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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 \$350 each to the ElectriCities Library at 1427 Meadow Wood Blvd., Raleigh, NC 27604.

Please call [\(919\) 760-6357](tel:9197606357) with any questions.

Updated [July 2018](#)

ElectriCities Library DVD Catalog

Updated 2018

Please call the library at (919) 760-6357 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 \$350 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.

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■ ACCIDENTS AND ACCIDENT PREVENTION

- **A DUI Story...What If? -- BP24** Run Time: 27:00 **DVD only**
 Poor choices about alcohol use or the decision to drink and drive affect not only the employee but everyone and everything around him/her. In this dramatization, actors are confronted with the importance of planning and decision making regarding the use of alcohol. Before taking the first drink, consider the risks to health and property, finances, relationships, reputation, and future employment.
- **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 Investigation (2016) – AP29** Run Time 13:00 **DVD Only**
 As explained in this video, investigations help to answer questions like “How” and “Why” and identify root causes for accidents or near miss events by examining related procedures, equipment, and policies. Using those findings, changes can be made that reduce the potential of a similar accident or situation occurring in the future. With employees’ help, an accident investigation can lead to a safer work environment.
- **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.

- **The Blindfold Effect – AP33** Run Time 20:00 **DVD Only; Leader’s Guide**
 Three common factors lead to more than half of all driving collisions: following too closely, intersections, and backing. This award-winning video features collision reenactments and offers instructions on tactical driving techniques that can enhance a driver’s skills and awareness.
- **Better Late Than Never – AP34** Run Time 5:00 **DVD Only;**
 Three common factors lead to more than half of all driving collisions: following too closely, intersections, and backing. This award-winning video features collision reenactments and offers instructions on tactical driving techniques that can enhance a driver’s skills and awareness.
- **Distracted Driving – AP26** Run Time 17:00 **DVD Only**
 Whether in the role of employee or during personal time, anyone driving a vehicle should be aware of the driving environment and avoid driving distractions as much as possible. Too often drivers become complacent about the act of “getting behind the wheel” and the enormous responsibility involved. Common distractions discussed on this video include: eating while driving, cell phone use, grooming, reaching for items, working while driving, and other conditions that pull focus away from maintaining proper control of the vehicle.
- **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 Only Takes A Second – AP31 Run Time 4:00 DVD Only; Presentation Guidebook**
A great meeting opener to get employees focused on safety. Using accident reenactments, the video reinforces the point that every choice and action influences the level of safety in the workplace for the lone employee or the entire group of coworkers. A little safety reminder never hurts.
- **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.
- **OSHA Top 10 Violation – AP27** Run Time 27:00 **DVD Only**
 Incidence analyses show that accidents, though often blamed on poor timing, bad luck or an act of nature, actually result from recurring patterns of behavior. Occupational Safety and Health Administration (OSHA) is tasked with setting and enforcing standards for safe and healthy work conditions and for providing training and assistance in the work environment to deter violations of those standards. This video highlights the Top 10 most common OSHA violations and recommends actions that companies and employees can take to avoid accidents and lower the risks of receiving an OSHA citation.
- **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. The kit consists of a 23-minute video and supplemental materials which includes the SPCC Trainer’s Guidebook and the employee quiz. (The kit’s second disc, containing a PowerPoint template the trainer could use to create an accompanying presentation, is no longer available). 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.
- **Thank You – AP32** Run Time 5:00 **DVD Only**
 In this thought-provoking four-minute video, friends and family members acknowledge and say “thank you” to the employees who courageously spoke up, who corrected hazards and who participated in safety programs so that loved ones were kept safe while on the job.
- **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.
- **Will Today Be the Day? – AP30** Run Time 17:00 **DVD Only**
Workplace tragedies can happen in the blink of an eye. Vigilance is required to avoid the impact and aftermath that a tragic accident can have on the life of the worker and their loved ones. This video uses powerful, thought-provoking, real-life accounts of workplace accidents to reinforce the need for employees to make safe work habits a part of their daily routine. Each day is a call to action to keep it from becoming ‘The Day’ when life is forever changed.
- **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

