

3D E-LEARNING

Course Catalog

PLANIT // TECH

Jungfernstieg 1
20095 Hamburg

T +49 40 239 693 67 0
E mail@planitprima.com
W www.planitprima.com

March 2025

CONTENT

COMPLIANCE

Code of Conduct	07
Whistleblowing	09
Compliance	11
General Act on Equal Treatment	13
Antitrust Law	15
Prevention of Harassment in the Workplace	17
Financial Markets Compliance	19
Prevention of Money Laundering	21
Preventing Corruption	23
Food-handling Hygiene	25
PSD 2 - Payment Services Directive	27

CYBER SECURITY

Information Security	31
Working from Home	33
Cyber Security in Public	35
Cyber Security and Customer Meetings	37
Phishing, Spear-Phishing and Ransomware	39
Social Engineering	41
Information Security for Production Staff	43
Surfing the Internet Safely	45
Data Classification	47
Secure Use of Mobile Devices	49
Password Security	51
CEO Fraud	53
Information Security Advanced	55
Information Security while Traveling	57
Secure Use of Social Media	59
Working Remotely	61
Incident Handling	63

HEALTH AND SAFETY

Office Ergonomics	67
Health and Safety in the Workplace	69
Fire Safety	71
First Aid	73

DATA PROTECTION

Data Protection Germany	77
Data Protection Austria	79
Data Protection Switzerland	81
The EU General Data Protection Regulation	83
AI-generated Works - Legal Gray Areas	85
Secure Use of AI	87
Data Protection and IT Security	89

PRODUCTIVITY

Staying focused at work	93
Writing effective emails	95
The 80/20 Principle for Productivity & Time Management	97

SUSTAINABILITY

Sustainability at work	101
------------------------	-----

DIVERSITY AND INCLUSION

Workplace Discrimination and Harassment	105
---	-----



CATEGORY
Compliance

Code of Conduct

The Code of Conduct reflects the values of your company and offers guidance for ethical and legally correct behavior. This compliance guideline should play an important role in every company and serve as an essential guideline for all employees.

To this end, this staff training offers relevant information on correct behavior, which will be beneficial to both your employees and your company. Furthermore, in the course of this training, you will receive valuable practical tips which will help you recognize and avoid violations.

20min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

General Information

What is the Code of Conduct?

Legal Responsibility

Preventing Corruption

Fair Competition

Money Laundering

Insider Information

Responsibility towards Business Partners or Third Parties

Parties

Data Protection and Information Security

Dealing with Public Authorities

Responsibility towards Employees

Health and Safety

Equality and Anti-discrimination

Human Rights and Employee Rights

Responsibility towards the Company

Protecting Company Property

Public Activities

Responsibility towards Society

Responsibility towards the Environment

Support and Assistance

Contact

Checklist

Violations and Their Consequences

Quiz



Whistleblowing

You've witnessed something wrong in your work environment and would like to expose it so that you and others avoid the potential consequences that might arise. However, you wonder if whistleblowing will help or harm you. You worry there might be personal consequences. But fear not: the EU whistleblowing directive and its national implementations entitle you to special protections as a whistleblower. In this course you will find out what you can report, how to report, and what protections surround you in doing both.

15min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Chapter 1: The Plan

What can be reported?

Who is protected?

Chapter 2: The Report

Internal and external reporting points

Protection for whistleblowers

How can a report be made?

What should you consider when reporting?

Feedback

Chapter 3: The News

Publication of reports

Outro

Handout

Quiz



Compliance

Compliance, meaning conformity with legal provisions and company-internal regulations, is essential in every company. By paying heed to information regarding compliance as well as fair business practices, your employees can protect themselves from criminal prosecution and also prevent reputational damage and drops in sales and stock prices for your company.

In this interactive staff training, your workforce will learn how to act in accordance with laws and regulations and which legal provisions they have to bear in mind regarding antitrust or anti-corruption laws. You can also add your company's own Code of Conduct to this web-based training and in this way adapt it to your needs.

25min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Definition

Responsibilities

Importance of Compliance for Companies

Compliance Management Systems in Companies

Legal Importance

International Standards

Compliance Culture

Compliance Guideline / Code of Conduct

Anti-Corruption Compliance

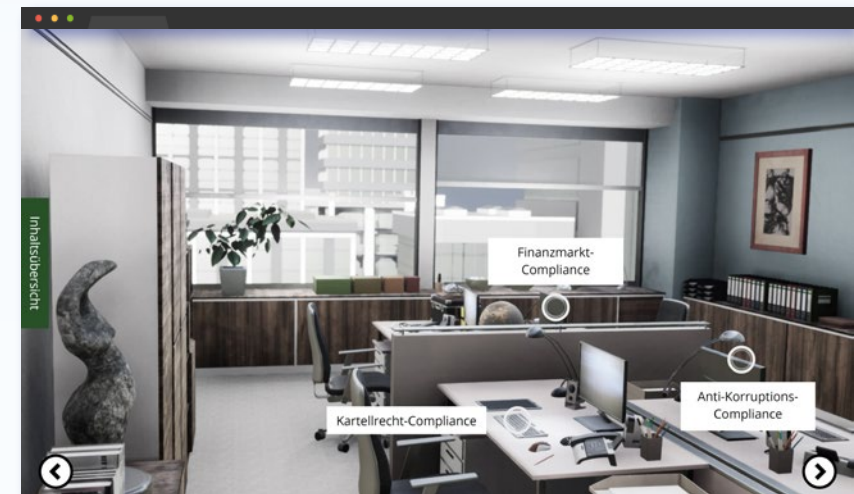
Antitrust Compliance

Financial Markets Compliance

Violations and Their Consequences

Whistleblowing / Whistleblower Platforms

Quiz



General Act on Equal Treatment

Regardless of ethnic origin, gender, religion, ideology, disability, age or sexual identity - every person is equal and also has the same rights. The General Equal Treatment Act was passed in 2006 to eliminate discrimination and disadvantages in the workplace. The aim is to create a discrimination-free zone in working life.

With this interactive training, you sensitize your employees around this important topic and thereby promote correct behavior. The learning content consists of important background information as well as relevant guidelines on correct behavior.

20min

German

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction

Scope of the AGG

Forms of discrimination

Direct discrimination

Indirect discrimination

Harassment

Sexual harassment

Exceptions

Ethnic origin

Gender

Religion

Disability

Age

Rights of the employee

Right of appeal

Right to refuse performance

Right to compensation and damages

Obligations of the employer

Federal Anti-Discrimination Agency

Quiz



Antitrust Law

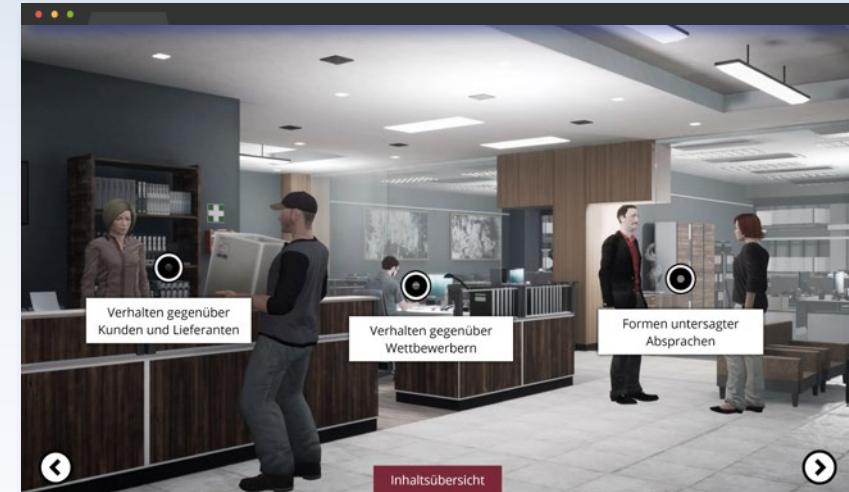
Violations of antitrust law not only restrain free competition but also entail serious consequences for your company. To help you avoid infringements of this kind, this staff training familiarizes your employees with the essential legislation in this area, such as EU law (Art. 101 and 102 TFEU), the German Act against Restraints of Competition (GWB) and the Austrian Cartel Law (KartG). With a wide range of interactive contents, your workforce will learn how to recognize violations of antitrust law and how to act in the right way.

35min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- What is Antitrust Law?
- Cartel Prohibition
- What Does Cartel Prohibition Include?
- Relations with Competitors (Horizontal Restraints)
- Relations with Vendors and Customers (Vertical Restraints)
- Types of Prohibited Agreements
- Prohibition of Market Abuse
- When Does a Company Have a Dominant Position?
- Which Special Regulations Apply to Dominant Companies?
- Special Legal Regulations in Austria and Germany
- Consequences of Violations
- Consequences for Employees

- Consequences for Companies
- Risk of Prosecution
- Antitrust Investigations
- Behavioral Tips
- Quiz



Prevention of Harassment in the Workplace

Ensuring you and your employees are well-informed about harassment in the workplace is essential for creating a respectful and comfortable work atmosphere in your company. This staff training uses appealing visuals to teach your employees all the essentials regarding harassment in the workplace. Furthermore, this course provides your workforce with useful tips on how to recognize and prevent harassment and how to act in critical cases.

12min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Explanation harassment in the workplace

Explanation sexual harassment

Possible affects of harassment

Examples for harassment

Checklist for determining harassment

Prevention of harassment



Financial Markets Compliance

To ensure fair and correct trading in stocks and securities, all market players must follow the rules. Any form of insider dealing or market manipulation is completely prohibited. The Financial Markets Compliance Regulation, the European Market Abuse Regulation (MAR) and the European Market Abuse Directive (MAD) were created to prevent market abuse.

This interactive Financial Markets Compliance training familiarizes your employees with correct conduct in securities trading and in this way also protects your company. The educational contents of this course comprise both background information.

15min

German

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction

What is insider information?

Compliance Officers

Tasks

Confidentiality-related areas

The right way to handle insider information

Sharing insider information internally

Sharing with third parties

Consequences of breaches

Embargo period

Trading ban

Quiz



Prevention of Money Laundering

The Financial Markets Anti-Money Laundering Act (FM-GwG) serves as the legal basis for measures to prevent money laundering and terrorist financing in the financial sector. Taking into account the differences between German and Austrian legislation, this staff training provides your employees with the essential legal basics as well as examples and information for practical implementation. This web-based training places special emphasis on the legal duties of care and the Know Your Customer Principle.

30min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction

Legal Basics

What Is Money Laundering?

What is Terrorist Financing?

Our Responsibility

The Duties of Care

Short Story

The duties of care towards customers

Regulations for Providers of Life Insurances

Know Your Customer Principle

General Information

Natural Persons

Legal Persons

Beneficial Owner or Beneficiary

Quiz

Key Points in Connection with the Duties of Care

Special Duties of Care

Suspicious Factors and Indicators for Money Laundering

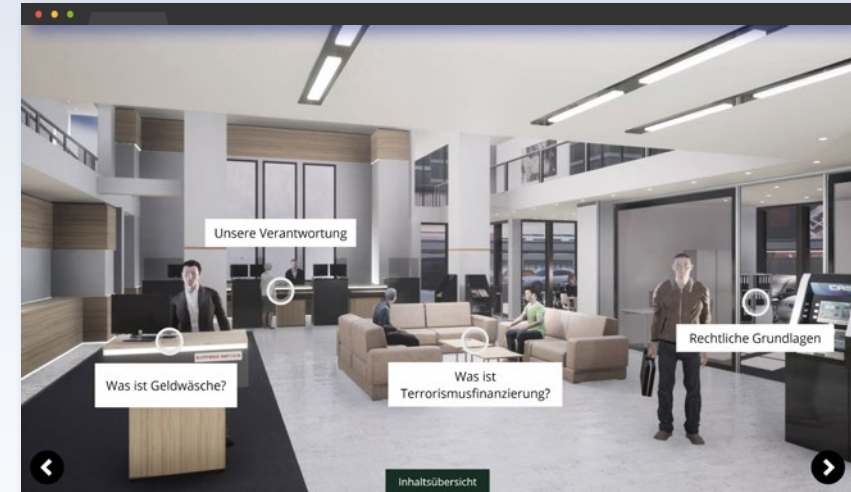
Obligation to Report and Handling Suspicious Cases

Protection Against Claims for Compensation and

Threats after Reporting Suspicious Activities

Retention and Data Protection

Useful Links



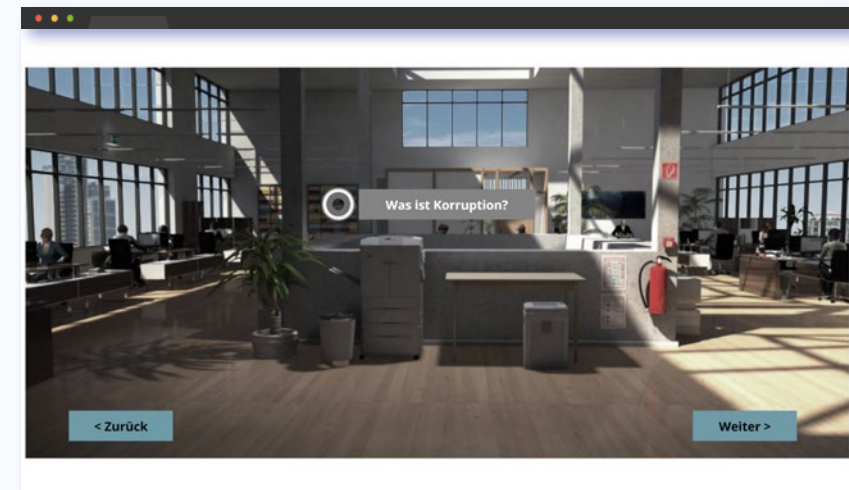
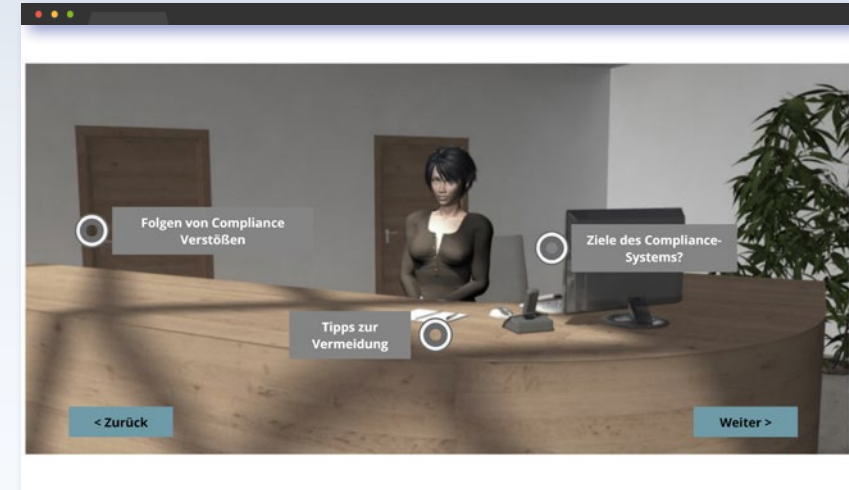
Preventing Corruption

In essence, Compliance means abiding by laws and company guidelines and – at the same time – taking into account moral and ethical standards. Compliance guidelines are often violated out of sheer lack of awareness. For this reason, trainings can help prevent corruption and in this way protect your employees from negative consequences and your company from reputational damage and resulting drops in sales. With the interactive web-based training “Preventing Corruption”, you can familiarize your employees with these topics. The educational contents of this course include important background information and relevant guidelines on correct behavior.

15min
German
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Introduction
- Definition Compliance
- Goals of the Compliance System
- Consequences of Compliance Violations
- How to Avoid Violations
- Definition Corruption
- Prevention of Corruption
- Principles for Combating Corruption
- Definition Benefits
- Gifts
- Quiz



Food-handling Hygiene

In any company – especially in the food sector – the right measures of hygiene should be clearly defined. This helps prevent any kind of infection and protects your employees and customers against disease. In this training, your employees will get to know all the essentials regarding hygiene. They will also receive valuable tips – for instance on hand hygiene – to prepare themselves and your company against infections. With this knowledge, potential dangers in food production (e.g. salmonella) can be avoided.

