



Use of videos and DVDs is limited to ElectriCities' members only with a check-out period of two weeks.

Simply email your request, noting the title of the video, call number and either VHS or DVD format to library@electricities.org and allow at least three business days for your order to arrive.

Return videos insured for \$300 each to the ElectriCities Library at 1427 Meadow Wood Blvd., Raleigh, NC 27604.

Please call (919) 760-6355 with any questions.

Updated December 2011

ElectriCities Library DVD Catalog

Updated 2011

Please call the library at (919) 760-6355 to check out a video for a two-week period. Use of videos/DVDs is for ElectriCities members only. Please allow sufficient time – usually at least three business days for your order to arrive before your safety meeting. We ship via UPS to street addresses only – no P. O. boxes. Please insure each video for \$300 when you return it to the ElectriCities Library at 1427 Meadow Wood Blvd., Raleigh, NC 27604. If you would prefer to email the request, please send the request to library@electricities.org. Please include the title of the video and the call number located beside the title.

Note: Most VHS are also available in DVD.

• ACCIDENTS AND ACCIDENT PREVENTION.....	3
• BUSINESS PRACTICES	8
• ECONOMIC DEVELOPMENT	11
• ELECTRIC INDUSTRY	12
• ELECTRICAL SAFETY	15
• EMERGENCY PREPAREDNESS.....	20
• ENERGY CONSERVATION	21
• ENVIRONMENTAL IMPACT.....	22
• EYE SAFETY	23
• FIRE SAFETY	24
• HAZARDOUS MATERIALS	25
• LADDER SAFETY.....	26
• METERS and METER READINGS	27
• PERSONAL DEVELOPMENT.....	28
• PERSONAL SAFETY.....	29

- SLIPS, TRIPS & FALLS 33
- WORKPLACE SAFETY 34

■ ACCIDENTS AND ACCIDENT PREVENTION

- **Accident Investigation – WS75** (Formerly V15) Run Time: 10:00 **VHS & DVD; Please Specify.**

Emphasis is placed on correcting the causes of accidents by using the four steps of accident investigation: Response, Fact Finding, Analysis, and Recommendations.

- **Accident Report – AP02** (Formerly V16) Run Time: 15:00 **VHS & DVD; Please Specify.**

An innovative look at how safety attitudes can affect security on the work floor. This program is designed to make workers aware of the consequences of unsafe behavior and the importance of personal responsibility.

- **Accidents Aren't Just One of Those Things – AP01** (Formerly V437) Run Time: 20:00 **VHS & DVD; Please Specify.**

Keep your workers safe from accidents! Martin Lesperance, a retired EMT and firefighter shares stories of the tragic, preventable accidents that he has witnessed. Employees will learn:

- What ripple effects result from an injury
- Why wearing personal protective equipment is so important
- Why a dangerous situation should be fixed immediately

- **American Red Cross Emergency Test – AP03** (Formerly V112) Run Time: 45:00 **VHS & DVD; Please Specify.**

This is a comprehensive test to discover how a person would react in an emergency situation. Questions dealing with home/client safety, recreation safety, natural disasters, and public safety are included.

- **Atmospheric Testing For Enclosed Spaces – AP04** (Formerly V98) Run Time: 20:00 **VHS & DVD; Please Specify.**

This video introduces some of the hazards found in enclosed spaces and describes how to use an atmospheric test device to identify these hazards.

- **Do It For Me – AP05** (Formerly DVD128) Run Time: 16:00 **DVD only**

This DVD points out how we tell our kids to take extra safety precautions and don't even think about our own safety and how it affects not only ourselves, but others.

- **Don't Take Chances – AP07** (Formerly V28) Run Time: 30:00 **VHS & DVD; Please Specify.**

Most of us take for granted that our equipment or machinery will work properly. This DVD emphasizes the need to routinely check for potential problems before using machinery.

▪ **Electrical Burn Injuries on the Job – AP08** (Formerly V44) Run Time: 15:00 **VHS & DVD; Please Specify.**

This program is an essential review of procedures to follow in order to prevent electrical burns when working around power lines. Warning: This tape contains graphic photographs of actual burns.

▪ **The First Step – AP09** (Formerly DVD127) Run Time: 5:00 **VHS & DVD; Please Specify.**

A young college student who works at a mill during the summers gets comfortable with her environment and takes a shortcut, resulting in a life-changing injury. The first step of not being injured is awareness of the risk of injury.

▪ **Good Housekeeping: Keeping Your Workplace Safe – WS40** (Formerly DVD134) Run Time: 15:00 **DVD Only**

This video offers viewers training on staying compliant with OSHA'S regulation: 1910.22. Maintaining a clean, organized, non-cluttered workplace will not only help with overall appearance, but will also create a safe work environment and will prevent injuries, illnesses, allergies, and even fires. This video offers information on cleaning methods for substances like dust, clutter, and mold, using the five S's method as well as other cleanup tips. Employees will gain an understanding of how to remain organized and clean, and therefore also remain safe and efficient.

▪ **Hear For A Lifetime – WS76** (Formerly V35) **VHS & DVD; Please Specify.**

Video promoting a hearing conservation program, demonstrates how workers may avoid hearing loss, through awareness, testing, and use of protective equipment.

▪ **I Chose to Look the Other Way – WS31** (Formerly V442) Run Time: 12:00 **VHS & DVD; Please Specify.**

A worker chooses to look the other way when his co-worker is putting himself in danger. The result is a fatal accident. The lesson: speak up when you observe procedures being violated.

▪ **Incident Reporting: You Can Save a Life – AP10** (Formerly V304) Run Time: 16:00 **VHS & DVD; Please Specify.**

Sometimes people don't report hazards and near-accidents because they are afraid of being called a "snitch." This video explains the purpose of reporting hazards in order to control dangerous situations and prevent injuries.

▪ **It's For Keeps – AP11** (Formerly V46) Run Time: 15:00 **VHS Only**

This video shows what can happen in even the most carefully planned task when communication breaks down. The point stressed is: "When the job changes, workers should stop, evaluate the change, and set up new work guidelines to prevent accidents and keep safety on the job."

▪ **The Line of Fire – AP12** (Formerly V420) Run Time: 14:00 **VHS & DVD; Please Specify.**

This program discusses many workplace hazards and outlines general principles that employees can use to prevent injuries and deaths. Several incidents demonstrate the need

to notice when we are in harm's way. Topics include hazards presented by gravity, moving machinery, flying debris and projectiles, automated equipment, moving vehicles, contact with stationary hazards, and the importance of observation and feedback.

- **No Injury, No Accident – AP13** (Formerly V167) Run Time: 15:00 **VHS & DVD; Please Specify.**
 Takes a look at a plant that claims they have 2,000,000 accident-free days and discovers that the concept the plant uses is “no injury, no accident.” This video stresses that there can be many unsafe conditions and accidents that go unreported. The safest approach is to look for all potential problems and correct all “injury-free accidents” so that the chance of injury is lessened.
- **No Injury, No Accident 2 – AP19** (Formerly V 441) Run Time: 14:00 **VHS & DVD; Please Specify.**
 Unsafe conditions can exist even when no injuries are being reported. Safety lessons need to be learned from accidents and dangerous conditions must be corrected regardless of whether an injury has resulted. No-injury accidents should be seen as warnings.
- **One Too Many – AP15** (Formerly V151) Run Time: 20:00 **VHS & DVD; Please Specify.**
 Emphasizes the need for a “zero injury safety program.” Striving for zero injuries also benefits the company by reducing worker’s compensation claims and day loss cases. One death is too many. Don’t wait until someone is injured to change safety goals.
- **One Will Die: The John Martin Story – AP14** (Formerly DVD102) Run Time: 22:00 **DVD Only**
 This DVD demonstrates how cutting corners, making assumptions, and taking risks caused serious injuries. In this true story, employees and supervisors did not put a stop to unsafe behaviors before it was too late. Contains graphic scenes of burn injuries.
- **Ounce of Prevention – AP16** (Formerly V163) Run Time: 20:00 **VHS Only**
 A great basic first aid video. Covers topics such as drowning, heat exhaustion, frostbite, bites, and poison ivy. Instructs in first aid and prevention of injuries.
- **Safety Starts with Awareness; Awareness Starts with You: The Bernie Inman Story – AP17** (Formerly DVD100) Run Time: 22:26 **DVD Only**
 Bernie and Sheila Inman tell how a normal day turned tragic when Bernie was injured on the job by contact with a dangerous chemical. Bernie explains how complacency contributed to his accident and how his injuries have affected his family. This DVD stresses the importance of wearing Personal Protective Equipment (PPE).
- **Secure the Facts – EI02** (Formerly V8) Run Time: 50:00 **VHS & DVD; Please Specify.**
 Illustrates the importance of knowing how and what a utility worker must look for when called to an accident. Correct action can eliminate other unsafe conditions and reduce the potential for expensive lawsuits.
- **Some Mistakes Last Forever – WS57** (Formerly V134) Run Time: 15:00 **VHS Only**
 The victim of the graphic accident portrayed in this program was a seasoned employee who should have known what the consequences of cheating a machine guard could be.

The mistake Arnold Blakely made cost him more than a couple of fingers and part of his hand – it cost him a good paying job, his house, and his marriage, as well as his health when he became an alcoholic. This program will get your employees' attention and help them understand why it's necessary to follow safe work practices.