- **A DUI Story...What If? -- BP24** Run Time: 27:00 **DVD only**
 Poor choices about alcohol use or the decision to drink and drive affect not only the employee but everyone and everything around him/her. In this dramatization, actors are confronted with the importance of planning and decision making regarding the use of alcohol. Before taking the first drink, consider the risks to health and property, finances, relationships, reputation, and future employment.
- **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.
- **Arrest that Stress – How to Depressurize Your Work Life – BP22** Run Time 21:00 **DVD Only**
 Two basic causes for on-the-job stress are identified. Suggestions of reliable methods to reduce the strain to you and everyone in the organization are offered. Learn ways to:
 1) Avoid taking on the slack of disorganized co-workers; 2) Redirect complainers who drain time and lower morale; 3) Take charge of your emotions – even when others don't; and 4) Turn bad stress into motivation.
- **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.
- **Bullying and Respect in the Workplace – BP35** Run Time 20:00 **DVD Only**
 Five scenarios show how victims and witnesses tackle the challenge of dealing with a bully. Bullying not only harms the targeted individual but also creates a hostile and intolerable work environment for all concerned. Response tactics range from speaking up by addressing the problem to denouncing the mean-spirited attitude to getting supervisors, HR and other resources involved. Coworkers' support help targeted individuals know they are not alone and conveys to the person creating the tension that such action is unacceptable, will not be tolerated and can't be dismissed as a simple misunderstanding or a poor attempt at humor.
- **Conflict on the Job – BP29** Run Time 16:00 **DVD Only; Quiz**
 Since humans aren't robots programmed to act a certain way, difficulties and conflicts will occasionally happen. This video offers helpful solutions for managing workplace tensions to achieve a common goal. Learn to:

 - Recognize the basis of the conflict
 - Use influence, not control, to reach agreements

- Remove personalities from the equation
 - Negotiate to reach a compromise
 - And more.
- **Conflicts in the Workplace – BP30** Run Time 17:00 **DVD Only; Study Guide**
Conflicts often become emotional and take the form of personal attacks that are destructive to relationships, productivity, teamwork and morale. Conflict in the workplace is no different and redirects energy intended for a stated task or goal towards an emotional response. This program trains employees to avoid conflict or find solutions through:
 - Actively listening
 - Using I language
 - Focusing on the problem, not the person
 - Practicing empathy
 - Finding common ground
 - Stepping away for a ‘cooling off period’
 - **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 Counts – BP26** Run Time 18:00 **DVD Only; Study Guide**
Using a little friendly competition between coworkers, this training program shows that a little extra effort to meet the client’s needs improves the chances of a successful experience for both the customer and the provider. Breaking the concept into its two separate parts, customer and service, highlights the importance of each element. The customer portion involves 1) treating the person with courtesy, 2) creating a connection or relationship, and 3) respecting the customer’s priorities and time. Completing the service aspect requires 1) listen to the customer’s request or complaint and evaluating the information, 2) searching for solution and 3) thorough knowledge of the business to avoid potential obstacles. Using this two-part approach helps reinforce a business practice inherent in any successful business -- customer service counts.
 - **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. This program covers methods of helping employees with

substance abuse issues, identifying various drugs and their effects, and developing alcohol and drug policies while protecting your company's reputation.

▪ **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.

▪ **Dialogue – Now You're Talking: Communicating in a Diverse World - BP31** Run Time 25:00 **DVD Only; Includes Supporting Material**

This video identifies areas of tension and discomfort that can occur in communities and work environments of our ever-changing world. Better communication helps incorporate different perspectives, characteristics, and experiences and results in a better outcome when all parties are heard. Acknowledged respect for diversity encourages communication across potential barriers, increases participation rates, broadens the exchanges of ideas, and leads to better solutions with stronger participant buy-in. Incorporating all types of differences: (a) in culture, (b) in levels of expertise, and (c) in members from other departments or organizational tiers, into the discussion can improve relations between people and boost workplace morale.

▪ **Diversity: On the Threshold of Change – BP32** Run Time 16:00 **DVD Only; Includes Supporting Material**

A changing workforce can reveal hidden challenges created by diversity. This video explores the many facets of diversity in our work culture and their impact on our work lives. Whether due to age, economics, ethnicity, or a myriad of other factors, diversity can be an advantage for the organization if the proper attitudes and communication skills are developed to successfully navigate the change. Diversity offers an opportunity for personal growth by expanding coworkers' experiences and providing insight for new ideas.

▪ **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.

- **Getting High – Not in the Job Description – BP25** Run Time: 20:00 **DVD Only**
 The rights of employers and workers to have a safe and drug-free work environment are explained in this video. Topics covered include: (1) Work performance (2) Accidents (3) Company cars (4) Theft (5) Violence.
- **Harassment Made Simple – BP23** Run Time 6:00 **DVD & Support Material**
 By using clear and concise points, this program defines the meaning of harassment, identifies what qualifies as a specially protected group, and offers suggestions of ways to avoid or stop harassment in the workplace.
- **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.
- **Professional Email Etiquette – BP21** Run Time: 26:00 **DVD Only**
 Emails can build relationships, clarify information and exchange knowledge. This email etiquette program provides tips and strategies that will help avoid common mistakes and improve professionalism with colleagues and customers.
- **Ripples – BP17** (Formerly V203) Run Time: 18:42 **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.
- **Sexual Harassment – BP27** Run Time 8:00 **DVD Only**
 People hear of and use the term "sexual harassment" but does everyone define it the same way? This short video offers a definition and answers questions about the subject. After viewing this material, audiences have a better sense of the type of actions that may be scrutinized under the Sexual Harassment Law and what rights employees have in such situations. This video describes the best practices to follow when reporting an incident of sexual harassment, as well as, the responsibilities of the employer once sexual harassment has been identified. Know the options when confronted with sexual harassment in the workplace.
- **Social Media at Work– BP28** Run Time 14:00 **DVD Only**
 Social media can be a positive or negative tool in the workplace. Following a few simple rules or policies about social media use, an employee can reduce the odds of the company being hacked, avoid creation of a public relations nightmare, and curtail rumors among

