

# FirstComp Insurance/National Safety Council – Greater Omaha

## Chapter: Safety Video Library Catalog

VCS 28

### **Confined Space Entry (STS) 1988 30 min**

Discusses the two great dangers while working in a confined space—suffocation and burning.

VCS 29

### **Tornado: Plan to Survive (NOAA) 1996 15 min**

Severe weather/tornado safety.

VCS 32

### **It's A Jungle (VTS) 21 min**

Office safety including safety awareness, housekeeping, lifting, steps and ladders, slips, electricity, and machinery.

VCS 33

### **Fire Extinguishers: Safety on the Job (AIMS) 21 min.**

Shows the importance of knowing how to use extinguishers. Explains the different types of fires, and different types of extinguishers.

Shows which type of extinguisher should be used for each type of fire. Also explains the RACE procedure.

VCS 35

### **Hand Safety (CV) 15 min**

Highlights causes of hand injuries.

VCS 42

### **Hazard Communication: What's It All About? (ITS) 1992 11 min**

Introduces employees to the OSHA requirements for hazardous chemicals, warning labels, MSDS, written plan and work area specific training.

VCS 43

### **The MSDS: Cornerstone Of Chemical Safety (ITS) 1988 19 min**

Overview of the basic elements of an MSDS. Defines many of the common terms.

VCS 51

### **Excavation Safety (SCSG) 20 min**

Demonstrates the importance of careful planning & follow through.

VCS 53

### **Low Voltage Safety (NSC) 14 min**

Explains the potential dangers of working with 600 volts or less to employees.

VCS 56

### **Lock Out/Tag Out (CV) 1989 24 min**

Presentation designed to comply with OSHA standards regarding LO/TO procedures.

VCS 57

### **Drugs At Work (NIDA) 24 min**

Overviews of drug testing and treatment programs. Employees share experiences on the effects of drug problems on their lives both on and off the job.

VCS 57 A or B - for employee

VCS 57 C - for employer

VCS 58

### **Drug Testing: Handle With Care (NIDA) 20 min**

Deals with the strategy of drug testing. Helps define the program, premise and purpose.

VCS 58 A - for employee

VCS 58 B - for employer

VCS 62

### **DDC... It's Good Business (NSC) 10 min**

Driver improvement programs.

VCS 64

### **Fleet Safety: Protecting Your Profits (NSC) 12 min**

Covers losses in human terms and communicates how profits can be protected with a new fleet safety program.

VCS 68

### **A New Way To Lift (NSC)**

Learn about the lifting techniques using the six major parts of the body that work together for a safe lift.

VCS 70

### **Heavy Equipment (NSC) 10 min**

Identifies 12 guidelines for safely operating heavy equipment.

VCS 73

### **Good Housekeeping (NUS) 12 min**

Presents common sense approach to keeping work area clean. Specific reference to maintenance shop.

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VCS 75

***Above All, Keep Your Head (NSC) 10 min***

Shows workers how to protect the whole head. Encourages the use of Personal Protective Equipment and common sense.

VCS 79

***The Color Of Safety (BF) 18 min***

Forklift safety shows how to maintain the machine and proper procedures for warehouse storage.

VCS 81

***Be Safe On Your Bike (USCT) 12 min***

Tips for safe biking habits.

VCS 82

***Welding Safety (TAT) 24 min***

Reviews and explains cutting and welding safety.

VCS 96

***Safe Country (CCI) 1990***

Testimonials & supporting safety tips dramatizing the hazard associated with agricultural equipment.

VCS 97

***John Deere Consolidated Safety Video (JDC) 80 min***

Eleven segments on farm equipment safety.

VCS 101

***Hand Tool Safety In The Workplace (ENT) 1992 29 min***

Explains the proper use of hand tools and how to use them safely.

VCS 103

***A Matter Of Seconds (IMC) 1986 8 min***

Time is the important factor in head and spinal injuries.

VCS 104

***Success At The Top (AGC) 15 min***

Explains proper procedures for stairway and ladder safety.

VCS 105

***Oxy-Fuel Safety- It's Up To You (VEC) 30 min***

Safety precautions to use when welding.

VCS 110

***Overview of Bloodborne Pathogens (LIP) 1992 19 min***

Reviews the BBP standard for health care facilities.

VCS 112

***Right To Know-Cleaning And Maintenance Personnel (LIP) 1992 32 min***

What all maintenance personnel should know about hazardous chemicals.

VCS 114

***Eye Care Safety (LIP) 1992 14 min***

Shows examples of proper eye care protection.

VCS 119

***As It Should Be Done: Workplace Precautions Against (NAVC) 1992 24 min***

Overview by OSHA on the procedures to follow for Bloodborne Pathogens.

VCS 125

***Sub Contractor Safety Orientation (DBP) 1991 14 min***

Explains the responsibilities of the Sub Contractor on the jobsite.

VCS 126

***Basic Electrical Safety On The Jobsite On The Jobsite (DBP) 11 min***

Provides the basics in electricity.

VCS 128

***Housekeeping On The Jobsite (DBP) 10 min***

Covers basic housekeeping duties and their importance.

VCS 129

***Ladder Safety In Construction (DBP) 5 min***

Gives an overview of ladder safety.

VCS 132

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### **Hand & Power Tool Safety (DBP) 14 min**

Overview of hand tool safety and the importance of proper procedures.

VCS 133

### **Powder Actuated Tools (DBP) 10 min**

The importance of knowing how to operate & the precautions that should be taken.

VCS 134

### **OSHA At Work (WEVP) 10\91 22 min**

Basic overview of what OSHA does and why.

VCS 136

### **Clearing The Air: Confined Space Entry (AGC) 22 min**

Stresses the importance of testing air before entering a confined space.

VCS 138

### **Confined Space Entry (DBP) 1992 11 min**

Gives basic understanding of potential hazards.

VCS 139

### **Personal Protective Equipment (DBP) 7 min**

Protecting your health & safety on the job through use of PPE.

VCS 143

### **Lifting Safely In Construction (DBP) 10 min**

Proper lifting techniques.

VCS 144

### **Slips & Falls In Construction (DBP) 9 min**

Educates on how to prevent these accidents in construction.

VCS 145

### **Safety Guidelines For Frame Scaffolds (DBP) 19 min**

The safety guideline to building and working around scaffolds.

VCS 148

### **Gas Welding And Cutting Safety Factors (DBP) 10 min**

Safety and personal protective procedures.

VCS 149

### **Heat Stress Prevention In Construction (DBP) 1992 9 min**

What causes it and how to prevent it.

VCS 151

### **Fire Extinguisher Training (DBP) 1992 10 min**

The four types of extinguishers and important basic information.

VCS 154

### **Preventing Back Injuries (DBP) 6 min**

Some simple techniques to prevent back injuries.

VCS 155

### **Hearing Conservation Construction (DBP) 1991 12 min**

Explains how to prevent hearing loss on construction sites.

VCS 156

### **Scaffold Safety (DBP) 8 min**

The importance of proper training and basic safety skills.

VCS 158

### **Testing & Monitoring For Hazardous Gases (DBP) 14 min**

Explains the importance of testing for potential hazards before entering confined spaces.

VCS 159

### **Accidents - "It Can't Happen To Me!" (DBP) 8 min**

Accident prevention is each person's responsibility.

VCS 160

### **Using and Handling Compressed Gas Cylinders (DBP) 9 min**

Explains the different types of gases & safety precautions.

VCS 161

### **Handling & Using Flammable Liquids (DBP) 10 min**

Explains flash points, flammable range and auto ignition temperatures.

VCS 162

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### ***Bonding & Grounding Flammable Liquids (DBP) 9 min***

Reducing the affects of static electricity when dispensing flammable liquids.

VCS 166

### ***Safety Is Your Responsibility (DBP) 1992 13 min***

It makes sense to maintain a safe workplace and reduce health risks.

VCS 169

### ***General Office Safety (DBP) 10 min***

There is no job that cannot be performed safely.

VCS 170

### ***Call Before You Dig Anything (DBP) 10 mi***

How to prevent problems before digging.

VCS 171

### ***Backhoe/Loader Operations (DBP) 1992 8 min***

Explains the operator check list and safety procedures to operate.

