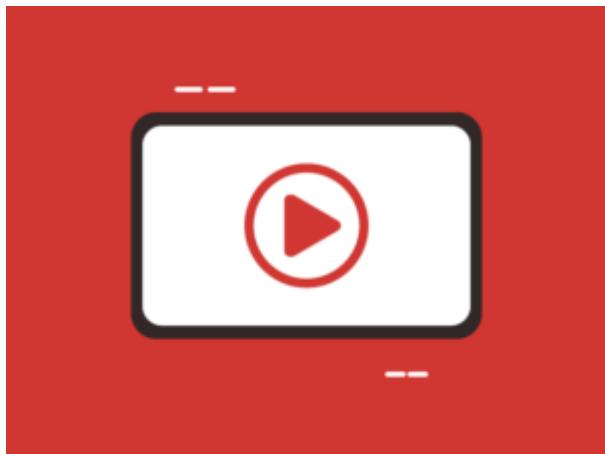


# Fit for Duty Video – Oil & Gas



Energy Safety Canada developed a series of microlearning videos. Microlearnings provide workers with bite-sized information that makes learning easier. Each microlearning reinforces knowledge and highlights important details to remember. They can be used as part of a toolbox talk or safety meeting.