employees. Offensive, employee-generated comments that violate company policy, even if created ‘after-hours’, can jeopardize the employee’s career and lead to harassment claims and conflict among coworkers. Employees can also lose up to two hours of productivity each day by visiting non-job related websites during work hours which hurts the company’s bottom line.

This video aims to raise awareness about proper social media use in the workplace by emphasizing two ideas: 1) wait to do your personal stuff on your own time and 2) always THINK about your actions and the consequences before posting anything. Smart advice to follow in today’s connected world.

▪ **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 (48 Hours) – BP11** (Formerly V207) Run Time: 47:00 **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.

▪ **You Are the Organization – Every Employee’s Public Relations Role – BP34** Run Time 25:00 **DVD Only**

Employees play a critical role in a business’ or organization’s success. An employee’s professionalism, public relations ability, and style project the impressions that can win or lose a client. Use this video to explore the five body language do’s and don’ts, how to dress for success, networking, effective email and voice mail etiquette, and more.

■ 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 – ES30** Run Time: 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 Qualified Workers – ES35** Run Time: 20:00 **DVD Only**
This video serves as a reminder that electricity is a powerful force. This program explains the hazards faced and safety precautions needed every day for qualified workers to avoid needless tragedies while performing any kind of electrical work. Featured topics include the definition of a qualified worker, approach boundaries, shock hazards, PPE, arc flash boundaries and protections, verifying electrically safe work condition, and exceptions to the rule. Remember – the goal of each day is to safely return home to family and friends.
 - **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.
 - **Electrical Safety in HAZMAT Environments – ES37** Run Time 16:00 **DVD Only; Leader’s Guide and Quiz**
In compliance with OSHA’s HAZWOPER regulation (20 CFR 1910.120), the goal of this video is to train employees on what to look for and to expect when dealing with electrical issues while in a HAZMAT environment. Some key topics include:
 - Uncontrolled electrical energy
 - The National Code (NEC)
 - HAZMAT area classes
 - Electricity in emergency response sites
 - **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.
- **High-Impact Life & Death Electrical Safety – ES38** Run Time 20.00 **DVD Only; Quiz**
This story revolves around the death of a worker, Donna, and the unanswered mystery of what caused her death. Recalling tales of other events and experiences involving electrical accidents, coworkers speculate of what led to Donna’s death. This video raises awareness that ANY employee’s unsafe action can endangers the safety of others—a ripple effect that flows both ways.
- **High Voltage Electrical Safety – ES39** Run Time 28:00 **DVD Only**
Several factors such as type of current, amount of current, personal protective equipment worn, length of contact with the item delivering the current, and the path electricity takes through the body determine the severity of an electrical shock. This program explains safety rules, how to work around energized and de-energized sources, proper selection of tools, protective devices and equipment, and the procedures to use when rendering first aid and rescue if they become necessary.
- **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 – ES32** 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** Run Time: 15:00 **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.
- **To The Point About: Preventing Electrical Shock – ES40** Run Time 12:00 **DVD Only**
OSHA Standard 29 CFR 1910.331 requires that employees be trained on the basics of electricity and how it works. This video's goal is to counter the danger of electricity in the workplace by enhancing an employee's knowledge of electricity and electrical equipment in the work environment.

Areas of interest include:

- Common electrical terminology
- Avoiding contact with energized parts
- Ground fault circuit interrupters
- Responding to a shock event

▪ **Safe Electrical Work Practices & 2015 NFPA 70E – ES36** Run Time 26:00 **DVD Only**

Each year, electrical mishaps result in serious injuries and/or death due to contact with energized parts or an electrical arc flash. The National Fire Protection Association (NFPA), as a leading authority, has developed ‘best practice’ guidelines for working in and around an electrical environment. Their document NFPA 70E, recognized by several regulatory authorities, is a key directive for ways to keep electrical workers safe. This 2015 edition of the guidelines explains changes made to the 2012 edition.

Topics range from proper selection and use of arc-rated clothing and PPE to creating electrically safe working conditions. Other subjects include the skills needed to be a qualified electrical worker; understanding when energized work is permitted; how to create proper approach boundaries; and the various permits that apply to energized electrical work.

▪ **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.