VCS 175

### ***Grade Crossing Safety (UPRR/OL) 26 min***

Reminds drivers of the danger inherent at highway/rail crossings & proper precautions.

VCS 184

### ***Lock-Out/Tag-Out (AIMS) 1992 17 min***

Training for the OSHA Energy Control Plan Standard.

VCS 186

### ***Lock-Out/Tag-Out (CSP) 20 min***

Spanish version of 29CFR 1910.147.

VCS 187

### ***The Safety Committee: Problem or Solution (ITS) 1994***

Explains purpose, techniques, employee benefit, functions, meeting agendas, and describes ways companies save money through safety committees.

VCS 188

### ***Accident Investigation (MESH)***

Accident investigation, steps and rules to follow.

VCS 192

### ***Driving With Care (BC) 20 min***

Spanish version of defensive driving.

VCS 195

### ***Confined Space Entry (AIMS) 29 min***

Explains how to define, identify training & permit requirements & authorized entry.

VCS 198

### ***Success at the Top: Stairway Ladder Safety For the Construction Industry (AGC)***

General and specific ladder safety and regulations.

VCS 200

### ***Tough Target (ABC) 30 min***

Detailed look at Workplace Violence and the effects on employers and employees.

VCS 205

### ***Worksite Violence (Susan Fox, OSHA, John Campbell, FBI, Tom McMahon, US Postal Service 1994 EXPO 150 min***

Learn what regulators think plus facility security, employee/customer behavior characteristics, emergency response, and personal protection programs.

VCS 213

### ***Tips on How to Develop A Written Safety & Health Program (Dave Stolp, Safety & Health Council of Greater Omaha) 1994 EXPO 50 min***

Learn a variety of strategies and resources for writing your own safety & health program.

VCS 215

### ***On Country Roads (NAFC) 17 min***

Provides training for driving on rural roads. Points out driving hazards and stresses seat belt safety and training.

VCS 216

### ***The Dirty Dozen (CV) 1994 16 min***

A detailed look at OSHA's top twelve safety and health violations with breakdown and description of each.

VCS 218

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**Portable Hand Tools (ITS) 1995 8 min.**  
Tool safety including inspection, carrying, handling, job/tool design, and storage.

VCS 219

**Hand and Finger Injuries (ITS) 1995 9 min**  
First aid tips including importance of knowing your limits, response time and training.

VCS 225

**Machine Guarding (ITS) 1995 6 min**  
Learn the why's and how's of machine guarding.

VCS 229

**Forklift Safety (ITS) 1995 11 min**  
Safety steps that must be taken before operating a forklift.

VCS 230

**Cold Stress (ITS) 1995 8 min**  
Safety precautions when working in cold conditions.

VCS 231

**Welding and Cutting (ITS) 1995 8 min**  
Learn the dangers associated with welding and cutting.

VCS 232

**Respiratory Protection (ITS) 1995 7 min**  
Details respiratory protection and importance of job fit and respirator fit.

VCS 233

**Electrical Hazards (ITS) 1995 5 min**  
Safety precautions when working with or around high and low voltage electrical equipment.

VCS 234

**Safe Lifting (ITS) 1995 8 min**  
Fourteen steps to correct lifting.

VCS 235

**Lockout/Tagout: The Basics (ITS) 1995 10 min**  
Safety watch when working on or around locked out or tagged out equipment.

VCS 236

**Fire Safety Extinguishers (ITS) 1995 7 min**  
Safety precautions and considerations when preparing to use and using a fire extinguisher.

VCS 237

**Fire Safety Review (ITS) 1995 8 min**  
Know what to do if there is a fire including monitoring, evacuation, responsibility, and practice techniques.

VCS 240

**HAZCOM Review (ITS) 1995 7 min**  
Learn how to work with chemicals, reduce harm, protective measures, and how to write your company's HAZCOM program.

VCS 241

**Electrical Hazards: Common Mistakes (ITS) 1995 6 min**  
Treat electricity with respect and understand the importance of adequate insulation and grounding.

VCS 242

**Foot Protection (ITS) 1995 8 min**  
Things to consider when selecting or considering foot protection.

VCS 243

**Hazard Recognition (ITS) 1995 8 min**  
Learn how to perform your job safely and correctly.

VCS 244

**Lockout/Tagout (ITS) 1995 9 min**  
Some safety issues when dealing with lockout/tagout.

VCS 245

**Emergency Preparedness (ITS) 1995 10 min**  
Steps to take to prepare for and things to avoid when dealing with an emergency situation.

VCS 246

**Heat Stress (ITS) 1995 8 min**  
Signs to look for and steps to take when working in heat to avoid heat stress.

VCS 249

**Ladder Safety (ITS) 1995 7 min**

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Safety precautions when working with or on ladders.

VCS 250

### **Grounds Keeping: Lawn Mower Safety (ITS) 1995 7 min**

Safety precautions when working with a lawn mower.

VCS 251

### **Portable Power Tools (ITS) 1995 10 min**

Safety tips when working with portable tools including inspection, PPE, shields, and lockout/tagout.

VCS 254

### **Lead Awareness (ITS) 1995 10 min**

Safety alert when working with or around lead.

VCS 255

### **Entering Confined Spaces (ITS) 1995 9 min**

Looks at safety regulations when entering confined spaces including planning, air monitoring, and the role of the attendant.

VCS 256

### **Respiratory Maintenance (ITS) 1995 7 min**

Respirators are made to protect you from hazardous substances in the air. Know how to take care of them.

VCS 257

### **Basic First Aid (ITS) 1995 6 min**

Protecting yourself and the injured person are the top priorities during a medical emergency. Safety tips to help in this situation.

VCS 259

### **Asbestos Awareness (ITS) 1995 10 min**

Asbestos removal requires special training, protective equipment and safety procedures.

VCS 263

### **Working in Confined Spaces (ITS) 1995 9 min**

Safety techniques when performing permit-required confined space work.

VCS 264

### **Hearing Protection: HCP &PPE (ITS) 1995 11 min**

Ways to test noise levels and prevent noise-induced exposure.

VCS 265

### **Hand Protection (ITS) 1995 7 min**

Hand protection including PPE, glove inspection and storage. Realize importance of hands.

VCS 266

### **Electrical Safety Series: "Basic Principals of Electricity" (VTS) 1995 9 min**

Basic overview of electrical actions.

VCS 267

### **Electrical Safety Series: "Safety Related Work Practices" (VTS) 1995 9 min**

Addresses the hazardous situations your employees are most likely to encounter.

VCS 268

### **Electrical Safety Series: "Electrical Test Equipment" 6 min**

Covers basic safety information for employees who may be required to use these instruments.

VCS 270

### **Electrical Safety for Care Personnel Health (LMEF) 1995 10 min**

Procedures to follow to assure equipment is safe for use in a health care facility. Areas addressed include electric hazards, equipment safety, and warning signs.

VCS 271

### **Universal Precautions: "A Personal Priority" LMEF) 1995 20 min**

Health care safety addressing routine testing of patients, invasive and non-invasive procedures, disposal of sharps, CPR, housekeeping, laundry, and accidental exposure.

VCS 272

### **Job Safety Analysis (SW) 1996 9 min**

What is Job Safety Analysis (JSA), how does it help plan work, identify hazards, avoid accidents, identify appropriate PPE, and provide a safer and better way to do a job.

VCS 275

### **Lockout/Tagout: A Life is on the Line (SW) 1996 7 min**

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An overview of why and how to lock out energy sources, use and remove tags and PPE.

VCS 276

**Electrical Safety Series: “Common Violations of Electrical Standards” VTS) 1995 7 min**

A practical look at common violations of electrical standards.

VCS 279

**Back Safety (SW) 1996 6 min**

Guidelines to follow when lifting and moving heavy objects.

VCS 280

**Ergonomics: Job Safety Analysis 16 min**

Discussion of how to ergonomically-design your office.

VCS 283

**How to Conduct a Safety Meeting (UPRR) 1994 33 min**

Instructions on how to conduct a quality safety meeting.

VCS 286

**Holiday Safety (UPRR) 1994 35 min**

A review of safety tips to remember during the busy holiday season.

