

New for 2010!

New ID #	Title	Length	Copyright Year	Notes
A-27, d	Earthquake Safety	12 min	2009	Earthquake emergency preparation, including home and workplace emergencies supplies, and updated information about what to do when an earthquake occurs. Suitable to be shared with families.
A-28, d-k	Oil Spill Prevention Control and Countermeasures for Electric Utilities	23 min	2009	This employee training kit is designed to help train employees and contractors who work at electric utilities on Spill Prevention Control and Countermeasure, "SPCC" (40 CFR 112). It addresses oil-filled electrical equipment such as transformers and circuit breakers as well as bulk tanks and portable storage containers. It shows employees what is expected of them when working at sub-stations, repair shops or other generation, transmission and distribution operations where oils and fuels are present. Recommended by APA's Environmental Regulations Committee
F-05, d & k	Bloodborne Pathogens: Know the Risk	19 min.	2004	DVD and booklet. Vital information on HBV, HCV and HIV including risk of exposure, AIDS, Hepatitis B and C, transmission of bloodborne diseases, minimizing risk, and housekeeping and proper waste disposal.
F-15, d	Bloodborne Pathogens: Managing the Risk	12 min.	2007	This film explains what Hepatitis B, Hepatitis C, and HIV viruses are; how the viruses are transmitted; and how an infection affects the body. It instructs viewers on how to reduce the risk of exposure by using "Universal Precautions," Personal Protection Equipment, and controlling hazards in the workplace to reduce the likelihood that any accident may occur.
H-06, d & k	Back Safety	21 min.	2004	Binder and DVD kit. Emphasizes the importance of overall back care, both at work and at home, including exercises and weight control. Topics covered in these materials include how the back works, common types and causes of back injuries, effects of back injuries, injury prevention and safety practices, and proper lifting techniques.
H-119, d, k	Dealing with Drug and Alcohol Abuse for Employees		2009	DVD and binder kit. This film discuss the various types of substance abuse that are found in the workplace, how they can affect an employee's work situation, and what employees themselves can do to help keep their workplace drug and alcohol free.
H-23, d	Do It for Me	16 min	2007	When it comes to safety, do you look out for yourself the same way you look out for your child? In this film, children use common excuses to not wear safety gear; but when the kids discover their parents using similar excuses at work, they wonder how their parents' attitudes would change if their children were to come to work with them. It is an MRC staff favorite!

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H-120, d, k	Hand, Wrist, and Finger Safety		2009	DVD and binder kit. To help reduce "on-the-job" accidents involving injury to their hands, wrists, or fingers, it is important for employees to learn about the most common hazards to these areas of the body. Topics covered in this film include the hand and how it works, preparing for the job, PPE, and ergonomic hazards.
H-120, d, k	Hand, Wrist, and Finger Safety		2009	DVD and binder kit. To help reduce "on-the-job" accidents involving injury to their hands, wrists, or fingers, it is important for employees to learn about the most common hazards to these areas of the body. Topics covered in this film include the hand and how it works, preparing for the job, PPE, and ergonomic hazards.
H-117, d	Just a Second Ago: The Brad Livingston Story	21 min	2009	This film tackles two topics in one: Brad Livingston tells his audience about how shortcuts and assumptions led to the death of his co-worker and serious burns on his body. He discusses how on-the-job injuries affect co-workers and family. He also speaks poignantly about what hearing loss is really like and how it changes your life forever.
H-52, d	Keeping an Eye on Safety	5 min	1992	Graphic content! Every day, approximately 1,000 eye injuries occur in America's workplaces. It's estimated that 90 percent of these could be avoided with proper eye protection. Graphic recreations of workplace incidents remind viewers that without protection, they could lose their eyesight in an instant.
H-53, d	Ladder Safety	9 min.	2007	This video deals with the safe use of stepladders, straight ladders, and platform ladders. Explains the 4-to-1 rule when placing straight ladders, the belt buckle rule, 36" requirement for straight ladders above landings and more.
H-115, d	Noise-induced Hearing Loss: The Basic Facts	15 min.	2007	This excellent film gives an overview of the structure of the ear, explains how hearing works, and covers causes of hearing loss with a focus on noise exposure. Explains hearing tests and what results indicate. It instructs viewers on noise control measures for the workplace and the proper use of hearing protection, including ear plugs and earmuffs. It is an MRC staff favorite!
H-115, d	Noise-induced Hearing Loss: The Basic Facts	15 min.	2007	This excellent film gives an overview of the structure of the ear, explains how hearing works, and covers causes of hearing loss with a focus on noise exposure. Explains hearing tests and what results indicate. It instructs viewers on noise control measures for the workplace and the proper use of hearing protection, including ear plugs and earmuffs. It is an MRC staff favorite!
H-69, d, k	Personal Protective Equipment	25 min.	2000	DVD and binder kit. This film and kit is designed to teach employees how to inspect their workplace to determine what potential hazards exist, recognize what category of PPE is required for various situations, and select the PPE that is most appropriate for the hazards they face.