▪ **2012 NFPA 70E: Electrical Safety in the Workplace – ES34** Run Time: 13:00 **DVD Only; Leaders Guide & Quiz**

Replacing the outdated 2009 edition, this DVD details the critical elements and changes made in 2012 to the NFPA 70E standard and reinforces the need to wear proper PPE.

Dramatic arc flash footage, full-scale explosions and realistic reenactments drive home the risks involved in working with electricity. Key topics include qualified electrical worker requirements, creating an electrically safe working condition, confirming a zero energy state, energized electrical work permits, approach boundaries, incident energy levels, arc flash boundaries, hazard risk categories and how to properly dress for arc flash protection.

▪ **2018 NFPA 70E: Safe Electrical Work Practices (Concise Version) – ES41** Run

Time: 13:52 **DVD Only**

In an ongoing effort to improve Safe Electrical Work Practices, the 2018 NFPA 70E Standard contains the newest updates and important changes concerning electrical safety. This video offers training to understand the updated regulation and evidence of why these changes and the Standard itself are good practices to follow to keep the worker safe.

Highlighted topics include:

- Skills needed as a qualified person
- How to set approach boundaries
- Knowing PPE categories and their correlation to arc-flash hazards
- Electrically safe work conditions – establishment and verification
- Defining energized work and the need for an energized work permit
- The elements of an arc-flash boundary
- The importance of field labels

■ 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 - PS26** 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.
- **Protecting Our Sight (Concise Version) – PS47** Run Time: 9:00 **DVD Only**

Approximately 2,000 North American workers seek medical attention each day because of eye injuries. This video encourages workers to be proactive when protecting and preserving their vision by making eye protection a top priority. Discussion focuses on 1) the various types of protective devices and gear available, as well as, how and when each type should be used; 2) observing the worksite and assessing the hazards related to each job; and 3) how to avoid common risks can decrease the odds of experiencing an eye injury.
- **To The Point About: Preventing Eye Injuries – PS44** Run Time: 12:00 **DVD Only**
This training program addresses threats to eye safety and encourages employees to be actively engaged in reducing the risk for injury. Topics of interest include: when and where to use eye protection, the various types of eye protection available, and procedures for protecting the eye or reducing the severity of damage should an eye injury occur. OSHA-developed eye safety standards provide guidance for making sight protection a top priority for all organizations.

■ 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 Extinguisher Training – FS06** Run Time: 16:00 **DVD Only**
 This comprehensive program answers the questions of How and When to use a fire extinguisher in the event of an emergency. Key topics include: fire prevention tips, fire extinguisher classifications, correct placement of fire extinguishers within a facility, proper maintenance of equipment, and video demonstrations of the techniques necessary to use extinguishers safely and effectively.
- **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.
- **Electrical Safety in Hazmat Environments – ES37** Run Time 16:00 **DVD Only**
In compliance with OSHA’s HAZWOPER regulation (20 CFR 1910.120), the goal of this video is to train employees on what to look for and expect when dealing with electrical issues while in a HazMat environment. Some key topics include:

 - Uncontrolled electrical energy
 - The National Code (NEC)
 - HAZMAT area classes
 - Electricity in emergency response sites
- **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.
- **Meter Installation Safety – MR07** Run Time: 22:00 **DVD Only (Quiz included)**
This DVD addresses the safest ways to install meters. Topics discussed include: PPE, Multimeter precautions, meter handling and wiring checks, meter socket checks, and transformer-type meter connections.
- **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.**

■ 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.
- **Avoiding Dog Bites: What to do when you can't bite back – WS88** Run Time: 16:00 **DVD Only**
 Though not an automatic concern that comes to mind when considering workplace safety, animal encounters pose a risk. This program offers best practice techniques that can help to avoid a dangerous situation and guidelines that can improve the odds for a favorable outcome.
- **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.
- **The Back Owner's Guide to Lifting and Stretching – PS42** Run Time: 16:00 **DVD Only; Leader's Guide and Quiz**
 Back injuries in the workplace continue to occur despite years of recommendations of proper methods for lifting and moving objects. Occupational therapist Michael Melnik offers a new form of lifting that can place less demand on the body. His approach utilizes 3 principles that are simple to implement: "Keep it Close and Keep the Curves", "Build a Bridge", and "Feet First". These "easy to remember" steps provide a safe alternative for protecting the back during the 'lifting' process.
- **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.

▪ **Blink! A Practical Approach to Workplace Stretching – Employee Edition – PS32**

Run Time: 10:00 **DVD Only**

Michael Melnik, a Fortune 100 back injury prevention speaker, explains how to reduce the risk of back injuries. His technique features BLINKS! - quick and easy stretches that prepare employees for lifting, handling materials, and overall back safety.

▪ **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.