VCS 288

**Groundskeeper Safety: Including Pesticides (SW) April 1996 12 min**

Overview of lawn equipment, pesticides, heat stress, PPE

VCS 289

**Proper Use of Compressed Air (SW) April 1996 8 min**

Reviews requirements for storing compressed air cylinders, tank and valve inspection.

VCS 293

**Heat Stress (SW) May 1996 10 min**

Overview of the signs and symptoms of heat stress; how to take corrective actions.

VCS 295

**Elevated Work Safety (SW) June 1996 12 min**

Discussion of types of platforms, fall arrest systems, and rails.

VCS 296

**Creating the Safety Plan I (SW) June 1996 11 min**

Demonstrates how to create or improve your safety plan; focus on behavior patterns of employees.

VCS 297

**Machine Shop Safety (SW) June 1996**

Covers job hazards, safe work practices, PPE, good housekeeping practices.

VCS 299

**Creating the Safety Plan II (SW) July 1996 12 min**

Explains the essential areas of a safety plan: the safety meeting, employee behavior, and functional committees.

VCS 301

**Violence in the Workplace, I (SW) July 1996 16 min**

Describes types of violence, activities, and traits that lead to violence.

VCS 302

**Violence in the Workplace, II (SW) Aug 1996 8 min**

Explains emergency assistance numbers, security guards, panic buttons, etc.

VCS 303

**Welding and Cutting Safety (SW) Aug 1996 10 min**

Covers PPE, hazardous materials, MSDS, and emergency procedures.

VCS 309

**Bicycle Safety in Plants and Facilities (SW) Sept. 1996 9 min**

Shows proper use of warning gear, hand signals, and bike maintenance. Staying focused on the biking task, and its surroundings protect the rider, other people and goods.

VCS 310

**Coaching Safe Behavior Part 1 (SW) Sept. 1996 11 min**

Each person in the workplace should be responsible for safety, and they should assume

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ownership on the safety program. Points out primary reason for having a safety program, and shows the importance of why a post job safety assessment should be performed.

VCS 311

### ***Wheel of Misfortune/Grave Remarks (SW) Sept. 1996 9 min***

Reminds us accidents don't just happen they're caused by people, because we fail to do the necessary planning required for the job, and fail to carry out jobs at their prescribed levels.

VCS 317

### ***Prevention of Most Common Accidents (SW) Nov 1996 11 min***

Reminds us, safety first! What kinds of things must happen for safety to work. We must accept that accidents are preventable and have known causes. Money not spent on accidents could be channeled to improve work conditions, salaries, etc.

VCS 318

### ***Coaching Safe Behavior: Part II (SW) Nov 1996 8 min***

One should be proud of a safe workplace. Awareness of one's own actions and others, will lead to correcting unsafe practices. It is important to ask safety questions regarding one's job.

VCS 320

### ***Choosing The Correct Respirator (SW) Nov 1996 11 min***

Respirators must be provided when the equipment is necessary for the health of the employee. Wear respirators properly when required by your employer, and make sure the respirator is appropriate to the hazard and the job.

VCS 323

### ***Pneumatic & Hydraulic Tools (SW) Nov 1996 9 min***

Explains why you should only use a tool for the purpose it was designed, and to know the hazards associated with each tool. Discusses OSHA & ANSI standards on pneumatic and hydraulic tools.

VCS 333

### ***It Always Happens To the Other Guy (JD) March 1996***

If you work in the construction industry, safety should be your first concern. This video gives scenarios of what could happen when safety is not a primary concern.

VCS 336

### ***With Safety Everybody Wins (ITS) 1988 15 min***

Describes management and employee responsibilities for safety and health programs.

VCS 345

### ***Ready... Set... Winter! Driving Safely on Ice and Snow (AAA) 1996.10 min***

Overview of how to prepare the vehicle for harsh winter weather, describes several driving situations that require special attention and explains how to handle common winter driving problems.

VCS 350

### ***Scald Burn Prevention (NSK) 7 min***

Learn techniques on how to prevent burns, and what can happen when not followed.

VCS 358

### ***Contingency Training (ITS) 8 min***

Injuries and accidents are more common during the earliest stages of a new job. Learn ways to identify hazards and avoid injury & illnesses.

VCS 360

### ***Eyewash Showers and Stations (ITS) 8 min***

Learn what causes injury to eyes, ANSI standards for eyewash units, the various types of units available, and how to use them.

VCS 362

### ***Carpal Tunnel Syndrome (ITS) 9 min***

Defines CTS, shows how to recognize it, and gives a variety of exercises to prevent it.

VCS 365

### ***The Importance of Safety (ITS) 10 min***

Safety is a function of every employee not just a of the organization or the Safety Department. Shows the importance of being aware of your general work environment & the regulations to create a safe workplace environment.

VCS 367

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### ***Employee Performed Inspections (ITS)*** ***10 min***

Employee participation is vital to ensure the successful implementation of safety programs for achieving reductions in injury rates.

VCS 369

### ***The Supervisor's Role in Safety (ITS)*** ***10 min***

Shows the importance for supervisors to lead-by-example. Describes some ways to communicate the importance of safety to employee. (Third part of a three part series, VCS 400 & VCS 401, part I & II.)

VCS 375

### ***Welding & Cutting Safety (ITS)*** ***10 min***

Focuses on knowing and understanding the hazards associated with the materials with which you work, and reviews the Material Safety Data Sheet associated with welding and cutting operations.

VCS 378

### ***Portable Power Tools (ITS)*** ***10 min***

Discusses the first things you should do before using a portable power tool, and what you should do if the tool is broken or not working properly.

VCS 379

### ***Lab Safety for Non-Lab Personnel (ITS)*** ***10 min***

Addresses emergency procedures, and how to read labels on chemicals and follow their precautions. Shows what different categories hazards in a laboratory can be grouped in.

VCS 384

### ***Pneumatic & Hydraulic Tools (ITS)*** ***10 min***

Explains why you should only use a tool for the purpose it was designed, and to know the hazards associated with each tool. Discusses OSHA & ANSI standards on pneumatic and hydraulic tools.

VCS 386

### ***Hand, Wrist, & Finger Safety (ITS)*** ***10 min***

Discusses causes of hand, finger, and wrist injuries. Explains what an "off-hand" injury is, and gives examples.

VCS 390

### ***Custodial Staff Safety (ITS)*** ***10 min***

Basic guidelines to keep in mind when working with ladders. What to know and how to deal with conditions leading to slips, trips, and falls. Discusses importance of following proper safety procedures when working with chemical biological hazards.

VCS 397

### ***Materials Handling and Storage (ITS)*** ***1995 10 min***

Stresses the importance of always inspecting the designated storage area. PPE may be needed for some situations. Remember to follow good housekeeping practices, and proper storage techniques.

VCS 398

### ***PPE Electric (ITS)*** ***1995 12 min***

Know and understand the procedures for doing your job correctly. Discusses some rules when using PPE in electrical work. What PPE is appropriate & inappropriate for electrical work.

VCS 399

### ***PPE: Just Put It On*** ***1995 10 min***

What PPE stands for, and when people need to wear it. Discusses the different protection equipment, and how important it is to use the proper equipment for your specific job.

VCS 402

### ***Preparing for the Cold & Flu Season*** ***(ITS) 1995 11 min***

The causes of colds and influenza, the different varieties of cold viruses, and the typical flu season. Discusses why its easier to get a cold working indoors. What people can do to reduce their chance of spreading a cold or flu.

VCS 406

### ***Confined Space: Air Monitoring (ITS)*** ***10 min***

When working in a confined space, it is important to mitigate continuous air monitoring practices. Reminds workers to follow permit required confined space work procedures, as set by OSHA & your company.

VCS 413

### ***Forklift Loading (ITS)*** ***1995 7 min***

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Explains the basic principles when loading and unloading a forklift, and gives some basic steps in picking up a load. Also, talks about how a forklift is like a tetter-totter.

VCS 415

### ***Head Protection (ITS) 1995 7 min***

Discusses the different types of protective headgear, which provides different levels of protection, and different classes of protective headgear.

VCS 416

### ***Housekeeping for Safety (ITS) 1995 9 min***

Discusses the benefits of good housekeeping, and what's all involved in it.

