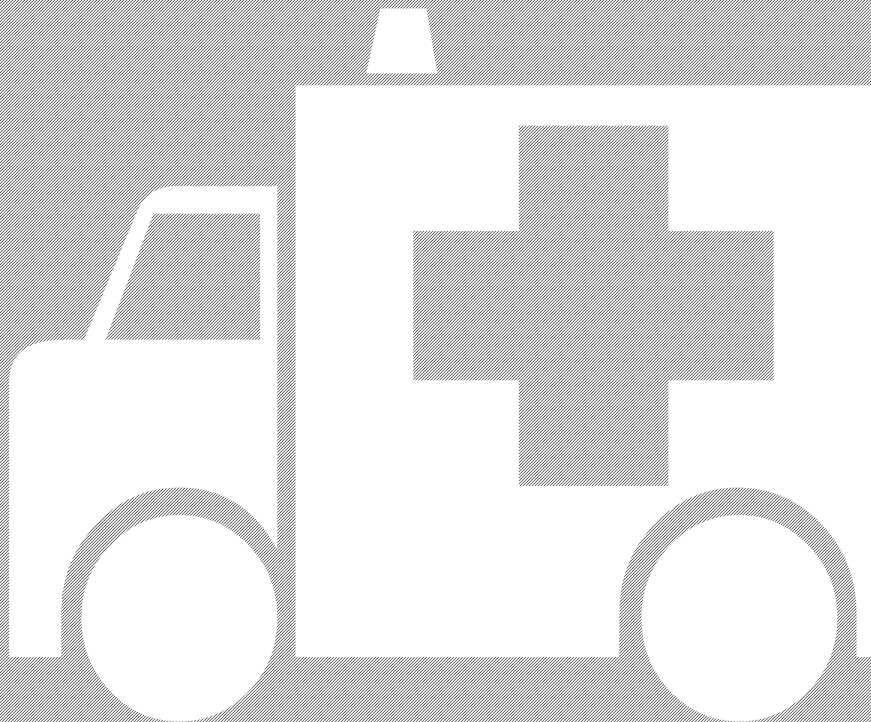

WORKERS' COMPENSATION
SAFETY VIDEO DIRECTORY

Video Guides to SAFETY PREPARATION, RULES AND PROCEDURES

FEBRUARY 2012

The Workers' Compensation Safety Consultants offer assistance to all employers in their employee safety training programs. We encourage employers in all types of businesses to contact our offices for safety related concerns.



Workers' Compensation Administration
Albuquerque Office
PO Box 27198
Albuquerque, NM 87125-7198
Phone: 505-841-6000
Fax: 505-841-6873

WCA Safety Video Library

About the Safety Video Library

The Safety Video Library consists of a growing collection of various safety topics to assist employers in their training programs to make their work place safer. The videos provide information to help produce a successful training experience for employees in any organizational environment. This is a free service.

When ordering, please have alternate videos in mind so that you can be accommodated if the videos you have chosen are not available. To order, call Lucy Romero at (505) 841-6032.

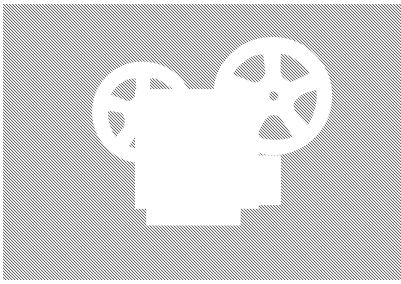
Note:

THESE VIDEOS ARE INTENDED TO BE USED FOR TRAINING PURPOSES ONLY AND ARE NOT TO BE USED FOR PROFIT. WE WOULD APPRECIATE THAT THEY NOT BE RECORDED.

ONLY TWO VIDEOS WILL BE SIGNED OUT TO AN EMPLOYER AT ONE TIME. MAXIMUM LENGTH OF LOAN IS TWO WEEKS FOR ANY VIDEO. WE WILL WORK WITH EMPLOYERS TO ACCOMMODATE SPECIAL NEEDS.

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2410 Centre Ave. SE Albuquerque, NM 87125 (505) 841-6000 (800) 255-7965	
Farmington WCA Field Office	12
3535 East 30 th Street Farmington, NM 87401 (505) 599-9746 (800) 568-7310	
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Las Vegas WCA Field Office	15
2515-2 Ridge Runner Rd. Las Vegas, NM 87701 (505) 454-9251 (800) 281-7889	
Lovington WCA Field Office	16
100 West Central, Suite A Lovington, NM 88260 (505) 396-3437 (800) 934-2450	



AWARENESS / ORIENTATION / SUPERVISOR SAFETY

A-101
A Guide to Compliance 16:00 min

A-102 (2)
“Battling Workers’ Compensation Costs” 60:00 min

A-103 NOT FOR TRAINING
The Workers’ Compensation-Return To Work Connection 26:30 min
 Reducing workers’ compensation costs; enhancing employer & employee communication; implementing effective return to work; & changing the workers’ compensation system into a winning process.

A-105
Violence in the Workplace 20:00 min
 Enacts typical explosive situations & effective ways of handling them: documentation; create an emergency plan; debrief victims; & profile of typical perpetrator.

A-106
Safety Awareness – A Commitment to Yourself 30:00 min
 Includes candid interviews with real accident victims & consequences & cost of accidents; recognition & reduction of unsafe conditions; short-cuts can lead to long-term problems; & personal, emotional, physical & financial costs.

A-107
Downside of Drinking & Using Other Drugs 32:00 min

A-108
No Shortcut to Safety (PNM) 73:00 min

A-109 (Eng)
Accident Causes & Prevention 16:00 min
 Increase awareness of risk producing behaviors; costs & consequences of accidents; five major factors involved in accidents; warning signs for supervisors; & help from employee assistance programs.

A-110 (Eng)
Workplace Safety Orientation for Employees 26:00 min
 This program provides recently hired employees with an intro to OSHA and why safety is so important; while it delivers an overview of key compliance topics: first aid, fire safety, PPE, forklift safety, lock-out/tag-out, HazCom and more.

A-112
Supervisor’s Role in Injury Claim 15:58 min
 Reviews the process & how supervisors can “make or break” the injury claim process: reducing accident/injury claims; improve processing; getting the employee back to work; & proper investigation of accident/injury.

A-113
Effective Safety Committees 11:33 min

A-116
Safety Bite – Human Behavior – Reducing Unsafe Acts 06:00 min

A-117
Safety Bite – What is Carelessness? 04:15 min

A-118
Safety Bite – Accident Investigation 08:06 min

A-119
Safety Bite – Conducting A Safety Audit 05:00 min

A-120 (Eng)
Safety Audits 16:30 min
 Employees will understand how a safety audit is conducted and what role they play in the process. (Definition and goals of a safety audit; PPE, equipment and maintenance programs).

A-120 (Sp)
Safety Audits 16:30 min

A-121
What To Do About Workplace Emergencies 17:00 min
 Vital information that employees must know to ensure safety in a workplace emergency. Focuses on establishing an Emergency Action Plan & written policies & procedures. (Earthquakes, fires, tornadoes, hurricanes, bomb threats, chemical spills, biological threats, workplace violence, & Bloodborne pathogens; Hazardous chemicals, MSDS & labeling; Fire-PASS & types of extinguishers; emergency drills, planning & testing).

A-122
Safety Bite – Safety Orientation/ Housekeeping 05:00 min

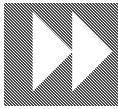
A-123 (Eng)
Housekeeping 06:07 min

A-123 (Sp)
Housekeeping 05:15 min

A-124
Unsolved Accidents 10:00 min
 Emphasizes the value of investigating every accident, and to start a serious discussion on safe behavior, the importance of following rules, and group responsibility for maintaining a safe workplace.