▪ **Bloodborne Pathogens – The Unexpected Risk – PS33 Run Time: 15:00 DVD Only**

Contact with bloodborne pathogens, sometimes called the “unexpected hazard”, pose a concern to people’s health and safety. This video covers topics related to appropriate actions to take when contact with a bodily fluid occurs during an ‘unexpected hazard’ event. Subjects discussed include:

- Modes of transmission
- The Exposure Control Plan
- Occupational exposure
- Universal precautions
- Barrier devices
- Handling, disposal and disinfection of potentially infectious materials
- Responding to an exposure

▪ **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 - PS26 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.

- **Fall Protection – Make the Connection – PS31** Run Time: 20:00 **DVD Only**
 A fall, even from a short height, can result in serious injury or death. In the U.S., falls are the fourth leading cause of work-related deaths. Fall protection measures, as outlined in OSHA Standard 1926 Subpart M, are the basis for this video that addresses:

 - Body Harnesses
 - Shock Absorbing and Retractable Lanyards
 - The Swing Effect
 - Rope Grabs
 - And More

- **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: A Refresher Program – PS28** Run Time: 18:00 **DVD Only; Leader's Guide**
 Since hearing injuries very often result in hearing loss, employees need to refresh their knowledge of OSHA's hearing regulations. To help preserve a worker's hearing, this program explains how our ears work and addresses common types and causes of hearing damage/loss; noise avoidance and hearing safety practices; and selection and use of personal protective equipment.

- **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 – Real Accidents, Real Stories – PS35** Run Time: 14:00 **DVD Only**
 Through real-life, personal stories, this presentation identifies hazards that happen in high temperature environments. Employees learn safety protocols and corrective actions to follow in heat stress situations such as dehydration, heat cramps, heat stroke and heat exhaustion.
- **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.
- **Industrial Ergonomics -- PS29** Run Time 13:00 **DVD Only**
 Recent years have seen a shift in concern and in thinking regarding ergonomic problems in the work environment. More facilities are devoting time and effort to controlling the twisting, turning, stretching and other motions that create stress and strain on employees' bodies.
 This program covers recognizing ergonomic problems, potential adverse effects and sensible solutions employees can use to address these problems. Of particular interest are the areas of:

 - Physiology of the body
 - Parts of the body most affected
 - Eye strain
 - Pragmatic preventative measures
 - Correct use of office equipment
 - Exercises and stress release
- **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.
- **Lesson Learned from Hand Injuries – Non-Graphic – PS46** Run Time 20:00 **DVD Only**
 From very early in life and without conscious thought, we humans begin to use our hands to touch, grasp, and explore the world around us. This unconscious act, while exciting and instinctive, also puts our hands at great risk for injury, permanent damage, or the potential of complete loss. This program uses reenactments of workplace hand injury accidents to encourage awareness and to teach safety lessons about protecting our hands in hazardous situations.

- **Once the ARC Begins – WS70** Run Time: 15:00 **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.
- **Overexertion – Repetitive Motion Injury Awareness & Training – PS37** Run Time: 15:00 **DVD Only**
This video encourages employees to understand their bodies, the risks associated with overexertion, and steps that can be taken to prevent injuries. By use of visual graphics and comprehensive information, employees are motivated to apply their new knowledge to achieve long-term health benefits.
- **Personal Protective Equipment: It's Your Call – PS30** Run Time: 10:00 **DVD Only; Includes Quiz**
Using PPE properly and consistently can be critical to a person's safety and well-being. The use of the proper PPE for the task can prevent a tragedy from occurring. Through the combination of instruction and a motivating real life story, this video conveys the importance of using the full range of PPE (head, ear, eye, hand, foot) in a variety of work settings.
- **PowerLift: Lifting Training That Works – PS38** Run Time: 19:00 **DVD Only; Leader's Guide and Quiz**
Dr. Michael Schaefer has found that aside from 'not working', the widely accepted 'traditional lifting technique' forces the back to bear the bulk of a load's weight and the knees to be overused. To overcome these flaws, he developed a new technique called the powerlift which is safe and easy while leaving the back in a lifting position of strength. Using one or more of the five lifting techniques allows materials to be safely moved in most every situation. Topics discussed include:
 - Flaws of the squat lift
 - The wide stance powerlift
 - The tipping load powerlift
 - The tripod powerlift
 - The golfer's bend
 - The lean-bar lifting technique
- **Protecting Your Knees – PS39** Run Time: 12:00 **DVD Only**
Both routine and excessively demanding knee movements can result in knee injuries. This video covers a series of topics from learning how the knee works to common causes of knee stress; from injury prevention techniques to examples of stretches and exercises that strengthen that area of the body. Healthy knees often correlate to a more mobile and happier life.

