

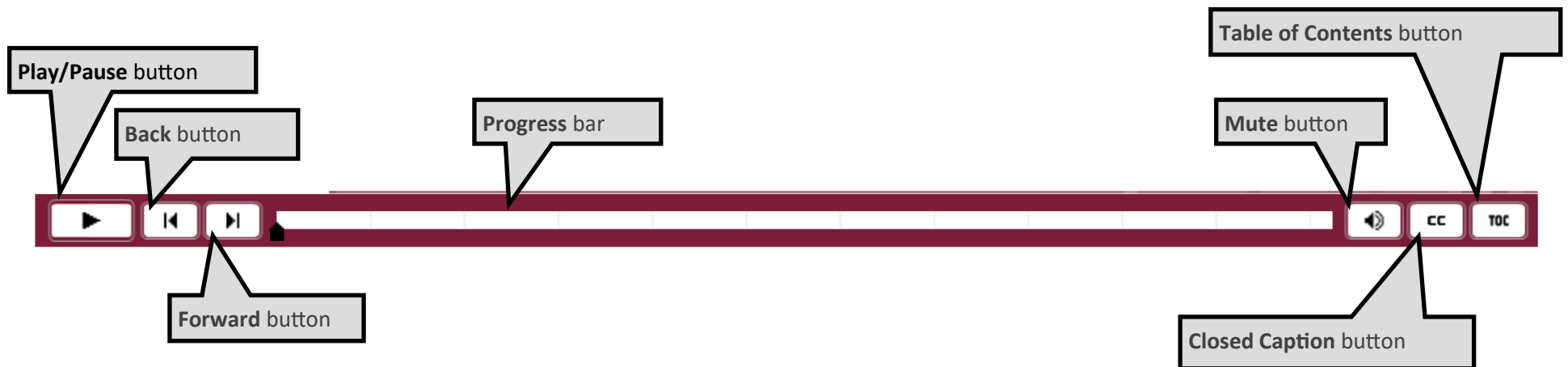
Computer Based Training Navigation








Online training is available to prepare you for a transition to the New Secure Employer Website. These modules are posted on the Pension Administration Learning Management System (PALMS) and are designed to allow you to move through the training at your own pace.

This guide highlights the Playbar features available to help you navigate through your training. Use the Playbar to pause, move ahead or rewind lessons and demonstrations at any time.

Please note, for the best user experience, use [Google Chrome](#) to access and complete modules. Internet Explorer users may experience audio issues which require updates to repair.

Playbar Features



Playbar Features		Description
	Play/Pause button	Stops or resumes a slide.
	Forward button	Moves user to next slide in module.
	Back button	Returns user to previous slide.
	Progress button	Displays your progress in the current module.
	Mute button	Turns audio on and off.
	CC button	Displays or hides closed captioning.
	TOC button	Displays the module Table of Contents.