



“Setting the standard that others strive for. . .”

Catalog of Safety Training Videos & DVDs

Loss Control Department

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HOW TO ORDER

USING OUR VIDEOS AND DVDS ARE EASY:

1. Phone-in order - **1-800-822-7802 x4549 - Loss Control Department.**
2. Mail-in or Fax order - Complete the order blank below and return to us at:

National American Insurance Company
ATTN: Loss Control Department
P. O. Box 9
Chandler, OK 74834
405-258-4592 (fax)

3. Video/DVD usage should be limited to two weeks. If an extension is needed, please call the Loss Control Department at 1-800-822-7802 x4549.

Company Name _____

Policy # _____

Contact Name _____

Mailing Address _____

Phone # _____

**** Please Note Preference:** Video DVD Doesn't Matter

Name & Number of Video(s) or DVD(s) _____

Dates needed _____

General Safety/ Workers= Compensation

ACCIDENT INVESTIGATION IN THE WORK PLACE. This video/DVD instructs supervisors on the correct accident investigation techniques by following a simulated accident and subsequent follow-up. The program teaches investigation procedures used by experts to discover the true causes of accidents so you can take corrective action and eliminate recurrence. 22 minutes. #4

WORKERS' COMPENSATION: MANAGEMENT'S ROLE. This video/DVD shows how attitude toward workers' compensation can be developed in managers all the way to the company president. #28

WORKERS' COMPENSATION: THE EMPLOYEE'S ROLE. This interesting video/DVD shows how employee involvement is the key to a successful accident prevention program. #27

SAFETY ON THE JOB: ACCIDENT CAUSES AND PREVENTION. The majority of job-related accidents are caused by factors that employees can themselves control. Those factors - stress, negligence, recklessness, over-exertion, and fatigue - are explored in this program. A series of dramatizations show how a person's mental or physical condition can affect on-the-job performance and lead to accidents. The program stresses that identification of risk-producing behaviors can reduce the chance of injury. It illustrates warning signs that staff and supervisors should be alert to and notes that employee assistance programs may be available to provide help or advice. 16 minutes. #57

UNDERSTANDING, PREVENTING & SURVIVING WORKPLACE VIOLENCE. Outlines strategies to assist employers in evaluating risk factors in their workplace and how to implement essential protective measures to keep the workplace safe. The video/DVD is extremely timely as workplace violence has become a serious problem. More and more workers in the workplace are now at increased risk of injury and homicide. 47 minutes. #66

ACCIDENT CAUSES AND PREVENTION. Emphasizes how employees cause accidents due to their unsafe acts (i.e. recklessness, shortcutting, inattention, carelessness, negligence, stress, fatigue, etc.). "Dual cause" examples are used. Prevention methods including accident investigations, disciplinary action, teamwork, responsibility, accountability, supervision, and behavior modification are briefly discussed. Suitable for employees or supervisory safety training in all industries. 12 minutes. #86

CONTROLLING SLIPS, TRIPS & FALLS. This video/DVD teaches drivers about common hazards and the right way to enter and exit the cab safely. Save time and money by preventing careless slips and falls. 10 minutes. #18

AROUND YOUR TRUCK: WHERE MOST INJURIES HAPPEN. This video/DVD is on "where most injuries happen". More workers' compensation claims are actually filed because of slips and falls from trucks than from traffic accidents. Most drivers do not realize the many subtle dangers they face when getting in, getting out, and climbing on their vehicles. Use this video/DVD to prevent needless and disabling injuries. 17 minutes. #29

CLEANING/POLISHING FLOORS WITHOUT SLIPS & FALLS. Designed to improve floor surface appearance and at the same time reducing the possibility of slips and falls. Slips and falls are some of the more costly accidents and this video/DVD helps train janitors/custodians on how to reduce the effects of slips and falls. 16 minutes. #101

SLIPS, TRIPS & FALLS. Addresses common hazards like temporary cords, debris, liquid spills, and rugs which contribute to slips, trips, and falls. Also covers basic ladder safety. Appropriate for service, retail, and wholesale industries. 16 minutes. #65

SLIPS, TRIPS & FALLS. Presents common causes including cords, stairs, ladders, spills, carpet, shoes, lighting, behavior, elevated fall protection, and walking. Contains good stunts. Good for general industry. 12 minutes. #23

GETTING ON AND OFF TRACTORS, TRAILERS, AND DOCKS. This video/DVD shows drivers how to employ safe hand holds and foot positioning while mounting and dismounting their vehicles. By learning - or perhaps relearning - how to do something that seems so basic, your drivers can help prevent injuries, downtime, and costly workers' compensation injuries. 12 minutes. #12

YOUR HEALTHY BACK. This is a four-module program which can be shown to employees and supervisors. Employees are presented with information on lifting techniques, physical fitness, strength and flexibility exercises, as well as proper body mechanics. This teaches supervisors what to look for in worker's behavior patterns and how to identify potential problem areas. The modules are as follows:

Module 1: Understanding your back (24 minutes).