- **Protecting Your Shoulders – PS40** Run Time: 12:00 **DVD Only**
 This video explains how shoulders work and identifies common stressors for the shoulder area. Helpful instructions about stretches, exercises, and injury prevention techniques can, when implemented, increase the odds of maintaining healthy shoulders for a lifetime.
- **Stretching Out At Work – PS41** Run Time 13:00 **DVD Only; Quiz**
 In the electric utility industry, as in most work environments, reducing or preventing injuries at work can be as simple as performing some stretching and warm-up exercises. The information and demonstrations provided in this video encourages employees to take an active role and stretch. Exercise, as a good work habit, also reduces business costs incurred due to workplace injuries.
- **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.
- **To the Point About: Preventing Hearing Loss – PS43** Run Time: 11:00 **DVD Only;**
 This video focuses on the threat of harmful noise exposure and what can be done to enhance hearing conservation. Actions taken today influence how well we hear in the future. Topics include:

 - Programs for hearing conservation
 - How hearing damage can occur
 - Protective equipment -- plugs and muffs
 - Audiometric Testing
 - Hearing-loss symptoms
 - and more

- **Understanding & Preventing Heat-Related Illnesses – PS45** Run Time: 17:00 **DVD Only; Leader’s Guide and Quiz**
 This video explains the vigilance necessary to prevent the development of a variety of heat-related illnesses which can cause serious injury or death. Employees are trained to recognize symptoms of heat ailments and which treatment procedures to use in the event of an illness. Additional focus areas include acclimation to work conditions, the importance of a buddy system, plus the types of specialized clothing and protective devices available for use in hot working conditions.
- **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) Run Time: 56:00 **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.
- **Fall Protection – Make the Connection – PS31** Run Time: 20:00 **DVD Only**
 A fall, even from a short height, can result in serious injury or death. In the U.S., falls are the fourth leading cause of work-related deaths. Fall protection measures, as outlined in OSHA Standard 1926 Subpart M, are the basis for this video that addresses:

 - Body Harnesses
 - Shock Absorbing and Retractable Lanyards
 - The Swing Effect
 - Rope Grabs
 - And More
- **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.
- **Small Falls Are a Big Deal (Short Version) – AP35** Run Time: 10:00 **DVD Only**
 Too often, falls are thought of as “no big deals”. Martin Lesperance, a firefighter and EMT by trade, attempts to alter our thinking. He provides detailed accounts of fall injuries and the circumstances surrounding the events. Through his storytelling, employees learn about fall prevention by identifying and mitigating fall hazards.

Topics discussed include: * Choosing proper footwear; * Walking surfaces and the conditions; * Removing or minimizing fall hazards; * Observation and awareness of your surroundings; * Navigating a change from one level and another.

■ 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.

- **Active Shooter And Workplace Violence – WS105** Run Time 10:00 **DVD Only**

Active shooter and Workplace Violence – two terms that unfortunately are heard too often in today’s world. Preparedness is key in such emergencies. This program presents an active shooter scenario and outlines the best strategies for remaining safe in such a situation. Employees learn about basic response practices to use to increase the odds of a positive outcome if such an event should occur.

Topics addressed include:

- Identifying potential violent behaviors
- Response options to violent behavior
- Reactions to an active shooter scenario
- Proper actions when law enforcement enters an active shooter event

- **Avoiding Dog Bites: What to do when you can’t bite back – WS88** Run Time: 16:00 **DVD Only**

Though not an automatic concern that comes to mind when considering workplace safety, animal encounters pose a risk. This program offers best practice techniques that can help to avoid a dangerous situation and guidelines that can improve the odds for a favorable outcome.

- **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.
- **Cell Phones in the Workplace – A Dangerous Distraction -- WS87** Run Time 7:00 **DVD Only**
 Cell phones have become essential to our lives. When used properly, they are seen as assets; however, when used improperly, problems such as reduced productivity, injury or even death can result. In this video, dramatic scenarios focus on the safe use of cell phones in the workplace. Problems from unsafe and inappropriate texting/cell phone use are important. Ignoring company cell phone policies has the potential for tragic consequences. Recognizing the problem and don't be afraid to speak up.
- **Chainsaw Safety, Maintenance, and Cutting Technique – WS82** Total Run Time: 5 hrs. 30 min. **DVD Only**
 International Tree Climbing Champions Rip Tompkins and Ken Palmer host this ArborMaster DVD series (6 segments). 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.
- **Chainsaw Safety – Real Accidents, Real Stories – WS97** Run Time 16:00 **DVD Only**
 This Real Accidents, Real Stories series takes the message ty from theory to relatable event. Employees hear real accounts of how tragedy can strike when someone becomes complacent or ignores safety procedures while working with chain saws. This presentation style allows the viewer to identify with the victims as it drives home the ideas of a very real potential danger and the need to be aware and focused when working with and around power tools.