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H-116, d	Powerlift®: Lifting Training that Works	19 min.	2009	Introduces a new way of thinking about lifting: use your back like an elevator, not like a crane. This video shows you how to lift with your spine in a neutral position to protect your back and knees both on and off the job. Four lifting techniques are demonstrated for lifting a variety of shapes, weights, and sizes. It is an MRC staff favorite!
H-118, d	Preventing the Spread of Contagious Illnesses	10 min.	2009	Graphic content! This video includes information about seasonal flu, avian flu, swine flu, SARS, and MRSA. It explains the origins and symptoms of these illnesses as well as the general hygiene and prevention measures required to prevent spreading and contracting all contagious illnesses.
H-100, d (2 copies)	That's Why You Wear Eye Protection	18 min	2004	This DVD opens with a devastating workplace eye injury that happens all too often when employees choose not to adequately protect their eyesight. Viewers will also see the tragic consequences that can occur when we don't make the effort to protect our eyes at all costs. Topics include selection and inspection of eyewear, safety glasses, safety goggles and face shields, protection from harmful light, lens fogging, and timely response to eye injuries.
HZ-07 (DVD and VHS)	Haz Com: Introduction to Material Safety Data Sheets	5 min.	1992	An MSDS provides detailed information on a hazardous chemical, including its potential hazardous effects, its physical and chemical characteristics, and recommendations for appropriate protective measures. The MSDS is a key element in OSHA's Hazard Communication Standard, and ensures that employees have the information they need to use hazardous chemicals safely.
HZ-08 (DVD and VHS)	Haz Com: Labels	5 min.	1992	Under OSHA's Hazard Communication Standard, each container of hazardous chemicals in the workplace must be labeled, tagged, or marked with the identity of the chemical and must show hazard warnings appropriate for employee protection. The standard also requires employees to read labels and follow instructions.
HZ-09 (DVD and VHS)	Haz Com: Your Right to Know	5 min.	1992	Exposure to hazardous chemicals poses serious health and safety risks. To reduce the risk of illness or injury caused by hazardous chemicals in the workplace, OSHA has developed the Hazard Communication Standard, also known as the Right-to-Know Act. Basically, this regulation states that employees have the right to know about the chemical hazards they may be exposed to at work, and how to protect themselves against these hazards.
HZ-10d	Hazard Communication	10 min.	2006	Required by OSHA for training employees who use chemicals/hazardous materials in the workplace. Describes Material Safety Data Sheets ("MSDS"), labeling, and basic safety when using these materials.

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HZ-11 d, k	Hazard Communication: Elements of Safety	20 min.	2006	Binder and DVD kit. Be sure your employees are well-informed about the hazards of various chemicals in the workplace. This new look at hazard communication will familiarize workers with physical and health hazards, how exposure can occur, exposure limits, and Material Safety Data Sheets. It covers how chemicals enter the body, PPE, warning labels on chemical containers, and MSDS.
HZ-30, d	Hazard Communication Training for Employees	17 min.	2009	This film discusses the key points contained in the employee training section of the Hazard Communications Standard. The viewer will learn the safe work procedures for handling hazardous materials including how to use MSDS for health hazards, clean-up, PPE, and first aid; methods of detecting leaks and spills; and manufacturers' labels and hazard warnings.
HZ-12	Hazardous Chemicals	5 min.	1992	Many chemicals, while powerful, are hazardous. To ensure safety, follow basic principles of personal protection anytime you're using chemicals.
HZ-26	Working Around Flammables and Combustibles: Hazards	5 min.	1992	Flammable and combustible materials pose serious health and fire dangers. Be safe by recognizing hazards before they cause problems.
HZ-27	Working Around Flammables and Combustibles: Safe Handling and Use	5 min.	1992	When using flammable and combustible materials, the risk of fire or explosion is only one mistake away. Be safe by following basic safety principles.
M-34, d, k	Aerial Lift Safety	14 min.	2009	DVD and CD-ROM kit. This film teaches best safety practices, housekeeping, and equipment maintenance techniques to prevent aerial lift accidents at your site. Working with or around electricity, working in inclement weather and working in an elevated bucket are covered, as well as fall protection, load requirements, and equipment, pre-start inspections, and safe use. The film complies with OSHA 29 CFR 1910.67 and ANSI A92.6.
M-36, d	Bucket Truck Safety	12 min.	2009	Bucket trucks are great tools used in a broad range of industries for a variety of uses, but there are dangers workers may face. This program is about the hazards associated with bucket trucks and steps that can be taken to help minimize risk and keep your employees, and those working around them, safe.
M-37, d	Forklift and Powered Industrial Truck Safety		2009	Binder and DVD kit. This film has been specifically created to assist facilities in complying with OSHA's Powered Industrial Truck Standard. Topics covered include OSHA's certification process, the seven classes of industrial trucks, equipment checkout and maintenance, a forklift's stability triangle, safe operating procedures, lifting and lowering loads, and trucks and loading docks.