Module 2: Preventing back problems (17 minutes).

Module 3: Keeping your back healthy (14 minutes).

Module 4: Supervising to prevent and manage back injuries (16 minutes).

Good for general industry, including transportation. #32

"BACKACHE BLUES". This video/DVD is produced by the Spine Education Center. It is designed to teach truck drivers how to prevent back injuries. It deals with the job functions of a truck driver and how drivers can eliminate back pain. 17 minutes. #45

WHAT'S WRONG WITH THIS PICTURE. This video/DVD involves "Right to Know". Examples of incorrect and correct chemical safety procedures are re-enacted in a wide variety of work settings. Technical terms commonly found on labels and Material Safety Data Sheets are clearly explained with interesting demonstrations. 17 minutes. #33

LOCKOUT FOR SAFETY. This video/DVD program was created specifically to help facilities comply with the employee training requirements of OSHA's Lockout/Tagout regulations. It discusses the OSHA Lockout/Tagout Standard and explains how to formulate an Energy Control Plan and instruct employees in its use. Examples of lock and tag devices that are used with electrical, pneumatic, and hydraulic power systems are shown, together with common repair situations that require lockout/tagout procedures. The program explains how to implement the procedures; dissipate stored energy and test machinery after lockout/tagout has been completed; mark tags correctly; and amend procedures when needed. 17 minutes. #51

FOOT PROTECTION. Three classifications of safety shoes are identified in this program. The functions of toe shields, metatarsal guards, and puncture-resistant soles are explained. 11 minutes. #1

HAND AND ARM PROTECTION. This program shows a variety of hand and arm safety gear ranging from light cotton to heavy metal mesh gloves. Techniques for protecting hands and arms around machinery are discussed. 11 minutes. #53

PERSONAL PROTECTIVE EQUIPMENT (PPE). This is a training video/DVD which addresses protection of eyes, face, head, hands, and feet. It covers when PPE is necessary; what PPE is necessary; how to put on, take off, adjust; the limitation of PPE; and the care, maintenance, useful life, and disposal of PPE. 19 minutes. #68

FORKLIFT OPERATION. Good training is essential to the safe operation of forklifts. Forklift accidents can cause extensive property damage, lost productivity - and worst of all - injury or loss of life. This program shows forklift operators what to do and what not to do to assure their own safety and the safety of those around them. A dramatization of a near-accident caused by an inexperienced driver emphasizes the importance of driver training. Among the safety procedures covered in the program are the proper techniques for:

- X Performing a thorough pre-check;
- X Stopping and driving in reverse;
- X Stacking loads, carrying loads up and down a grade, and lowering loads; and
- X Handling emergency situations.

19 minutes. #54

UNSAFE ACTS - HUMAN BEHAVIOR. The vast majority of accidents in the workplace are caused, in whole or in part, by the unsafe acts of employees. Therefore, the major emphasis of this video/DVD is reducing unsafe acts through education. 11 minutes. #95

LANDSCAPE MAINTENANCE. This program covers the general safety rules to follow when operating mowers, cutters, knives, trimmers, and weed eaters. Also covers safety when dealing with chemicals and hazardous materials associated with this industry. 15 minutes. #96

ERGONOMICS - YOUR BODY AT WORK. This award-winning video/DVD program reviews proper ergonomic mechanics and will help employees avoid injuries. How to make low-cost ergonomic worksite improvements is examined. Ergonomics is defined. Cumulative trauma disorders (CTDs) and responsible conditions are covered. Worksite analysis and example controls are presented. Body mechanics and proper use of hand tools are explored. Good for all industries and work environments. 20 minutes. #121

THE BLINDFOLD EFFECT is for everyone in your organization who drives, whether on or off the job. It focuses on following too closely, intersections, and backing; three driving situations that involve more than half of all collisions. Through dramatic collision reenactments and demonstrations of safe driving procedures, the video/DVD teaches tactical driving techniques that will improve every driver's skill and awareness. This video/DVD format encourages viewer participation by including pause points where the viewers identify and discuss the hazards that contributed to each crash. An interview with a person enduring lifelong injuries from a vehicle crash provides powerful reinforcement of the safety message. 17 minutes. #132