D-9023 (Eng) DVD 15:00 min
Safety Orientation for Equipment Maintenance & Engineering
 This comprehensive video covers all required training on the following topics: Basic electrical safety, machine guarding, slip & fall prevention, lock-out/tag-out, fire safety, HazCom, power saws, and hand tools.

D-9023 (Sp) DVD 15:00 min
Safety Orientation for Equipment Maintenance & Engineering



BLOODBORNE PATHOGENS

A-201
Bloodborne Pathogens – Industrial 20:00 min

Help industrial manufacturing employees apply critical techniques in accident/first aid situations. Specifics of the regulation (OSHA 1910.1030); definition of bloodborne diseases; sanitation issues; workplace transmission & exposure reduction; safe work practices; PPE; & housekeeping.

A-202
Bloodborne Pathogens (OSHA Final Rule) 30:00 min

A-204 (Eng) NO LONGER AVAILABLE
Bloodborne Pathogens Update, Healthcare 25:45 min

Fulfill 29 CFR Part 1910.1030 with phrasing, "Body Substances" & "Standard Precautions". Exposure Control Plan & Engineering Controls; Recognition of exposure-signs & labels; PPE selection/use-HBV vaccine; & needle sticks, sharps, injury log.

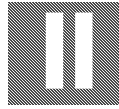
A-204 (Sp) NO LONGER AVAILABLE
Bloodborne Pathogens Update, Healthcare 28:00 min

Fulfill 29 CFR Part 1910.1030 with phrasing, "Body Substances" & "Standard Precautions". Exposure Control Plan & Engineering Controls; Recognition of exposure-signs & labels; PPE selection/use-HBV vaccine; & needle sticks, sharps, injury log.

A-205
Bloodborne Pathogens Update for Heavy Industry 24:00 min

Up-to-date phrasing of "Body Substances" & Standard Precautions." The Exposure Control Plan; recognition of exposure situations;

emergency procedures, signs & labels; PPE, proper waste selection/use; & HBV vaccine.



CONSTRUCTION / INDUSTRY / MACHINERY / MAINTENANCE / TOOLS

A-301
Backhoe & Loader Safety 07:59 min

Encourage attention to safety & correct use of PPE; equipment & limitations; inspection & maintenance checklists; operation rules (including startup, driving, transporting, refueling & more); digging (positioning, noting utilities, moving soil, loading dump trucks).

A-302
Confined Space Entry 20:00 min

A-303
Confined Space Entry – The OSHA Standard 28:06 min

Comply with 29 CFR 1910.146. Responsibilities of employer, supervisors, attendants, entrants; permit space identification; hazards & appropriate equipment; emergencies & rescue teams.

A-304 (Eng) NO LONGER AVAILABLE
Confined Spaces – Silent Killer 19:35 min

Gives an excellent overview of the types of hazards associated with confined spaces. Basic atmospheric testing requirements; confined space terms & definitions; & roles & responsibilities of attendants.

A-305
Working Safely in Confined Spaces 14:00 min

Alert workers to potential hazards of working in confined spaces, including manholes, trenches, steam tunnels, crawl spaces, attics & vaults. Describes sources & risks of vaporized flammables, dust, poisonous gases, oxygen enrichment/depletion.

A-306
Construction and Maintenance Safety 60:00 min

A-308
Crane Safety 16:30 min

Covers equipment inspection & hazard assessment; boom; jib & overhead cranes; general & operational safety devices; & crane operations, hand signals & more.

A-310
Housekeeping on the Jobsite 09:27 min

Stresses each individual's obligation for jobsite housekeeping, why it is important & how it ensures overall safety efforts.

A-311 (Eng)
Landscape Maintenance Safety 16:57 min

Train Personnel to take responsibility for safety including proper attire & PPE; use & maintenance of mower, string trimmer, chain saw & chippers; other hazards including chemicals, snakes & more.

A-311 (Sp)
Landscape Maintenance Safety 13:58 min

A-312 (Sp)
Lock-Out/Tag-Out 19:00 min

Explanation of standard contents (29 CFR 1910.147); recognize & control hazardous energy sources; situations, devices & proper procedures; & powered systems (electrical, hydraulic, pneumatic).

A-313
Machine Guarding & Conveyor Safety 17:05 min

Ensure employees understand & respect the principles of machine guarding & safe work rules near conveyor systems. Types & locations of guards; proper use of guards; lock-out/tag-out; inspection & maintenance; appropriate dress near machinery & conveyor; safety procedures near conveyor systems.

A-314 DAMAGED

Machine Guarding 18:00 min
Includes identifying machine guarding hazards; developing guidelines for machine guarding; areas of guarding (point of operation, power transmission apparatus, moving parts); proper guard placement; & equipment alteration/tampering hazards.

A-315 (Eng)

Trenching & Shoring Safety Update 14:00 min
Meet training requirements for trenching. Avoid dangerous cave-ins & other accidents. Definitions of trench & excavation; support systems, angle of repose & trench boxes; stress factors, including weather, soil conditions, vibration/shock, early planning & testing; & shoring installation, inspection & removal.

A-315 (Sp)

Trenching & Shoring Safety Update 14:00 min

A-316

Roofing Safety 06:00 min
Covers hot roofing application hazards; housekeeping, guard rails, life lines, safety belts; ladder safety & material/equipment hoisting; tar kettle, asphalt piping; material handling; proper lifting; & PPE.

A-317 (Eng)

Chain Saw Safety 12:40 min
Increase awareness & reduce unsafe acts. Injuries resulting from improper use; felling and bucking, tips for starting & refueling; & proper clothing-safe undercuts.

A-317 (Sp)

Chain Saw Safety 12:00 min

A-318 (Eng) (2 in stock)

Scaffold Safety 07:00 min

A-318 (Sp)

Scaffold Safety 07:16 min

A-319 (Eng)

Safety for Equipment Maintenance & Engineering 15:00 min
Covers all required training on: basic electrical safety, machine guarding, slip & fall prevention, & lock-out/tag-out.

A-320 (Eng)

Trenching & Shoring Safety Update 14:00 min
Meet training requirements for trenching. Avoid dangerous cave-ins & other accidents. Early planning & testing; definitions of trench & excavation; support systems, angle of repose & trench boxes; stress factors (including weather, soil conditions, vibration/shock); shoring installation, inspection & removal; & oxygen deficiency & emergency evacuation.

A-321 (2)

The Machine Safeguarding People 10:30 min
On same tape as 322 & 323.

A-322

Solid State Press Control 10:30 min
On same tape as 321 & 323.

A-323

Press Brake Safeguarding 10:30 min
On same tape as 321 & 322.

A-324

Safety Bite – Backhoe Safety 05:00 min

A-325

Safety Bite – Backhoe Safety 05:00 min

A-326

Safety Bite – Bonding & Grounding 05:15 min

A-327

Safety Bite – Handling & Storing of Compressed Gas Cylinders 06:13 min

A-328

Safety Bite – Safe Use of Compressed Gas Cylinders 06:40 min

A-329

Safety Bite – Safe Use of Compressed Gas Cylinders 07:00 min

A-330

Safety Bite – Confined Space Entry 05:00 min

A-331

Safety Bite – Cranes, Chains, Slings 05:03 min

A-332

Safety Bite – Cutting Torch Safety 05:48 min

A-333

Safety Bite – Hand & Power Tool Safety 07:02 min

A-334

Safety Bite – Hard Hat Safety 05:00 min

A-335

Safety Bite – Hard Hat Safety 05:46 min

A-336 (Eng) DAMAGED

Tree-Trimming Safety 19:11 min
Chain saws: hazards, PPE, use & refueling; proper use of climbing equipment, ladders; aerial baskets/boom trucks: inspection & use; & chippers: maintenance, use and PPE, tree felling/bucking: planning & safe execution.