VCS 417

### ***Lockout/Tagout: Just Do It!" (ITS) 1995 9 min***

Discusses why its so important to follow lockout/tagout procedures, and what the major reason is for lo/to procedures. Also warns viewers what would happen to an organization if caught not following procedures.

VCS 418

### ***Machine Cutting, Grinding & Sanding (ITS) 1996 8 min***

Discusses precautions employees should follow when working with saws. What problems can result by resting a saw on the item to be cut.

VCS 419

### ***Making Healthy Choices: Safe & Healthy Lifestyles (ITS) 1995 14 min***

Points out some basic information that people can make healthier decisions about the food they eat, and the activities in which they participate.

VCS 420

### ***Under the Influence: Alcohol in the Workplace (ITS) 1995 8 min***

Discusses the negative effects of drinking alcohol on the job, and why even hangovers at work represent a safety concern.

VCS 430

### ***Preventing Hantavirus Disease (CDC) 1994***

In this videotape people who have survived Hantavirus Disease describe what it is like to

have this illness. Also, doctors and scientists who have had first hand experience discuss the most up to date facts covering the following topics: symptoms, transmission, risk factors, treatment, and prevention.

VCS 432

### ***Accident Avoidance: No Injury, No Accident?***

Provides awareness of accidents waiting to happen and highlights the messages found in no-injury accidents. It motivates workers to report near misses and close calls before injuries occur.

VCS 439

### ***Cranes, Chains and Slings 5 min***

Discusses cranes and lifting devices and the operator's responsibility for checking devices and knowledge of proper use. It also touches on common safety hazard associated with these devices.

VCS 440

### ***Basic Electrical Safety on the Job Site 11 min***

A basic understanding of electricity and the different types. Gives reasons why all employees must use extra caution when using equipment and appliances.

VCS 441

### ***Hearing Conservation 12 min***

Awareness of the hazard of damage to your hearing. Discusses a three part program including: testing, training and protection.

VCS 443

### ***Arc Welding Safety 5 min***

Discusses the area, conditions and processes used in arc welding. Describes basic safety measures and the importance of proper use.

VCS 448

### ***Driving in Bad Weather (AAA) 1994 9 min***

Using the setting of a television newscast, this video dramatizes the blinding effects of fog, dust, smoke, rain, snow, and ice. Stresses the need to slow down to maintain control or get off the road safely in adverse conditions. (NETS)

VCS 457

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### ***Supervisor's Role After an Accident (ATA) 1995 8 min***

This video covers and accident report form and/or kit contents. It discusses reporting the accident to the home office, the insurance company and the police, how to handle the media, and other steps to take. (NETS)

VCS 458

### ***Driving Light/Empty Loads (ATA) 1992 3 min***

Covers braking, following distance, road conditions, weather cautions, and clearance levels. (NETS)

VCS 459

### ***Establishing Safety Committees (ATA) 1995 3 min***

Describes 5 steps to take when setting up a safety committee and why each is necessary to meet goals. It also covers handbook design. (NETS)

VCS 471

### ***Sun Safety: A Growing Health Concern (NSC) 1999 11 min***

Developed with funding from the U.S. Environmental Protection Agency, this 11-minute video provides information on the health effects from overexposure to the sun, types of skin cancers, the UV index, and preventative sun safety practices.

VCS 472

### ***Get Real Jack (NSC) 13 min***

A poignant look at a truck driver who faces his drug addiction after almost killing a pedestrian and losing his family and friends.

VCS 476

### ***Battery Charging Safety (LIP) 1994 10 min***

Describes battery fluid hazards & exposure procedures, P.E., avoiding electrical hazards, moving batteries, and safe charging, maintenance & storage.

VCS 478

### ***OSHA Injury & Illness Prevention (LIP) 1995 16 min***

More states are adopting laws requiring business to compile this prevention plan. Contains safety rules & standards, self inspection checklist,

posting requirements, policies on safety committees and safety coordinators and safety coordinator, emergency preparedness, and job-specific hazards.

VCS 480

### ***Personal Protection Safety -Hand (LIP) 1997 9 min***

Remind employees how easy it is to injure their fingers, hands & wrists, and how to avoid harm: Hazard identification, glove types, the role of machine guards, rules for minimizing injury risk.

VCS 481

### ***Personal Protection Safety -Foot (LIP) 1997 9 min***

Discusses workplace hazards, which may result in foot injury, safety components of foot protection including steel toes, soles, etc.

VCS 482

### ***Propane Safety (LIP) 1994 11 min***

As the most common liquefied petroleum gas & a conventional forklift fuel, employees must understand safe use & handling of propane. Includes properties of propane, approved transport cylinders, proper use, refilling tanks & cylinders, and hazards of escaping propane

VCS 485

### ***Employee Safety for Retail (UP) 1995 16 min***

Highlights retail hazards including slips/fall hazards & avoiding them, broken glass, pins and scissors, cardboard. Cutter safety, ladder, stair & escalator safety, electrical and fire safety, safe stocking practices, accidents and emergencies.

VCS 487

### ***Radiation Protection for Health Care (LIP) 1989 18 min***

Explains radiation & its health care uses, describes radiation hazards in the hospital, detection/measurement exposure, distance and shielding, and worker precautions and quality patient care.

VCS 488

### ***Hospital Fire Safety (LIP) 1980 23 min***

Shows efficient patient evacuation methods, covers the basic steps in preventing the spread of fire, and the proper choice and use of different types of fire extinguisher.

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VCS 490

### **Framer Safety (LIP) 1994 16 min**

Excellent to introduce or review the common hazards on a jobsite. Includes P.E., Safety attitude, housekeeping, tool safety, electrical safety, ladder use, doing work on the ground@, forklifts, lifting, setting columns/walls, machine guarding, awareness of other trades and more.

VCS 491

### **Framer Safety - Spanish**

VCS 492

### **Right -To-Know: Custodians/Maintenance (LIP) 1996 10 min**

Instruct employees on chemicals including household/industrial chemicals & hazards, labeling, following directions, chemical signs, MODS, avoiding overuse or mixing of chemicals.

VCS 493

### **Maintenance Person Safety (LIP) 1993 13 min**

Specifically for maintenance persons. Fulfills OSHA training requirements including hazardous materials, electrical and fire safety, P.E., machine guarding and other required training subjects.

VCS 495

### **Preventing Injury Accidents (LIP) 1996 11 min**

85-98% of all construction accidents are caused in whole or part by the unsafe acts and how they contribute to accidents. Explains the concept of unsafe acts and how they contribute to accidents, investigating and documenting unsafe acts for future prevention purposes, and the importance of thinking safety.

VCS 496

### **Preventing Injury Accidents (Spanish Version)**

VCS 498

### **Sexual Harassment -Serious Business (LIP) 1996 25 min**

Sexual harassment is serious business for any company. This video describes the different types of sexual harassment that occur in the

workplace, as well as its Negative effects. It also teaches employees how to address harassment when it occurs.

VCS 501

### **Basics of Ergonomics (BNA Communications, Inc.) 9 min**

Ergonomics is the process of taking a new look at your workplace and incorporating change by eliminating and improving, repositioning and taking a look at new ideas and a new way of doing things. These steps are looked at to make your job a safe and comfortable environment.

VCS 504

### **Forklift Operations: Carry the Load [Spanish] (Coastal Intl.) 20 min.**

The basics of forklift training done in Spanish.

VCS 506

### **Taming the Winter Road (NSC)**

Discusses winter driving hazards the professional truck driver encounters. It presents useful information you can use to prevent collisions and other situations that can cause costly slowdowns.

VCS 507

### **Low Visibility and Driving**

Addresses problems caused by weather conditions such as fog, snow, rain and bright sun, and other factors not usually covered in traditional driver safety classes, including: objects within the vehicle, night driving, tunnels, “blinding” spray from passing vehicles, the effects of shadows, and dealing with oversized vehicles.

VCS 514

### **Shiftwork: Circadian Survival – 20 min.**

If your organization runs more than one shift, this program is for you! Circadian rhythms regulate the body’s internal clock and deviating from the “internal programming” can often be difficult for workers. Teach them how to adjust and minimize difficulties, especially safety-related concerns with this important video.

