

REGION 3 RESOURCE CENTER

SAFETY VIDEO CATALOG

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 Denotes new video to catalogue in 2003.

BACK INJURIES

Title: **BACK INJURY RESPONSIBILITY**
Order #: VIDEO SAFETY 72
Length: 9 min.
Abstract: Learn how and how not to lift objects. Protect your back from injury by lifting properly.

Title: **LIFTING SAFELY**
Order #: VIDEO SAFETY 49
Length: no time listed

Title: **WATCH YOUR BACK**
Order #: VIDEO SAFETY 2
Length: 5 min.
Abstract: Lifting heavy objects the wrong way can result in serious injury. This Safety Shorts video humorously illustrates the five steps to proper lifting.

Title: **WORKER'S ENEMY NUMBER ONE**
Order #: VIDEO SAFETY 56
Length: 5 min.
Abstract: Forty percent of all work-related injuries involve the back. This Safety Shorts video explains how to avoid back injury through a few common- sense practices.

BOATS

Title: **BOATING SAFETY (MERCURY MARINE)**
Order #: VIDEO SAFETY 51
Length: no time listed

Title: **BOATING SAFETY (SAFETY SHORTS)**
Order #: VIDEO SAFETY 17
Length: 5 min.
Abstract: Every year, more than 1,000 Americans die in boating accidents. This Safety Shorts video describes common boating hazards and discusses steps to take for avoiding accidents.

Title: **JUDGEMENT ON THE WATER—A LESSON IN SMALL BOAT SAFETY**
Order #: VIDEO SAFETY 46
Length: no time listed
Abstract: Stresses that alcohol and boating do not mix. Also provides good information on flotation devices.

Title: **MINNESOTA BOATERS' SAFETY**
Order #: VIDEO SAFETY 62
Length: no time listed
Abstract: This MN DNR is intended as both a stand-alone general boating safety video as well as a modular teaching tool for boating safety courses. Appropriate for junior high through adult audiences.


DRIVING

Title: **BACKING UP**
Order #: VIDEO SAFETY 50
Length: 5 min.
Abstract: Safely backing up trucks, trailers, and other vehicles can be a challenging task requiring more than a little skill. Every year there are many accidents resulting in injury and damage due to carelessness when backing vehicles.

Title: **BEATING A BLOWOUT**
Order #: VIDEO SAFETY 9
Length: 5 min.
Abstract: When a tire blows, proper action by the driver can prevent a more serious accident. This Safety Shorts video outlines the simple but important rules to follow when a blowout occurs.

Title: **CAR JACKS**
Order #: VIDEO SAFETY 3
Length: 5 min.
Abstract: Changing a flat tire can be a real nuisance—and a real danger when safety is ignored. This Safety Shorts video overviews the proper procedures for using a car jack safely.

Title: **DRIVING DEFENSIVELY 1**
Order #: VIDEO SAFETY 43
Length: 5 min.
Abstract: This Safety Shorts video reminds us of the dangers we face in our daily routine of driving and offers safety principles which can protect us.

 Title: **DRIVE SAFELY**
Order #: VIDEO SAFETY 78
Length: 9 min.
Abstract: Most accidents occur because employees don't take driving seriously. This video points out the importance of being a serious and safe driver. Video includes: keeping vehicles in proper working condition, careful driving techniques, and the rules of the road.

Title: **GOOD DRIVING IS AN ATTITUDE**
Order #: VIDEO SAFETY 4
Length: 5 min.
Abstract: Driving safely is a conscious effort. This Safety Shorts video reminds us that good driving begins with a good attitude.

Title: **NIGHT DRIVING**
Order #: VIDEO SAFETY 44
Length: 5 min.

Title: **STAR WITNESS—ACCIDENT REPORTING**
Order #: VIDEO SAFETY 37
Length: 5 min.
Abstract: This Safety Shorts video reminds that observing the details of an accident and reporting them accurately can prevent lost time in the future.

DRUGS AND ALCOHOL

Title: **ALCOHOLISM IN THE WORKPLACE**
Order #: VIDEO SAFETY 67
Length: no time listed
Abstract: Recognize the signs of alcoholism: know the physical and psychological effects of alcohol, patterns and behavioral signs, and positive steps an employee or supervisor can take without diagnosing.

Title: **DRUG-FREE WORKPLACE**
Order #: VIDEO SAFETY 68
Length: 19 min.
Abstract: Discusses drug abuse and its impact on the workplace, the Drug-Free Workplace Act of 1988, using drug tests while respecting employee rights, and the drug testing process. Also explains about available counseling, rehabilitation and employee assistance programs.