A-336 (Sp)

Tree-Trimming Safety 12:15 min

A-337

Safety Bite – Heat Stress 06:10 min

A-338

Safety Bite – Ladder Safety in Construction 04:30 min

A-339
Safety Bite –
Landscape Maintenance
Safety **05:00 min**

A-340
Safety Bite –
Landscape Maintenance
Safety **05:00 min**

A-341
Safety Bite –
Lock-Out/Tag-Out **06:52 min**

A-342
Safety Bite –
Lock-Out/Tag-Out **06:20 min**

A-343
Safety Bite –
Machine Guarding **07:27 min**

A-344
Safety Bite –
Maintenance Person
Safety **05:32 min**

A-345
Safety Bite –
Safety Orientation for
Construction **05:00 min**

A-346
Safety Bite –
Safety Orientation –
Construction **06:09 min**

A-347
Small Jobsite Traffic
Control **06:04 min**

A-348
Safety Bite –
Tree Trimming Safety **05:40 min**

A-349
Safety Bite –
Trenching & Shoring
Safety **06:14 min**

A-350
Safety Bite –
Trenching & Shoring
Safety **05:00 min**

A-351
Safety Bite –
Underground Location
Safety **05:00 min**

A-352
Safety Bite –
Welding Safety **05:00 min**

A-353
Safety Bite –
Welding Safety **05:44 min**

D-9010 NOT AVAIL DVD 31:00 min
Trenching and Shoring
 An entertaining and poignant, must-see video that looks at shoring and trenching operations. Your employees go on a tour of various work sites with the “Trenching Devil” who is responsible for all the accidents. Thoroughly presents safety and work procedures in an entertaining and dynamic presentation.

D-9011 (Sp) DVD 20:00 min
Lock-Out/Tag-Out Training for
Affected & Authorized Employees
Update

D-9016 (Eng) DVD 21:00 min
Confined Space Entry
 Train employees on the hazards associated with confined spaces: definitions of confined spaces, hazards encountered, and duties and responsibilities of the entry team.

D-9016 (Sp) DVD 21:00 min
Confined Space Entry

D-9026 (Eng) DVD 15:00 min
Safe Operation of Cranes & Hoists
 This comprehensive training program is designed for companies that use indoor cranes & jib hoists. Its safety information covers inspection parameters, load ratings, and proper sling angles.

D-9026 (Sp) DVD 15:00 min
Safe Operation of Cranes & Hoists



DRIVING / AUTO SHOP / FLEET SAFETY

A-402
Security on the Road
(Delivery Persons)
(Frito-Lay) **12:00 min**

A-403
#1-“It’s Your Choice”
(Seatbelts) **10:13 min**
#2-“A Better Way”
(Driving Safety)
(Frito-Lay) **07:48 min**

A-404
CDL Off Road Testing **10:00 min**

A-405
Vehicle Safety –
Driving on the Road **17:00 min**
 Covers road rules; drinking & driving; defensive driving (freeway driving, stopping distances, pedestrians); vehicle inspection; parking rules; safety concerns; accident procedures; & emergencies.

A-406 (Eng)
Winter Driving Safety **18:25 min**
 How to drive in winter weather – procedures for being stuck in snow/ice; stopping distances in winter weather; proper use of conventional vs. ABS brakes; & correcting/eliminating skids.

A-406 (Sp)
Winter Driving Safety **18:25 min**

A-407
Auto Shop Safety **22:25 min**
 Safe auto lifting procedures; storage & care of tools; fire hazards (combustibles, electrical, explosive); asphyxiation; chemical burn; electrical shock; & industry-specific safety tips.

A-408
Safety Bite –
Safe Driving on
the Freeway **07:30 min**

A-409
Safety Bite –
Safe Driving on Freeways 07:30 min

A-410
Safety Bite –
Backing Safety 05:00 min

A-411
Safety Bite –
Dump Truck Safety 05:00 min

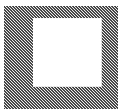
A-412
Safety Bite –
Truck Driving Safety 05:29 min

A-413
Safety Bite –
Fleet Shop
Respiratory Protection 15:00 min

A-414
Safety Bite –
Fleet Shop
Chemical Safety 05:00 min

A-415
Safety Bite –
Hazard Communication –
Fleet 05:00 min

A-416
Safety Bite –
Motor Fleet
Maintenance Safety 05:56 min



ELECTRICAL / ENERGY SAFETY

A-502 (Eng)
Energy Isolation
& Control 18:00 min

A-503
Working With Electricity 15:40 min
 Illustrates standard procedures for working safely with electric current & handling common electrical problems. Review of regulations & importance of knowing company safety procedures; common hazards (insufficient

insulation, faulty breakers, dirty casing, overloaded outlets, use of power tools near water).

A-504 (Sp)
Electrical Safety
Overview 09:45 min

Comply with OSHA Electrical Safety Related Work Practices 1910.332. Covers lock-out/tag-out; safety rules when working with electrical equipment; inspection & care of equipment; grounding, double insulation, & GFCI; electrical hazards (water, metal, poor housekeeping, and flammables).

A-505
Safety Bite –
Electrical Safety 07:00 min

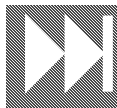
A-506
Safety Bite –
Basic Electrical Safety 06:30 min

A-507 (Eng)
Electrical Safety
Illustrated 17:00 min

Teach your employees how the currents of electricity flow through circuits & the body. Electric shock & effects, resistance; & ground, neutral & hot wires, and conductors.

A-507 (Sp)
Electrical Safety
Illustrated 15:00 min

A-508 (Eng)
“Dig Safely”
Awareness Video (PNM)



ERGONOMICS

A-600
Ergonomic Safety for
Computer Operators 20:00 min

A-601
Ergonomics 23:00 min

A-602
Ergonomics 11:25 min
 Actual case studies of ergonomic problems; how to properly set up a workstation; & parts of the body affected.

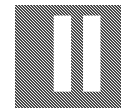
A-603
Industrial Ergonomics 06:34 min
 Employees can avoid unnecessary strain with the following ergonomic education: workplace customizing (tools, material & equipment selection, including power tools); whole body neutral positions; warm ups; stretching; & proper lifting/avoiding repetition.

A-604
Ergonomics 13:00 min
 Covers the major elements in developing a successful ergonomic program; analysis of workplace hazards; developing an ergonomic checklist; control techniques at all levels; & medical management & training.

A-605
Employee Involvement
In Ergonomics 16:00 min
 Includes team effort for health maintenance; typing hazards (repetitive strain injuries, posture & body positioning, workstation adjustment, stretching & exercises); & industrial manipulators.

A-606
Safety Bite –
Ergonomics Safety 05:00 min

A-607
Safety Bite –
Ergonomics Safety 06:32 min



EYE SAFETY

A-702 (Eng)
Eye Protection
(Non-Humorous) 11:00 min

A-703
Eye & Face Protection 10:30 min
 Covers workplace eye/face hazards (flying particles, molten metal or chemical splashes,

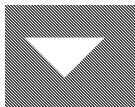
ultraviolet/infrared light); types of eye & face protection; & benefits & proper use (including safety goggles, glasses, face shields).

A-704
Safety Bite –
Eye Protection **06:45 min**

A-705
Safety Bite –
Eye Protection **06:45 min**

D-9019 DAMAGED **DVD 13:00 min**
My Precious Eyes – The Gory Story
 70% of eye injury victims are hit with flying objects smaller than a pinhead. Make a lasting impression on your employees with graphic pictures of specific injuries. Explains glaucoma, macular degeneration, and myopia and makes recommendations for emergency preparedness.