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M-35 d, k	Hoists and Slings	10:37	2009	DVD and CD-ROM kit. This film trains workers on proper sling inspection, selection, and use to prevent material lifting accidents at your site. Topics covered include: types of hoists and slings and their proper uses, best safety practices, load handling, and safe care and storage.
M-32, k	Respiratory Protection and Safety	24 min.	2000	VHS and binder kit. This film and kit is designed to teach employees how the respiratory system works, potential effects of respiratory hazards, common types of respiratory hazards, common causes of respiratory problems, good respiratory safety practices, commonly used respiratory safety equipment.
SE-20, d, k	Fire Prevention in the Office	15 min.	2003	DVD and binder kit. The video describes common causes of workplace fires, classes of fires, using fire extinguishers, evacuation and first aid.
SE-29, d	Pole Top and Bucket Truck Rescue	17 min.	2006	This program was created by a utility company to give workers and rescuers the knowledge they need to perform a successful rescue and help save lives. Topics include assessing the situation, climbing the pole or raising of the bucket, and techniques for lowering injured workers to the ground safely, etc. Note: This DVD may not work on all DVD players.
SE-40, d, k	Site Security	12 min.	2009	DVD and CD kit. Illegal entry, theft, and other types of criminal acts cost organizations millions of dollars, and hurt productivity and employee morale. Employees who know what to look for, how to report suspicious behavior, and how to respond to a security threat are vital to maintaining a safe and secure workplace. This film covers possible targets for attackers, procedures used to improve security at this site, and an employee's role in keeping the workplace secure. It is an MRC staff favorite.
SE-41, d, k	Using Fire Extinguishers		2009	DVD and binder kit. Among all the safety problems an employee can encounter, fire can be the most frightening. This film covers why things burn, the concept of "flashpoint," "classes" of fires, and fire extinguisher labels. Also reviewed are the types of fire extinguishers that are found in facilities today; and how to use fire extinguishers to fight small fires.
T-08, d, k	Hand and Power Tool Safety	17 min.	2006	DVD and binder kit. This film shows how accidents can be significantly reduced by applying good general safety rules, and review the hazards associated with the specific types of tools employees use, including choosing tools that fit you and the job, protecting yourself and others from tool-related hazards, personal protective equipment, special hazards associated with electric power tools, and tool care and maintenance.

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U-83, d	Lockout Tagout	14 min	2009	This film covers the purpose of lockout/tagout, the hazards associated with the accidental release of stored energy, proper lockout/tagout procedures for attaining zero energy state, proper startup procedures, and special situations.
U-53, d, k	Lockout/Tagout: Lightning in a Bottle	15 min.	2005	DVD and pamphlet kit. Fatal injuries occur in workplaces when hazardous energy is released and lockout/tagout procedures are not in place. Don't let that happen in your workplace. Use this program to train your workers on the proper lockout/tagout procedures, including: awareness, attitude, action; when?, where? and why?; proper locking/tagging procedures; and communication.
U-82, d	2009 NFPA 70E: Electrical Safety-related Work Practices	12 min.	2009	This program explains the safe electrical work practices required of the latest NFPA regulation while showing arc flash explosions, incident reenactments, and FR clothing tests. Topics include safe electrical work conditions, energized electrical work permits, approach boundaries, the incident energy level, the arc flash protection boundary, and hazard risk categories.
U-79, d	Wastewater Backup Emergency Responders	23 min	2005	This video is written for field personnel responding to actual backups and overflows. This program teaches step by step: why's and how's of not admitting "fault" or liability during a response; how to respond in a professional and courteous manner; and survival strategies for dealing with homeowners and residents.
V-09, d	Cellular Phones and Two-way Radios	5 min		Cellular phones and two-way radios offer great benefit, but may also create distractions that increase a driver's risk. When on the road, it's important to concentrate on safe and defensive driving, and not on making or answering calls.
W-18, d, k	Winter Driving	13:50	2009	DVD and CD-ROM kit. Icy roads, cold temperatures, and snow dramatically change everyone's driving environment. Expert stunt drivers demonstrate safe driving techniques during inclement weather conditions. This film covers the following: following and stopping distance, braking and skid control, driving on inclines, braking safely, parking lots and potential hazards, and vehicle maintenance and inspection.
W-07, d	Winter Driving	5 min	Rev. 97	How do you avoid slipping and sliding while driving on snow and ice? What do you do if you lose control of your car, or if you get stuck in a snowdrift? Tips are given for dealing with winter driving hazards.
W-17, d	Winter Driving: When the Rules Change	16 min.	2005	Illustrates the importance of adjusting our driving techniques when winter rolls around. Topics include vehicle preparation for winter; adjusting schedules for winter driving conditions; maintaining good visibility; winter driving techniques, including intersections, cornering, skid control, braking and slowing down; and winter survival supplies and techniques.

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W-19, d, k	Winter Safety		2009	DVD and binder kit. This updated film shows employees how to plan ahead, look for potential hazards, and avoid dangerous situations that occur both on and off the job during the winter holiday season. Topics covered include: surviving in the cold, driving in winter weather, holiday decorations, and celebrating the season safely.