**MANDATORY**

- **SAF-1002** Introduction to Safety - Making Work a Safer Place  
  Training Hours: 1.6
- **PMA-2001** Die Fastening and Clamping Systems  
  Training Hours: 0.9
- **PMA-2002** Removing the Die Assembly  
  Training Hours: 0.8
- **PMA-2003** Press Shut Height  
  Training Hours: 0.8
- **PMA-2004** Die Assembly Installation  
  Training Hours: 0.8
- **PMA-2005** Setting up Uncoiling and Straightening Equipment  
  Training Hours: 0.7
- **PMA-LOTO1** Introduction to Lockout Tagout  
  Training Hours: 0.8
- **PMA-LOTO2** Lockout Tagout Procedures  
  Training Hours: 0.8

**ELECTIVES**

- **STU-1002** Using a Learning Management System - How to Take a Course  
  Training Hours: 0.8
- **STU-1004** Learning Online - Tips for Succeeding in Online Learning  
  Training Hours: 0.8
- **TIM-1009** Time Management - When Time Gets the Best of You: Dealing with Stress  
  Training Hours: 0.9
- **MFG-1006** Introduction to Manufacturing - Measuring Success in Manufacturing  
  Training Hours: 0.9
- **COM-2001** Conflict Resolution - Understanding Conflict  
  Training Hours: 2.0
- **COM-2002** Conflict Resolution - Communication Skills  
  Training Hours: 1.8

*Total estimated training hours: 14.4*