Title: **DRUGS, DRINKING AND DRIVING**
Order #: VIDEO SAFETY 66

Length: 15 min.
Abstract: Dramatized true stories from the National Highway Safety Administration demonstrate tragic consequences of driving under the influence. Also covered are sobriety and breathalyzer tests.

Title: **WHO'S THE BOSS?**
Order #: VIDEO SAFETY 25
Length: 5 min.
Abstract: In a work environment where safety and profit depend on clear thinking, drug use cannot be tolerated. This Safety Shorts video reminds us not to let drugs run our lives.

EAR, EYE, HEAD, HAND, & FOOT

Title: **ALL WASHED UP**
Order #: VIDEO SAFETY 31
Length: 5 min.
Abstract: A secondary line of defense of protection in the work place is emergency showers and eye-wash units. This Safety Shorts video teaches workers how and when to use them.

☒ Title: **EYE PROTECTION**
Order #: VIDEO SAFETY 79
Length: 11 min.
Abstract: Motivate employees as professionals to wear appropriate protective gear. Video includes safety glasses, goggles, face shields, and first aid for particles and chemical burns.

Title: **FOOT CLOSER TO SAFETY**
Order #: VIDEO SAFETY 7
Length: 5 min.
Abstract: This Safety Shorts video illustrates the necessity of proper foot protection and highlights the basic types of safety shoes.

☒ Title: **HANDWASHING—IT'S IN YOUR HANDS**
Order #: VIDEO SAFETY 74
Length: 13 min.

Title: **HARD HAT SAFETY**
Order #: VIDEO SAFETY 64
Length: 5 min.
Abstract: Discusses functions of hard hats providing impact, electrocution, and heat safety protection. Includes hard hat maintenance and overcoming arguments against wearing hard hats.

☒ Title: **HEAD PROTECTION**
Order #: VIDEO SAFETY 82
Length: 10 min.

Title: **HEARING THE GOOD THINGS IN LIFE**
Order #: VIDEO SAFETY 16
Length: 5 min.

☒ Title: **PROTECTING YOUR HANDS**
Order #: VIDEO SAFETY 77
Length: 7 min.
Abstract: Includes locating & avoiding hand hazards, safety around machinery, PPE, hygiene, and first aid.

Title: **WHERE ARE YOUR HANDS?**
Order #: VIDEO SAFETY 39
Length: 5 min.
Abstract: Hand injuries account for a major portion of on-the-job accidents in today's workplace. This Safety Shorts video outlines the "dos" and "don'ts" of hand safety.

ELECTRICAL HAZARDS

- ☒ Title: **HUNT DOWN ELECTRICAL HAZARDS**
Order #: VIDEO SAFETY 80
Length: 8 min.
Abstract: Teach employees to take caution with power tools & utility lights. Video includes using senses to identify potential electrical hazards, handling electrical shocks, burns & fires, and safe work practices for electricity.
- Title: **SHOCKING EXPERIENCE**
Order #: VIDEO SAFETY 6
Length: 5 min.
Abstract: Electrical hazards pose a danger at home as well as in the workplace. This Safety Shorts video reviews proper safety precautions for working with electricity.

EQUIPMENT

- Title: **CHAINSAW SAFETY**
Order #: VIDEO SAFETY 63
Length: no time listed
Abstract: Covers avoiding burns, kickbacks and other chainsaw injuries, PPE and proper tree cutting.
- Title: **CUTTING IT SHORT**
Order #: VIDEO SAFETY 27
Length: 5 min.
Abstract: Mowing the yard can be dangerous if the rules of safety are neglected. This Safety Shorts video parodies the TV classic Dragnet as a reminder to practice safety when using a power mower.
- Title: **JOHN DEERE CONSOLIDATED SAFETY VIDEO**
Order #: VIDEO SAFETY 11
Length: Ranges from 2-20 min.
Abstract: "The safest equipment is only as good as the person operating it." 11 programs of various length.
- Title: **LADDER SAFETY**
Order #: VIDEO SAFETY 5
Length: 5 min.
Abstract: Incorrectly used, a ladder is one of the most dangerous tools in the workplace. This Safety Shorts video offers guidelines for safe ladder use.
- ☒ Title: **RESPIRATORS AND HOW TO USE THEM**
Order #: VIDEO SAFETY 73
Length: 12 min.
- Title: **WADER SAFETY**
Order #: VIDEO SAFETY 61
Length: 13 min.
Abstract: Instructional video on how to safely use waders when an accidental fall occurs.

FIRE

- Title: **FIRE ESCAPE-GETTING OUT ALIVE**
Order #: VIDEO SAFETY 23
Length: 5 min.
Abstract: The best way to survive a fire is to have a fire escape plan. This Safety Shorts video shows you how to plan ahead, so you can get out of the fire and smoke alive.