D-9019 (Sp) **DVD 13:00 min**
My Precious Eyes – The Gory Story



FIRE PREVENTION SAFETY

A-801 (Eng)
Fire Prevention
and Safety **12:10 min**

Covers causes of industrial & office fires; firefighting tools, including extinguishers; prevention, including good housekeeping; early detection; & escape plans.

A-802
Fire in the Workplace **20:00 min**
 Covers electrical fires; problem areas & inspections; arson; smoking; & survival (evacuation, extinguisher training).

A-803 (Eng)
Fire Extinguishers **05:59 min**
 Educate employees on the classifications of fire extinguishers & the type of fire for which they are suited. Demonstrates proper use & federal requirements for storage & maintenance.

A-803 (Sp)
Fire Extinguishers **08:00 min**
 Educate employees on the classifications of fire extinguishers & the type of fire for which they are suited. Demonstrates proper use & federal requirements for storage & maintenance.

A-804
Safety Bite –
Fire Extinguisher
Training **06:00 min**

A-805
Safety Bite –
Fire Extinguisher
Training **06:00 min**

A-806 (Eng)
Fire Prevention
Responsibility **10:00 min**
 Present basic fire prevention techniques with an emphasis on employee responsibility for housekeeping, prevention of blocked emergency exits, electrical fire prevention & fire extinguisher use.

A-806 (Sp)
Fire Prevention
Responsibility **06:36 min**



FORKLIFT / WAREHOUSE SAFETY

A-901 (Eng) DAMAGED
Forklift OSHA Safety **27:00 min**
 A complete breakdown of OSHA safety regulations. Fulcrum-load centers & stability triangle; safe operating procedures, techniques & rules; refueling & battery charging; & narrow aisle equipment, pallet trucks, order pickers & research trucks.

A-902 (Eng) DAMAGED
Forklift & Pedestrian
Safety Update **08:41 min**
 Educate both drivers & those who work in proximity to forklifts. No riders,

trained/authorized only; safety cage specifications; & spotting & reporting hazards.

A-905 (Eng)
High Impact –
Forklift Safety **21:50 min**

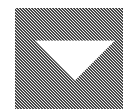
A-905 (Sp)
High Impact –
Forklift Safety **21:50 min**

A-907 DAMAGED
Safety Bite –
Forklift Safety **06:05 min**

A-908
Safety Bite –
Forklift Maintenance
Safety **05:27 min**

A-909
Safety Bite –
Battery Safety **05:54 min**

****D-9020 DAMAGED** **DVD 14:00 min**
Forklift Safety: Basic Orientation
 Comply with 29 CFR 1910.178 and use this program to help employees learn to respect forklifts as machinery that can be dangerous if used carelessly. This video covers pre-operation procedures to ensure the equipment is in top operating condition and reviews forklift inspection, parts of a forklift and safe operation.



HEALTH / FIRST AID / HEALTHCARE SAFETY

A-1001
Standard First Aid
& CPR **75:00 min**

A-1002
#1 Safety is No
Accident (Falls, Carts,
Lifting) **25:99 min**
#2 Derma-Shield
(Skin Protection) **12:00 min**

A-1003

Back Basics:

Back Injury Prevention 20:00 min

Healthcare employees: patient transfers; basic back safety tips; identifying & reporting hazards; lifting & moving safety; & proper posture while sitting or standing.

A-1004

Safety Bite –

How to Handle

Bleeding Injuries 06:04 min

A-1005

Safety Bite –

Hospital Sanitation &

Disinfection 05:15 min

A-1006

Safety Bite –

Safe Lifting for

Healthcare Providers 05:06 min

A-1007

Safety Bite –

Universal Precautions –

Healthcare,

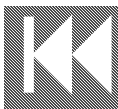
1st Responders 05:00 min

A-1008

Age-Related Care:

Second Half of Life 13:00 min

This program is targeted for those providing direct care to geriatric patients. Improve patient care & staff empathy & effectiveness by reinforcing the needs of geriatric patients. Begins with a review of physical, psychosocial & age related conditions. Plus: nutritional assessment, osteoporosis, identifying elderly abuse, dementia & more.



LIFTING / BACK SAFETY

A-2002

Back Safety for Shipping & Receiving Employees 40:00 min

Thorough coverage by noted back safety specialist Dr. Stephen Grennan in site-specific environments. Opening & closing trailer doors;

team lifting, moving pallets; pulling carts, squat stocking; lifting propane tanks & more.

A-2003 (Eng)

Safe Lifting with Back

Supports 10:36 min

Back supports help your employees use safe lifting techniques. Includes anatomy of the back (importance of disks & ligaments, injuries 10:1 ratio for safe lifting); & safe lifting (warm up, lifting, setting down, avoid twisting or stretching & other tips.

A-2004

“Lifting Chips is Easy?”

(Frito-Lay) 08:00 min

A-2006 (Sp)

“It’s Your Back”

33:00 min

Designed to teach – & reinforce – basic body mechanics in employees’ daily lives. Covers proper sitting, standing, walking, & sleeping positions; proper lifting, carrying, pushing, pulling, & bending; stretching & warming up. Includes on-screen pop quizzes.

A-2008 (Sp)

Back Care and Safety

12:35 min

A-2009 (2)

Safety Bite –

Back Injury Prevention

05:00 min

A-2011

Safety Bite –

Safe Lifting

05:57 min

A-2013 (Sp)

Back Safety Awareness

7:00 min

A-2014

Material Handling –

Ergonomics

11:46 min

Explains ways to safely meet the physical demands of pushing, pulling, carrying, lifting & lowering materials. Stresses the importance of planning before handling materials.

A-2015 NO LONGER AVAILABLE

Preventing and

Managing Back Pain

37:00 min

You will learn specific techniques that will alleviate or even prevent back pain with the investment of just a few minutes per day.

D-9014

DVD 21:00 min

Back Safety Update

Four out of five people will experience some type of back problems during their lives. Teach your employees about the back injuries frequently caused both on and off the job. This excellent video emphasizes overall back care, including exercise and weight control; back structure: components and normal “S” curve, damage: weak spine, improper lifting twisting; “S” curve protection: sitting, standing, and sleeping positions; stretching; taking breaks, proper lifting, carrying and setting down.

D-9015 (Eng)

DVD 13:00 min

Back Care and Safety

Good posture is around the clock job. This video will tell your employees how the back works and how to take care of it including: protecting the “S” curve, avoiding stress, the importance of proper diet and exercise that will strengthen the back, and proper lifting, walking and setting down loads.

D-9015 (Sp)

DVD 13:00 min

Back Care and Safety



OFFICE SAFETY

A-3002

Ergonomics for the

21st Century

13:00 min

Covers computers & workstations. Improper equipment adjustments can lead to discomfort & injury-ultimately causing lost work days. Stretching, mini-breaks for comfort; customizing the workspace; following the ergonomic checklist.

A-3003 (Eng)

Office Safety

13:20 min

Includes sitting properly (best position for body); electrical hazards (spot & eliminate); computer safety (avoid eyestrain); & storage (file cabinets & shelves).

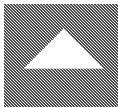
A-3003 (Sp)
Office Safety 12:00 min

A-3004
Safety Bite –
Video Display
Terminal Safety 07:00 min

A-3005
Preventing and Managing
Computer Related Injuries 27:00 min
 Pinpoints the causes and explains the cures for computer-related traumas. Following these ergonomic principles will minimize aches and strains and increase productivity.