- **Spill Prevention Control and Countermeasure For Electric Utilities – WS86** Run Time: 23:00 **DVD Only**
 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) This program 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 oil and fuels are present. Part 1 is 23 minute video. Part 2 is a PowerPoint template for site-specific training. This kit was created in cooperation with the Utilities Solid Waste Activities Group (USWAG) of the Edison Electric Institute
- **Tips for Winterizing Your Home – AP23** Run Time: 9:30 **DVD Only**
 This video describes the effects of severe weather on homes. Extreme cold in the winter and extreme heat in the summer leads to increased electric usage and higher monthly bills. The information provided in this video can help to prepare for winter weather.
- **Thinking It Through – AP18** (Formerly V118) Run Time: 22:00 **VHS & DVD; Please Specify.**
 Narrated by attorney Arthur Miller, this video addresses civil, criminal, OSHA, and worker's compensation liability that corporations and their personnel are exposed to in the case of a workplace accident.
- **Tom's Story: Why We Work Safe – WS06** (Formerly V426) Run Time: 18:45 **VHS & DVD; Please Specify.**
 This video tells the real-life story of a trenching accident that led to a life-altering injury. Tom Nathe, formerly with Sauk Centre Public Utility Commission in Minnesota, shares his story. This video serves as a reminder that the threat of danger is real in the daily job of utility workers and that safety should always come first. Tom takes us through his account of the accident, the injury, learning to cope, and recovery.
- **Workplace Safety Orientation for Employees – WSO7** (Formerly DVD121) Run Time: 26:00 **DVD Only**
 This program stresses the responsibility of the employee in the work environment, safe use of tools, and proper emergency procedures.
- **What is Your Excuse? – WS34** (Formerly DVD131) Run Time: 18:00 **DVD Only**
 This DVD is about how we make excuses for not being safe and how that places us in dangerous situations.
- **Would You What Say? – WS33** (Formerly V439) Run Time: 17:00 **VHS & DVD; Please Specify.**

Focuses on several key communication techniques when talking to a co-worker about a safety issue:

- Be positive
- Show that you are concerned about their safety
- Explain the consequences of the hazard or unsafe behavior
- Be specific with your comments

The video also highlights how we should respond when someone is pointing out our unsafe actions.

■ BUSINESS PRACTICES

- **Attitude Awareness – BP05** (Formerly V137) Run Time: 20:00 **VHS & DVD; Please Specify.**
 Demonstrates how to improve safety attitudes and encourage proper use of safety equipment and observance of rules. Learn how to analyze an attitude problem and how to instill the proper attitudes to keep people mindful of safety.
- **Connecting With the Customer/Customer Service: It's Everyone's Job – BP01** (Formerly V21) Run Time: Two segments, 20:00 **VHS & DVD; Please Specify.**
 Explores the importance of customer service. The basics of dealing face-to-face with customers by showing courtesy, and asking questions to accurately determine the customer's needs.
- **Customer Service: Policies & Procedures – BP14** Data CD
 Contains reference manuals, procedural templates, sample customer correspondence letters, etc.
- **Dealing With Drug and Alcohol Abuse for Employees – BP20** Run Time: 17:00 **DVD Only**
 Substance abuse in the workplace causes safety issues for everyone and can tarnish your company's reputation. Help your employees help themselves by learning to identify chemically dependent workers. Also covers methods for helping employees with substance abuse issues; various drugs and their effects; alcohol and drug policies.
- **Dealing with Stress: Stress Management in the Workplace – BP10** (Formerly V312) Run Time: 18:00 **VHS Only**
 Includes office and industrial settings. Provides advice on dealing with job-related stress.
- **E-mail in the Workplace: How to Make a Positive Impact with E-mail – The Rules They Don't Teach In School – BP16** Run Time: 59:00 **DVD Only**
 Uncover the unwritten rules for being more professional and efficient when using e-mail in today's workplace. You'll get dozens of pointers and tips – like how to keep your messages short and focused, avoid glaring errors, keep negative feelings from coming across, say what you mean the first time and much more. The result? Improved professionalism and efficiency. And you'll wish this was required training for everyone you work with.
- **Exploring Management Styles: How to Turn Differences into Strengths – BP15** Run Time: 60:00 **DVD Only**
 Based on the work of Michael Dobson in his book Exploring Personality Styles, this program illustrates both the positive and negative aspects of each management style when it interacts with the others.
- **Just Keep an Eye on Them – BP02** (Formerly V108) Run Time: 15:00 **VHS & DVD; Please Specify.**
 This program offers signs to look for in order to identify elderly people who need assistance. Used in conjunction with the Gatekeeper Program.

- **Leadership Skills for Safety: Supervisor Safety – BP06** (Formerly V308) Run Time: 24:00 **VHS & DVD; Please Specify.**
Explains how the supervisor is one of the key components of a successful safety process. Includes discussion of Job Safety Analysis.
- **New Employee Safety and Orientation Training – WS10** Run Time: 30:00 **DVD Only**
Designed for the purpose of helping new employees to acclimate to workplace safety and OSHA guidelines, this DVD is packed with OSHA-friendly terms and safety procedures for new employees. It includes information on the use of personal protective equipment (PPE), hazard communication (Hazcom), the need and right to know of all possible hazardous substances on site (MSDS), good housekeeping, proper labeling and handling of hazardous substances in the workplace, and bloodborne pathogens exposure training. The presentation starts employees on the road to achieving the utmost safety and OSHA compliance in their new workplace.
- **Old Friends – The Gatekeeper Program – BP04** (Formerly V107) Run Time: 15:00 **VHS & DVD; Please Specify.**
Dramatic presentation of how the Gatekeeper Program works. The Gatekeeper program uses employees such as meter readers to identify and refer vulnerable elderly persons to social service agencies. This highly successful community service program requires little time and money for the benefits it provides.
- **Old Friends – Just Keep an Eye On Them – BP03** (Formerly V162) Run Time: Two presentations, 15:00 each **VHS & DVD; Please Specify.**
Both segments are centered around the Gatekeeper Program and ways to help the elderly. This story pulls at the heart by reenacting two cases where elderly persons needed assistance and could not see it for themselves before their lifestyles and health were affected.
- **On Hold – BP13** (Formerly V235) Run Time: 3:00 **VHS & DVD; Please Specify.**
Customer service video detailing the importance of prompt service. Presentation is a fictional story of an office employee making a call in an attempt to receive time-urgent information for his employer. However, he remains on hold too long and the critical deadline passes. The frustrations and disappointments of this common situation are poignantly detailed through this video.
- **Present With Confidence: Fear No More! – BP07** (Formerly DVD105) Run Time: 60:00 **DVD Only**
Learn to speak in front of any audience with poise, power and self-assurance. With this DVD, you'll learn to overcome your greatest speaking fears, make an appealing impression, and keep your presentations on track.
- **Ripples – BP17** (Formerly V203) **VHS & DVD; Please Specify.**
Demonstrates the value of a positive attitude in the workplace. Illustrates how one person's behavior can influence the behavior of someone else.

- **Safety and the Supervisor – BP08** (Formerly V45) Run Time: 22:00 **VHS & DVD; Please Specify.**

A supervisor's obsession with increasing productivity at any cost is shown to be the cause of a worker's injury, resulting in a hefty fine to the company. This program emphasizes how accidents can be avoided when the supervisor concentrates on correcting unsafe working conditions.

- **Safety Leadership for Everyone – BP09** (Formerly DVD101) Run Time: 23:08 **DVD Only**

Is safety really number one in your organization or are shortcuts being taken to get the job done under pressure? Tom Harvey explains how to create an environment where every employee is a safety leader. This program emphasizes that actions speak louder than words and that safety leadership is demonstrated by actions, not by job titles.

- **Unlocking the Keys to Creative Thinking – BP18** Audio CD

The tools and strategies you gain here will be a tremendous kick in the pants for your inner creativity. In one unforgettable hour, you'll get tips for maximizing mindmapping, one of the most powerful tools you can have in your creative toolbox. You'll learn how to harness "creativity bursts" and stay focused on what's important – the bottom line. You'll discover how to get inspired by the everyday things around you, conduct your own personal brainstorming sessions, and so much more. Give yourself permission to be creative and turn ideas into results – it's one of the greatest gifts you can give yourself and your company.

- **What's Your Gripe – BP11** (Formerly V207) **VHS & DVD; Please Specify.**

How consumers can get better service.

- **Who's Serving Whom – BP12** (Formerly V236) Run Time: 7:00 **VHS & DVD; Please Specify.**

Outlines examples of bad customer service, and then goes over potential reasons the service was bad and what actions can be used to improve the situations.

■ ECONOMIC DEVELOPMENT

- **Cruising Carolina: the Northern Albemarle – ECD02** Run Time: 45:00 **DVD Only**
Journey with Claiborne Young through the mysterious waters of the Dismal Swamp Canal to the wide reaches of the Chowan River. Along the way, discover the fascinating history of Elizabeth City, walk the streets of the quintessential river town of Hertford, and see why Edenton is called the prettiest small town in the South.

■ ELECTRIC INDUSTRY

- **Bringing Back the Light: The Story of Hurricane Hugo and its Impact on Santee Cooper and the People of South Carolina – EI06** (Formerly V26) Run Time: 27:00 **VHS & DVD; Please Specify.**

Bringing Back the Light is a chronicle of the most devastating natural disaster in the history of South Carolina and its effects on the people and communities throughout the state. It tells of events that led to Hurricane Hugo's powerful landfall on the morning of Sept. 22, 1989. This is the story of destruction and renewal, the triumph of the human spirit over the fury of a storm and of light over darkness.

- **Conductor Stringing Safety – ES29** (Formerly V271) Run Time: 29:00 **VHS & DVD; Please Specify.**

This video describes safe methods to use when stringing conductors. It details both specific instruments to use when stringing and how to use them.

- **ElectriCities Demand and Energy – EI03** (Formerly V173) Run Time: 7:48 **VHS & DVD; Please Specify.**

Explains the difference between demand and energy and how this relates to your power bill. Also illustrates how to lower your power bill by using off-peak rates and other saving ideas.

- **ElectriCities: 40 Years – EI23** Run Time: 17:12 **DVD Only**

Documentary outlining the first 40 years of ElectriCities.

- **Heartbeat – EI13** (Formerly V273) Run Time: 14:31 **VHS & DVD; Please Specify.**

This video gives the story of multiple workers injured on the job. It discusses ways to be prepared for every situation.