Title: **FIRST FEW MINUTES**
Order #: VIDEO SAFETY 21
Length: 5 min.
Abstract: When an office fire strikes, every second counts. This Safety Shorts video emphasizes the proper planning and knowledge of procedures in a fire.

Title: **INTRODUCTION TO CLASS A FOAM**
Order #: VIDEO SAFETY 54
Length: 13 min.

Title: **KNOW YOUR ABC'S--FIRE EXTINGUISHERS**
Order #: VIDEO SAFETY 20
Length: 5 min.
Abstract: An industrial or construction site can house dangerous fire hazards. This Safety Shorts video outlines the different types of fire extinguishers and their appropriate use.


Title: **VORTICES IN WILDLAND FIRE**
Order #: VIDEO SAFETY 13
Length: 14 min.
Abstract: Describes the dynamics of fire swirls, winds, hot spots, and perimeter phenomena and their implications for fire safety.

FIRST AID

Title: **CALLING FOR HELP**
Order #: VIDEO SAFETY 24
Length: 5 min.
Abstract: The 9-1-1 telephone system was designed to be a single number to call for help in virtually any emergency situation. This video shows how the system works and how to use it most effectively.

Title: **FIRST AID KITS**
Order #: VIDEO SAFETY 30
Length: 5 min.
Abstract: This Safety Shorts video provides information on the different types of first aid kits, their placement, and their proper maintenance.

GENERAL SAFETY

 Title: **CRIMES OF OPPORTUNITY—HOW TO PROTECT YOURSELF**
Order #: VIDEO SAFETY 81
Length: 30 min.
Abstract: Documentary-style footage. Demonstrate how employees can protect themselves from becoming victims of crime at work or on the street. Video includes car breakdown in unfamiliar settings, being followed, armed assailants, public transportation, working late, and streets/parking lots.

Title: **DESTINATION SAFETY**
Order #: VIDEO SAFETY 28
Length: 5 min.
Abstract: This Safety Shorts video explains that safety is a state of mind, at home as well as on the job.

Title: **EAT SMART**
Order #: VIDEO SAFETY 58
Length: 60 min.
Abstract: This video contains information about the links between dietary habits and diseases that cause 70% of the deaths in this country. Program makes recommendations and suggestions for making better choices in our diets that can enhance lives and health.

Title: **HEADS UP FOR SAFETY–OVERHEAD DANGERS**
Order #: VIDEO SAFETY 36
Length: 5 min.
Abstract: Potential dangers often loom above. This Safety Shorts video demonstrates the importance of watching for hazards everywhere.

Title: **SAFETY IS YOUR RESPONSIBILITY**
Order #: VIDEO SAFETY 35
Length: 5 min.
Abstract: Safety begins with the right attitude. This Safety Shorts video illustrates the importance of keeping safety in mind while on the job—and keeping personal matters at home.

HAZARDOUS CHEMICALS

Title: **CLOSE ENCOUNTERS: A HAZARDOUS WASTE TRAINING TAPE**
Order #: VIDEO SAFETY 12
Length: no time listed
Abstract: For all personnel who may come across hazardous wastes or dumping on Service lands. Covers types of wastes, their various properties and how to avoid injury when waste is encountered.

Title: **HAZ COM–AN OVERVIEW**
Order #: VIDEO SAFETY 38
Length: 5 min.
Abstract: This Safety Shorts video covers HAZ COM requirements, labeling, and material safety data sheets.

Title: **RADON IN PERSPECTIVE**
Order #: VIDEO SAFETY 15
Length: 20 min.

OUTDOOR HAZARDS

Title: **DANGER, THIN ICE**
Order #: VIDEO SAFETY 52
Length: 20 min.
Abstract: How to avoid taking an icy plunge and what to do if you or a companion falls through thin ice.

Title: **HEAT CAN KILL**
Order #: VIDEO SAFETY 22
Length: 5 min.
Abstract: Heat stroke and heat exhaustion can occur in any hot work environment. This Safety Shorts video describes the symptoms of both conditions and outlines proper first aid for each.

Title: **HOW TO HANDLE AN INJURED RAPTOR**
Order #: VIDEO SAFETY 59
Length: 10 min.
Abstract: Instructions for capturing, handling, equipment, covering technique, staring technique, transporting, and reporting to authorities.

Title: **LYME DISEASE**
Order #: VIDEO SAFETY 53
Length: 5 min.
Abstract: This Safety Shorts video shows how to recognize symptoms and how to prevent Lyme Disease.

Title: **LYME DISEASE: AN OUTDOOR MENACE**
Order #: VIDEO SAFETY 55
Length: 15 min.