A-3006
Office Ergonomics 10:45 min

D-9012
Computer Workstation Safety
DVD 18:00 min
 Today most jobs involve computers, whether it's in the warehouse or in the accounting department. And, just like any other type of equipment, employees need to know what potential problems may be involved in working with computers as well as how to use them safely. This program offers practical solutions to potential problems & reviews: safe use of computers, organization of work materials, maintaining "neutral" positions, positioning the back and torso, avoiding and relieving eye and muscle strains, and tension and stress reducing exercises.



PERSONAL PROTECTIVE EQUIPMENT

A-4000
Hand Aware 17:00 min
 Throughout life our hands are constantly used for work and play. Our dexterity is accepted as a routine part of life. Injury to hands and fingers are the most common type of work injury. This video relates how the risk of accidents can be identified and avoided.

Topics include Safe Machine Operation, Handling Tools and Carrying Care.

A-4001
Personal Protective Equipment
- Hazardous Waste 14:00 min

A-4002 (Eng)
Personal Protective Equipment 19:00 min

A-4002 (Sp)
Personal Protective Equipment 19:00 min

A-4003
Respiratory Safety 10:40 min

A-4004 (Eng)
Hand and Wrist Injuries 11:00 min
 Covers hand & wrist structure; injuries (fractures, sprains, lacerations & nerve compression); & treatments for each injury.

A-4004 (Sp)
Hand and Wrist Injuries 11:00 min

A-4005
Safety Bite –
Personal Protective Equipment 06:00 min

A-4006
Safety Bite –
Respiratory Protection 06:00 min

A-4007
(Same as 4009)
Safety Bite –
Hand & Wrist Injuries 07:00 min

A-4008
Safety Bite –
Fit Testing Respirators 06:36 min

A-4009
(Same as 4007)
Safety Bite –
Hand & Wrist Injuries 06:40 min

A-4010
Safety Bite –
Personal Protective Equipment 05:32 min

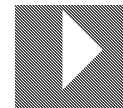
A-4011
Safety Bite –
Noise and You 20:00 min

D-9018 (Eng) DVD 23:00 min
Respiratory Protection & Safety
 Comply with 1910.134. This excellent video is a must add to your training program. How the Respiratory System "works", common types of Respiratory Hazards, cause and potential effects of Respiratory problems, and cleaning/disinfecting & fit testing protocols.

D-9018 (Sp) DVD 23:00 min
Respiratory Protection & Safety

D-9022 (Eng) DVD 25:00 min
Respiratory Protection & Safety
 Each year over 570,000 workers are injured at a cost to employers over \$100 billion annually. Prevent those accidents and meet OSHA 1910.132 training requirements. Covers eye & face, respiratory, head, foot, electrical, hand & finger hazards.

D-9022 (Sp) DVD 25:00 min
Respiratory Protection & Safety



RESTAURANT / HOTEL / KITCHEN SAFETY

A-5001 (Eng)
Kitchen Safety 13:00 min
 Covers slip/fall hazards; spill cleanup; cut prevention (knives, slicers & grinder safety & cardboard cutters); burn prevention (coffee machines & urns, burners, pot handles & grease splatters); ice machine safety; electrical safety & fire prevention.

A-5001 (Sp)
Kitchen Safety 15:33 min

A-5002
#1 Custodial Safety 17:00 min
#2 Kitchen Sanitation 15:00 min

A-5003

**Employee Safety Orientation
For Food Service 14:00 min**

Includes personal responsibility for safety; need for attention & alertness; fire safety; safe lifting; slip, trip & fall prevention; cuts & burn prevention.

A-5004 (Eng)

**Bus Person, Dishwasher
& Janitor Safety 13:48 min**

A-5004 (Sp)

**Bus Person, Dishwasher
& Janitor Safety 15:04 min**

A-5005 (Sp)

**Hotel Employee Safety
Orientation 16:00 min**

Includes equipment & electrical safety; PPE; chemical handling; fire safety; & preventing falls & back injuries.

A-5006 (Sp)

**Hotel Housekeeping
Safety 14:14 min**

Covers safe lifting techniques; pushing carts; chemical safety (MSDS, labels, & quantities); safety inspections of each room; & bed making & bathroom cleaning safety.

A-5007 (Eng)

**Hotel –
Hazard Communication 09:00 min**

Comply with OSHA regulations by instructing employees in the appropriate use of chemicals in the hotel environment. Includes household/industrial chemicals & the associated hazards; importance of proper labeling, following directions & use of chemical signs; MSDS (detailed list of contents & usage).

A-5008 (Eng)

**Safe Lifting for
Hotel/Motel 8:56 min**

A-5008 (Sp) (2)

**Safe Lifting for
Hotel/Motel 11:38 min**

Covers back mechanics (structure & function); lifting principles & techniques (10:1 ratio, palm grip, load in close, leg power); & techniques for awkward lifting positions.

A-5009

**Sanitation: Keeping
Microbes in Check 14:00 min**

Learn to educate food handlers and managers on basic sanitation rules. Learn to improve food quality and minimize waste.

A-5010

**Safety Bite –
Maintenance Person
Safety for Hotels 05:40 min**

A-5011

**Safety Bite –
Sanitation for Hospital
Food Service 05:33 min**

A-5012

**Safety Bite –
Slips & Falls –
Restaurants 05:05 min**

A-5013 (Eng)

**A Recipe for Food
Safety Success 20:00 min**

Make certain your food processing employees have a solid understanding of both their role in food safety & food safety practices with this video in the format of a TV magazine broadcast. USDA & FDA rules; three hazard sources-biological, chemical & physical; HACCP; & time & temp controls.

A-5013 (Sp)

**A Recipe for Food
Safety Success 20:00 min**

A-5014

**Handling Knives,
Cuts & Burns 10:00 min**

This program helps your employees stay safe by reviewing the importance of proper knife selection & use, & the first aid necessary in case of a cut.

A-5015

**Working Safely to
Prevent Injury 10:00 min**

Help to create awareness to prevent injuries among food service workers by using comparison of how a food service worker is both an artist and a scientist. Covers lifting hazards. How back injuries occur, including back comfort; how to lift & carry; & the factors

needed to keep balance & prevent slips, trips & falls & ladder safety.

A-5016

**Personal Hygiene,
Food Service 10:00 min**

In just 10 minutes, establish clear, understandable ground rules for good personal hygiene in the workplace & explain why it's so important. Personal cleanliness & PPE; when & how to wash hands correctly; hygiene with respect to cross contamination; & prohibited practices & habit.

A-5017

**Sanitation Series:
Personal Hygiene
In Food Service 14:00 min**

Stresses the vital need for high standards of personal hygiene. Demonstrates the importance of proper personal hygiene & grooming habits for ensuring cleanliness and preventing illness.

A-5018

**Safety Series: Safe
Handling of Kitchen
Tools and Machinery 10:00 min**

Demonstrates the importance of following basic safety procedures when handling kitchen equipment. Develop safe conditions & prevent accidents.

A-5019

**Sanitation Series: Preventing
Foodborne Illness 16:00 min**

Examines the essential steps for storing, handling, and serving food safely. Describes the three most common types of health-threatening foodborne bacteria.

A-5020

**Safety Series: Avoiding
Kitchen Burns 10:00 min**

Identifies the causes of most common kitchen burn accidents and demonstrates correct safety procedures.

D-9025 (Eng) DVD 10:00 min
Kitchen Safety
 New and experienced kitchen staff will benefit from watching this program as they learn the potential hazards present in the kitchen environment and what action to take to reduce the risk of accidents or injuries. Topics covered: Prevention of slips, trips and falls, knife use and safety, kitchen machinery, fire & burn prevention, and chemical & hazards materials.