OXY-FUEL SAFETY, IT=S UP TO YOU. Oxy-fuel safety – it's not an option. This training video/DVD walks through the basics of acetylene and oxygen equipment. It includes proper safe operating procedures and use and inspection of equipment. Good for training of all levels of experience. 32 minutes. #133

SAFE WINTER DRIVING CONSIDERATIONS. This information packed training video/DVD zeros in on safety tips and techniques for handling the hazards of winter driving. Topics include preseason preparation, pre-trip procedures, and on the road issues such as antilock braking systems, scanning for hazards, following/stopping distances, and changes in road surfaces. 21 minutes. #134

THE S PARK REVOLUTION. Airwalk presentation for municipalities or anyone interested in designing and building a skateboard park. Covers the need for a public park, claims, and liability exposures for municipalities. Addresses fears and misconceptions and good overview of skateboarding. 47 minutes. #129

THE EMPLOYEE=S ARIGHT TO KNOW@, HAZARDOUS MATERIAL TRAINING PROGRAM. This hazardous material training program discusses OSHA's hazardous communication requirements. Discusses how to read material safety data sheets and labels on products. Deals with identifying hazardous materials, exposure, protective equipment, first aid procedures, mixing and storing, fire and explosions, and clean-up of materials. 36 minutes. #14

WORKING ON LADDERS AND SCAFFOLDS. Shows proper use of straight, extension, and step ladders. Discusses and demonstrates inspection and arrangement of ladders. Outlines proper safety procedures for various jobs and operations. 12 minutes. #56

SAFETY AND THE SUPERVISOR. This video/DVD is best used as a part of a supervisor training program. It outlines the supervisor's responsibility in the safety program. It includes the supervisor's responsibility for safety orientation, enforcing safety rules, hazard recognition, and safety counseling. It reviews the importance of accident investigations and safety leadership. 24 minutes. #135

ACCIDENT CAUSES & PREVENTION. The five major causes of on the job accidents and injuries are discussed in this video/DVD. Carelessness, recklessness, over-exertion, stress, and fatigue are identified as contributing factors in most all on the job injuries. Recognizing these causes helps to reduce accidents and injuries. 16 minutes. #136

SAFE OPERATION OF CRANES & HOISTS. This video/DVD covers safe operations of a variety of types and sizes of cranes and hoists. It provides instruction in the operator's responsibility for safe operations and inspection. It discusses rigging operations and the use of chains, cables, and slings. Also covered are the maintenance and load testing requirements. 12 minutes. #170

THINK AND BE SAFE. This video/DVD, which is directed toward employees and supervisors, stresses the importance of thinking before you act. It discusses how accidents and injuries effect injured employees over the long term using some powerful examples. By thinking about the repercussion of their actions, the risks, and the impact on others, most accidents can be avoided. 18 minutes. #171

SAFETY LEADERSHIP FOR EVERYONE. A powerful presentation by Tom Harvey stressing the importance of safety leadership and how all employees can become safety leaders. Several examples are provided of the key points: Not rewarding the wrong behavior, positive recognition, and getting employees involved. 23 minutes. #172.

DISTRACTED DRIVING AT WHAT COST. This video/DVD discusses a common cause of vehicle accidents, drivers who are distracted and lose focus of what's happening with their vehicle. The video/DVD looks at an accident and shows how both drivers were distracted leading up to the crash. This video/DVD can help make drivers aware of some of the dangerous behavior they may be involved in. 15 minutes. #173.

WORKING SAFELY IN HOT ENVIRONMENTS. This program shows viewers how to prevent and respond to various heat related problems by using prevention techniques, how to recognize the signs and symptoms of heat stress, and what first aid procedures to administer when assisting victims of specific heat related illnesses. Featured are several heat related illness scenarios that illustrate the importance of staying alert, using good judgment, and knowing the signs of heat stress when working in hot environments. 15 minutes. #174.

WALKING & WORKING SURFACES: COMPREHENSIVE TRAINING. To ensure workers are provided with safe working and traveling surfaces, OSHA recently updated its Walking and Working Surfaces regulation (29 CFR 1910 Subpart D). Employees affected by the regulation must be trained (and retrained) in the nature of fall hazards in the work area, how to recognize them, and the procedures to be followed to minimize those hazards. This detailed training video discusses the requirements addressed in the sections of the regulation so supervisors and employees can understand the updated rule and its day-to-day implications. Topics also covered include Fall Protection Systems, Portable & Fixed Ladder Safety, Scaffolding, