



# Common Safety Orientation Frequently Asked Questions (FAQs)

## 1. What is the Common Safety Orientation (CSO)?

It is an online course that introduces workers from all sectors of the energy industry to safe work practices and incorporates Energy Safety Canada’s 10 Life Saving Rules, which are based on addressing the most at-risk behaviours.

## 2. How is the CSO delivered?

There are two ways to take the CSO: online and in a classroom. Upon successful completion, workers receive a certificate that does not expire.

Delivery Option	Price	Time Required	Max. attempts for 80% on exam
CSO online – see #5 for system requirements	\$69	Approximately 4 hours to complete the course and exam	5 attempts to achieve a passing grade of 80% on the exam
CSO classroom – only offered through our training partners	Prices vary. Please contact your chosen <a href="#">Authorized Training Provider</a> directly.	3 hours of classroom facilitation + 1 hour for the exam	1 attempt to achieve a passing grade of 80% on the exam

## 3. Who should take the CSO?

The course is aimed at new workers in the energy industry. Workers should consult with their employer to determine which orientation is accepted on their work sites.

## 4. How broad industry adoption was achieved?

Industry identified the need for a single safety orientation to reduce duplicate training and support the seamless movement of workers between sites.

In response to this industry demand, Energy Safety Canada mobilized the Safety Standards Council to develop the CSO and to support broad industry adoption. The Council represents approximately 70 per cent of activity in Canada’s energy industry across all sectors and company sizes and serves as the foundation for broad industry adoption.

## 5. What are the system requirements for the course?

You will need a computer with web camera, headset or speakers, internet access, Google Chrome installed, and the ability to print. You will also need a government-issued ID and a valid email.

## 6. What does proctoring mean for my confidential information?

The CSO exam is proctored by a third-party company called Integrity Advocate. Energy Safety Canada and Integrity Advocate adhere to strict privacy requirements and regulations and no private information is retained by Integrity Advocate once the exam is complete. View Energy Safety Canada’s privacy policy [here](#) and Integrity Advocate’s policy [here](#).

## 7. Can companies purchase multiple registrations for their workers?

Yes, companies can now purchase multiple registrations for the CSO course. An Access Code will be provided to the purchaser, so each worker can complete the registration process. If you need more information about this purchase option, please contact [CustomerService@EnergySafetyCanada.com](mailto:CustomerService@EnergySafetyCanada.com).



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## 8. What happens with our own company's general safety orientation?

Companies should adopt the CSO as the only required general safety orientation to reduce duplication and training fatigue.

It is important to note that companies should continue to conduct site-specific orientations.

Please send additional questions to [CustomerService@EnergySafetyCanada.com](mailto:CustomerService@EnergySafetyCanada.com)