- **High Voltage – EI18** Run Time: 50:00 **VHS & DVD; Please Specify.**

Since man first caught lightning in a bottle and tamed electricity, a wary relationship has been maintained with this unimaginably critical but deadly force. A select caste of technicians has always been relied on to wrangle the vital spark: the linemen (and, increasingly, linewomen). Over every fruited plain and purple mountain of this nation are strung lines conveying hundreds of thousands of volts to the remotest corners. Every mile of line represents an engineering marvel and an imperiled life. Here is a rare chance to meet these unsung heroes of American progress. Go back in time with men who put up lines half a century ago against stunning odds. Meet victims of harrowing power line accidents. See how today's trainees are being prepared and watch as they learn how to rescue comrades from high voltage towers. In the early days, the death toll among these men was one in two. Through their own improvisational ingenuity they devised home-made solutions to many of the problems that hampered electrical distribution and made their work so dangerous. The work remains risky, but today the death toll is far lower, and the real story is the mammoth scope of modern electrification projects.

- **Lighting Their Own Way: The History of Public Power – EI19** Run Time: 23:00
VHS & DVD; Please Specify.
A history of public power in North Carolina. Describes the rationale and appeal of municipal power control.
- **Meltdown at Three Mile Island – EI26** Run Time: 60:00 **DVD Only**
At 4:00 AM on March 28, 1979, a reactor at the Three Mile Island nuclear power facility near Harrisburg, Pennsylvania suddenly overheated, releasing radioactive gases. During the ensuing tension-packed week, scientists scrambled to prevent the nightmare of a meltdown, officials rushed in to calm public fears, and thousands of residents fled to emergency shelters. Equipment failure, human error, and bad luck would conspire to create America's worst nuclear accident.
- **Modern Marvels: The Power Grid – EI27** Run Time: 50:00 **DVD Only**
The largest manmade machine ever created, the electric power grid traverses the nation from California to Maine, Florida to Washington State. This huge complex of power plants, substations, and transmission lines continually supplies power to millions of customers. In an electrifying hour, we explore the grid's origin, from Edison's Pearl Street Station in New York to the post-WWII “Golden Age” to deregulation and restructuring that directly impacted California's energy crisis in the 21st century
- **Modern Marvels: Power Plants – EI25** Run Time: 50:00 **DVD Only**
They are the facilities that power the world, massive plants that produce millions of watts of electricity from enormous generators. Modern Marvels tells the complete story of the power plants that harness the energy in coal or oil, control nuclear reactions, or exploit natural forces to provide the electricity without which our civilization could not survive. Visits to present-day plants offer an up-close look at exactly how power is made.
- **PCBs: The Utility Challenge – EI08** Run Time: 24:00 **VHS & DVD; Please Specify.**
This video describes the harmful chemicals PCBs and the many problems they can cause.
- **Power for the People - EI10** (Formerly V242) Run Time: 10:00 **VHS & DVD; Please Specify.**
This video explains the history and structure of Electricities. It details the benefits of municipalities getting involved in the power business.
- **The Public Power Lineworker: Do You Have What It Takes? – EI24** Run Time: 10:00 **DVD Only**
Earn more than a paycheck. Be a vital part of what it takes to make your world run. Build community power with your own hands. Be a Public Power Lineworker, and enjoy the respect that comes with the territory.
- **Pushing Back the Darkness – EI05** (Formerly V30) Run Time: 27:00 **VHS & DVD; Please Specify.**
This is the history of Santee Cooper, South Carolina’s state-owned electric utility.

- **The Santee Canal: America's First Super Highway – EI30** Run Time: 27:00 **DVD Only**
 Traces the history of canal use, both foreign and domestic, and follows its progress to the waterways of South Carolina... home of America's first true canal system.
- **Search for Common Ground on Energy – EI04** Run Time: 20:00 **VHS & DVD; Please Specify.**
 This video is NOT about electrical grounding. Instead, it discusses the global energy crisis and how we all must work together to find the solution. If we cannot find a common ground in our reactions to this crisis, this video asserts that none will be effective.
- **Secure the Facts – EI02** (Formerly V8) Run Time: 50:00 **VHS & DVD; Please Specify.**
 Illustrates the importance of knowing how and what a utility worker must look for when called to an accident. Correct action can eliminate other unsafe conditions and reduce the potential for expensive lawsuits.
- **A Very Special 70th Anniversary Celebration Video – EI29** Run Time: 12:00 **DVD Only**
 Documents history of municipal utilities in the United States and the establishment of the APPA to organize them. Includes historical film footage.
- **What Happens When the Lights Go Out – EI21** Run Time: 14:00 **VHS & DVD; Please Specify.**
 Video offers a look behind the scenes at municipal electric utilities in North Carolina.
- **Who Killed the Electric Car? – EI01** Run Time: 91:00 **DVD Only**
 A 2006 documentary film that explores the creation, limited commercialization, and subsequent destruction of the battery electric vehicle in the United States, specifically the General Motors EV1 of the mid 1990s.

■ ELECTRICAL SAFETY

- **Arc Flash Safety Awareness – ES31** (Formerly DVD106) Run Time: **DVD Only**
 Every day, 16 workers are injured in electrical accidents – some fatally. Give your workers comprehensive grounding on safety measures that comply with NFPA Standard 70E. This award winning program explains the facts on electrical shock arc flash and arc blast. Include arc flash hazards, electrical safety program, hazard analysis, PPE and safe work practices.
- **Basic Electrical Safety on the Job Site – ES26** (Formerly V403) Run Time: 10:00 **VHS & DVD; Please Specify.**
 Meets mandatory training in electrical safety. Explains how to avoid specific electrical hazards. Excellent for individuals exposed to electricity on the job site.
- **Conductor Stringing Safety – ES29** (Formerly V271) Run Time: 29:00 **VHS & DVD; Please Specify.**
 This video describes safe methods to use when stringing conductors. It details both specific instruments to use when stringing and how to use them.
- **Danger! Live Wire: – ES02** (Formerly V7) Run Time: 6:00 **VHS & DVD; Please Specify.**
 Emphasizes the importance of always assuming a power line is live by dramatizing the roles of both the victim and bystander when a fallen power line comes into contact with an automobile. Demonstrates the steps to take if a victim must be moved before the utility department can cut off the power.
- **Electrical Arc Flash Safety – ES24** (Formerly DVD110) Run Time: 13:00 **DVD Only**
 When it comes to electricity, even the most experienced workers have a thing or two to learn. This arc flash safety program is designed to eliminate any mystery involved in electrical arc flash safety. This video will show just how much impact electricity can have on anything it comes in contact with and will reveal some secrets about voltage that can be the difference between safety and shocking reality. Consistent housekeeping, well-maintained tools, having the proper arc flash equipment and following workplace and manufacturer’s safety guidelines are all discussed as methods of prevention. The general NFPA arc flash safety procedures that must be followed when working closely with electricity will be discussed at length and make this arc flash program invaluable for anyone who works with electricity.
- **Electrical Burn Injuries on the Job – AP08** (Formerly V44) Run Time: 15:00 **VHS & DVD; Please Specify.**
 This program is an essential review of procedures to follow in order to prevent electrical burns when working around power lines. **Warning:** This tape contains graphic photographs.
- **Electrical Emergencies: Proper Response – ES08** (Formerly V301) Run Time: 13:00 **VHS & DVD; Please Specify.**
 This program covers critical information such as the three levels of electric shock, common causes and classifications of fire, and proper first aid measures that should be administered

to victims of shock or smoke inhalation.

▪ **Electrical Hazards and Trees – ES23** (Formerly V177) Run Time: 24:00 **VHS & DVD; Please Specify.**

Produced by the National Arborist Association for tree maintenance personnel. This video is a comprehensive look at how to prevent accidents and how to rescue a climber if an accident does occur.

▪ **Electrical Hazards: Avoid the Risk – ES09** (Formerly DVD116) Run Time: 12:00 **DVD Only**

This program discusses safe work practices that everyone working around electricity should employ to avoid electrical shock or electrocution. It provides guidelines for working with electrical circuits, proper grounding procedures and controlling electricity by using proper lockout/tagout methods.

▪ **Electrical High Voltage – ES10** (Formerly V425) Run Time: 28:00. **VHS & DVD; Please Specify.**

This video covers PPE and fall protection, overhead lines, enclosed spaces, proper use of tools, working on or near exposed energized parts, and testing and test facilities.

▪ **Electrical Safety – ES 30 Runtime 17:00 DVD Only**

This comprehensive program reminds employees about electrical hazards they may face in their jobs, and provides the information they need to work safely around electricity.

▪ **Electrical Safety: Basic Principles – ES11** (Formerly DVD117) Run Time: 15:00 **DVD Only**

When working around electricity, maintaining personal safety requires knowledge and application of basic electrical safety principles, safe work practices and correct emergency response procedures. This DVD features the training content of Coastal's Electrical Safety: Basic Principles video, and also provides definitions for several terms commonly used by electrical workers.

▪ **Electrical Safety for Foresters – ES21** (Formerly V272) Run time: 22:06 **VHS & DVD; Please Specify.**

This video describes safe techniques of machine placement and human action near active electrical lines. The ways in which electrical current flows through these devices and how it can affect close-by workers are also described.