20min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Legal Bases

General food law

Country-specific food law

Microbiological Bases

Occurrence and growth

Understanding microorganisms

Important practical tips

Environment and Personal Hygiene

Hazards

Cleaning and disinfection

Personal hygiene

Work bans

Quiz



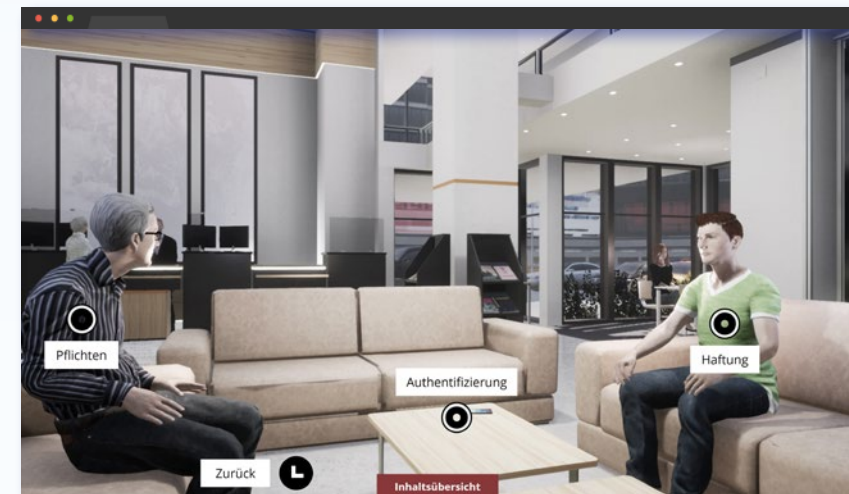
PSD 2 – Payment Services Directive

The EU's Second Payment Services Directive (PSD 2) is intended to increase competition in payment transactions, but also to improve consumer protection. To achieve this, the directive regulates the rights and obligations of payment service providers and users, as well as account-holding service providers such as banks. This training uses numerous examples and interactive content to teach your employees the key points of the directive. It also provides an overview of the most important legal foundations, such as the Austrian Payment Services Act 2018 (ZaDiG 2018) and the German Act Implementing the Second Payment Services Directive.

25min
German
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- What is the PSD 2 Directive?
- Legal basis
- Regulated by the PSD 2 Directive
- Actors
- Payment service users
- Authentication
- Payment service provider
- Charges
- Payment initiation service provider
- Account information service provider
- Account servicing payment service
- Framework contracts
- Data Protection
- Quiz





CATEGORY
Cyber Security

Information Security

In the course of a gripping, interactive story, this 3D training familiarizes your employees with the topic of information security. It provides important background information and teaches your staff how to handle sensitive data correctly in everyday situations. While accompanying Lisa at her day at work, users get to know all the essentials of information security. They experience practical situations which put their security awareness to the test, in areas such as social engineering, phishing or password security.

20 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Digital Assistants

Public Wi-Fi

Social-Media-Account

Shoulder-Surfing

Password Security

Key Concepts of Information Security

Downloads

Clear Desk Policy

Responsibilities

Social Engineering

Phishing

Quiz



Working from Home

In this 3D training, your employees will learn how to implement important information security guidelines when working from home. In an entertaining, interactive story, this course familiarizes your staff with all the essentials. Moreover, various elements placed in the 3D environment provide expert knowledge on topics such as clear desk policy, file destruction, updates or router and printer settings.

In this way, with the help of concrete practical examples, your employees will find out how to protect data in the best possible way and keep your company from harm.

20min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Tram

Checklist

Intercom systems

Apartment

Monitor positioning

Video conferences

Digital assistants

Personal IT devices

Router

Clear Desk Policy

File destruction

Printer

Laptop

Quiz



Cyber Security in Public

In this course, your employees will learn what they need to pay attention to in order to be able to work safely in public. Topics covered include shoulder surfing, access protection, internet, VPN, public charging stations and much more.

10min
German
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

In the apartment

Bringing IT equipment and documents

Shoulder Surfing

Access protection

Internet

VPN

Public charging stations

Conversations in public

Forgotten and unattended items

End of course

Quiz



Cyber Security and Customer Meetings

The aim of this course is to impart knowledge on how to behave safely at customer meetings. The course covers not only the meeting itself, but also the preparation and follow-up.

7min
German
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Intro

Preparation of IT equipment

On the way to the customer

Meeting room

Presentation

After the meeting

Outro

Quiz



Phishing, Spear-Phishing and Ransomware

In cases of "Phishing", attackers try to gain access to sensitive information or install malicious software via various channels of communication (e-mail, phone, text message). The criminals pretend to be trustworthy individuals or companies and – if they are successful – may cause considerable harm to your company. In this staff training, your employees will get to know different kinds of attacks, such as spear phishing, whaling, vishing, smishing or blackmail via e-mail, in the course of an interactive story.

They will learn not only how to recognize attacks but also how to counter them. In this way, this web-based training can increase your company's IT security and contribute to protecting sensitive company-internal data.

40 min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Attacks via E-Mail (Phishing)

What Is Phishing and What Are Attackers' Intentions?

Possible Targets

Types of Phishing

Recognizing Phishing Mails and Acting in the Right Way

Ransomware

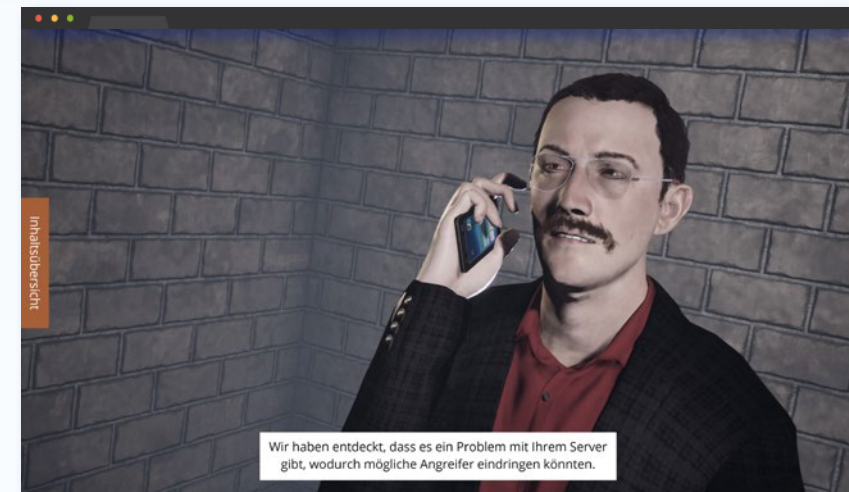
Blackmail via E-Mail

Attacks via Phone (Vishing)

Attacks via Text Message or Messenger (Smishing)

Checklists

Quiz



Social Engineering

The term "Social Engineering" refers to the intended manipulation of people with the goal of obtaining sensitive information and data. In the course of a continuous story, this staff training sheds light on the most common points of attack. Under false pretenses, attackers try to take advantage of typical inter-personal behaviors like being helpful or customer-friendly. Attacks can be carried out in a number of ways: via phone, via e-mail or in an ordinary conversation.

This web-based training teaches your employees in a number of interactive exercises and quizzes how to act correctly in case of Social Engineering attacks like Phishing, Vishing and Social Media Mining and how to work safely in public places.

35 min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Access Security - Company Premises

New Acquaintances

Social Media Mining

Working on the Go

Security of Storage Media and Documents

Found or Free Storage Devices

Ransomware

Phishing

Vishing

Smishing

Summary

Quiz



Information Security for Production Staff

The security of confidential information and data is of paramount importance for companies in the field of industrial production too. Information security has an important role to play in ensuring smooth business operations. This staff training – aimed at production staff – will familiarize your employees with all the essentials regarding this topic and the special requirements of the industrial sector. In this way, you can reduce the risk of industrial espionage and production downtime.

