

## Online Training & Distance Learning

The following courses are located on the Army Learning management System at:  
<https://www.lms.army.mil>

### Courses available on the ALMS:

- **Composite Risk Management Basic**
- Composite Risk Management Operational
- **Composite Risk Management Civilian Basic**
- Application of Accident Causation Theory
- Theories of Accident Prevention
- Accident Investigations
- Military Briefings
- The Collateral Duty Safety Officer's (CDSO) Course
- The Safety Committee Member's Safety Course
- **The Employee's Safety Course**
- **The Supervisor's Safety Course**
- **The Manager's Safety Course**

### Follow these instructions to complete a course:

1. Login with your AKO credentials
2. In the Catalog search field, click the browse by category. Select Army Safety Center or Combat Readiness/Safety Center
3. Register for the course and you are on your way.



Email: [dlcoordinator@crc.army.mil](mailto:dlcoordinator@crc.army.mil) if you need assistance.

## ARMY ACCIDENT AVOIDANCE COURSE

This course is located on the Army Learning Management System at: <https://www.lms.army.mil>

The login instructions are:

1. Log on with your AKO credentials (Access and Password).
2. Type "traffic" in the Catalog Search engine blank and click "Go".
3. Click "Register" for the course and the system requirements sections and follow the procedures to begin your training.
4. You must turn off your **"Pop Up Blocker"** or you will never see the course.
5. Click "Launch Content"
6. Click **"Army POV 1-3"**

If you have any problems and need HELP, do not contact the Garrison Safety office but contact the ALMS Help Desk at 1-877-251-0730.

For those that prefer to download the AAAC and run the course from their computers:

1. [Download](#) and Save the AAC\_CDROM.ZIP file onto your local desktop or a drive you can write to.
2. Create a folder called AAC.
3. Double click on the AAC\_CDROM.ZIP file and it should open.
4. Click on the WINZIP Extract link, Browse to the AAC folder you created and select Extract from the WINZIP menu. The AAC courseware will be unzipped into the AAC folder.
5. Open the AAC folder and double click on the start.exe file.
6. Make sure you enter your name the way you want it displayed on your certificate. Note: If the .zip file does not open you will need to download and install WINZIP.

NOTE: The program is a 67 MB zip file and may take a few minutes to download.