▪ **Electrical Safety for Non-Electricians – ES12** (Formerly V440) Run Time: 18:00 **VHS & DVD; Please Specify.**

Scenarios of electrical situations “gone wrong”. This video is perfect for non-electricians, including maintenance workers and machine operators, and anyone else who works with and around electrical tools and equipment. Filmed in a variety of settings. Your workers watch real life interviews with people who have experienced electrical mishaps and they learn how to protect themselves! Includes:

- Basic electrical terminology and definitions
- Electrical hazard awareness
- Common mistakes made and how to acquire safe work practices

- How to respond to an electrical problem
- **Electrical Safety for the Qualified Worker – ES13** (Formerly V421) Run Time: 18:00 **VHS Only**
Video stresses the importance of making sure your qualified electrical workers are well informed about safety procedures. This training program will teach them the proper methods and precautions to avoid electrical shock, serious burns, and arc flash accidents.
- **Electrical Safety: NFPA 70E – ES25** (Formerly DVD136) Run Time: 18:00 **DVD Only**
Every year in the United States electrical contact causes 3,600 disabling injuries and kills an average of one worker per day, making electrocution the fourth leading cause of industrial fatalities. Make sure your employees understand and can apply the strengthened safeguards in NFPA 70E that can prevent electrical injuries and deaths particularly with the hazards of working with electrical currents.
- **Electrojuice – ES16** (Formerly V128) Run Time: 28:00 **VHS & DVD; Please Specify.**
This is a compelling tale about how Brad is jolted by Electrojuice on his first days on the job and learns about electrical safety and electrical hazards. The goal of this program is to promote greater awareness and understanding among 14-18 year olds about the nature of electricity.
- **Flame Resistant Clothing – ES05** (Formerly V194) Run Time: 17:25 **VHS & DVD; Please Specify.**
Concise summary of a seminar presented by CiNTAS on flame resistant clothing. Explains reasons why such clothing is necessary.
- **Flame Resistant Fabrics for the Electrical Industries – ES06** (Formerly V196) Run Time: 9:00 **VHS & DVD; Please Specify.**
A message from Westex, Inc. on the need for their flame-resistant clothing.
- **Knucklehead’s Electric Safety Video I – ES17** (Formerly V164I) Run Time: 9:00 **VHS & DVD; Please Specify.**
Designed for grades K-2, this program covers basic electrical safety in easy-to-understand terms.
- **Knucklehead’s Electric Safety Video II – ES18** (Formerly V164) Run Time: 9:00 **VHS & DVD; Please Specify.**
Designed for grades 3-5, this program covers basic electrical safety.
- **Live-Line Maintenance: Distribution Voltages – ES20** (Formerly V50) Run Time: 42:00 **VHS & DVD; Please Specify.**
A “must see” for the electrical maintenance crew. Explains the procedures and safety requirements for live-line maintenance.
- **Lockout for Life! – ES28** Run Time: 21:00 **VHS & DVD; Please Specify.**
Developed to teach employees about lockout/tagout hazards through re-enactments of actual accidents.

- **Lockout/Tagout Control of Hazardous Energy Sources – ES22** (Formerly V100) Run Time: 15:38 **VHS & DVD; Please Specify.**
Presents OSHA’s requirements for a safe and effective energy control program.
- **Lockout-Tagout-Basic Training – ES33** Run Time: 10:00 **DVD Only**
One of the most effective methods for insuring personal protection around moving machinery is implementing a detailed lockout and tagout program. Following correct lockout/tagout procedures is vital to a safe work environment. During maintenance or repair, a piece of equipment must have its energy source isolated and disabled through proper lockout/tagout procedures. This informative overview of the lockout/tagout process will insure that everyone in your facility is aware of what to do when working on machinery.
- **Lockout/Tagout: Employee Awareness** Run Time: 12:00 **DVD Only**
Opening with a compelling first person account of an accident, this video makes it clear to machine operators and other site workers the importance of the lockout/tagout procedures and best practices for preventing hazardous energy releases. On any given day in America, an estimated 21 workers will be severely injured on the job due to the release of hazardous energy. Keep your worksite out of the statistics with this important training program that features multiple work environments and various types of machines and lockout/tagout scenarios.
- **The Mark Standler Story: Lessons Learned from an Arc Flash Tragedy – ES03** (Formerly V 436) Run Time: 19:00 **VHS & DVD; Please Specify.**
A documentary of how working odd hours with a temperamental contractor caused a lack of focus, leading to tragic burn injuries.
- **The Need for NOMEX – ES07** (Formerly V195) Run Time: 8:00 **VHS & DVD; Please Specify.**
Demonstration by Du Pont on the benefits of wearing garments of Du Pont NOMEX aramid fiber.
- **Once the ARC Begins – WS70 VHS & DVD; Please Specify.**
Video demonstrating need for personal protective equipment. Includes video of arc flash incident.
- **PBI Arc Flash – ES04** (Formerly V192) Run Time: 7:19 **VHS & DVD; Please Specify.**
This program demonstrates the possible damage without flame-resistant clothing and shows incidents where the PBI fabric has saved workers from injury.
- **Play It Safe around Electricity – ES01** (Formerly V66) Run Time: 10:00 **VHS & DVD; Please Specify.**
Louie the Lightning Bug stars in this popular video. This lively and colorful video is suitable for children ages 5-12. (Note: Use of this video is for educational purposes only and **not** for broadcast programs, commercials, or use in public promotions, Public Power Week displays, or parades.)

- **Pole Top Rescue – WS47** (Formerly V237) **VHS & DVD; Please Specify.**
Footage of the Lineman rodeo, to see who is fastest at rescuing electrical workers.
- **Safety Series: Primary Cable Testing & Fault Locating – ES14** (Formerly V422) Run Time: 23:53. **VHS Only**
A step-by-step procedure for finding cable faults safely.
- **Safety Series: Safety & Live-Line Tools – ES15** (Formerly V427) Run Time: 20:45. **VHS Only**
This video describes safe methods of working with live line tools (hot sticks). It demonstrates that while rubber glove methods have made hot stick techniques less common, live-line tools still have their place.
- **The Shocking Truth – ES19** (Formerly V181) Run Time: 20:00 **VHS & DVD; Please Specify.**
Intended for middle school students, this dramatic video uses reenactment of dangerous situations to show electrical safety hazards. With scenes similar to those on the television show “911,” this program instructs students not to go into substations, hide in transformer boxes, or play near power lines.
- **Think Safe: Electrical – ES27** Run Time: 13:52 **VHS & DVD; Please Specify.**
Home accidents can be costly to an employer. Educate your employees about the hazards of electricity – a potentially deadly power source.

■ EMERGENCY PREPAREDNESS

- **Bringing Back the Light: The Story of Hurricane Hugo and its Impact on Santee Cooper and the People of South Carolina – EI06** (Formerly V26) Run Time: 27:00 **DVD Only**

Bringing Back the Light is a chronicle of the most devastating natural disaster in the history of South Carolina and its effects on the people and communities throughout the state. It tells of events that led to Hurricane Hugo's powerful landfall on the morning of Sept. 22, 1989. This is the story of destruction and renewal, the triumph of the human spirit over the fury of a storm and of light over darkness.

- **Natural Disaster Preparedness – EP07** (Formerly V291) Run Time: 5:00 **VHS & DVD; Please Specify.**

Fear of a disaster such as a hurricane can be minimized by planning. The viewer is taken into a hurricane-prone plant and is shown how planning pays off.

- **Severe Weather Alert: Are You Prepared? – EP06** (Formerly DVD104) Run Time: 17:04 **DVD Only**

When severe weather strikes, will you know what to do? This DVD demonstrates the importance of implementing a response plan. Thunderstorms, tornadoes, and floods are among the threats discussed.

- **What Happens When the Lights Go Out – EI21** Run Time: 14:00 **VHS & DVD; Please Specify.**

Video offers a look behind the scenes at municipal electric utilities in North Carolina.

■ ENERGY CONSERVATION

- **Negawatts: A Goldmine of Opportunity – EC01** Run Time: 20:00 **VHS & DVD;**
Please Specify.

Rocky Mountain Institute (RMI), and power-company executives show that, today, without reducing convenience or our standard of living, the USA could cut electricity use by 75 percent. This worthy goal could be accomplished by utilizing proven, available technology.

■ ENVIRONMENTAL IMPACT

- **Unstoppable Solar Cycles: The Real Story of Greenland – EIM01** Run Time: 10:39
DVD Only

Unstoppable Solar Cycles: The Real Story of Greenland is a powerful fifteen minute documentary which explains that current global warming trends are the result of solar cycles. It traces the history of climate change from the little ice age to our current warming trend and answers the nagging question “Why is it called Greenland?” It also makes the point that an increase in CO₂ follows warming rather than the other way around.

■ EYE SAFETY

- **A Breath of Air; You Bet Your Eyes; The Sound of Sound – PS08** (Formerly V166)
Run Time: Three segments, 15:00 each. **VHS & DVD; Please Specify.**
This video consists of three short segments. The first segment is about breathing safety and the necessity of using the proper air filtering devices for the type of breathing hazard. The second is about using eye protection. The third segment describes the need to use hearing protection, stressing how the damage is progressive and not always easy to detect until significant hearing loss has occurred.
- **Eye Protection: See The Whole Picture – PS09** (Formerly V303) Run Time: 19:00
VHS & DVD; Please Specify.
This video explains the importance of proper eye protection. Reviewing essential procedures, it focuses on avoiding eye injuries and covers procedures should an accident occur.
- **Eye Safety – Basic Training - PS 26 Run Time 14:00 DVD Only**
Eye injuries are 100% preventable yet over 90% of all eye injuries are due to lack of or improper use of eye protection.
- **Let's Pretend: The Case for Eye Safety – PS11** (Formerly V49) Run Time: 25:00 **VHS & DVD; Please Specify.**
Tom Sullivan, a blind actor, discusses the difficulties a sighted person would have in adjusting to loss of sight. For demonstration purposes, certain items need to be collected prior to showing this video; therefore, the video must be previewed and the items collected in order to be the most effective.

■ FIRE SAFETY

- **The Charles Morecraft Story – FS01** (Formerly V79) Run Time: 20:00 **VHS & DVD; Please Specify.**
 This is the story of a man who almost died in an industrial fire accident. Using his own painful experience, Charlie explains the cost of such a serious accident.
- **Electrical Burn Injuries on the Job – AP08** (Formerly V44) Run Time: 15:00 **VHS & DVD; Please Specify.**
 This program is an essential review of procedures to follow in order to prevent electrical burns when working around power lines. **Warning:** This tape contains graphic photographs.
- **The Facts about Protective Apparel – FS05** (Formerly V197) **VHS & DVD; Please Specify.**
 How to meet OSHA Regulations and ASTM Standards for flame-resistant apparel.
- **Fire Extinguishers – FS02** (Formerly V9) Run Time: 10:00 **DVD Only**
 Be prepared! Learn the different classes of fire and how to extinguish each type in this comprehensive program.
- **Fire Extinguishers: Ready to Respond – FS03** (Formerly DVD107) Run Time: 14:00 **DVD Only**
 Explains 5 classes of fires – A, B, C, D and K (cooking oils). Covers fire prevention, how to use and inspect extinguishers.
- **Fire Safety: Everyone’s Job – FS04** (Formerly V127) Run Time: 15:00 **VHS & DVD; Please Specify.**
 This video helps employees understand and recognize what acts and situations could lead to fires and what to do to correct situations in order to prevent fires.
- **Flame Resistant Clothing – ES05** (Formerly V194) Run Time: 17:25 **VHS & DVD; Please Specify.**
 Concise summary of a seminar presented by CiNTAS on flame resistant clothing. Explains reasons why such clothing is necessary.
- **Flame Resistant Fabrics for the Electrical Industries – ES06** (Formerly V196) Run Time: 9:00 **VHS & DVD; Please Specify.**
 A message from Westex, Inc. on the need for their flame-resistant clothing.

■ HAZARDOUS MATERIALS

- **Hazcom Labeling – HM03** (Formerly V95) Run Time: 10:00 **VHS & DVD; Please Specify.**
Covers typical hazardous chemical labels and warning signs found in industrial facilities. This program can be used as an introduction to labels for new employees and as a refresher for existing employees.
- **Hazardous Waste Operations and Emergency Response – HM01** (Formerly V34) Run Time: 15:00 **VHS Only**
A comprehensive guide to responding to spills of hazardous waste and training of workers who deal with the materials.
- **Introduction to Hazcom – HM02** (Formerly V93) Run Time: 11:00 **VHS & DVD; Please Specify.**
Introduces the OSHA Hazard Communication Standard. It is designed for new and current employees.
- **Material Safety Data Sheets – HM04** (Formerly V94) Run Time: 15:00 **VHS & DVD; Please Specify.**
Explains the information contained on material safety data sheets and covers practical, on-the-job uses of the information. Both new and current employees can benefit from seeing this video.
- **PCBs: Old Fears, New Facts – HM05** (Formerly V114) Run Time: 12:50 **VHS & DVD; Please Specify.**
Addresses the public's fears concerning PCBs and presents a factual perspective based on interviews with respected third-party scientists.
- **PCBs: The Utility Challenge – EI08** Run Time: 24:00 **VHS & DVD; Please Specify.**
This video describes the harmful chemicals PCBs and the many problems they can cause. This topic is especially important for electrical industry workers.

■ LADDER SAFETY

- **Extension Ladder Safety – WS55** (Formerly V265) Run time: 9:00 **VHS & DVD; Please Specify.**
Ladders are one of the most commonly used pieces of equipment in almost any work environment. From common stepladders to sophisticated extension ladders, they can be found almost everywhere. This training program demonstrates to your employees that, because ladders are so common, many employees take them for granted, and do not take the appropriate precautions when using ladders in their work.
- **Ladder Safety – WS23** (Formerly V266) Run Time: 13:45 **VHS & DVD; Please Specify.**
Overview of ladders and the weight loads they can handle. Discusses the materials of which ladders are made and where each should be used. Includes information on positioning the ladder, climbing it and helping when accidents happen.
- **Ladder Safety – WS56** (Formerly V268) Run Time: 11:30 **VHS & DVD; Please Specify.**
Overview of ladders and the weight loads they can handle. Discusses the materials of which ladders are made and where each should be used. Includes information on positioning the ladder, climbing it and helping when accidents happen. *Similar to WS23.*
- **Safety Shorts: Climbing Poles and Ladders – WS41** Run Time: 5:00 **VHS Only**
Workers illustrate safe procedures for climbing poles and towers, including checking the environment, inspecting equipment and structures, use of portable and fixed ladders.

■ METERS and METER READINGS

- **Components and Principles of the Watthour Meter – MR01 v.1** (Formerly V33) Run Time: 60:00 **VHS Only**
Tom Towns of Westinghouse describes the components of the watthour meter.
- **Components and Principles of the Watthour Meter – MR01 v.2** (Formerly V33) Run Time: 60:00 **VHS Only**
Tom Towns of Westinghouse describes the components of the watthour meter.
- **The Detection of Power Theft – MR02** (Formerly V133) Run Time: 15:00 **VHS & DVD; Please Specify.**
Covers some possible ways power is stolen and safety procedures to follow in case a theft has been discovered. **NOTE: Viewing is for utilities or law enforcement authorities only.**
- **Electric Metering Safety – MR05** (Formerly V405) Run Time: 19:00 **VHS & DVD; Please Specify.**
SafetySmart Series Episode Six, demonstrating electric metering safety.
- **Meter Installation Safety – MR06** (Formerly V154) Run Time: 13:15 **VHS & DVD; Please Specify.**
Uses a dramatic example of a utility worker in a hurry to get home who “cuts corners” to save time and gets injured in the process. This video explains why all safety procedures should be followed at all times and that nothing about safety should ever be assumed.
- **PowerStat – MR03** (Formerly V67) Run Time: 20:00 **VHS & DVD; Please Specify.**
An explanation of the capabilities and advantages of PowerStat’s pay-as-you-go metering system.
- **Techniques of Meter Tampering – MR04** (Formerly V155) Run Time: 30:00 **VHS & DVD; Please Specify.**
Taped from a slideshow presentation, this video is a technical look at the meter and the different ways it can be tampered with. **NOTE: Viewing is for utilities or law enforcement authorities only.**
- **Meter Installation Safety – MR07** Run Time: 40:00 **DVD Only**
Describes the safest ways to install meters.

■ PERSONAL DEVELOPMENT

- **Finance and Accounting for the Non-Financial Manager Vol. 1 – PD01 v.1 VHS Only**

This course provides managers with the ability to understand accounting reports including the assumptions that are built into these reports and the limits of their accuracy.

- **Finance and Accounting for the Non-Financial Manager Vol. 2 – PD01 v.2 VHS Only**

This course provides managers with the ability to understand accounting reports including the assumptions that are built into these reports and the limits of their accuracy.

- **Unlocking the Keys to Creative Thinking – BP18 Audio CD**

The tools and strategies you gain here will be a tremendous kick in the pants for your inner creativity. In one unforgettable hour, you'll get tips for maximizing mindmapping, one of the most powerful tools you can have in your creative toolbox. You'll learn how to harness "creativity bursts" and stay focused on what's important – the bottom line. You'll discover how to get inspired by the everyday things around you, conduct your own personal brainstorming sessions, and so much more. Give yourself permission to be creative and turn ideas into results – it's one of the greatest gifts you can give yourself and your company.

■ PERSONAL SAFETY

- **American Red Cross Emergency Test – AP03** (Formerly V112) Run Time: 45:00 **VHS & DVD; Please Specify.**
 This is a comprehensive test to discover how a person would react in an emergency situation. Included are questions dealing with home/client safety, recreation safety, natural disasters, and public safety.
- **Avoiding Back Pain – PS03** (Formerly V176) **VHS Only** Run Time: 30:00 **VHS Only**
 Learn how to lift properly by using your brain, planning ahead, and avoiding certain movements. This video cautions employees that no pain should be ignored because it may be an early warning sign of a serious problem that has been caused by wear and tear over time.
- **Back Care & Safety – PS06** (Formerly V444) Run Time: 15:00 **VHS & DVD; Please Specify.**
 We can injure our backs at any time or anywhere – at home, work, or at play. Knowing how our bodies work will limit our chances of an injury.
- **Back Safety: Exercise and Ergonomics – PS02** (Formerly DVD126) **DVD Only**
 This DVD explains how exercise, proper stretching methods, and ergonomics will drastically reduce injuries to the lower back.
- **Back Safety: Proper Lifting Procedures – PS01** (Formerly DVD125) **VHS & DVD; Please Specify.**
 This DVD demonstrates the proper techniques and procedures to protect your back when lifting and moving heavy objects of different sizes and shapes.
- **The Big Stretch – WS49** (Formerly V206) Run Time: 5:00 **VHS & DVD; Please Specify.**
 Stretching can make you feel good and work better. This video explains the importance of stretching and highlights its benefits.
- **Confined Space Safety – WS66** (Formerly V409) Run Time: 20:30 **VHS & DVD; Please Specify.**
 Discusses possible dangers of confined spaces. The video details safety procedures to mitigate these dangers.
- **Electrical Emergencies: Proper Response – ES08** (Formerly V301) Run Time: 13:00 **VHS & DVD; Please Specify.**
 This program covers critical information such as the three levels of electric shock, common causes and classifications of fire, and proper first aid measures that should be administered to victims of shock or smoke inhalation.
- **Electrical Hazards: Avoid the Risk – ES09** (Formerly DVD116) Run Time: 12:00 **DVD Only**
 This program discusses safe work practices that everyone working around electricity should employ to avoid electrical shock or electrocution. It provides guidelines for

working with electrical circuits, proper grounding procedures and controlling electricity by using proper lockout/tagout methods.