25 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Core Values of Information Security

Acquisition of New Machinery

USB Drives and Machines & PCs

Backing Up Machines

Network Cabinets

Prohibition of Photography

Internet and E-Mail

Passwords

Confidential Printouts

Technical Issues

Group IDs

Clean Desk

Social Media

Found USB Flash Drive

Availability and Backups

Internal Information

Mobile Devices

Social Engineering

Data Protection

Industry 4.0

Quiz



Surfing the Internet Safely

By means of an entertaining, interactive story, this 3D training familiarizes your employees with the topic of online safety. It provides them with valuable tips to protect themselves from malware, scams, data theft or cybermobbing, both in their professional and private life. While accompanying protagonist Tim during his day at work, your employees learn – among other things – how to recognize dangerous websites, what to bear in mind when working on the go and which file endings might pose a threat.

20 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Internet fraud
- Consequences of malware infections
- Dangerous file endings
- Cyberstalking
- Strong passwords
- Mobile working
- Cyberbullying
- Surfing the Internet safely
- Quiz



Data Classification

Mandatory practices for handling sensitive data ensure the protection of sensitive information. For instance, documents, data and data carriers have to be labeled with their respective level of classification. Increasing information security in this way, helps protect data from unauthorized access.

This staff training provides your employees with an introduction into the secrecy requirements of sensitive information and offers not only important background knowledge but also a number of interactive practical examples.

20 min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Definitions & Duties

Classified Information

Following the Standards

Information Owner

Clear Desk Policy

Practical Tips

Categories (Levels of Confidentiality)

Public

Internal

Restricted

Confidential

Notes on Classification

Labeling

Data Security (Storing and Saving Data)

Duplication

Transmission (Transfer)

Destruction & Disposal

Documents Left Behind

Data Storage Devices

Quiz



Secure Use of Mobile Devices

Whether smartphones, tablet PCs, notebooks etc. are used for work or private life, they often contain important and sensitive information and customer data. Insufficient protection, theft or loss of mobile devices may entail legal consequences for your company or your employees. This staff training provides information on common risks and teaches your workforce how to use portable IT devices in the right way. Some of the topics covered in this web-based training are backup creation, PIN and password protection and the prevention of shoulder surfing.

15 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction Secure Use of Mobile Devices

Data backup on Mobile Devices

Private devices

Data handling on Mobile Devices

Access lock of Mobile Devices

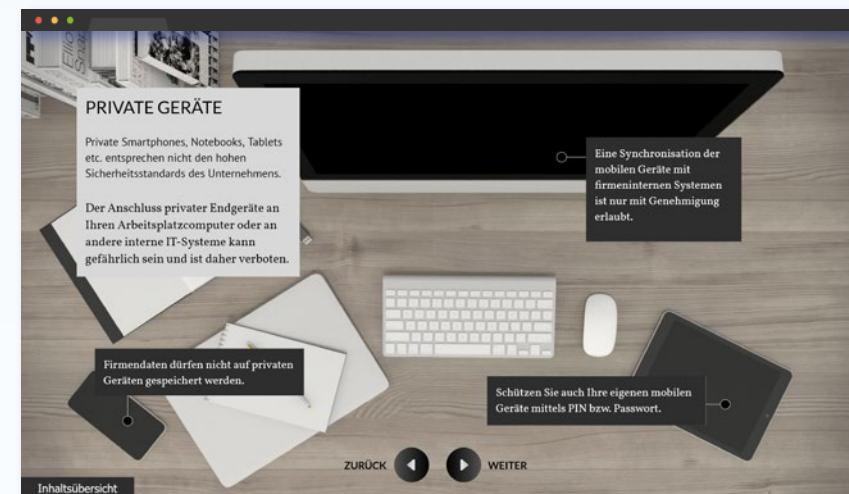
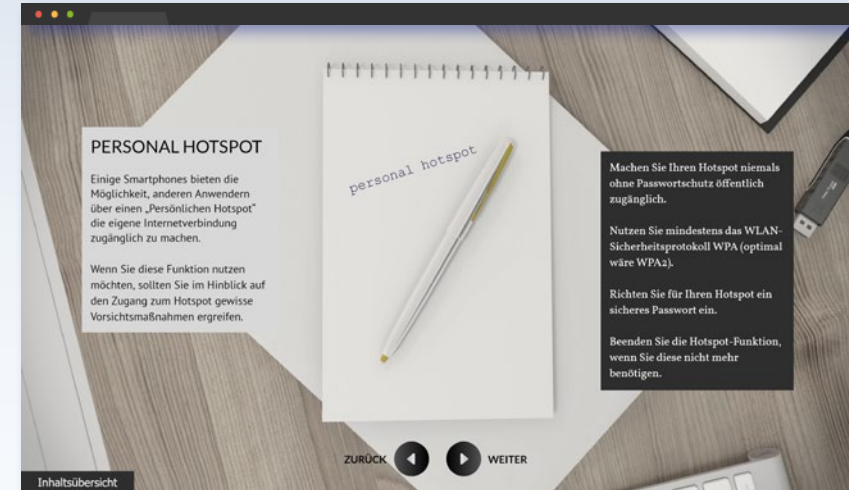
Mobile Apps

Motion profiles

Sale and disposal of Mobile Devices

Personal hotspots

Quiz



Password Security

In this web-based training, your employees get to know all the essentials regarding password protection. It will help you both protect your systems and data from unauthorized access and keep your company from harm. This course teaches your staff not only how to create a secure password but also shows how to keep it safe. In a number of interactive exercises, your employees will get to know the most common forms of attacks – such as Phishing, Shoulder Surfing or Social Engineering – and will also receive useful tips for protecting mobile devices (mobile phones or tablet computers).

30 min
German, English, Czech, Romanian, Chinese
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Definition and Basics	Blackmail with Passwords from Old Data Breaches
Insecure Passwords	Choosing the Right Password
How Do Attackers Gain Access to Your System?	Changing Your Password
Brute Force Attack	Storing Your Password
Taking Advantage of Their Victims' Carelessness	Disclosing Your Password
Shoulder Surfing	2-Factor Authentication
Intercepting Unencrypted Data	Access Security for IT Devices
Keyloggers	Unlock Patterns
Dictionary Attack	Fingerprint
Phishing	Facial Recognition
Vishing	Password
Dangers and Risks	What to Do When Your Password Is Stolen
Risks Concerning Attacks in Work Environment	Summary: Password Rules
Risks Concerning Attacks in Personal Environment	Quiz



CEO Fraud

CEO Fraud is a worldwide phenomenon. This impersonation scam originated in the USA where criminals made billions of dollars by posing as company CEOs. Since 2016, this kind of fraud has become increasingly common in Europe too. Various companies have lost millions to this scam. In this interactive training, your employees will get to know all the essentials regarding CEO Fraud and learn how to avoid falling into this trap. The educational contents in this web-based training consist of important background information and relevant regulations for correct behavior.

11 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction

Attackers' Strategies

Prevention

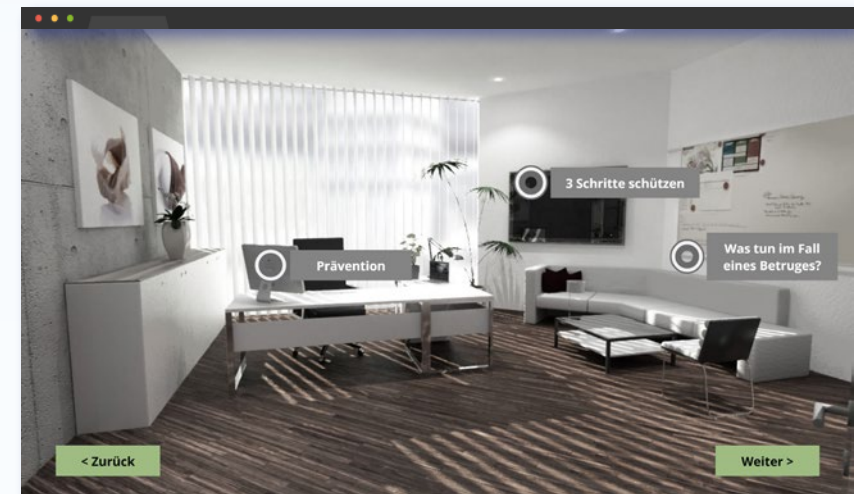
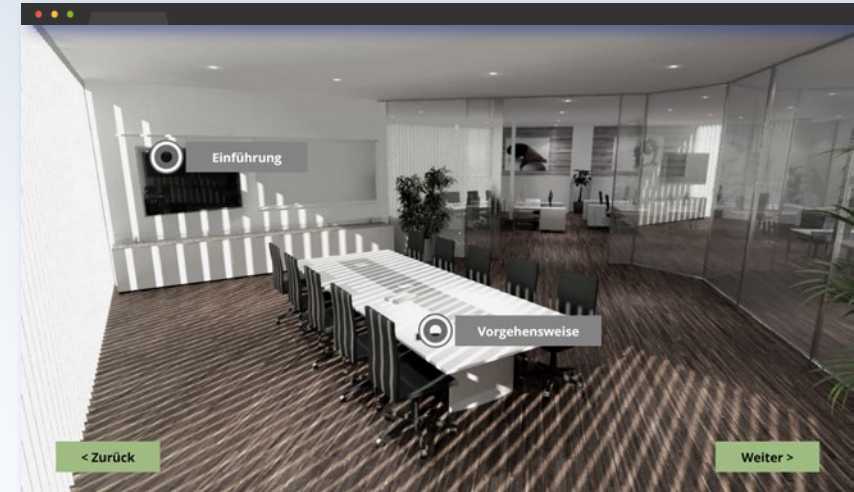
3 Helpful Steps