VCS 515

### **Emergency Evacuation: Getting Out Alive – 16 min.**

When faced with an emergency situation, the chances of survival increase a great deal with adequate training, preparation, and an emergency

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action plan. Make sure that your employees are prepared to handle any disaster – natural or otherwise. This video illustrates how to respond in several emergency situations and the importance of drills.

VCS 517

### **Back Safety: Lift Well, Live Well – 14 min.**

This video was developed to teach workers how to guard against injuries by understanding how their backs function and practicing safe lifting techniques.

VCS 519

### **Portable Fire Extinguishers (Spanish ) Coastal 14 min.**

VCS 520

### **Eye Safety – Construction (NSC) 10 min.**

Promotes the use of proper eye protection to prevent eye injuries on the job. Also, helpful hints about what to do when eye accidents occur.

VCS 521

### **Falls – Construction (NSC) 10 min.**

Helps increase awareness of hazardous situations where falls can occur. Shows how to avoid accidents due to falls, and what to do if a fall occurs. Also, explains the proper use of ladders and scaffolds.

VCS 522

### **Flying & Falling Objects – Construction (NSC)– 10 min.**

This program explains the importance of staying alert to possible dangers created by flying and falling objects. Promotes team work between employees for the safety of all.

VCS 523

### **Hand Tool Safety – Construction (NSC) 10 min.**

Shows employees the proper way to use hand and portable power tools. Choosing the right tool, avoiding accidents, using tools properly and carrying and storing tools, and safety tips.

VCS 524

### **Hazardous Chemical – Construction (NSC) 10 min.**

This program is designed to give employees the information necessary to protect them from on the job hazardous chemicals.

VCS 525

### **Overexertion – Construction (NSC) 10 min.**

This program shows the proper way to lift and carry. Contains convincing scenes that may help the viewer realize the importance of back care. Also, helpful tips for keeping the back strong and health.

VCS 526

### **Office, Retail & Public – Falls (Safety Shorts) 6 min.**

Falls are the second most common cause of injuries, and fatalities. Find out how trips and falls can be avoided with proper housekeeping, awareness and preventive measures.

VCS 527

### **Bloodborne Pathogens Overview – Spanish (Safety Shorts) 6 min.**

This video tells you what you need to know about the OSHA standard. It covers: plans, engineering and work controls, personal protective equipment, universal precautions, vaccinations, training, counseling, and recordkeeping.

VCS 528

### **Preventing Slips, Falls, and Lifting Injuries (Natl. Restaurant Assoc. Ed Foundation) 10 min.**

Service Industry – Demonstrates how to prevent slips, fall & lifting injuries in a kitchen & restaurant setting.

VCS 529

### **10 Minute Safety Trainer (E.I.) 10 min.**

Hotels/Lodging - Thirteen (13) vignettes on various safety issues including, Hazard Communication, Bloodborne Pathogens, Back Injury Prevention, Slips & Falls, Fire Safety & Personal Protective Equipment

VCS 531

### **Employee Safety Orientation (LI) 14 min.**

All Industry – Training in general hazards regarding proper clothing, machine guarding, accident reporting and much more.

VCS 533

### **OSHA Inspection – Overcoming the Fear (Coastal) 24 min.**

All – Takes the view on a simulated inspection with a compliance officer, discusses all aspects of the inspection including citations' & violations.

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VCS 534

### **Hotel Safety – a Reality Check-In (Coastal) 29 min.**

Hotels/Lodging – A narrative story of a family on vacation at a hotel where the following subjects are discussed: Bloodborne Pathogens, Hazcom, fire Safety, Back Safety, Slips, Trips & Falls, Housekeeping Safety, Security Awareness, Kitchen Safety and Engineering Safety.

VCS 535

### **Landscape Maintenance Safety (Long Island) 17 min.**

Landscape – train personnel to take responsibility for safety including proper attire and PPE, use & maintenance of mowers, string trimmer, chain saw, chippers, as well as chemicals & snakes.

VCS 536

### **Bloodborne Pathogens Overview (Safety Shorts) 5 min.**

This video tells you what you need to know about the OSHA standard. It covers: plans, engineering and work controls, precautions, vaccinations, training, counseling, and recordkeeping.

VCS 538

### **Report to Work: Your Safety Responsibility (LIP) 7:18 min.**

This video provides basic safety information that can apply to any work place.

VCS 539

### **Report to Work: Your Safety Responsibility – (Spanish) (LIP) 7:18 min.**

This video provides basic safety information that can apply to any work place.

VCS 540

### **Back Injury Prevention/Lifting Safety (LIP) 8 min.**

This video explains how the back works and provides important information about taking care of your back and accepting personal responsibility for the care of your back. Provides information on safe lifting techniques.

VCS 541

### **Back Injury Prevention (Spanish) (LIP) 8 min.**

This video explains how the back works and provides important information about taking care

of your back and accepting personal responsibility for the care of your back. Provides information on safe lifting techniques.

VCS 542

### **Lockout/Tagout Safety Training (LIP) 15 min.**

Information on LO/TO procedures which stresses the importance of having policies and procedures in place and following them.

VCS 543

### **Lockout/Tagout Safety Training (Spanish (LIP) 20 min.**

Information on LO/TO procedures which stresses the importance of having policies and procedures in place and following them.

VCS 549

### **I Chose to Look the Other Way – 12 min.**

This video dramatically tells the story of an employee who failed to speak up when witnessing an unsafe act by a co-worker. Viewers will be motivated to speak up when they see a co-worker putting himself in an unsafe situation, even if they feel that person's response may be negative.

VCS 550

### **Skid Steers 2001 Safety 14 min.**

Excellent information on skid steer operation and safe handling.

VCS 551

### **One Step From Death 11 min.**

This video was photographed at operating work zones. You see examples of good safety practices, as well as actual safety hazards and unsafe working conditions

VCS 552

### **Back: Strength and Fitness 12 min.**

Take steps to help yourself build a stronger, more flexible, more fit back, no matter what shape you are in now. Covers learning more about your back, building a fit back, dealing with acute back pain and coming back from back pain.

VCS 553

### **High Blood Pressure 13 min.**

High blood pressure or hypertension affects one out of five adults. Learn what you can do to help prevent it, detect it and, if necessary treat it. Covers understanding hypertension, changing

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your lifestyle, and working with health care professionals.

VCS 554

### **Preventing Burnout 14 min.**

Employees can develop personal skills and strategies to cope with and insulate themselves from job burnout and its causes. Discusses effectively handling demands, developing detached concern, building control, and preparing for the marathons of life.

VCS 557

### **Weight Management 11 min.**

Stop trying to “lose weight” and start focusing on lifelong weight management. Exercising moderately and regularly, making wise nutritional choices, recognizing the role of emotions and attitudes, and anticipating energy needs.

VCS 558

### **Wellness: Skills for a Lifestyle Change 14 min.**

Wellness results from making many small changes in lifestyle – changes that can have a big effect on your performance, happiness and length of life. This video gives information on understanding health risks, leading a wellness lifestyle, overcoming barrier to success, deciding where to start and follow through, gaining support for change.

VCS 560

### **Winter Walking 7 min.**

The Winter Walking video will help employees identify potential hazards and use techniques to avoid injury when entering or exiting a vehicle and while traversing steps, sidewalks and turns. Also shows how to avoid serious injury if you do fall.

VCS 561

### **Hypothermia & Frostbite 13 min.**

This video provides good information how to recognize the signs and symptoms of hypothermia and frostbite, and what to do if they occur. It also provides information on dressing properly in cold weather.

VCS 562

### **Flatbed Cargo Securement 15 min.**

Video covers securement requirements for flatbeds, lowboys and other specialized exposed-load trailers. It addresses the new commodity-

specific standards and covers the concepts of minimum performance criteria and aggregate working load limits.

VCS 563

### **Box Cutter/Utility Knife Safety 7 min.**

This new, attention grabbing video provides an overview of utility knife/box cutter safety. Proper use and handling of box cutter/utility knives. Using the correct knife for the job. Knife maintenance and inspection. Proper blade changing and disposal.

VCS 564

### **Severe Weather Alert: Are You Prepared? 15 min.**

This video gives information on preparing for tornadoes and severe weather ( lightning and thunder storms), at work, home and on the road.

