properties of Hazardous Materials](#)

[Reactivity of Hazardous Materials](#)

[Storing Hazardous Chemicals Safely](#)

[When Chemicals Don't Get Along](#)

[When There's an Emergency Involving Solvents](#)

[When There's an Emergency Involving Flammables](#)

[When There's an Emergency Involving Corrosives](#)

[When There's an Emergency Involving Reactives](#)

[A HazCom Quiz](#)

## **Lifting & Material Handling**

[Back Basics: How Much Do You Know?](#)

[Getting the Most From Your Back](#)

[Lifting and Moving Awkward Loads](#)

[Using Dollies, Hand Trucks and Powered Hand Trucks](#)

[Preventing Common Forklift Accidents](#)

[When You Work Around Forklifts](#)

[What Do You Know About Loading-Dock Safety?](#)

## **Other Hazards**

[Are You Plugged in to Electrical Safety?](#)

[Do You Know What to Do in an Electrical Emergency?](#)

[Lockout/Tagout—It's for Your Protection](#)

[When There's a Lockout/Tagout: Your Role as an Employee](#)

[What Do You Know About Machine Safety?](#)

[Machine Safety: Know Your Guards and Devices](#)

[Hand and Portable Power Tools: A Safety Checklist](#)

[Keeping Yourself Safe From Slips, Trips and Falls](#)

[Staying Safe on Ladders and Scaffolds](#)

[When the Heat's On—Or the Cold](#)

[Are You at Risk for Repetitive Motion Disorders?](#)

[Is Your Office Safe?](#)

[Workplace Dangers of Alcohol](#)

[Workplace Dangers of Illegal Drugs](#)

[What Do You Know About Drug Testing?](#)

[Defensive Driving: It Takes an Attitude](#)

[What Is a Defensive Driver?](#)

[Defensive Driving: Know Your Safe Following Distance](#)

## **Personal Protection**

[Protecting Yourself From Respiratory Hazards](#)

[Protecting Yourself From Hearing Hazards](#)

[Protecting Yourself From Eye Hazards](#)

[Protecting Yourself From Hand Hazards](#)

[Protecting Yourself From Skin Hazards](#)

[Protecting Yourself From Head Hazards](#)

[Protecting Your Feet From Hazards](#)

## **Safe at Home**

[What Do You Know About Home Fire Safety?](#)

[Protecting Your Family From Burns](#)

[Be Prepared, Weather or Not](#)

[Protect Against Poisoning](#)

[Making Your Home Fallproof](#)

[Making Your Home Safe for Children](#)

[Gun and Hunting Safety](#)

[Don't Be a Crime Victim](#)

[What's Your Swimming Safety Score?](#)

[Staying Safe on Your Boat](#)

[Staying Safe Outdoors](#)

[Have a Safe Vacation](#)

## **Staying Healthy**

[Recognize the Symptoms of a Heart Attack](#)

[Are You at Risk for a Heart Attack?](#)

[Making Heart-Healthy Choices](#)

[What Happens When You Quit Smoking?](#)

[Assess Your Stress](#)

[Five-Minute Stress Busters](#)

[What's Bothering You?](#)

[Anger Inventory](#)

[What's Your Anger Style?](#)

[Practicing Anger Management](#)

[Working With Difficult People](#)

[Resolving Conflicts: What's Your Style?](#)

[Seven Steps to Fair Conflict Resolution](#)

[Conflict Resolution: Assessing the Outcome](#)

[A Problem-Solving Worksheet](#)

[Getting Around Roadblocks](#)