- **Chain Saw Safety – WS96** Run Time 13:00 **DVD Only**

Acknowledging that a chain saw can be a useful tool for projects around the house, it may also be part of the ‘tool kit’ for public works professionals who perform tasks such as tree trimming, brush control, and landscaping. When using a power tool like a chain saw, some inherent risks exist. This program offers instructions on the proper use of chain saws and on safety procedures that reduce the chances of an accident.
- **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.
- **Climbing Poles Safely – WS91** Run Time 15:00 **DVD Only**

Since there is no guarantee that bucket trucks can access and are appropriate for reaching every elevated work environment, all line personnel must become proficient at climbing utility poles safely. Being skilled at this task improves the odds of a successful climb while avoiding contact with a live electrical source and reduces the likelihood of a severe injury due to a mishap or accident. This training program offers step by step instructions for the best techniques used to perform a safe climb with emphasis placed on inspection and use of climbing equipment; inspection of the pole; avoiding obstructions that create unsafe working conditions; and maintaining focus and attention to the job at hand.
- **Cold Stress – Working Safely in Cold Weather – WS92** Run Time 8:00 **DVD Only**

For those whose jobs routinely require working outside, cold and wet weather carries the potential threat of reducing a worker’s ability to perform a job safely and effectively. Even at temperatures as high as 59 degrees F, the human body can begin to experience the negative effects of cold and wet weather known as cold stress. The informational video is broken into segments that discuss hypothermia, frostbite and trench foot. The key points of this training are prevention of hypothermia and helping employees recognize the symptoms of cold stress and react properly. When employees understand what is happening, they are better able to take appropriate actions. Being alert to any

indicators of cold stress and providing the proper response or course of treatment can determine the extent of damage, either temporary or permanent, that the body endures.

- **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.
- **Cranes, Chains, Slings & Hoists Update – WS89** Run Time 12:00 **DVD Only**
Anyone operating jib hoists or cranes can gain insight into sling angles, safety techniques, inspection procedures and more. This program meets OSHA training requirements outlined in 1910.180. Covered topics include:

Routine and daily pre-use inspections of lifting devices and equipment; Routine maintenance to be performed on equipment; Physics of sling angles and safe load capacities; Do's and Don'ts of the lifting process.
- **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.

- **Driving In Bad Weather – WS98** Run Time 17:00 **DVD Only**

Using a ‘driver’s point of view’ approach, this video engages the audience in thoughtful consideration of the problems that come with driving in bad weather and the appropriate responses. Real life examples of weather-related driving hazards make the discussion and instruction relevant for the viewer. Special emphasis is placed on handling poor driving conditions like icy road, thunderstorms and standing water, or thick fog.

- **Driving Safely in the Hazards of Winter – WS99** Run Time 11:00 **DVD Only**

Intended to enhance workers’ skills, this video focuses on trip planning and preparedness and features topics such as: winter driving basics, driving in winter precipitation, the meanings of weather alert notifications, vehicle preparation and maintenance, and other helpful tips that can lessen the dangers of winter driving.

- **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.

- **Expedition to Safety - Concise – WS93** Run Time 27:00 **DVD Only**

World renowned high-altitude climber Jim Elzinga uses his experiences and his stories of mountain climbing to introduce a new attitude towards safety. As a safety culture consultant and leadership facilitator, Jim links the need for developing and for following a safety plan on an adventure to the need for the same commitment to safety in the workplace. He tells the dramatic story of surviving the summiting of Mt. Everest. For every experience, the planning and follow-through are important to any mission. The key is to remain *focused* on the goal – a safe and successful completion of the task.

- **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.
- **First Aid – WS94** Run Time 9:00 **DVD Only**
 First Aid is a form of temporary medical assistance provided until more competent medical care is available. All employees should have a basic knowledge of the best techniques to apply in case there is an emergency. This training video offers information about providing proper first aid in situations such as severe bleeding, broken bones, when someone has stopped breathing or if there is no heartbeat. Proper application of first aid could make all the difference in the life or health of a coworker.
- **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.
- **Hand and Power Tool Safety – Basic Training – PS34** Run Time 21:00 **DVD Only**
Unsafe actions account for nearly 85% of all hand and power tool accidents and injuries. This program provides instructions on proper techniques to use when handling various types of hand and power tools - tools that can be both useful and dangerous. Emphasis is placed on the importance of safeguards, on the manufacturer's safety instructions, and on the responsibility of employees to act safely.
- **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.
- **Hazard Recognition – WS100** Run Time 17:00 **DVD Only**
This program trains employees to identify dangers lurking in every work environment and to take steps so the threat is minimized or eliminated. For improved workplace safety, emphasis is placed on: the importance of "hazard recognition"; hazardous conditions and unsafe acts; identifying hazards in advance; "Real-time" reactions to unsafe circumstances; and examining causes of accidents and near misses.
- **HAZWOPER – On-Site Safety Considerations – HM06** Run Time 11:00 **DVD Only**
HAZWOPER- many people link this term to images of stockpiles of chemicals, chemical spills, large spill situations, fumes and fire, but hazards at a HAZWOPER response incident are not always associated with the chemical at the center of attention. This DVD program identifies unsafe components, other than chemicals, found at HAZWOPER sites and encourages employees take action to reduce those threats so that worksites are safer.
- **Hear For A Lifetime – WS76** (Formerly V35) Run Time: 17:00 **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.
- **Lesson Learned from Hand Injuries – Non-Graphic – PS46** Run Time 20:00 **DVD Only**
From very early in life and without conscious thought, we humans begin to use our hands to touch, grasp, and explore the world around us. This unconscious act, while exciting and instinctive, also puts our hands at great risk for injury, permanent damage, or the potential of complete loss. This program uses reenactments of workplace hand injury

accidents to encourage awareness and to teach safety lessons about protecting our hands in hazardous situations.