VCS 565

### **Toxic Mold 12 min.**

Toxic mold is a problem making headlines everywhere. This video takes the mystery out of this sensitive subject and informs the viewer exactly what toxic mold is and the hazards involved and some possible solutions.

VCS 566

### **Safety Awareness: Real Accidents, Real Stories 14 min.**

This video really hits home with several interviews of real people who got injured on the job. These are real workers, not actors. The people talk about how they basically became complacent and ignored some safety guidelines and safety equipment that lead up to the accidents. They tell how the accident has changed their lives, how it effects their job, their personal lives and what their attitude is toward safety now.

VCS 567

### **Wheel Loader Operating Techniques 23 min.**

This video brings together the real-world lessons learned in many types of operating situations. Wide variety of machine brands and working scenes, correct operations on hills and rough terrain, side hill work dangers and slip or tip recovery, the dynamics of rollover accidents and night operations.

VCS 568

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### **Wheel Loader Walk Around and Introduction 15 min.**

This video will remind experienced operators and train new operators on the importance of the daily walk around inspection, and what they really need to be looking for.

VCS 575 and DVD

### **Safety: the Good fight 15 min.**

High-impact video that tells the tragic story of Patrick Hayes, a young man killed in an avoidable, on-the-job accident. Through interview, it covers how the death affected his family, how the accident occurred and how every employee can make the right decisions about his or her safety and the safety of co-workers, resulting in a safe workplace for all.

VCS 577

### **Safety Is No Accident: A Video Guide to Chain Saw Safety Highlights 21 min.**

How to avoid kickback, proper use of safety tips, and importance of buddy system. Safe techniques for climbing, bucking and pruning. Personal safety equipment, demonstrations of chaps, goggles, ear plugs, hard hats, etc.

VCS 578

### **Bloodborne Pathogens: Everyday Heroes, Everyday Risks 11 min.**

Practical information about bloodborne pathogens for non medical personnel.

VCS 579

### **Occupational Dog bite Safety Video “2002” 20 min.**

This video is a must for any employee that comes in contact with dogs while working. Covers canine behavior, reading a dog, how to approach a yard safely, and much more.

VCS 580

### **Fire Safety – Spanish 15 min.**

Fire prevention video identifies different types of fires and how to eliminate potential fire hazards, toxic, chemical and electrical fires. Shows types of extinguishers and how to use housekeeping methods to prevent fires. Covers building evacuations and first aid methods for smoke inhalation and radiant heat.

VCS 581

### **Working Safety in Hot Environments – Spanish 15 min.**

Shows viewers how to prevent and respond to various heat-related problems by using prevention techniques; how to recognize the signs and symptoms of heat stress; and what first aid procedures to administer when assisting victims of specific heat-related illnesses

DVD 582

### **Construction Safety Essentials 23 min.**

This production will help reduce or even eliminate the risks involved on site. It covers essential such as housekeeping, working at height, excavating and public safety. It also examines subjects often taken for granted, such as working in the elements and manual handling.

DVD 583

### **Winter Driving: When the rules Change 16 min.**

This DVD illustrates the importance of adjusting our driving techniques when winter rolls around. Also includes a powerful interview with a woman who was involved in a fatal wintertime crash – an event that changed her life forever.

DVD 585

### **ABC’s of Your Personal Fall Arrest System 15 min.**

Safety when working above the ground.

VCS 588

### **Self-Help Heimlich 5 min.**

This Safety Shorts video describes how to self-administer the Heimlich maneuver.

VCS 591

### **Safety Programs 5 min.**

This video reminds us that both employers and employees share an equal responsibility for making sure safety programs work.

DVD 593

### **Heat Hazards 17 min.**

The program aims to increase people’s awareness of heat hazards in the workplace by identifying specific heat related hazards and examining a range of engineering and administrative controls, as well as individual behaviors, that can reduce the risk of heat related illness and injuries.

DVD 595

### **The Line of Fire – Spanish 13 min.**

This program discusses many workplace hazards and outlines general principles that can help

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employees prevent these hazards from causing serious injuries and deaths.

DVD 597

**LO/TO: Lightning in a Bottle 15 min.**  
**English/Spanish**

This valuable program will provide valuable information on: Kinds of energy LO/TO can control, LO/TO basics, OSHA's LO/TO standard, The six steps of Lo/To, removing LO/TO devices after a job is complete.

DVD 598

**Bucket Trucks: Extending Your Safety**  
**English/Spanish 15 min.**

This is a vital program that will help keep your bucket truck user safe. Pre-trip and pre-lift inspections, vehicle maintenance and proper fall protection are a few of the areas covered in this DVD.

VCS 599

**A Bit About Backs: Prevention Strategies**  
**14 min.**

Learn practical methods for maintaining a healthy back.

VCS 601

**Thermal burns 5 min.**

This video is about the proper first aid procedures to follow in treating burns prior to EMT's arriving on the scene.

VCS 602

**Electrical Burns 5 min.**

The biggest danger in treating victims of electrical burns is shock hazards to the rescuers'. This video covers this and all the basic precautions of initial treatment of electrical burns.

VCS 603

**Hearing the Good Things in Life 4 min.**

This video uses humor to make a point. Wearing hearing protection pays.

VCS 607

**Warehouse Safety 9 min.**

This video contains good information about forklift operation and forklift safety in the warehouse. Also has some general warehouse safety information.

VCS 608

**The First Step to Danger 4:08 min.**

Statistics have shown the most fatal falls occur on the first step down from a high place. This video reviews safety procedures for taking that first step down.

VCS 609

**Backing Safely 12 min.**

This video offers practical safety information to help eliminate backing collisions: Tips to avoid backing, specific steps for a safe back, procedures for backing with a helper and procedures for backing with a trailer.

VCS 612

**Housekeeping – General Work Space 5 min.**

This video covers the need to keep our work space clean and organized. Proper housekeeping is one of the first steps in maintaining efficient and safe working conditions.

VCS 615

**Beating a Blowout 5 min.**

This video explains how to handle your vehicle in case of a tire blowout.

VCS 616

**Where Are Your Hands? 4 min.**

This video tape reminds workers to ask themselves, "Where are my Hands". Information on hand safety.

VCS 617

**Heads Up For Safety: Overhead Dangers 5 min.**

Be aware, stay awake, and keep looking up! The opportunity for an accident is everywhere. One of the least common places to expect one is from overhead. Reminds workers protect their heads with proper PPE, and to be aware of their surroundings.

VCS 619

**Chains and Safety 5 min.**

This video describes proper chain safety and maintenance, and cites helpful hints for avoiding accidents.

VCS 620

**Self Help for Back Pain 6 min.**

An understanding of what causes most back injuries and the application of a little common sense and a lot of caution go a long way toward prevention. Simple back exercises to be done on

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a regular schedule are demonstrated in this video.

VCS 623

### **Up in Smoke 4:49 min.**

Flammable liquids are a part of most work environments and it is up to the worker to take proper precautions for both usage and storage. This video serves to remind everybody to be responsible and demonstrates responsible procedures.

VCS 624

### **Heat Can Kill 5 min.**

Heat strokes and heat exhaustion are ever present in hot environments. This video covers the signs of heat strokes or exhaustion and how to handle its victims.

VCS 625

### **Handling the Heat 5:21 min.**

Heat exhaustion is a serious problem in many industries. This video offers recommendations for individual safeguards to eliminate or reduce the hazard. It demonstrates proper clothing for various hot environments and reminds the worker about the need for liquids and rest.

DVD 626

### **Arc Flash Safety Awareness English/Spanish 18 min.**

Teach your workers how to stay safe while keeping their co-workers and the workplace safe as well with the information in this program drawn from NFPA 70E. This program covers the three hazards encountered by those who work with or near electricity – electrical shock, arc flash and arc blast.

DVD 627

### **Ladder safety General ladder safety**

DVD 628

### **Substance Abuse in the Workplace 10 min.**

Shows how individual drug use could affect work conditions for everyone, warning signs of drug use, how employees could help, and the benefits of a drug-free environment.

DVD 629

### **Ready Response: Sexual Harassment 15 min.**

Shows how to recognize and prevent sexual harassment and tells how to handle sexual harassment claims.