- **Eye Safety – Basic Training - PS 26 Run Time 14:00 DVD Only**
Eye injuries are 100% preventable yet over 90% of all eye injuries are due to lack of or improper use of eye protection.
- **Firearms Safety and the Hunter – PS14 (Formerly V131) Run Time: 30:00 VHS Only**
Video presents safety measures and precautions needed to make hunting relatively safe.
- **Hearing Conservation – Basic Training – PS27 Run Time: 20:00 DVD Only**
Hearing loss is easy to ignore, there's no pain, pressure, or bleeding as hearing loss from noise exposure occurs. It happens gradually and often not noticed until it's too late. There are an estimated 33 million people in the U.S. with hearing loss enough to affect their daily activities. Occupation-related noise exposure accounts for 11 million cases of hearing loss and another 36 million people suffering from tinnitus, which is a chronic ringing in the ears. This program is designed to train your employees on the basic methods of protecting themselves from work-related hearing loss.
- **Hearing Conservation Training For Employees – WS74 Run Time: 18:00 DVD Only**
Because hearing loss can be gradual, happening over a long period of time, we often don't recognize it's happening until it's too late. This is why we must make sound decisions when it comes to protecting our hearing by following our organization's hearing loss prevention plan, always wearing our hearing protection when required and taking steps to reduce off-job noise hazards. This program explains how your facility's hearing conservation program protects employees from the harmful effects of noise exposure.
- **Heat Stress – PS15 (Formerly DVD118) Run Time: 12:00 DVD Only**
This program explains how the body reacts to temperature and demonstrates how to keep cool and adapt to the heat.
- **Heat Stress – PS24 (Formerly DVD133) Run Time 13:00 DVD Only**
This DVD teaches workers how to protect themselves. Working in hot environments with strenuous physical activity causes heat reactions in the body. DVD includes first-aid for heat stress and stroke.
- **Heat Stress: Don't Lose Your Cool – PS16 (Formerly V438) Run Time: 14:00 VHS & DVD; Please Specify.**
Cramps, exhaustion and stroke all can plague an employee working in hot weather or in a hot environment. This video program focuses on preventing illnesses and minimizing safety hazards.
- **Hypothermia – PS23 (Formerly V402) Run Time: 6:50 VHS & DVD; Please Specify.**
Hazards from environmental conditions, Hypothermia and frostbite, can set in without warning and are not limited to winter alone. They can occur any season and in different environments such as freezers or refrigerators and when working underground or outdoors. This film covers all aspects of prevention and treatment.

- **Just That One Time – PS10** (Formerly V47) Run Time: 15:00 **VHS Only**
A heart-rending portrayal of a lineman blinded in an accident and the emotional causes that led up to the accident. The importance of mental attitude on safety is stressed in this program.
- **Once the ARC Begins – WS70 VHS & DVD; Please Specify.**
Video demonstrating need for personal protective equipment. Includes video of arc flash incident when 208 V was used instead of 480 V.
- **An Ounce of Prevention – Protecting Yourself from BLOOD BORNE Pathogens – PS05** (Formerly V117) Run Time: 18:00 **VHS & DVD; Please Specify.**
This program focuses on Blood-borne pathogens and the most common diseases associated with them.
- **Systems Lifting – PS25** (Formerly v443) Run Time: 14:00 **VHS & DVD; Please Specify.**
Stresses the responsibility of the individual in back injury prevention.
- **Systems Lifting 2000 – PS04** (Formerly V432) Run Time: 34:00 **VHS & DVD; Please Specify.**
Explains the entire “Back system”: vertebrae, discs, ligaments and muscles. Discusses causes of back pain, lifting techniques, and site-specific and function training. Highlights prevention of back injuries through exercise, diet, posture, and ergonomics.
- **Thermal Burns – PS07** (Formerly DVD 119) Run Time: 5:00 **DVD Only**
Burn accidents in the workplace can be prevented. In this program, the viewers learn the categories of burns, how to avoid burn accidents, and emergency treatment for burns.
- **Thermal Burns – PS21** (Formerly V290) Run Time: 5:00 **VHS Only**
When a worker sustains a thermal burn, proper treatment is essential. Note: Graphic illustrations of such burns and proper first aid are shown.
- **Tips for Winterizing Your Home – AP23** Run Time: 9:30 **DVD Only**
This video describes the effects of severe weather on homes. Extreme cold in the winter and extreme heat in the summer leads to increased electric usage and higher monthly bills. The information provided in this video can help to prepare for winter weather.
- **Using Chainsaws at Work – WS73** Run Time: 12:00 **VHS & DVD; Please Specify.**
This video describes the many facets of chainsaw safety. It details the importance of using the right fuel, holding the saw in the proper way, fashioning your surroundings for safety, following procedures set by company policy and law, and many other important factors in safely using chainsaws.
- **What...?! Protect Your Hearing – PS13** (Formerly DVD108) Run Time: 15:00 **DVD Only**

Demonstrates why it is always important to protect your hearing. The consequences of exposure to loud sound are explained. Various types of hearing protection are illustrated.

- **Whatever Happened to Dick and Jane – PS22** (Formerly V6) **VHS & DVD; Please Specify.**
Drug and alcohol education video made by a toxicologist as a sixth-grade level program. Describes in great detail the catastrophic effects of the abuse of a long list of substances.
- **Working Safely in Hot Environments – PS17** (Formerly DVD103) Run Time: 15:29 **DVD Only**
This DVD explains the symptoms of illnesses that can be caused by working in hot environments. The program also teaches prevention and first aid for heat-related illnesses.
- **YES YOU CAN! Surviving a Personal Attack – PS19** (Formerly V185) Run Time: 100:00 **VHS & DVD; Please Specify.**
Debbie Gardner, America's foremost female self-defense trainer demonstrates how to use the only two dependable weapons that can save your life: your hands and your heart. Debbie, a former police officer, explains how to invest in realistic self-defense, not gimmicks that have questionable value in an actual attack. There are no sales pitches here, just crucial information that can save your life!

■ SLIPS, TRIPS & FALLS

- **Don't Fall For It: Preventing Slips, Trips, and Falls – AP06** (Formerly V116) Run time: 20:00 **VHS & DVD; Please Specify.**
Informs employees about the causes of falls and how to prevent them.
- **Must We Fall? – AP21** (Formerly V55) Run Time: 17:00 **VHS & DVD; Please Specify.**
This program is aimed at preventing industrial slips and falls. It features a stunt man who shares his secrets for performing hazardous stunts safely and shows how these methods can be used to prevent slips, trips, and falls.
- **Preventing Slips, Trips and Falls: General Industry – AP22** (Formerly V433) Run Time: 15:00 **VHS & DVD; Please Specify.**
Prevention is the key. Explains how most falls can usually be prevented. Many of the injuries are serious and occur on level surfaces. Includes actions to be taken when slips, trips, and falls happen.
- **Safe and Awake – WS48** Formerly V73A) Run Time: 15:00 **VHS & DVD; Please Specify.**
Uses humor for a fresh, original approach that employees can't ignore. Motivates self-examination of safety attitudes and effects behavioral change. Emphasizes the prevention of slips, trips and falls. Demonstrates proper lifting.
- **Slips, Trips and Falls: Stranger Than Friction – AP25** Run Time 15:00 **DVD Only**
Every environment contains a host of hazards, but prevention is the key to safety when it comes to slips, trips, and falls. This video will show us a day in the life of an unsuspecting worker, who is going to learn, whether he likes it or not, how using certain safety measures like personal awareness, proper attention to surroundings, and correct usage of safety tools can be the difference between a regular day and a life-altering situation. After watching Jim go through his out-of-the-ordinary day, workers will have a clear understanding of how slips, trips, and falls occur in the workplace, and how to prevent them from occurring.

■ WORKPLACE SAFETY

- **Accident Investigation – WS75** (Formerly V15) Run Time: 10:00 **VHS & DVD; Please Specify.**
 Emphasis is placed on correcting the causes of accidents by using the four steps of accident investigation: Response, Fact Finding, Analysis, and Recommendations.
- **The Big Stretch – WS49** (Formerly V206) Run Time: 5:00 **VHS & DVD; Please Specify.**
 Stretching can make you feel good and work better. This video explains the importance of stretching and highlights its benefits.
- **Billy Robbins Hooked On Safety: My World – WS28** (Formerly DVD132) Run Time: 19:00 **DVD Only**
 This DVD is about how you can take every safety precaution and still get seriously injured in a non-accident free work place.
- **Brian’s Story: You Can Make a Difference – WS29** (Formerly DVD130) Run Time: 23:00 **DVD Only**
 This DVD is about a mill worker’s son who was killed on a construction job. If someone had intervened and offered him safety advice, the man would be alive today.
- **Bucket Truck Rescue – WS02** (Formerly V175) Run Time: 18:00 **VHS Only**
 How to use the bucket truck for rescue in both the regular and quick-release vehicles. This video also demonstrates how to safely rescue a worker in a bucket truck when it is in contact with a live wire.
- **Bucket Truck Safety – WS35** (Formerly DVD140) Run Time: 13:00 **DVD Only**
 Bucket Trucks are great tools used in a broad range of industries for a variety of uses. They allow workers to reach places they could not normally reach and do jobs they could not normally do alone. But, there are dangers workers may face ... and that’s what this program is all 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.
- **Bucket Truck Safety and Rescue – WS63** (Formerly V408) Run Time: 15:00 **VHS & DVD; Please Specify.**
 SafetySmart Series Episode Three, demonstrating bucket truck safety and rescue.
- **Call to Action – Workplace Violence Prevention for Managers and Employees – WS30** (Formerly DVD120) Run Time: 37:00 **VHS & DVD; Please Specify.**
 Supervisors and managers must be able to identify threatening situations. This DVD stresses timely action to prevent violence.
- **Chainsaw Safety, Maintenance, and Cutting Technique – WS82 DVD Only**
 International Tree Climbing Champions Rip Tompkins and Ken Palmer host this ArborMaster DVD series. Safe and efficient use of chainsaws requires thorough training, Although DVD’s are no substitute for hands-on instruction, this ArborMaster series is a

great addition to any training curriculum. Palmer and Tompkins teach the basics of chainsaw safety and use in an easy-to-understand field application format.