D-9025 (Sp) DVD 10:00 min
Kitchen Safety



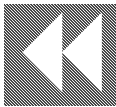
RETAIL

A-6001
Employee Safety
In Retail 16:00 min

A-6002
Crime Check:
Retail Employees 25:33 min

A-6003
The Limited Safety Video
(Department Store) 18:50 min
 Merchandise handling; ladder safety; & tools & fixtures.

A-6004
Safety Knows No Limits 18:50 min



RIGHT TO KNOW / HAZCOM / HAZMAT

A-7002
Right to Know
(Derma-Shield) 30:00 min

A-7003
Procedures for Packing,
Handling & Transportation
Of Radioactive Materials –
Dept. of Energy (49 CFR) 22:00 min

A-7004
Hazardous Materials Awareness,
Response to Rail Incidents
(Final DOT Version) 30:00 min

A-7005 (Eng)
Right to Know Update
(General) 21:15 min
 Covers MSDS, HazCom program; hazards of workplace chemicals; accident procedures & first aid; & protective measures.

A-7006
Handling Flammable/
Non Flammable
Compressed Gases 14:20 min
 Show employees how to follow safety procedures when handling potentially dangerous compressed gases. Teach proper handling & storage methods.

A-7007 (Sp)
Right to Know –
Industrial 33:00 min
 Includes employee rights under Right-to-Know; MSDS; labeling, storage & handling of hazardous chemicals; necessary protection; spillage/leakage/accident procedures; & first aid.

A-7008 (Eng)
Right-to-Know
Auto Service 21:00 min
 Comply with OSHA 1910.1200. Covers MSDS, container labels & company hazardous communications programs; groups/classes of hazardous materials; technical terms & definitions; PPE & first aid.

A-7008 (Sp)
Right-to-Know
Auto Service 21:00 min

A-7009
Safety Bite –
Material Safety
Data Sheets 07:00 min

A-7010
Safety Bite –
Chlorine Safety 05:00 min

A-7011
Safety Bite –
Hazard Communications 05:29 min

A-7012
Safety Bite –
HazMat Leaks &
Spill Cleanup 05:34 min

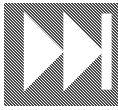
A-7013
Safety Bite –
Treatment Plant Safety 05:00 min

A-7014 (Eng)
Hazard Communication 26:37 min
 Provides compliance for 1910.1200 written & training requirements. Definition of hazardous materials; written HazCom plan & requirements; hazard classification system, routes of entry; & MSDS, proper labeling & storage.

A-7014 (Sp)
Hazard Communication 30:00 min

****A-7015 (Eng)**
HazCom – Right-to-Know 13:00 min
 Comply with retraining requirements for 1910.1200. Covers hazardous material definition & OSHA Safety Standard; Labels: information on them, following instructions; MSDS: section-by-section information; & labeling containers, using labeled materials.

D-9024 DVD 14:00 min
Hydrogen Sulfide Safety
 Workers learn to recognize, respect and respond to the hazards from this extremely toxic, colorless, flammable gas. H₂S is common in many settings, including chemical and paper plants, confined spaces, excavation sites, water facilities, etc. Definitions of H₂S and detection monitoring, PPE and symptoms of exposure, emergency response procedures.



**SLIPS / TRIPS / FALLS /
STRUCK BY**

A-8001 DAMAGED
“I’m Still Standing”
Slips, Trips & Falls **15:00 min**

A-8002
Fall Protection **12:00 min**
Comply with OSHA’s 29 CFR Part 1926.503. Includes environments where falls are likely; fall protection plans; PPE; concentration, housekeeping & other measures to protect against falls.

A-8003
Preventing Slips, Trips & Falls: Hotels **17:00 min**
Create a safe environment for both employees & customers by highlighting procedures to effectively identify & avoid areas where slips, trips & falls occur. Identifies specific danger areas: parking lots & sidewalks. Entrances, areas with food beverage services, pools & saunas, restrooms, vending areas & cooking areas.

A-8004 (Sp)
Ladder Safety **12:00 min**

A-8006 (Sp)
Slips, Trips & Falls **05:24 min**
Perfect for factory, office, home & construction. Includes good housekeeping; cleaning up spills; closing file drawers; & being aware of obstacles.

A-8007
Avoiding
Struck By/Hit By **19:00 min**

A-8008
Safety Bite –
Housekeeping
Responsibilities **05:00 min**

A-8009 (Eng)
Floor Cleaning Tips **13:00 min**
Provides thorough instructions. Includes dust & damp mopping, spray buffing, burnishing, stripping, sealing & finishing; & removal of dirt and bacteria-types of covering.

A-8009 (Sp)
Floor Cleaning Tips **13:00 min**

A-8010
Safety Bite –
Preventing Slips & Falls **07:09 min**

A-8011
Fall Prevention for
General Industry **21:53 min**
Features safety experts and true-to-life accident enactments, employees see the wrong and right ways to move on stairs, ramps, catwalks, scaffolding, mobile platforms, etc. Also covers types, and science, of falls; surfaces, including elevated work areas; ladder placement & safety; & PPE.

A-8012
Ladder Safety, by
Video Communications **18:00 min**
Choosing the correct ladder, checking for damage; securing, positioning, leveling a ladder, 4-to-1 rule; footwear, body position & climbing height; & avoiding power lines & doors, accident response.

A-8013 (Sp)
Ladder Safety , by
MARCOM **11:30 min**
Choosing a ladder; metal, step & platforms ladders-inspection; safe use tips: belt buckle & rail use.

A-8014 (Eng)
Fall Protection, by LIP **20:11 min**
OSHA’s 1926.503 requires fall protection for anyone working 6 ft. or more above ground. Includes fall protection types: guardrails, safety nets, fall arrest & monitoring systems, control access zones; body harnesses & drop tests; types of lanyards, snap hooks & d-rings; & pre-use inspection of equipment-rescue methods.

A-8014 (Sp)
Fall Protection, by LIP **26:17 min**

A-8015
Safety Series: Preventing
Falls & Strains **10:00 min**
Teaches employees that accidents can be prevented by following basic safety procedures. Teaches correct lifting techniques to prevent back or leg injuries.

D-9021 **DVD 15:00 min**
Fall Protection: It’s No Game
Stay safe on the construction work site with this comprehensive program. Major danger zones are identified such as open-sided platforms, leading edges, and openings in floors and walls. Also discusses conventional safety systems, including guardrails and personal fall arrest systems. Suggestions for alternative safety procedures when working with floor joists, floor sheeting, exterior walls, roof trusses, roof sheeting and shingles, and foundations are covered.



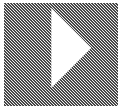
SCHOOL SAFETY

A-9001
Safety Orientation for
School Custodians/
Maintenance **17:45 min**
Appeal to employees’ professionalism & review common-sense safety rules. Covers protective equipment; chemical use & labeling; fire prevention & safety; & school-specific hazards such as fluorescent tubes & asbestos.

A-9002
Teacher Safety
Orientation **15:48 min**
Increase awareness of safety issues while introducing topics of interest to your staff. Includes bloodborne pathogens; hazardous chemicals; emergency preparedness; electrical safety; drug/alcohol policies; child abuse; & sexual harassment.