DVD 630

### **Aerial Platform Operator Training Aerial Platform safety training information.**

VCS 633

### **Who's The Boss – 5 min.**

In a work environment where safety and profit depend on clear thinking, drug use cannot be tolerated. This video reminds us not to let drugs run our lives.

VCS 634

### **Just a Little Nip – 5 min.**

This video reminds us to be aware and take responsibility for alcohol abuse in the workplace.

VCS 637

### **Repetitive Strain Injuries 5 min.**

Repetitive strain injuries are an ever increasing occupational hazard. This video demonstrates a few ways to prevent these injuries.

VCS 638

### **Forklift Safety 5 min.**

One of industry's most useful tools is the forklift and potentially one of the most dangerous. This video provides a checklist to ensure forklift safety.

VCS 639

### **A Matter of Degree – Part 1 – 5 min.**

The welding torch can be one of the most dangerous tools on any job site. This video outlines the proper precautions to take when using a welding torch.

VCS 640

### **A Matter of Degree – Part II – 5 min.**

Welding torch safety is an all-consuming process. This video outlines the proper procedures for the safe assembly, operation and storage of welding torch heads.

VCS 641

### **Cutting It Short – Part 1 - 5 min.**

Mowing the yard can be dangerous if the rules of safety are neglected. This video parodies the TV classic Dragnet as a reminder of always practice safety when using a power mower.

VCS 642

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### **Cutting It Short – Part II - 5 min.**

Riding lawn mowers can be dangerous, even deadly when safety is ignored. This video takes viewers on a journey through a Twilight Zone parody to stress riding mower safety.

VCS 643

### **Lyme Disease – 5 in.**

Lyme disease is a serious illness, transmitted through the bite of a tiny tick. This video shows how to recognize its symptoms and outlines how it can be prevented.

VCS 644

### **Diet Right – 5 min.**

Obesity is a condition affecting a large number of adult Americans. This video examines the importance of managing your diet for a longer, healthier life.

VCS 645

### **Exercise Your Heart – 5 min.**

Regular aerobic exercise can make a big difference in your quality of life. This video illustrates proper warm-up, dynamic and cool down procedures.

VCS 646

### **Protecting Against Aids in the Workplace – 5 min.**

The deadly AIDS virus can be passed along from a worker who is injured and bleeding. This video suggested a few ways to safely administer first aid to a bleeding victim.

VCS 647

### **Falls – 5 min.**

This video examines the causes of falls and lists a few ways they can be avoided.

VCS 648

### **Once Too Many – 5 min.**

When entering a confined space, a few basic safety procedures will ensure a healthy exit. This video outlines the rules for entering a confined space.

VCS 649

### **Tag You're It -5 min.**

Shutting down and locking out machinery prior to making repairs is an important safety procedure. This video emphasizes the necessity of Lock Out/Tag Out.

VCS 650

### **A-OK: Finger Safety – 5 min.**

Finger injuries, even minor ones, can impair our ability to work productively. This video reminds us that, with proper gloves and a little safety awareness, finger injuries can be avoided.

VCS 651

### **Fueling A Machine – 5 min.**

Although a simple procedure, refueling a machine can be dangerous. This video serves as a graphic reminder that creativity in the workplace is no substitute for safety.

VCS 652

### **Danger: Hazardous Duty - 5 min.**

Hapless Hal learns a few important lessons about safety while working in loading docks and warehouses.

VCS 657

### **Protective Equipment – 5 min.**

Personal protective gear – hard hats, goggles, gloves and other equipment – does no good if it isn't worn. This video emphasizes the importance of dressing for safety.

VCS 660

### **The First Few Minutes – 5 min.**

When an office fire strikes, every second counts. This video emphasizes the importance of proper planning and knowledge of safety procedures in case of fire.

VCS 661

### **Back/Lifting Safety (Safety Shorts) 5 min.**

Backaches are second only to colds and flu as a cause of lost work time in the U.S. One major cause of backaches in the white collar work force is improperly adjusted chairs. This film discusses office chair adjustment.

VCS 662

### **The Heimlich Maneuver (Safety Shorts) 5 min.**

The Red Cross approved training in this video may possibly prevent a death by suffocation due to choking. The tape shows how to recognize the symptoms of choking and how to perform the Heimlich Maneuver on the victim.

VCS 664

### **Worker's Enemy Number One (Safety Shorts) 5 min.**

One fourth of all injuries on the job involve the back – pulled muscles, slipped discs, pinched

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nerves. This tape shows how to avoid these lifting problems through common sense approaches that can be adapted to almost any workplace.

VCS 666

### **Watch Your Load (Safety Shorts) 5 min**

The load in your own vehicle may be a major hazard to driving safety. This tape cautions against haphazard loading and unrestrained cargo in every sort of vehicle, then demonstrates some proper loading and load securing techniques.

VCS 667

### **Stop The Bleeding (Safety Shorts) 5 min.**

No step in first aid treatment is more critical than stopping the bleeding. This tape explains why and gives demonstrations on various techniques recommended for stopping bleeding and warns against some common procedures such as tourniquets

VCS 670

### **Back Safety: Belt Use (Safety Watch) 7 min. 1995**

Provides basic information about back safety belts and their uses.

VCS 671

### **Protective Clothing (Safety Watch) 12 min. 1996**

Tape shows different levels of personal protective equipment with examples. Covers helmets, gloves, suits and boots. Explains different levels of protection and what is needed for each.

VCS 676

### **Lockout/Tagout: A Life is on The Line (Safety Watch) 6 min. 1996**

Good information on the importance of Lockout/Tagout for all energy sources.

VCS 677

### **Traffic Safety (Safety Watch) 8 min. 1996**

Good basic traffic safety and driving information.

DVD 678

### **Contractor Safety: It's Everybody's Business (Coastal) 20 min. 2005 English/Spanish**

This helpful program informs employees about the hazards they face on worksites with multiple

“bosses” and the steps they can take to reduce the risk of accidents.

DVD 679

### **Asbestos in Construction 26 min. (Coastal) 2004 English/Spanish**

Designed to help you comply with OSHA 1926.1101, this program gives construction workers and anyone who comes in contact with building materials a full understanding of how to deal with asbestos exposure.

DVD 680

### **HazCom for Construction 11 min. (Coastal) 2006 English/Spanish**

By understanding the Hazard Communication Standard (HazCom) outlined in this program, the dangers of working around chemicals can be effectively controlled.

DVD 681

### **Scaffolds: Safety at All Levels 16 min. (Coastal) 2005 English/Spanish**

Covers Preassembly inspection, Assembly, Safe work practices and Fall protection.

DVD 682

### **Trench Emergency 14 min. (Coastal) 2006 English/Spanish**

Covers shoring and shielding, examines an actual cave-in and preparing for the rescue team.

DVD 683

### **Construction Forklifts: Extending your Reach 14 min. (Coastal) 2005 English/Spanish**

Covers lifting principles, start-up and walk-around inspections, moving a load and safe work practices.

DVD 684

### **High-Impact Hand Safety 12 min. (Aurora)**

Covers understanding & using guards, interlocks. Selecting & using hazard-specific gloves, hand tools. Avoiding hazards and accident-causing behavior: clothing, housekeeping, inattention, complacency, alcohol/drugs & short cuts.

DVD 685

### **High-Impact Hand Safety – 18 min. Spanish (Aurora)**

Covers: Understanding and using guards, interlocks, selecting & using hazard-specific gloves, hand tools and avoiding hazards &

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accident-causing behavior, clothing, housekeeping, inattention, complacency, alcohol/drugs and short cuts.

DVD 686

### **What Would You Say 17 min. (Aurora)**

This DVD helps us learn to effectively communicate with our co-workers when we see them behaving unsafely. It focuses on easy to use communication techniques including: Be positive, show that you are concerned about their safety, explain the consequences of the hazard or unsafe behavior and be specific with your comments. Also helps us learn to respond in a positive way if someone is pointing out our unsafe actions.

DVD 687

### **Static Electricity 13 min. (Aurora)**

This DVD aims to increase people's awareness of static electricity and its potential to result in serious accidents and injuries. It is designed to provide people with a practical understanding of static electricity and how it can be controlled.