- **Chain Saw Safety, Maintenance, and Operation – WS81** Run Time: 63:00 **DVD Only**
Stihl Incorporated has produced a well crafted video that presents over an hour of chain saw basics appropriate for any chainsaw and designed for the beginning user. Multiple chapters include chain saw features, maintenance, saw chain sharpening, protective apparel and proper operation.
- **Chain Saw Selection & Maintenance – WS01** (Formerly V180) Run Time: 18:00 **VHS & DVD; Please Specify.**
Produced by the National Arborist Association, this program is intended for employees who use chainsaws for tree maintenance. Instructs in selecting the right chainsaw for the job and how to maintain the equipment properly.
- **Chain Saw Use and Safety – WS04** (Formerly V179) Run Time: 18:00 **VHS & DVD; Please Specify.**
This presentation is intended for tree maintenance personnel, but would be helpful for anyone using a chainsaw. It explains safety gear and procedures necessary for safe use of a chain saw.
- **Confined Space Safety – WS66** (Formerly V409) Run Time: 20:30 **VHS & DVD; Please Specify.**
Discusses possible dangers of confined spaces. The video details safety procedures to mitigate these dangers.
- **Contact – WS15** (Formerly V22) Run Time: 15:00 **VHS & DVD; Please Specify.**
This program covers how to check and wear safety equipment when danger of making harmful contact exists. Emphasis is on the ground-to-ground and lock-to-lock rubber gloves rule.
- **Danger Zone: Your Head – WS18** (Formerly V13) Run time: 17:00 **VHS Only**
This video shows where hazards to your head exist. It demonstrates how hard hats are made and tested, as well as the importance of the shell and suspension system. Inspection and replacement procedures are also covered.
- **Defensive Driving for Government Employees – WS08** (Formerly V423) Run Time: 19:00 **VHS Only**
Every 12 minutes, someone dies in a car accident in the USA. Every 14 seconds, someone suffers a disabling injury. That’s nearly 43,000 deaths and countless injuries on our roads every year. For government employees, motor vehicle accidents are by far the leading cause of death on the job. This video looks at techniques to help prevent accidents and how to lessen the severity of unavoidable accidents.
- **Defensive Driving: I Could See It Coming – WS36** (Formerly DVD137) Run Time: 15:00 **DVD Only**
If you have employees who use step vans, autos or cargo vans on the job, it is important

for you as an employer to teach them about the unique handling skills needed to safely operate these vehicles.

- **Defensive Driving: When Good Weather Goes Bad – WS37** Run Time: 19:00 **DVD Only**
 Weather can have a dramatic effect on driving conditions. This presentation provides an overview of the various dangers that driving in bad weather poses when the weather changes or appears suddenly. Viewers will be shown how to handle their vehicles in ice, bright sun, winds, snow, rain and will also discuss the general risks drivers face on the road. Each weather condition and risk is coupled with safety tips and methods to prevent unsafe incidents.
- **Dog Bite Protection – WS79** Run Time: 19:00 **DVD Only**
 Dog bites have been recognized as the number one injury for meter readers, mail carriers, and residential service employees. This video details the techniques for recognizing problem animals as well as confrontation avoidance.
- **Driving Distractions of the Professional Driver – WS38** Run Time: 15:00 **DVD Only**
 Prevent distracted driving among employees with this presentation on how professional drivers can prepare for a safe drive and maintain that safety while on the road. The material covers the host of possible distractions professional drivers face and how to avoid them through pre-trip planning, knowing how to handle unexpected weather changes and handling everyday driving hazards on the job.
- **Ergonomics: Solving the Puzzle – WS58** (Formerly V289) Run Time: 18:00 **VHS & DVD; Please Specify.**
 Popular Trainer's Toolkit will help you create a safe working environment for your employees that will reduce injuries, worker's compensation costs and lost workdays due to MSD's.
- **Facts About OSHA Inspections – WS77** Run Time: 17:00 **DVD Only**
 Topics included in this safety video are: workplace inspections, special circumstances under which OSHA may give notice to the employer, 5 important parts of an OSHA Inspection Processes, preparing for the inspection, posting and recordkeeping, and penalties for specific violations.
- **Fire Protection: Electrical Safety – WS78** Run Time: 9:00 **DVD Only**
 Topics included in this safety video are: chemicals, basic fire protection equipment including extinguishers, sprinkler systems, electrical safety, double insulated equipment, and octopus plugs.
- **First Aid on the Job: Initial Response – WS53** (Formerly V157) Run Time: 26:00 **VHS & DVD; Please Specify.**
 Blood borne precautions; Stop bleeding; Symptoms of shock and prevention; When/how to move a victim.

- **Flagging Operations and Procedures – WS11** (Formerly V148) Run Time: 23:00 **VHS & DVD; Please Specify.**
 A comprehensive lesson in the operations and procedures of flagging. The different types of flagging set ups are covered, as well as how to safely direct traffic in each situation.
- **Forklift Safety – WS69** Run Time: 17:00 **VHS & DVD; Please Specify.**
 Forklifts and other powered industrial trucks are indispensable in many companies. They are rugged, powerful tools that save time, money and effort. But the same qualities that make them so helpful can also make them dangerous. Using powered industrial trucks results in over 100 fatalities and over 35,000 serious injuries each year. When used incorrectly, or if forklifts and other trucks are not properly maintained, they can do significant damage.
- **Good Driving Is an Attitude – WS46** (Formerly V289B) Run time: 5:00 **VHS & DVD; Please Specify.**
 Driving safely is a conscious effort. This Safety Shorts video reminds us that good driving begins with a good attitude.
- **Good Housekeeping: Keeping Your Workplace Safe – WS40** (Formerly V442) Run Time: 15:00 **DVD Only**
 This video will offer viewers training on staying compliant with OSHA’S regulation: 1910.22. Maintaining a clean, organized, non-cluttered workplace, will not only help with overall appearance, but will also create a safe work environment and will prevent injuries, illnesses, allergies, and even fires. This video offers information on cleaning methods for substances like dust, clutter, and mold, using the five S’s method as well as other cleanup tips. Employees will gain an understanding of how to remain organized and clean, and therefore also remain safe and efficient.
- **Grounds Keeping Safety: Dealing with Bugs and Critters – WS17** (Formerly V307) Run Time: 16:00 **VHS & DVD; Please Specify.**
 Teaches how to recognize and avoid potentially dangerous pests such as snakes and bugs that can bite, sting, and cause serious harm.
- **Handy Tips – WS14** (Formerly V101) Run Time: 15:00 **VHS & DVD; Please Specify.**
 Save Your Hands! This video stresses the common hazards to worker’s hands in an office or industrial facility and explains various types of hand injuries. Also explained are techniques for protecting the hands and basic first aid for hand injuries.
- **Hear For A Lifetime – WS76** (Formerly V35) **DVD Only**
 Video promoting a hearing conservation program, demonstrates how workers may avoid hearing loss, through awareness, testing, and use of protective equipment.
- **Hearing Conservation Training For Employees – WS74** Run Time: 18:00 **DVD Only**
 Because hearing loss can be gradual, happening over a long period of time, we often don’t recognize it’s happening until it’s too late. This is why we must make sound decisions when it comes to protecting our hearing by following our organization’s hearing loss prevention plan, always wearing our hearing protection when required and taking steps to reduce off-job noise hazards. This program explains how your facility’s

hearing conservation program protects employees from the harmful effects of noise exposure.

- **Heat Can Kill – WS50** (Formerly V204) Run Time: 5:00 **VHS & DVD; Please Specify.**
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.
- **I Chose to Look the Other Way – WS31** (Formerly V442) Run Time: 12:00 **VHS & DVD; Please Specify.**
A worker chooses to look the other way when his co-worker is putting himself in danger. The result is a fatal accident. The lesson: speak up when you observe procedures being violated.
- **I Felt Comfortable – WS64** (Formerly V412) Run Time: 23:00 **VHS & DVD; Please Specify.**
The true life story of Randy Fellhoelter’s close encounter with death after intentionally violating safety work rules and procedures. Although Randy’s accident was caused by his accidental contact with 7,200 volts of electricity, the video focuses on how individual behavior plays a major role in accidents and/or accident prevention. The specific details of the accident were omitted from the video to draw attention to the conditions that led up to the tragedy that changed Randy’s life forever.
- **It’ll Never Happen To Me – WS21** (Formerly V12) Run Time: 22:00 **VHS & DVD; Please Specify.**
This tape stresses the need to wear seat belts to avoid long-term disability, which is more likely than death as a result of an accident.
- **Lessons Learned From Hand Injuries – WS84** Run Time: 20:00 **DVD Only**
From our earliest moments, we use our hands to learn, to explore and to interact with the world around us, and now as working adults, our hands continue to be “out front,” touching, grasping, pushing, pulling and lifting our way through work and through life. Unfortunately, being “out front” can also mean being placed in danger, and sometimes things go wrong. This program features reenactments of workplace hand injury scenarios to teach valuable safety lessons about protecting our hands in every situation where hazards exist. Viewers will see the traumatic consequences of becoming distracted, using improper gloves, wearing jewelry around moving machinery, failing to pay attention to our work and attempting job tasks we aren’t qualified to perform.
- **Motor Vehicle Awareness: Easy As ABCD – WS09** (Formerly V115) Run Time: 19:00 **VHS & DVD; Please Specify.**
This program stresses four points of driver safety: A-Alertness; B-Buckle Up; C-Courtesy; and D-Defensive Driving.
- **New Employee Safety and Orientation Training – WS10** Run Time: 30:00 **DVD Only**
Designed for the purpose of helping new employees to acclimate to workplace safety and OSHA guidelines, this DVD is packed with OSHA-friendly terms and safety procedures for new employees. It includes information on the use of personal protective equipment

(PPE), hazard communication (Hazcom), the need and right to know of all possible hazardous substances on site (MSDS), good housekeeping, proper labeling and handling of hazardous substances in the workplace, and bloodborne pathogens exposure training. The presentation starts employees on the road to achieving the utmost safety and OSHA compliance in their new workplace.