What to Do in Case of an Attack

Examples

Facts and Figures

Quiz



Information Security Advanced

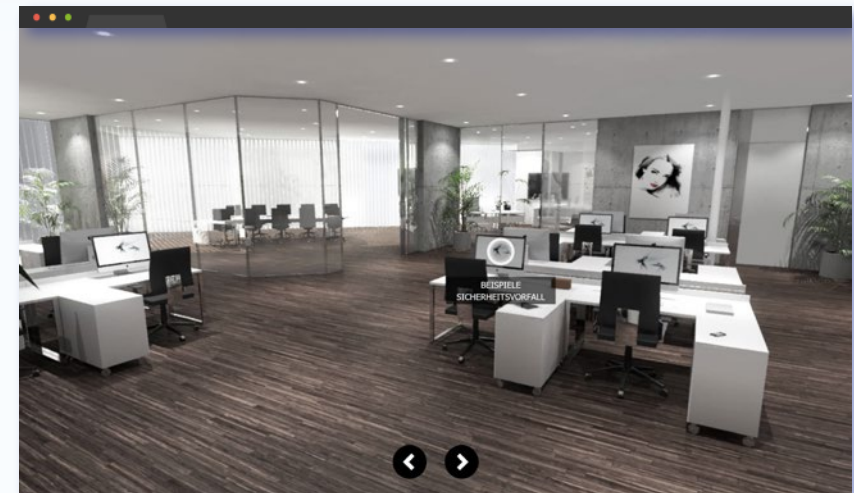
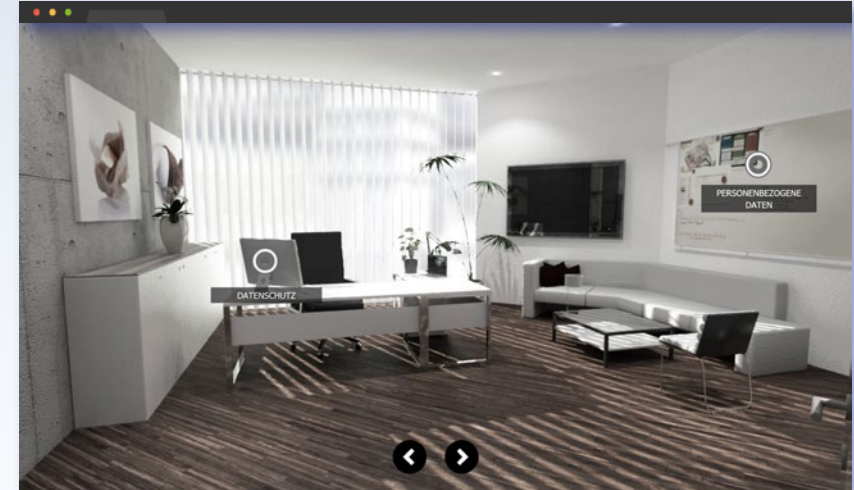
In a visually appealing way, this staff training teaches your employees all the essentials about risks and issues regarding information security in the company. The texts and instructions in the course are rather general to ensure that they apply to a wide range of different companies and can be adapted or extended easily. The goal of this web-based training is to familiarize your employees with the right behavior concerning cyber security and security awareness and in this way protect your company.

20 min
German, English, Czech, Romanian, Chinese
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Core Values of Information Security
- Role of Information Technology (IT) in Information Security
- Security
- Security Incidents
- Examples of Information Security Failures
- Data Protection
- Personal Data
- Social Engineering

- Mobile IT Devices
- Visitors
- Safe Surfing
- Data Classification
- Password Protection
- Social Networks
- Quiz



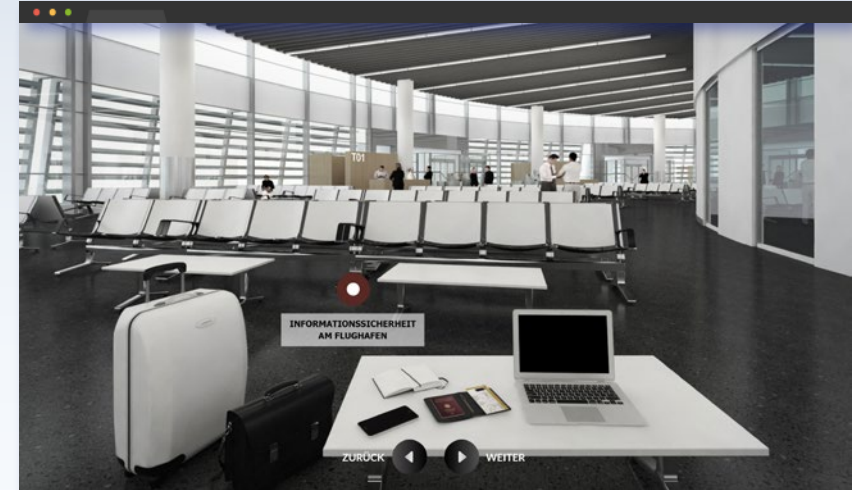
Information Security while Traveling

Many employees are mobile and travel to customers and partner companies to conduct their business. In order to fulfil the complex requirements regarding information and data protection in a company, high security awareness is essential. In an effective and memorable way, this staff training will provide your employees with relevant background information and behavioral tips regarding information security while traveling. Thanks to its multimedia approach, this web-based training helps your employees put everything they have learned into practice.

15 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Handling of luggage
- Security risk Mobile IT devices while travelling
- Tips regarding travel documents
- Credit card payment abroad
- Meetings while travelling
- Data theft in hotels
- Public WI-FI hotspots
- Clear Desk Policy while travelling
- Loss and theft of Mobile Devices while travelling
- Processing of sensitive data in public places
- Behavior on train stations and preparation of train rides
- Customer appointments
- Follow-up after business trips
- Quiz



Secure Use of Social Media

Employees have an integral role to play in a company's public perception. They represent their employer and also serve as the voice of their company. To ensure the best possible corporate image and to protect valuable company-internal information, responsible usage of social networks is essential. In this staff training, your employees will learn how to use social media in the right way, both at work and in their private lives. Some of the topics covered in this web-based training are postings, security risks and privacy settings.