DVD 688

### **Eye Protection 19 min. (Aurora)**

This DVD provides information on the essential facts and principles of eye safety in the workplace. It looks at the eye hazards that could exist in an average workplace, and how these hazards can be controlled to reduce the risk to individuals' eyes.

DVD 689

### **Lifting it Right 24 min. (NSC)**

A guide to safe auto lifting.

DVD 690

### **Eye Protection – See the Whole Picture (Coastal) English/Spanish 20 min.**

This DVD covers the importance of proper eye protection with a detailed look at PPE eyewear and a discussion of how eye injuries can be avoided, as well as the emergency procedures to be followed if an accident occurs.

DVD 691

### **The Life of Fire – English (Aurora) 14 min.**

This program discusses many workplace hazards and outlines general principles that can help employees prevent these hazards from causing serious injuries and deaths.

DVD 692

### **Forklift Basics: Safe From the Start (Coastal) 22 min. English/Spanish**

Provide operators with the fundamental that will help them identify basic forklift structure and design, understand factors that affect balance and maneuverability and perform a comprehensive pre-lift inspection.

DVD 693

### **MSDS: Read It Before You Need It (Coastal) 19 min English/Spanish**

This program helps your employees use and understand the MSDS to control chemical hazards in your facility.

DVD 694

### **PPE: don't Start Work Without It (Coastal) 13 min. English/Spanish**

Teach employees to wear the right PPE for each job and use it correctly. It focuses on the various forms of PPE and how they can be used to protect different parts of the body.

DVD 695

### **Hearing Protection: Sounds Good To Me (Coastal) 14 min. English/Spanish**

How humans hear, the PPE equipment that is used to protect the ears, and the effect of noise on the ear are all covered in this program. Your workers will understand why proper hearing protection is of paramount importance to protect their ears from harmful noise.

DVD 696

### **Confined Space Entry: Permit Required (Coastal) 21 min. English/Spanish**

Protect your workers from the dangers of working in a confined space and be sure you are in compliance with OSHA 1910.146 ; it reviews the details on how to prepare a confined space entry permit and the best way to train a confined space entry team.

DVD 697

### **Warehouse Safety: It's No Mystery (Coastal) 22 min. English/Spanish**

This program makes you aware of the most common hazards in warehouses and how to correct them.

DVD 699

### **Welding Safety: Safe Work with Hotwork (Coastal) 18 in English/Spanish**

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This program provides detail on pre-planning, personal safety, work area safety and equipment safety to prevent hotwork accidents.

DVD 700

**Powered Low-Lift Trucks (Walkie & Walkie/Rider Safety (Coastal) 17 min English/Spanish 2004**

This program review training for the powered low-lift trucks that are commonly known as walkies and walkie/riders. It helps transporter, pallet truck and platform truck drivers comply with the OSHA ruling (1910.178), which includes low-lift trucks.

DVD 701

**OSHA Recordkeeping: True to Form (Coastal) 31 min. English/Spanish 2004**

OSHA revised its recordkeeping system in 2004. This program provides an important overview of the changes for safety directors and supervisors, safety committee members, human resource managers and all others responsible for safety and insurance paperwork.

DVD 702

**Fire Extinguisher: Your PASS to Safety (Coastal) 9 min. English/Spanish 2004**

This program focuses on the types of fire extinguishers available and how to use the. It covers: classes of fire, extinguisher to use for Class A, B, C and D fires, PASS procedure for operating a fire extinguisher and when to call the fire department.

DVD 703

**Hexavalent Chromium Awareness (Coastal) 17 min. English/Spanish 2007**

OSHA has revised its standard concerning permissible exposure limits for HexChrom. Make sure your workplace is up to date and your workers are aware of the risks of exposure as well as the health hazards associated with HexChrom. Protect your workers from lung cancer, permanent eye damage and skin ulcerations with this new program. Covers: new regulations, exposure monitoring, respirator use, PPE, importance of proper housekeeping and recordkeeping.

DVD 704

**Ergonomics: Solving the Puzzle (Coastal) 15 min. English/Spanish 2007**

This program will help you create a safe working environment for your employees that will reduce

injuries, worker's compensation costs and lost workdays due to SDs. Covers: creating a successful ergonomics program, changing your workplace and reducing RMIs.

DVD 705

**Respiratory Protection: Another World (Coastal) 19 min. English/Spanish 2007**

Help workers avoid exposure to hazardous airborne substances and keep your facility in compliance with OSHA 1910.134. This DVD is full of information about respirator use and maintenance. Covers: OSHA's respiratory protection standard, hazardous atmospheres, types of respirators and fit testing.

DVD 714

**Child's Play in The Office (SafetyCare) 2004 5 min.**

This program looks at the day to day lifting and carrying tasks that occur in most office environments, and uses children to demonstrate how best to avoid injuries. Child's Play in the Office delivers the powerful yet simple message that correct lifting and carrying techniques are essential if injury is to be avoided.

DVD 715

**Safety Essentials (SafetyCare) 15 min.**

This program has been produced to explain the "Safety Essentials" of workplace safety. It identifies what the essentials are, why it is important to keep them in mind, the reasons behind them, and how a good understanding of these "Safety Essentials" can help in preventing serious workplace accidents.

VCS 716

**Burns (SafetyCare) 18 min.**

A severe burn is not only life threatening but it can also have profound effects, not only on the victim, but also the victim's family. This program examines the general principles of first aid treatment for burns victims.

DVD 717

**Driven To Distraction English/Spanish (Coastal) 20 min. 2008**

This program illustrates just how dangerous distracted driving can be. The impact of this program is powerful and memorable. Covers cell phone use, talking to passengers, reaching into laptop care and eating and drinking.

DVD 718

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### **Safe Winter Driving English Spanish (Coastal) 17 min. 2005**

Winter driving presents special hazards, including rain, snow and ice. If drivers follow the special safety techniques in this program they can avoid the risks. Covers basic emergency equipment, rain, snow and ice, the skid and stopped and stranded.

### **DVD 719**

#### **CPR Cardiopulmonary Resuscitation (Safetycare) 16 min.**

This DVD looks at the technique for performing CPR on adults, in accordance with the current resuscitation guidelines. Covers Basic life support procedure, how to conduct CPR on an adult casualty, how to deliver rescue breaths, how to deliver chest compressions, how to use an Automated External Defibrillator (AED), CPR with two rescuers and rescuer health and hygiene.

### **DVD 720**

#### **Preventing Slips, Trips and Falls (Safetycare) 9 min.**

This program looks at all the key hazards associates with slips, trips and falls, including: good housekeeping practices, signposting and barricading, correct use of equipment and furniture, proper maintenance, appropriate footwear and correct use of step stools and stepladders.

### **DVD 722**

#### **Safe Operation of Overhead Cranes (Safetycare) 18 min.**

This program looks at the safe operation of overhead cranes and details the five major steps to ensure their safe use: Pre-operational checks, Operational checks, Planning the lift, Operational rule and Shutdown procedure.

### **DVD 723**

### **Safe Handling of Gases (Safetycare) 19 min.**

Gas cylinders supply a wide variety of gases for a multitude of different industrial, medical and domestic purposes. Included in the program: Types of gases, The hazards associated with gases, Things to do before using a gas cylinder, General do's and don'ts, Safe storage, Safe handling, Transportation, Leak testing and Emergency procedures.

### **DVD 724**

#### **Managing Stress Before It Manages You (Briefings) 30 min.**

This DVD gives ways to identify and overcome the three major sources of workplace stress, reach an ideal balance between work life and home life, prevent workplace anxiety, battle stress using the A-T-T-A-C-K method, dramatically improve your focus and more.

### **DVD 725**

#### **Solving People Problems On the Job (Briefings) 26 min.**

This DVD includes dozens of powerful ideas on how to handle conflict successfully. Applying the "Ten Guidelines for Affecting Behavior changes" to these concepts will give you and your staff the power to handle workplace conflict with ease.

### **DVD 726**

#### **Crash Course: What to Know Before and After a Collision (BBB) 62 min. 2004**

Crash Course is divided into 3 sections: Before the Collision, At the Scene, and After the Collision. Featuring interviews from national traffic safety experts, EMT's, insurance specialists and attorneys. The program shows how to avoid the most common causes of collisions, provides information you must know at the scene of a collision and advises how to deal with the consequences of a collision.