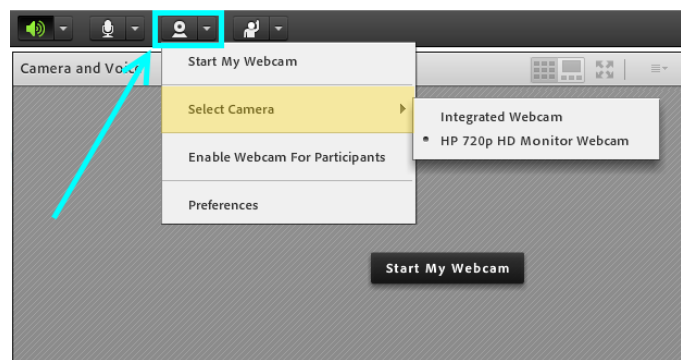
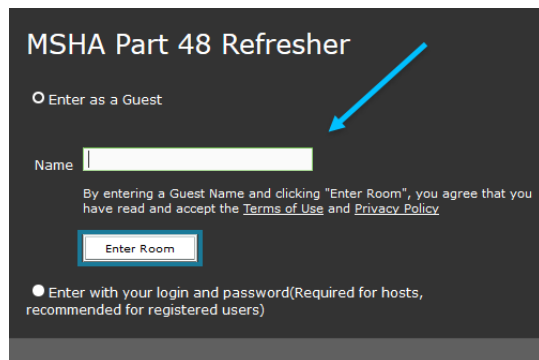


Here's what you need to do to get started...

1. **Make sure your training activity will be saved**
 - a. Please click this link to read [Browser Settings](#). Change your settings accordingly to make sure your training records will be saved.
 - b. You must be actively training in the courses or the course will time out after 15 minutes.**
 - c. Only one training window should be open at a time.
 - d. A minimum of 30 minutes must be logged each training session.
2. **Join the online training classroom** during our normal business hours:
Monday—Friday, 9:00am to 6:00pm; Central Standard Time (CST).
Click here: <http://meet90242500.adobeconnect.com/msha48refresher/>
3. Enter as our **Guest** and type your first and last name.



4. Click on **Start My Webcam**. As soon as your webcam working, you can start taking your Part 48 refresher course.
You must be in the adobe room and your webcam must remain on while you are taking your training. Failure to do either will result in having to restart the training from the beginning.

Remember, you must complete a total of 8 hours AND all of the Required topics to get your new 5000-23 certificate.

Your instructor MAY assign additional topics from the supplemental courses at the bottom of the assigned courses page based on your job classification.

Thank you for choosing Vivid Learning Systems for your online MSHA training!