11 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Notes and Terms

10 Tips for Corporate Social Media Use

Administration and Responsibilities

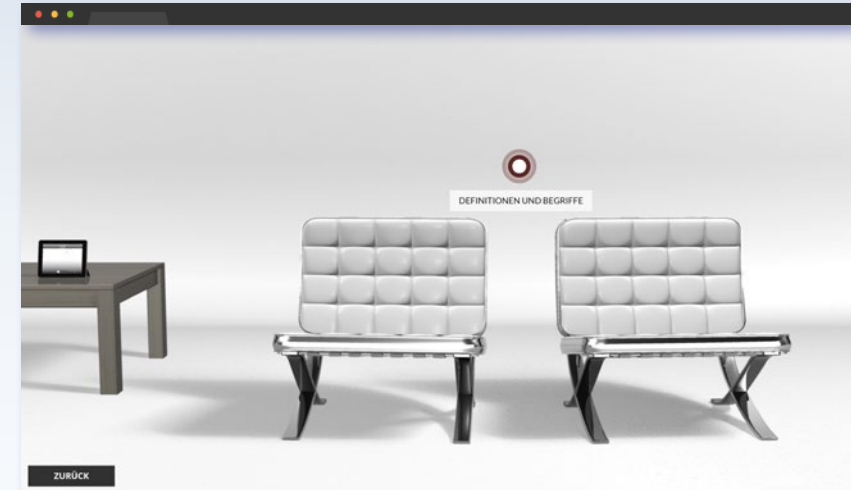
Social Media Objectives

Private Profiles

Personal Privacy and Conduct

Security Risks

Privacy Settings



Working Remotely

More and more often, business activities take place outside the office, for instance during meetings or in public. This can be a serious threat to your company's information security. This staff training teaches your employees how to act appropriately outside of the office and how to protect company-internal information in the best possible way. Some of the topics covered are data processing, conversations in public and working with unknown wireless networks.

7 min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Security risk Mobile IT Devices

Clear Desk Policy

Meetings and data loss

Working with VPN and WI-FI

Conversations in public

Data handling outside the office



Incident Handling

The e-learning course 'Incident Handling' equips your employees with the skills to respond effectively in critical situations. Through practical examples and clear instructions, the training helps them identify and handle security incidents like phishing attacks, data breaches, or unfamiliar hardware or individuals on company premises. With interactive content and quizzes, learners gain the knowledge they need to reduce risks and act swiftly in emergencies.

This web-based training is perfect for companies looking to enhance their security capabilities in line with the NIS-2 directive.

- 8 min
- German and English
- Online training via PLANIT // PRIMA with certificate
- Customizable on request
- Preview in PLANIT // PRIMA

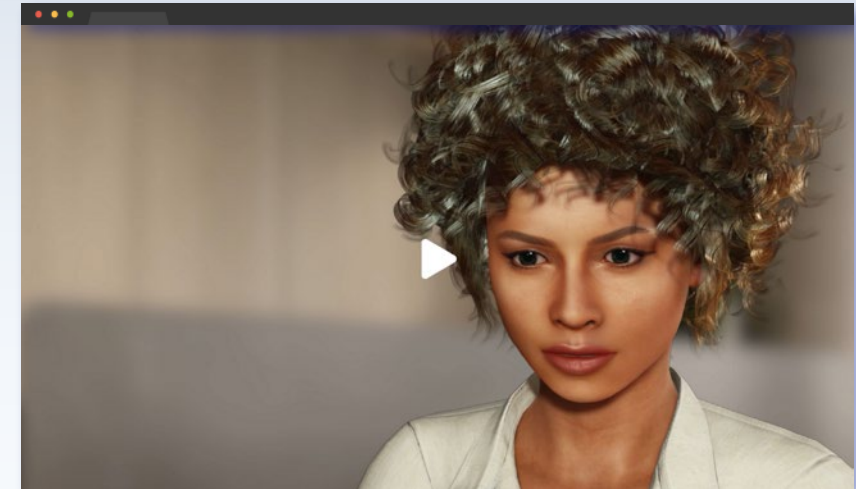
TABLE OF CONTENTS

Introduction

Symptoms

Behavior

Knowledge check





CATEGORY

Health and Safety

Office Ergonomics

Having proper and effective design in working environments is becoming increasingly important as we spend more time in offices, at desks, and in front of computers. This course will give you an insight into the basics of ergonomics by exploring the optimal arrangement of equipment, discussing how to promote health and productivity, and more.

15min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Sitting correctly

Changing positions

Mouse and keyboard

Lighting

Temperature and air quality

Room and table size

Noise

Lift and carry

Quiz



Health and Safety in the Workplace

Regular trainings regarding safety in the workplace are both important and legally required – for instance in the German and Austrian occupational safety acts (ArbSchG and ASchG). This course contains all the essentials regarding measures for safety and protection in the workplace. These will help your employees prevent accidents and react in the right way if need be.

Some main aspects discussed in the course are employers' rights and duties, occupational safety, First Aid and fire safety. Thanks to the interactive exercises in this staff training, your employees will have the chance to consolidate what they have learned and put it into practice, for instance by choosing the right escape route.

35min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Legal Basics, Duties of Employees

General Guidelines, Work and Rest Periods

Emergency Numbers

Duty to Report Accidents

Prohibition of Smoking and Alcohol

Escape Routes

Elevator and Staircase

Preventing Accidents: Dangers and Possible

Causes

Keeping Your Workplace Tidy

Suitable Platforms and Fall Hazards

Slipping Hazards

How to Act in Case of Work Accidents

Important Information and Warning Signs

Using Work Equipment

Personal Protective Equipment

Preventing Fires and Acting in the Right Way

Extinguishing: How to Use a Fire Extinguisher

Preventive Measures in Fire Safety

First Aid, Important Persons and Equipment

First Aid Measures, Protecting Yourself

Life-saving Measures

Important First Aid measures

Computer Workstations

Ergonomics

Lighting

Mandatory Rest Periods

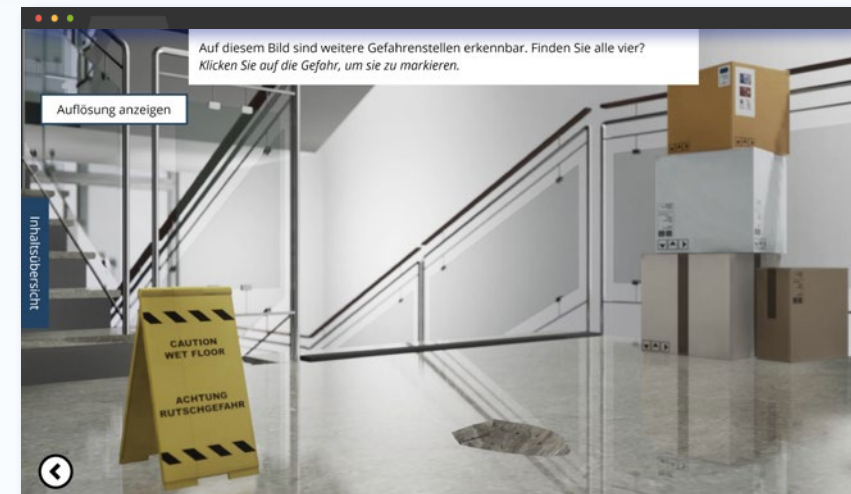
Lifting in the Right Way

Climate

Waste Separation

Hygiene

Quiz



Fire Safety

In this staff training, your employees will learn how to act in the right way in case of a fire. This includes the correct usage of extinguishing equipment and extinguishing agents as well as measures to prevent fires. In a 3D environment, this course explains all the essential symbols, signs and fire safety systems which are required to effectively instruct your workforce. Animated, interactive sequences give your employees the chance to test their behavior in case of a fire in a practical way. This web-based training is directed at all employees in private and public companies and other organizations.

