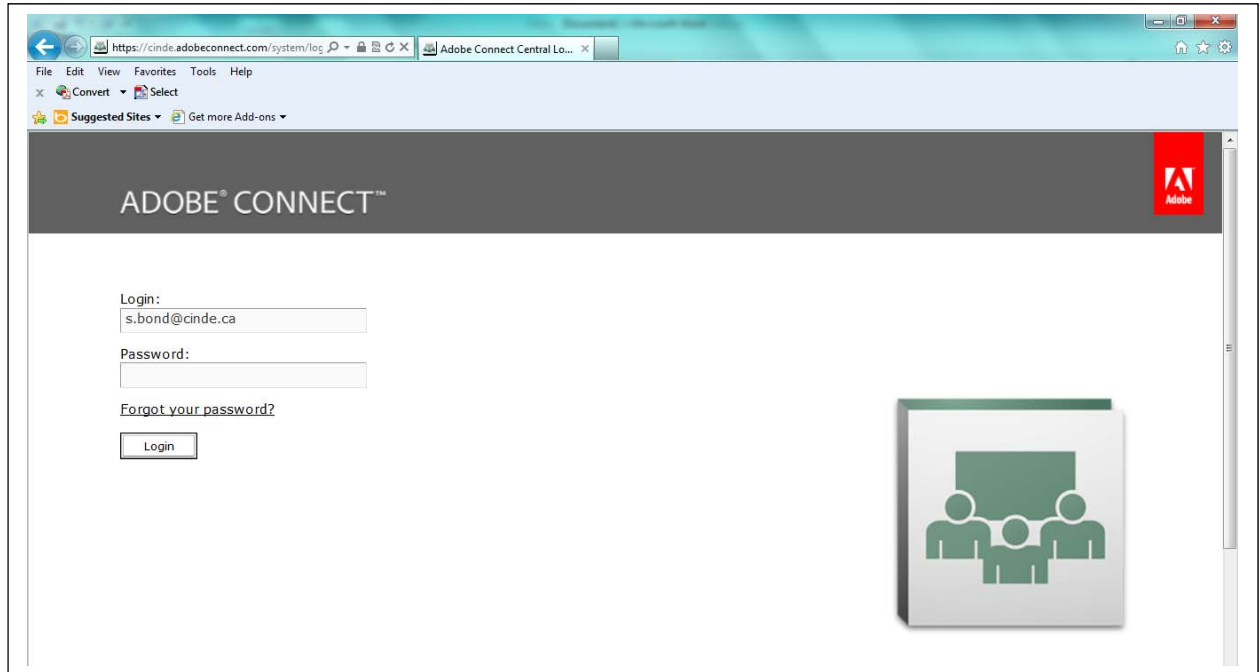


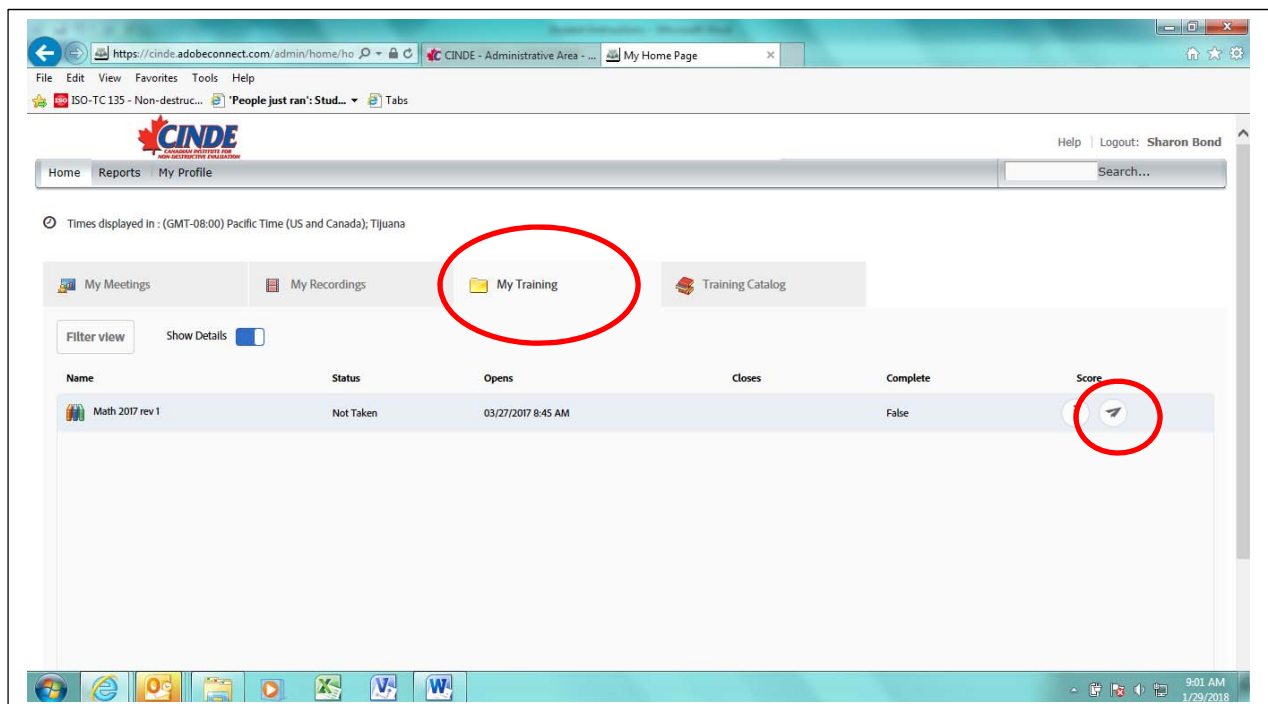
Step 1: Click on link to log in to Adobe Connect Online Demand

https://cinde.adobeconnect.com/system/login?domain=http%3A%2F%2Fcinde.adobeconnect.com&next=/&set-lang=en&OWASP_CSRFTOKEN=30c9ccb2450e144f8ce32f3395a6a0d877aab7989ed29dd3230a4b4d01142297

Step 2: Enter your login information (email and password)



Step 3: On the home page make sure you are in the "My training tab" click on the course name and you should see an "I" and an arrow in the score column. Click on the arrow to move to the next screen to commence your training course.



Step 4: Click "Continue" to start EMC Section 1 (additional sections will be unlocked as you complete each section)

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Step 5: Your training will begin....follow online instructions. For any technical questions contact Sharon Bond at (905)387-1655 ext. 222 or email: s.bond@cinde.ca