

Exit: Exit the training

Status: You will see a checkmark if you have already viewed this slide

Window size: Minimum/Maximum Toggle

Duration: Time length of the slide

Slide title: The slide you are viewing at the moment is highlighted in green

Fast Forward:
Each click will advance the slide speed:
- 2 times faster
- 4 times faster
- Normal speed (to hear audio)

You must be in 'Normal Speed' to hear the audio.
If you cannot hear the audio, select 'Play' or the 'slide title'

If you used the slider and cannot hear the audio,
select 'Play' or the 'slide title'

Bookmark: Click this circle if you wish to bookmark the slide

Time you have completed / Total Time of Training

Back/Forward: Move back or advance one slide at a time

Exit: Exit the training course

Information: Author's name/ e-mail/ company

Rewind: Begins the module again

Play/Pause Toggle

Slider: moves back and forth between slides

Audio On/Off Toggle

Closed Captioning On/Off Toggle

Slide Title	Duration	Status
Welcome.swf	0:1:20	
Navigational Tut...	0:1:30	
SSST.swf	2:3:18	
3E Plus.swf	21:32	
Intro	00:11	
Steam	00:19	
Test		
Review SSST 3	00:03	
Review SSST 4	00:04	
Review SSST 5	00:02	
3E Intro	00:07	
Energy 1	00:10	
Energy 2	00:05	
Energy 3	00:09	
Energy 4	00:06	
Energy 7	00:00	
Energy 8	00:00	
Energy 9	00:03	
Energy 10	00:17	
Energy 11	00:01	
Energy 12	00:02	
Energy 13	00:02	
Energy 14	00:02	
Energy 15	00:01	
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