35min
 German and English
 Online training via PLANIT // PRIMA with certificate
 Customizable on request
 Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Fire Safety Officer and Fire Safety Regulations

Emergency Numbers

Fire Safety Systems

Fire Classes

Escape Routes

Keeping Escape Routes Clear

Elevator and Staircase

Helping Disabled Persons

How to Act in Case of a Fire

3 Steps in Case of a Fire

Acting in the Right Way in Case of a Fire

First Aid

Injured Persons

Persons on Fire

Treating Wounds

Treating Shock

First Aiders

Interactive Dialogue

After the Fire

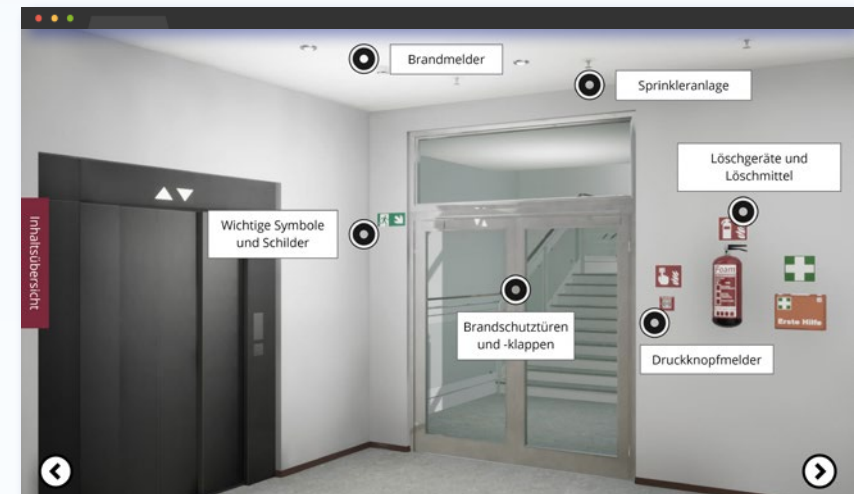
Preventing Fires

Flammable Waste

Keeping Your Workplace Tidy

No-Smoking Policy

Quiz



First Aid

With the help of this interactive 3D training, your employees will be familiarized with the topic of first aid in the course of a varied and exciting story. They will get to know terms such as emergency check, recovery position and CPR, but will also be made aware of topics like self-protection and securing the scene. In the e-learning course, your employees will witness various accidents at the side of the protagonists Lisa and Frank and will need to help them react correctly in an emergency.

This WBT serves to give your employees an understanding of first aid measures and to refresh their knowledge, but cannot replace a physical first aid course.

20min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Car Accidents (Story Part 1)

Basic Principles

Self-protection and Securing the Accident Site

Emergency Call

Emergency Check

Electric Shock (Story Part 2)

Cardiac Arrest

Defibrillators

Recovery Position

Warehouse Accidents (Story Part 3)

Basic Measures

Shock

Quiz





CATEGORY

Data Protection

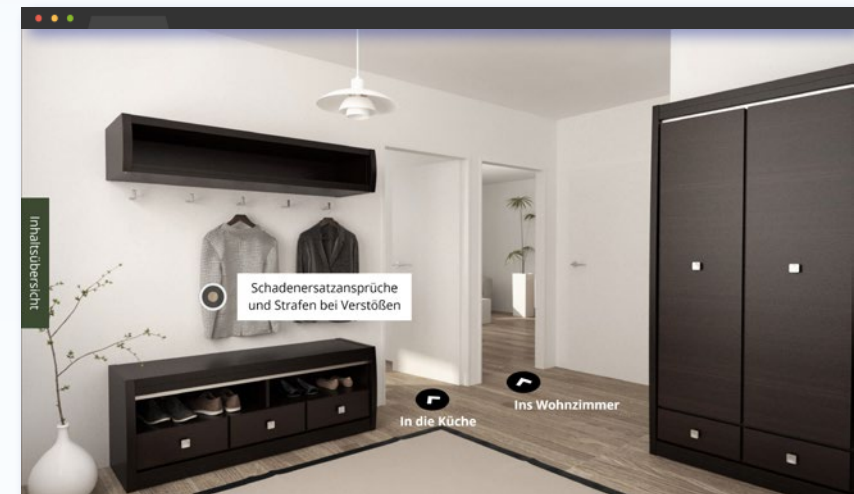
Data Protection Germany

With its entertaining, interactive story, this 3D training manages to make the topic of data protection easy to understand for your employees. Among other things, they learn everything they need to know about the principles for processing personal data, data-protection measures, the duties of the controller and the rights of the data subject.

30 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Introduction
- EU GDPR scope
- The processing of personal data
- The principles of processing personal data
- Rights of the data subject
- Data Transmission to Non-EU countries
- Important Points of Contact
- Controller and processor obligations
- Data-protection measures
- Video surveillance
- Handout
- Quiz



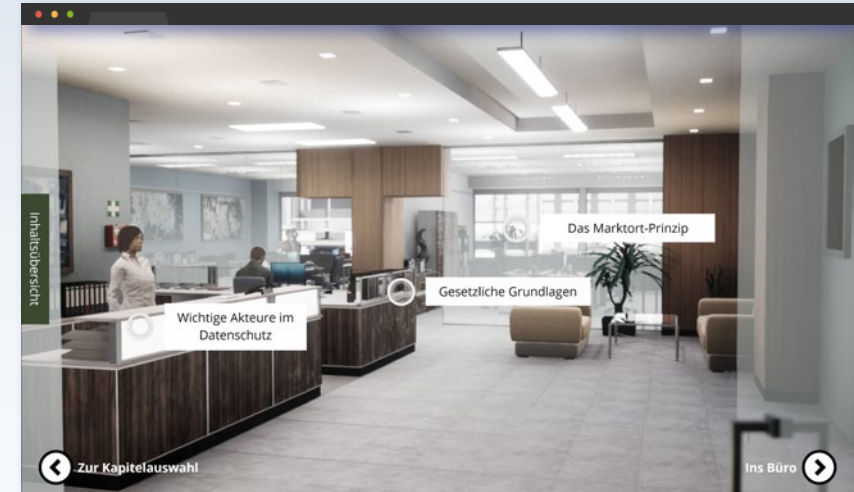
Data Protection Austria

With its entertaining, interactive story, this 3D training manages to make the topic of data protection easy to understand for your employees. Among other things, they learn everything they need to know about the principles for processing personal data, data-protection measures, the duties of the controller and the rights of the data subject.

30 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Introduction
- EU GDPR scope
- The processing of personal data
- The principles of processing personal data
- Rights of the data subject
- Data Transmission to Non-EU countries
- Data protection authority
- Controller and processor obligations
- Data-protection measures
- Video surveillance
- Handout
- Quiz



Data Protection Switzerland

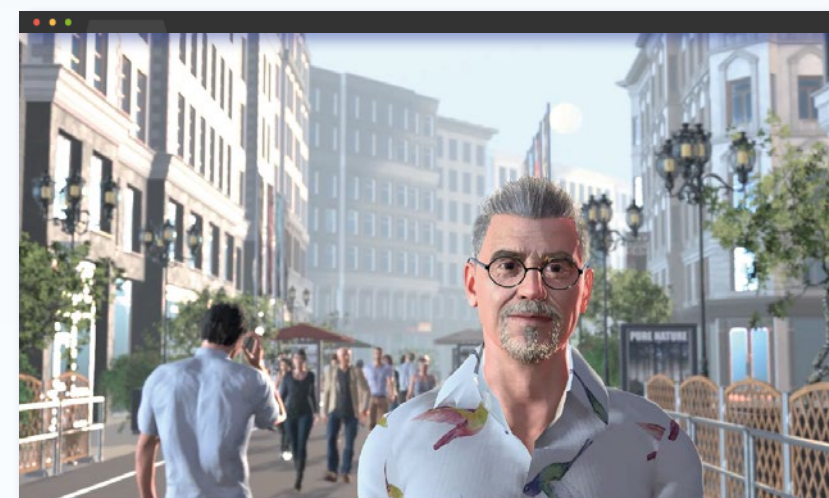
With its entertaining, interactive story, this 3D training manages to make the topic of data protection easy to understand for your employees. Among other things, they learn everything they need to know about the principles for processing personal data, data-protection measures, the duties of the controller and the rights of the data subject.

25 min
German, Französisch, Italienisch und Englisch
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

This WBT is suitable as a preparation for the new Swiss Federal Act on Data Protection.

TABLE OF CONTENTS

- Introduction
- The scope of the FADP
- The processing of personal data
- The principles of processing personal data
- Rights of the data subject
- Sharing personal data abroad
- The FDPIC
- Duties of the controller and processor
- The Data Protection Advisor
- Data-protection measures
- Handout
- Quiz



The EU General Data Protection Regulation

The EU General Data Protection Regulation (GDPR) establishes a harmonized data protection law throughout the European Union. It applies to all organizations which process personal data of EU citizens. This staff training provides your employees with all the essentials regarding this legal provision and its practical implementation. Some of the topics covered in this web-based training are data security and confidentiality, the right to be informed, the right to deletion or the lawfulness of processing personal data.