Title: **NEW LOOK AT COLD WATER NEAR-DROWNING**
Order #: VIDEO SAFETY 57
Length: no time listed

Title: **OUTDOOR SAFETY-CRITTERS AND PLANTS**
Order #: VIDEO SAFETY 42
Length: 5 min.
Abstract: The beauty of the outdoor world may be deceptive to the unwary and uninformed. In this video two surveyors encounter some unexpected hazards and learn valuable lessons in outdoor safety.

Title: **POISONOUS PLANTS SAFETY**
Order #: VIDEO SAFETY 65
Length: 7 min.
Abstract: This video helps in recognizing poison ivy, oak and sumac. Explains methods of exposure, warning signs and treatment.

Title: **TORNADO-PLAN TO SURVIVE**
Order #: VIDEO SAFETY 69
Length: 11 min.
Abstract: Describes plans of action to take when tornados threaten.

Title: **WHEN LIGHTNING STRIKES**
Order #: VIDEO SAFETY 29
Length: 5 min.
Abstract: Lightning can be a powerful and deadly force. In this Safety Shorts video Ben Franklin takes a trip to the 20th Century to learn more about lightning safety.

Title: **WHEN THE SIREN SOUNDS**
Order #: VIDEO SAFETY 10
Length: no time listed
Abstract: Outlines the difference between tornado watches and warnings, and what to do in the event of a tornado.

VEHICLES & THEIR MAINTENANCE

Title: **CHARGING UP ON BATTERY SAFETY**
Order #: VIDEO SAFETY 41
Length: 5 min.
Abstract: Automobile batteries present more dangers than you might think. This Safety Shorts video takes a look at battery hazards and reviews the proper safety procedures for their maintenance.

Title: **HOODS UNDER THE HOOD**
Order #: VIDEO SAFETY 14
Length: 5 min.
Abstract: Poorly maintained vehicles are like time bombs waiting to explode. This Safety Shorts video shows you how to prevent accidents through basic vehicle safety maintenance.

Title: **POLARIS ATV SAFETY**
Order #: VIDEO SAFETY 70
Length: no time listed

Title: **SAFE RIDER**
Order #: VIDEO SAFETY 60
Length: 22 min.
Abstract: How to drive a snowmobile safely, and safety tips.

Title: **WATCH YOUR LOAD**
Order #: VIDEO SAFETY 8

Length: 5 min.
Abstract: Loose items inside a vehicle can become deadly projectiles during an accident or sudden stop. This Safety Shorts video illustrates the dangers of unrestrained cargo.

WORKPLACE/OFFICE

Title: **AMERICA AT WORK: LIVING WITH HIV**
Order #: VIDEO SAFETY 71
Length: 15 min.
Abstract: This program covers facts about HIV, how to prevent yourself from becoming infected with HIV and how to work with people that are HIV positive, and not discriminate against them.

Title: **COMPUTER FITNESS: HOW TO WORK COMFORTABLY, PRODUCTIVELY AND SAFELY**
Order #: VIDEO SAFETY 47
Length: 20 min.
Abstract: Includes: how to set up a workstation correctly, work with less stress, use of adaptive devices, simple stretches to avoid health problems.


Title: **DO YOU KNOW WHERE YOUR TRASH IS?**
Order #: VIDEO SAFETY 32
Length: 5 min.
Abstract: Our trash holds valuable resources that can be reprocessed and used again. This Safety Shorts video describes recycling at home and at the office.

Title: **EVALUATION VIDEOTAPE, MANAGING EMPLOYEE SAFETY & HEALTH**
Order #: VIDEO SAFETY 48
Length: no time listed

Title: **FIGHTING THE STRAIN—ERGONOMICS**
Order #: VIDEO SAFETY 40
Length: 5 min.

Title: **HOUSEKEEPING—GENERAL WORK SPACE**
Order #: VIDEO SAFETY 19
Length: 5 min.
Abstract: Clutter in the workplace can often get in the way of safety. This Safety Shorts video stresses the importance of an orderly work area for keeping hazards at a minimum.

Title: **NO MORE MR. MEAN SCREEN**
Order #: VIDEO SAFETY 33
Length: 5 min.

 Title: **OFFICE SAFETY**
Order #: VIDEO SAFETY 76
Length: 14 min.
Abstract: This video includes: Sitting properly—best position for your body; Electrical hazards—spot & eliminate; Computer safety—avoid eyestrain; Storage—file cabinets & shelves.

Title: **PERSONAL WORK SPACE**
Order #: VIDEO SAFETY 1
Length: 5 min.
Abstract: We tend to think of our offices as safe places but they can hold potential dangers. This Safety Shorts video outlines some ways to prevent accidents at the office.

Title: **STRESS IN THE WORKPLACE**
Order #: VIDEO SAFETY 18
Length: 5 min.
Abstract: This Safety Shorts video discusses the causes of stress and ways to deal with its effects.