- **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** Run Time: 15:00 **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.

- **Sandy's Story: Complacency In The Workplace – WS90** Run Time 11:00 **DVD Only**
 In this dramatic heartfelt video, Sandy tells the tragic story of the loss of her son, Butch, due to workplace complacency. Failure to adhere to the safety protocols that had been discussed in a safety meeting not 30 minutes earlier led to Butch being killed by a machine at work. Sandy, who was already involved in the safety program at work, redoubled her efforts as an advocate for safety. No matter what the task, she wants to be sure that complacency – ‘not having your head in the game’ -- does not claim another victim. Sandy's goal is keep the pain of loss from striking another family.
- **Shattered: The Jeff Walters Story - Concise – WS95** Run Time 10:00 **DVD Only**
 Through this testimonial and reenactment, Jeff Walters explains how his desire to gain his co-workers' respect, impress them with his skills, and show commitment to his job led him to make poor choices. Disregarding safety rules and sidestepping protocol to lockout equipment or wear fall protection equipment, Jeff climbed onto an elevated work surface, a conveyor, to fix a problem. His poor decisions resulted in a 19-foot fall onto a concrete floor. The consequences were life-altering injuries that impacted both him and his family; a heavy price to pay. Risk-taking and shortcuts should have no place in the work environment. Procedures are created for a reason and are too important to ignore.
- **Seeing is Believing, Safely Exposing Buried Utilities – WS101** Run Time 30:00 **DVD Only; Quiz**
 In work environments, a system of codes and symbols is sometimes used to convey information. Knowing the color-coded markings and their meanings can help public workers identify the type and location of a specific conduit or wire that has been buried underground. This program teaches efficient and cost effective methods for safely exposing buried utilities in need of replacement or repair. Special emphasis is given to: one-call requirements; open trench and trenchless exposure; when and how to use vacuum systems; hand digging; and what action to take when digging causes the damage.
- **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. The kit consists of a 23-minute video and supplemental materials which includes the SPCC Trainer's Guidebook and the employee quiz. (The kit's second disc, containing a PowerPoint template the trainer could use to create an accompanying presentation, is no longer available). 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.

▪ **Stored Energy: The Hidden Hazard – WS102** Run Time 16:00 **DVD Only; Leader's Guide and Quiz**

Visual reenactments of workplace mishaps remind viewers to be alert to their surroundings and to the stored energy dangers lurking in doors, cables, heavy equipment, stacked objects and other items they encounter. Seemingly harmless objects in the workplace may constitute a safety risk with deadly consequences, should those objects move, shift, or fall.

▪ **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.

- **Tree Trimming Safety – WS103** Run Time 17:00 **DVD Only**

Tree trimmers work in dangerous environments. This tree trimming safety program provides guidance on safe working conditions, selection and maintenance of tree trimming equipment, PPE (personal protective equipment), and working from an elevated work position, i.e. ladder, boom truck or bucket. Other topics include: instruction in chain saw usage; selection of qualified personnel; safety harnesses, belts and climbing spikes; and the importance of thorough planning before a job begins.

- **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 & Excavation Safety: The Scott May Story – WS104** Run Time 22:00 **DVD Only; Leader’s Guide and Quiz**

Trench accidents result in more than 100 workers’ deaths each year. Knowing the dangers of shifting soil, Bob Synnett, a Construction Safety Professional, tells the dramatic and sadly accurate story of a young worker named Scott May who lost his life in a tragic excavation accident. Bob explains the safety rules that govern a trenching and excavating operation. This illustration confirms that safety guidelines are developed for a reason and shouldn’t be ignored.

- **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 line work.

- **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) 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.

- **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 – WS85** Run Time: 14:00 **DVD Only**
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 Stress – BP33** Run Time 14:00 **DVD Only;**

This video takes a critical look at workplace stress, its influence on employees, and its impact on workplace productivity. Ignoring or dismissing the power of stress carries a high price for the employee and for the business. Through this program, delve into the components of stress and learn coping mechanisms.

Topics of note are:

- Situations that create stress
- Positive and negative types of stress
- Recognizing symptoms of stress
- Stress’ effects on the mind and body
- Removing “stress factors”

- Stress-relieving exercises
- And more
- **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.

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