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MICRO LEARNING MADE MOBILE: BOOST KNOWLEDGE WITH BOOST TRAINING™

We all participate in micro learning every day. Every time we google something, take a few minutes to watch a video, download a one-page white paper or -- old school -- look something up in a dictionary or encyclopedia, we're taking a very short time to learn something new. Microlearning is short, it's focused, and it can be found across multiple platforms.



Hence, microlearning isn't new. What IS new is the delivery, management and tracking of that learning. Most training requires the user to come to it. Not FirstNet's. Our BOOST Training is delivered to the learner.

[Learn more - and sample a BOOST Training for yourself!](#)

November Courses...



**SECURITY
AWARENESS**
[Learn More](#)



**EMERGENCY COMM.
IN THE WORKPLACE**
[Learn More](#)



**GENERAL
ERGONOMICS**
[Learn More](#)

November Resources...

We're certain your business takes cyber security seriously.

But how many of us practice cyber safety at home?

How many of us know the difference between anti-virus software and anti-spyware software -- or that there even is a difference? Did you know that the US Department of Homeland Security has a Computer Emergency Readiness Team (CERT) that offers tips and advice on common security issues for non-technical computer users? Check it out: <https://www.us-cert.gov/ncas/tips>.

"Be sure that you have at least one corded telephone that is not dependent on electricity in case of an electrical power outage. Cordless

telephones usually will not work if there is a power outage." Don't learn this the hard way - *during* an emergency. Having Emergency Communications plans in place can mean the difference between life and death. For work or home or where ever, [learn more tips from the FCC](#) on emergency communications.

"Don't slouch...you'll get stuck in that position for the rest of your life", said our mothers. And in truth, they are correct. Last month we shared tips for proper ergonomics related to the use of a computer mouse. Poor body mechanics, such as slouching, contributes to non-accidental injuries, as does prolonged inactivity (sitting or standing). Sitting up straight helps improve your core and helps reduce aches and pains. But having the proper chair is extremely important. How to choose a chair? Glad you asked! [Spine-health.com](#) has good answers.

November Tips...



THE HOTTEST TREND IN TRAINING

Microlearning is the hottest training trend! By focusing on a single objective, using engaging video or animation, and keeping it short and to the point, you can wow your learners giving them new knowledge in less time than it takes to match your sunglasses with your hat!

[Read the latest Blog from Julie, our Manager of Curriculum & Course Development](#)

[Learn more about FirstNet](#), our training centers/learning management systems that can manage all of your blended learning, and our course catalog with hundreds of courses (in health & safety, employment liability, law enforcement, cyber security, human capital, driver safety, campus compliance and safety, keeping children safe, computer skills, & more) that can run on our or your LMS.

FIRSTNET LEARNING
BE SMART. BE SAFE.



[Read Our Blog!](#)



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