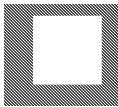
A-9003
Safety Matters
(For Schools) **12:33 min**

FARMINGTON FIELD OFFICE



AWARENESS / ORIENTATION

F-20
**Safety: What Could
 Go Wrong?** 15:00 min



CONSTRUCTION / INDUSTRY / MACHINERY / TOOLS

F-1
**Safety: For Hands Sake
 (Machine Guarding)** 12:00 min

F-2
**Safety Bite –
 Backhoe Safety** 05:00 min

F-3
**Safety Bite –
 Battery Safety** 05:00 min

F-4
**Safety Bite –
 Chain Saw Safety** 05:40 min

F-5
Confined Space Entry 29:00 min

F-12
Machine Guarding 07:27 min

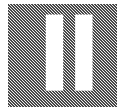
F-17
**Safety Bite –
 Radial Arm Saw Safety** 05:00 min

F-19
Scaffold Safety 07:30 min

F-21
**Trenching & Shoring
 Safety** 13:31 min

F-22
**Safety Bite –
 Welding Hazards** 05:00 min

F-23
**Safety Bite –
 Welding Safety** 05:00 min



DRIVING SAFETY

F-7
**Safety Bite –
 Dump Truck Safety** 05:00 min

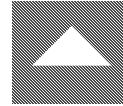
F-24
**Trucking –
 Seeing Hazards** 20:00 min

F-25
**Trucking – Proper
 Cornering Techniques** 22:00 min



FORKLIFT / WAREHOUSE SAFETY

F-9
**Forklift Safety –
 OSHA Regulations** 18:00 min



LIFTING / BACK SAFETY

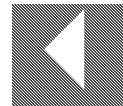
F-18
**Safety Bite –
 Safe Lifting** 05:00 min



OFFICE SAFETY

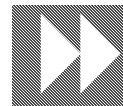
F-14
Office Ergonomics 14:00 min

F-15
**“Who Needs Office
 Safety” (Humorous)** 17:00 min



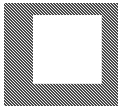
OSHA

F-16
**OSHA Laboratory
 Standard** 16:00 min



RIGHT TO KNOW / HAZCOM / HAZMAT

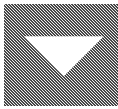
F-10
**Hazard Communication
 In the Workplace** 17:03 min



SLIPS / TRIPS / FALLS

- F-8**
Fall Protection 12:00 min
- F-11**
Safety Bite –
Ladder Safety 05:50 min

**LAS CRUCES
FIELD OFFICE**



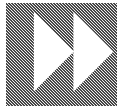
AWARENESS / ORIENTATION

- LC-1**
Why Accidents Happen/
Back Injury Prevention 15:00 min
- LC-2**
Battling Workers'
Compensation Costs 60:00 min
- LC-3**
Emergency Evacuation 09:00 min
Working Safely With
Machinery 12:00 min
Workplace ADA 25:00 min
- LC-4 (Eng)**
Employee Safety
Orientation 12:25 min

LC-4 (Sp)
Employee Safety
Orientation 12:25 min

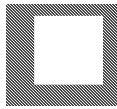
LC-5
Plant Accident
Investigations 08:06 min

LC-6 (Sp)
Plant Safety-What is
Carelessness 03:00 min



BLOODBORNE PATHOGENS

LC-7
Bloodborne Pathogens –
OSHA Final Rule 30:00 min



**CONSTRUCTION / INDUSTRY /
MACHINERY / TOOLS**

- LC-8**
Lock-Out/Tag-Out
Industrial 11:00 min
- LC-9**
Maintenance Person
Safety/Manufacturing 05:00 min
- LC-10**
Treatment Plant Safety 05:00 min
- LC-11**
Heat Stress 06:00 min
- LC-12**
Hand Tool Safety 05:00 min
- LC-13 DAMAGED**
Backhoe Safety 05:00 min

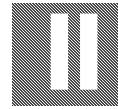
LC-14
Handling Flammable &
Non-Flammable Compressed
Gases 08:00 min

LC-15
Scaffold Safety 07:00 min

LC-16
Contractor Safety 20:00 min

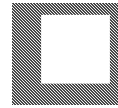
LC-17
Excavation & Trenching 20:00 min

LC-19
Construction Safety
& Lifting 21:03 min



DRIVING SAFETY

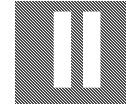
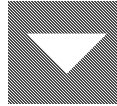
- LC-20**
Unrestrained Motorist 08:00 min
- LC-21**
Lone Driver/Car Jacks/
Charging Batteries 05:00 min
- LC-22**
Flagging
Highway Department 21:50 min



ELECTRICAL / ENERGY SAFETY

- LC-23**
Working With Temporary
Electricity 17:20 min
- LC-24**
Tool Box Talks/Working
Around High Voltage/
Head Protection 04:00 min

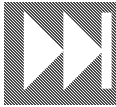
LC-25
Basic Electrical Safety 11:00 min



LC-26
No Shortcut/Electrical Safety 73:00 min

**HEALTH / FIRST AID /
 HEALTHCARE SAFETY**

**PERSONAL PROTECTIVE
 EQUIPMENT**

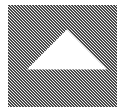


LC-33
**AIDS-
 Corrections Department** 15:00 min

LC-41
**Personal Protective
 Equipment** 06:00 min

ERGONOMICS

LC-27
Ergonomics 23:00 min



LC-42 (Sp)
**Personal Protective
 Equipment** 26:00 min

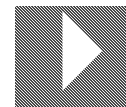
LC-28 (Eng)
**Carpal Tunnel Syndrome/
 Sanitation Food Service** 15:00 min

LIFTING / BACK SAFETY

LC-43
**Personal Protective
 Equipment** 15:00 min

LC-28 (Sp)
**Carpal Tunnel Syndrome/
 Sanitation Food Service** 15:00 min

LC-34
**Back Injury Prevention/
 Back Belts** 10:00 min



LC-29
**Industrial Ergonomics
 For Supervisors** 15:32 min

LC-35 (Sp)
Back Injury Prevention 8:22 min

**RESTAURANT / HOTEL /
 KITCHEN SAFETY**

LC-30
Office Ergonomics 20:00 min



**MAINTENANCE / CUSTODIAL /
 GROUNDS**

LC-44
Custodial Safety 17:00 min



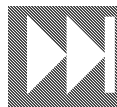
FIRE PREVENTION SAFETY

LC-31 (Sp)
**Fire Extinguisher
 Training** 09:00 min

LC-39
**Gold Course
 Maintenance** 15:00 min

LC-45 (Eng)
**Restaurant Kitchen
 Safety** 15:00 min

LC-45 (Sp)
**Restaurant Kitchen
 Safety** 15:00 min



OFFICE SAFETY

LC-46
**Maintenance Person
 Safety/Hotel** 05:00 min

LC-47
**Playground Safety Design
 & Maintenance** 20:00 min

LC-40
Office Safety 15:00 min

LC-48 (Eng)
**Food Establishment/
 Sharpening Your
 Safety Skills** 20:00 min

LC-48 (Sp)
**Food Establishment/
 Sharpening Your
 Safety Skills** 20:00 min



**RIGHT TO KNOW / HAZCOM /
 HAZMAT**

LC-49
**Hazardous Materials
 Transport** 17:00 min

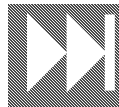
LC-50
**Highway Shipment of
 Spent Fuels** 14:00 min

LC-51
**Transportation Hazmat
 Radio Active Materials** 21:00 min

LC-52 NO LONGER AVAILABLE
**Hazmat Rail Incidents/
 Final DOE Version** 30:00 min

LC-53
**Safety Transportation/
 Radio Active Materials** 10:00 min

**LAS VEGAS
 FIELD OFFICE**



AWARENESS / ORIENTATION

LV-9
**Safety Bite –
 Discipline and Safety
 Enforcement** 06:15 min

LV-12
**Safety Bite –
 Accident Investigations** 08:00 min

LV-13
**Safety Bite –
 The Safety Audit** 05:15 min

LV-15
**Housekeeping/Custodian
 Safety** 25:00 min

LV-16
Housekeeping Safety 12:30 min

LV-19
**In The Beginning:
 Dark Ages of Safety** 11:15 min

LV-24
**“Battling Workers’
 Compensation Costs”** 60:00 min

LV-27
Workplace Violence 67:30 min

LV-28
**“Battling Workers’
 Compensation Costs”** 60:00 min

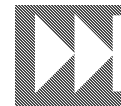
LV-29
**Sanitation & Safety in
 Food Service** 30:00 min