- **Once the ARC Begins – WS70 VHS & DVD; Please Specify.**
Video demonstrating need for personal protective equipment. Includes video of arc flash incident when 208 V was used instead of 480 V.
- **Pole Climbing Safety and Rescue – WS62 Run Time: 25:00 VHS & DVD; Please Specify.**
SafetySmart Series Episode Two, demonstrating pole climbing safety and rescue.
- **Pole Climbing Techniques – WS19 (Formerly V434) Run Time: 20:03 VHS & DVD; Please Specify.**
Discusses safe climbing steps: Fitting and inspecting equipment; testing the pole; climbing using the three-point method; and proper aerial work habits.
- **Pole Top Rescue – WS47 (Formerly V237) VHS & DVD; Please Specify.**
Footage of the Lineman rodeo, to see who is fastest at rescuing electrical workers.
- **Pole Top Rescue – WS54 (Formerly V270) Run Time: 7:00 VHS & DVD; Please Specify.**
This rescue video can help prepare your crews to deal with crisis situations.
- **Power Generation Plant – WS61 (Formerly V406) Run Time: 18:00 VHS & DVD; Please Specify.**
SafetySmart Series Episode One, demonstrating power generation plant safety.
- **Powered Hand Tool Safety: Handle With Care – WS05 (Formerly V306) Run Time: 19:00 VHS & DVD; Please Specify.**
Cautions viewers to consider the many dangers that are involved in using powered hand tools, both on and off the job.
- **Professional Tree Care Safety – WS24 (Formerly V68) Run Time: 30:00 VHS & DVD; Please Specify.**
The basis of this program is the relevant ANSI standard. Tree workers are given an understanding of rules and regulations for a safe work environment.
- **Rescue Series: Bucket Rescue – WS03 (Formerly V429) Run time: 6:50 VHS Only**
Video shows four ways to rescue an injured worker from a bucket truck.
- **Rigging Fundamentals – Block and Tackle – WS20 (Formerly V99) Run Time: 10:00 VHS & DVD; Please Specify.**
Explains the components of the block and tackle and how it is used to gain a mechanical advantage over a load.

- **Ropes, Knots & Climbing – WS25** (Formerly V178) Run Time: 23:00 **VHS & DVD; Please Specify.**
Produced by the National Arborist Association, this is a comprehensive look at the necessary equipment and tools to climb trees. Great as an introduction or refresher course for all who climb or work near trees.
- **Rubber Glove Techniques to 36 kV – WS59** (Formerly V274) Run Time: 27:47 **VHS & DVD; Please Specify.**
This video describes safety techniques used by electricians. These techniques include setting the hydraulics correctly on the truck, using proper insulators while installing, and others.
- **Safe Fork Lift Operation – WS13** (Formerly V102) Run Time: 19:00 **VHS & DVD; Please Specify.**
Great as an introduction or refresher, this program is designed to demonstrate the basic principles of maneuvering, loading, lifting, and stacking.
- **Safety Shorts: Digging Up Trouble – WS43** Run Time: 5:00 **VHS Only**
North America is criss-crossed with a spiderweb of pipelines. When digging, avoid being caught in the web.
- **Safety Shorts: Permit Required Confined Spaces – WS42** Run Time: 5:00 **VHS Only**
More dangerous than the expanse of outer space are the mysterious “Confined Spaces” here on earth. Learn how to “come back alive” from inner space. Know the categories and examples of confined spaces, how to be aware of certain atmospheric conditions within a confined space, and what OSHA requires of employers with respect to confined spaces.
- **Safety’s Top 10 Causes For Workplace Injuries – WS83** Run Time: 20:00 **DVD Only**
While the top 10 lists you see in magazines and on late night talk shows are created to get laughs, the list in this program focuses on a subject that is no laughing matter: causes of workplace injuries. With disturbing regularity, thousands of employees and contractors are injured or killed while on the job each year. Some people make the mistake of calling these types of incidents “accidents” and chalk them up to just “bad luck” or just being “in the wrong place at the wrong time,” but safety professionals know better. Injury statistics show that the same types of incidents continue to occur over and over again. Viewers will see the top 10 causes of these incidents listed from 10 to one, but more importantly, they will learn how workplace injuries can be prevented. Topics include the prevention of the following causes of workplace injuries: workplace violence, repetitive motion injuries, body parts being caught in or crushed by equipment, motor vehicle collisions, the body being struck by objects, the body striking against objects, falls to lower levels, same-level slips and falls, overexertion and unsafe acts.
- **Some Mistakes Last Forever – WS57** (Formerly V134) Run Time: 15:00 **VHS Only**
The victim of the graphic accident portrayed in this program was a seasoned employee who should have known what the consequences of cheating a machine guard could be. The mistake Arnold Blakely made cost him more than a couple of fingers and part of his hand – it cost him a good paying job, his house, and his marriage, as well as his health

when he became an alcoholic. This program will get your employees' attention and help them understand why it's necessary to follow safe work practices.

▪ **Spill Prevention Control and Countermeasure For Electric Utilities – WS86** Run Time: 23:00 **DVD Only**

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). This program 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 oil and fuels are present. Part 1 is 23 minute video. Part 2 is a PowerPoint template for site-specific training. This kit was created in cooperation with the Utilities Solid Waste Activities Group (USWAG) of the Edison Electric Institute.

▪ **Stop and Think – WS68** (Formerly V416) Run Time: 5:00 **VHS & DVD; Please Specify.**

Stop and Think! is a powerful, attention-grabbing new meeting opener by Aurora Pictures. 4 1/2 minutes of dramatic injury re-enactments in a variety of work settings hold the viewer's attention. Whether it's distractions, being in a hurry, or just not paying attention, we can all relate to the causes of these mishaps. Stop and Think carries a message that is simple, yet important to our safety: Sometimes all it takes to prevent an injury is for each of us to take a moment to stop ... and think.

▪ **Tom's Story: Why We Work Safe – WS06** (Formerly V426) Run Time: 18:45 **VHS & DVD; Please Specify.**

This video tells the real-life story of a trenching accident that led to a life-altering injury. Tom Nathe, formerly with Sauk Centre Public Utility Commission in Minnesota, shares his story. This video serves as a reminder that the threat of danger is real in the daily job of utility workers and that safety should always come first. Tom takes us through his account of the accident, the injury, learning to cope, and recovery.

▪ **Traffic Control thru Work Zones – WS80** (Formerly V435) Run Time: 21:15 **VHS & DVD; Please Specify.**

This program is targeted towards traffic control when performing utility maintenance operations in manholes or near busy roadways. It emphasizes worker safety, shows the proper set up, and details safe work practices for traffic control on a short-term job.

▪ **Trench Box Installation – WS67** (Formerly V417) Run Time: 13:00 **VHS Only**

This video was developed to teach employees how to understand trench hazards. It includes information about competent people, trench shields, selection of shields, unloading, assembly, cohesion and soil, and protective systems.

▪ **Trenching and Shoring: Safe Procedures/Emergency Response – WS27** (Formerly V87) Run Time: 18:00 **VHS & DVD; Please Specify.**

Covers the practices required for safe underground linework.

- **Trenching and Shoring Safety – WS26** (Formerly DVD129) Run Time: 6:00 **DVD Only**
 This DVD features OSHA’s regulations and cave-in prevention trenches; shoring, sloping, sloping shield installation, screw jacks vs. aluminum hydraulic shooting, and fire department assistance.
- **URD and Excavation Site Safety – WS65** (Formerly V410) Run Time: 23:17 **VHS & DVD; Please Specify.**
 This is the sixth video in a series that depicts electric utility safety issues and was produced by and for public utilities.
- **Using Chainsaws at Work – WS73** Run Time: 12:00 **VHS & DVD; Please Specify.**
 This video describes the many facets of chainsaw safety. It details the importance of using the right fuel, holding the saw in the proper way, fashioning your surroundings for safety, following procedures set by company policy and law, and many other important factors in safely using chainsaws.
- **VEPCO 40 KV Gloving Program – WS16** (Formerly V88) Run Time: 35:00 **VHS & DVD; Please Specify.**
 VEPCO personnel describe their 40 KV gloving program.
- **What is Your Excuse? – WS34** (Formerly DVD131) **DVD Only**
 This DVD is about how we make excuses for not being safe and how that places us in dangerous situations.
- **What Would You Say? – WS33** (Formerly V439) Run Time: 17:00 **VHS & DVD; Please Specify.**
 Focuses on several key communication techniques when talking to a co-worker about a safety issue:

 - Be positive
 - Show that you are concerned about their safety
 - Explain the consequences of the hazard or unsafe behavior
 - Be specific with your comments

The video also highlights how we should respond when someone is pointing out our unsafe actions.
- **Work Zone Safety for Rural Agencies – WS12** (Formerly V149) Run Time: 42:00 **VHS & DVD; Please Specify.**
 This video contains seven parts, each from 15-18 minutes in length:

 1. Introduction;
 2. Traffic Control Devices;
 3. Traffic Control Zones;
 4. Typical Applications;
 5. Flagging;
 6. Legal Liability; and
 7. “A Typical Day – Putting It All Together”.

- **Work Zone Safety for Construction and Utility Employees – WS22** (Formerly V445)
Run Time: 21:03 **VHS & DVD; Please Specify.**
Reinforces recommended safety procedures that apply in most stationary work zones.
- **Work Zone Traffic Control & Flagger Safety – WS 85 DVD Only** Run Time: 14:00
Traffic control is essential to protect both the public from the hazards associated with the project and the employees on the work project from the traffic and the flagger is the key individual charged with the responsibility of maintaining this control.
- **Workplace Safety Orientation for Employees – WS07** Formerly DVD121) Run Time: 26:00 **DVD Only**
This program stresses the responsibility of the tools, and proper emergency procedures.
- **Zap! Power Line Safety – WS52** (Formerly V292) Run Time: 5:00 **VHS Only**
Power lines are like snakes, silent, but deadly. We need to be aware of power lines, above and below the ground. Know how to avoid this danger and what to do in an electrical emergency.

NOTICE:

The ElectriCities Library videos/DVDs are for our members' informational purposes only.

Specific technical or legal questions should be referred to the appropriate experts.

Please note that changes in procedures and regulations may have occurred after these programs were produced.