The Naval Safety and Environmental Training Center (NAVSAFENVTRACEN) provides distance training in the fields of safety, occupational health, and environmental protection via the Internet. NAVSAFENVTRACEN Internet-based training is not self-paced. Our Internet courses are rigorous and require substantial independent effort to complete within a limited time duration. To maximize training effectiveness, students enrolled in NAVSAFENVTRACEN Internet courses should be provided sufficient time during normal working hours to participate without interruption from normal work duties.