LV-30
**NM Workers’
 Compensation Law/
 Part 2** 120:15 min



BLOODBORNE PATHOGENS

LV-21
**Bloodborne Pathogens:
 Control** 18:15 min



**CONSTRUCTION / INDUSTRY /
 MACHINERY / TOOLS**

LO-1 Construction/Industry
Dig Safety 7:04 min

LV-6
**Safety Bite –
 Lock-Out/Tag-Out** 06:25 min

LV-8
**Safety Bite –
 Machine Guarding** 06:30 min

LV-10
**Safety Bite –
 Welding Safety** 05:00 min

LV-17
Scaffold Safety 07:30 min

LV-18
Construction Safety 11:00 min

LV-22

Chain Saw Safety 15:00 min

LV-23

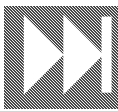
“Product Handling and Safety on the Route” (Coca-Cola Company) 43:00 min

LV-31

Confined Space Training 25:00 min

LO-54 (same as LO-1)

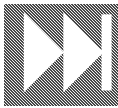
Dig Safety 7:04 min



FIRE PREVENTION / SAFETY

LV-11

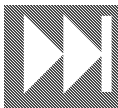
Fire Extinguisher Training And Use 15:00 min



FORKLIFT / WAREHOUSE SAFETY

LV-14

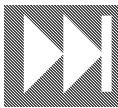
Forklift Safety 15:00 min



HEALTH / FIRST AID

LV-1

Respiratory Protection 06:00 min



LIFTING / BACK SAFETY

LV-2

Back Care and Safety 17:00 min



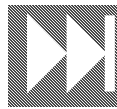
OFFICE SAFETY

LV-4

Safety Bite – Office Safety Orientation 06:00 min

LV-5

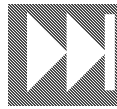
Safety Bite – VDT (Video Display Terminal) Safety 07:00 min



PERSONAL PROTECTIVE EQUIPMENT

LV-3

Safety Bite – PPE/Personal Protective Equipment 05:00 min



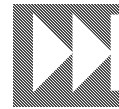
RIGHT TO KNOW / HAZCOM / HAZMAT

LV-7

Safety Bite – MSDS (Material Safety Data Sheets) 06:45 min

LV-25

#1 Right To Know 37:00 min
#2 Hazardous Materials in the Workplace 23:00 min
#3 Introduction to CO-2 Cylinder Handling & Safety 38:00 min



SLIPS / TRIPS / FALLS

LV-20

Fall Protection 12:00 min

LOVINGTON FIELD OFFICE



AWARENESS / ORIENTATION

LO-2

Battling Workers’ Compensation Costs 60:00 min

LO-5

1. **OSHA Hazard Communication** 10:05 min
2. **Understanding hazardous materials** 15:00 min
3. **MSDS & Warning Labels** 12:00 min

LO-9

Violence in the Workplace 15:00 min

LO-12
Safety Housekeeping **18:00 min**

LO-17
Accident Causes and Prevention **12:00 min**

LO-21
Chemicals In The Workplace
 15:00 min

LO-28
Safety Bite – Safety Committees **05:23 min**

LO-33
Safety Bite – Accident Investigation **08:06 min**

LO-38
Safety Bite – Drug Testing **05:38 min**

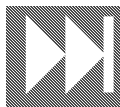
LO-40
Safety Bite – OSHA Record Keeping **05:10 min**

LO-41
Safety Bite – Safety Audit **05:18 min**



BLOODBORNE PATHOGENS – INDUSTRIAL

LO-24
Bloodborne Pathogens – Industrial **20:00 min**



CONSTRUCTION / INDUSTRY / MACHINERY / TOOLS

LO-1 Construction/Industry
Dig Safely **7:04 min**

LO-3
Associated General Contractors
#1 Scissor & Aerial Platform Scaffolds **14:15 min**
#2 Working Safety on Scaffolds **05:35 min**

LO-11
Lock-Out/Tag-Out **19:43 min**

LO-19
Confined Space Entry – Final Regulation **19:31 min**

LO-20
Scaffold Safety **07:30 min**

LO-27
Safety Bite – Heat Stress **06:10 min**

LO-32
Safety Bite – Hand Tool Safety **05:32 min**

LO-37
Cranes & Chains **5:00 min**

LO-43
Safety Bite – Cutting Torch Safety **05:48 min**

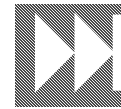
LO-46
Safety Bite – Arc Welding Safety **05:50 min**

LO-47
Safety Bite – Maintenance Person Safety (Manufacturing) **05:32 min**

LO-51
Noise and You (With quiz) **20:00 min**

LO-53
Hydrogen Sulfide (With quiz and CD) **14:00 min**

LO-54 (same as LO-1)
Dig Safely **7:04 min**



DRIVING SAFETY

LO-49
Speed and Space Management **15:00 min**

LO-50
Trucking – Driving Tankers **20:00 min**



ELECTRICAL / ENERGY SAFETY

LO-7
Basic Electrical Safety In the Workplace **10:14 min**

LO-8
Electrical Safety **21:15 min**

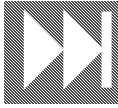
LO-44
Safety Bite – Bonding & Grounding **05:15 min**



ERGONOMICS

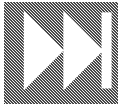
LO-15
Ergonomics **07:00 min**

LO-45
Safety Bite – Carpal Tunnel Syndrome **05:44 min**



FORKLIFT / WAREHOUSE SAFETY

LO-26
Forklift Safety 18:00 min



HEALTH / FIRST AID

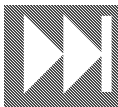
LO-30
Safety Bite –
Foot Protection 05:30 min

LO-34
Safety Bite –
CPR Providers 07:00 min

LO-35
Safety Bite –
How to Handle Bleeding
Injuries 06:04 min

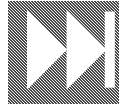
LO-39
Safety Bite –
Fit Testing Respirators 06:36 min

LO-52
Hand Aware
(With quiz) 17:00 min



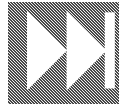
LIFTING / BACK SAFETY

LO-6
Back Injury Prevention/
Lifting Safety 20:00 min



OFFICE SAFETY

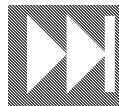
LO-18
Office Safety 20:00 min



PERSONAL PROTECTIVE EQUIPMENT

LO-4 Personal Protective Equip.
Last Defense 26:00 min

LO-25
Personal Protective
Equipment 22:00 min

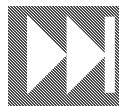


RESTAURANT / HOTEL / KITCHEN SAFETY

LO-29
Safety Bite –
Slips & Falls for
Restaurants 05:05 min

LO-31
Safety Bite –
Cafeteria Sanitation 06:40 min

LO-36
Safety Bite –
Maintenance Person Safety
05:40 min

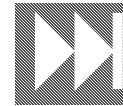


SLIPS / TRIPS / FALLS

LO-10
Ladder Safety
(Humorous Version) 18:27 min

LO-16
How to Prevent Slips,
Trips and Falls
(Not Humorous) 12:00 min

LO-42
Safety Bite –
Slips & Falls 07:09 min



WELL SAFETY

LO-48
A.E.S.C. – Introduction
To Well Safety 15:00 min