20 min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Introduction to Data Protection
- The EU General Data Protection Regulation
- The Marketplace Principle
- Example: Address List
- Personal Data
- Special Categories of Personal Data
- Definitions: Data Subject, Controller, Recipient
- Principles for the Processing of Personal Data
- Rights of the Data Subject and Duties of the Controller
- Data Transmission to Non-EU Countries
- The Data Protection Officer
- Quiz



AI-generated Works - Legal Gray Areas

When new, novel, and disruptive technologies enter the market legal ambiguity and gray areas are sure to arise. Are works generated by artificial intelligence (AI) subject to copyright? Are artificially generated portraits still personal data? Can personal rights be violated by utilizing AI? In this course you will find some explanations and tips on how to avoid unintentionally stumbling into legal hot water.

7min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Start

AI and legal infringements

AI and copyright

Fake pictures of real people: Damage to reputation and privacy

Closing remarks

Bonus content

Handout



Secure Use of AI

Artificial intelligence offers many opportunities but also comes with risks. In our e-learning course, you will learn how to use AI tools safely and responsibly. We provide practical strategies for protecting sensitive data, identifying misinformation, and avoiding ethical and legal pitfalls. Perfect for businesses and individuals who want to leverage AI consciously and securely. Start now and benefit from AI - without the risks!

15min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Introduction

Apps

Data security

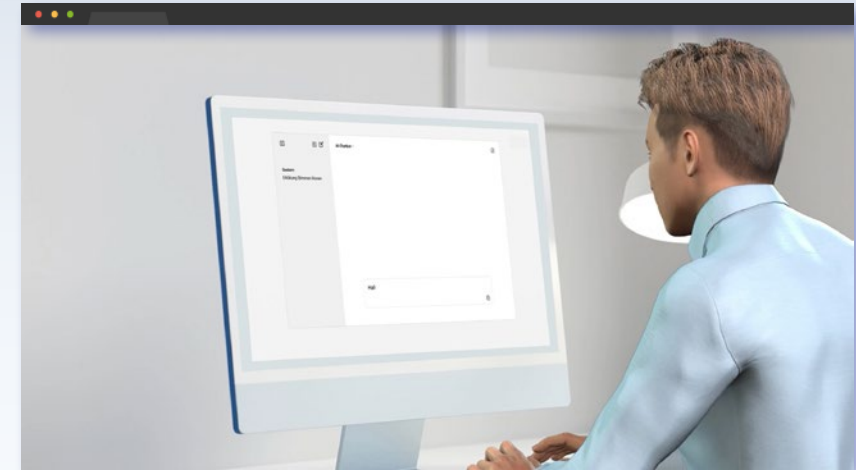
Law

Quality

Labeling

AI policy

Quiz



Data Protection and IT Security

According to the EU General Data Protection Regulation (EU-GDPR), companies are obligated to take technical and organizational measures to ensure the protection of personal data. However, even the best safety precautions will not suffice if your employees fail to follow certain basic rules. This staff training will familiarize your employees with the essential information regarding data protection and IT security. A wide range of examples and interactive contents help them remember what they have learned and put it into practice. Some topics covered in this training are safe surfing on the web, social networks and mobile IT devices.

30min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

What Is the Purpose of this Training?

Legal Basics

Personal Data

Important Parties in Data Protection

Principles Relating to Processing of Personal Data

Practical Tip: Clear Desk Policy

Rights of the Data Subject and Duties of the Controller

Practical Tip: Disposing of Documents and Storage Devices

Data Transmission to Countries Outside the EU

Consequences in Case of Violations

Practical Tip: Misaddressed e-mails

Interactive Content: Dialogue

Safely Using the Internet

Social Engineering

Phishing

Vishing and Smishing

Password Security

Mobile IT Devices

Social Networks

Quiz





CATEGORY
Productivity

Staying focused at work

With its entertaining, interactive story, this 3D training shows how to best keep your focus at work. In various scenes from protagonist Chloe's day at work, course participants get to know the most common disruptive factors and receive valuable tips on how to avoid distractions and work more productively.

10min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

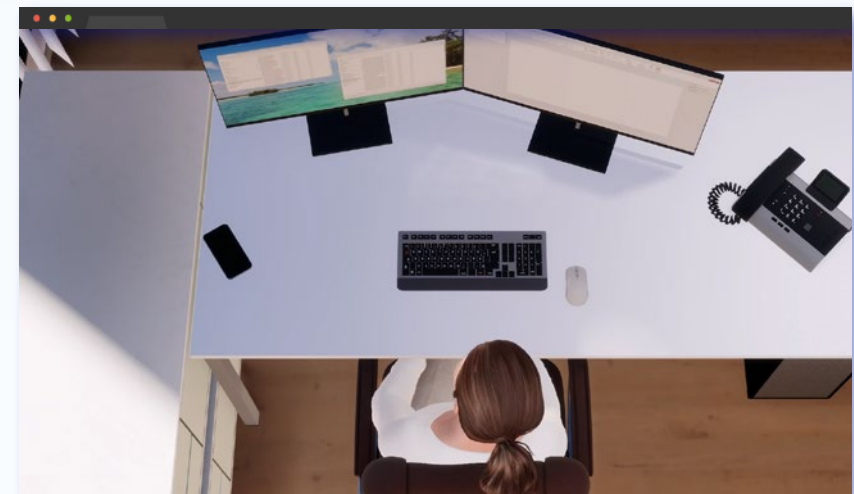


TABLE OF CONTENTS

- Intro
- Preparing your workplace
- Ben needs help
- A little troublemaker
- Constant accessibility
- Targeted e-mail editing
- Chat messages as a disruptive factor
- Ability to focus
- Personal factors
- Multitasking myth
- Preventing interruptions
- How long can you stay focused?
- Outro
- Quiz

Writing effective emails

This e-learning course offers practical tips for making email communication more effective for professionals. Interactive exercises encourage you to think about meaningful subject lines, target-oriented phrasing, and sensible email design.

10min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Intro
- Meaningful subject line
- One topic per email
- Short and concise
- Clear formatting
- Call to action
- Outro
- Handout
- Quiz



The 80/20 Principle for Productivity & Time Management

Do you constantly struggle with a heavy workload? Do you find that the time you have is not enough to complete your tasks? The 80/20 principle can help you breathe freely again. This course will familiarize you with the 80/20 principle and provide you with practical tips and interactive exercises to reinforce what you have learned.

10min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Intro
- Dialogue Ben and Chloe
- What does the 80/20 principle say?
- The relationship between expense and result
- 80/20 viewed positively and negatively
- Chloe's email inbox
- Is 20% effort enough?
- When is the 80/20 principle applicable?
- Quiz





CATEGORY
Sustainability



Sustainability at work

In this course you will learn what sustainability means, and also how your own choices can contribute to valuable and sustainable behavior in everyday work. Whether it's during your way to work, on business trips, or when properly managing waste.

15min
German and English
Online training via PLANIT // PRIMA with certificate
Customizable on request
Preview in PLANIT // PRIMA

TABLE OF CONTENTS

- Intro
- What does sustainability mean?
- Saving electricity: Light off
- Saving power: toggle the switches
- The road to work
- Business trips by train
- Stairs or elevator?
- Dispose of cigarette butts properly
- Adhere to waste separation
- Air conditioner and heater
- Opening windows
- What is sustainable food?
- Turn off the coffee maker?
- Save electricity and water when washing dishes

- Save paper when printing
- Avoid business trips
- Get involved
- Outro
- Handout





CATEGORY

Diversity and Inclusion

Workplace Discrimination and Harassment

In most countries, laws clearly regulate the permissibility of unequal treatment in the workplace. In this 3D course, your employees will explore various forms of discrimination and understand the rights and responsibilities that should be acknowledged in this regard. The course includes numerous hands-on, interactive exercises, allowing participants to apply and enhance the knowledge they acquire.

15min

German and English

Online training via PLANIT // PRIMA with certificate

Customizable on request

Preview in PLANIT // PRIMA

TABLE OF CONTENTS

Intro

Types of Discrimination

Direct / Indirect discrimination, Affirmative action

Harassment

Bystander intervention

Quiz

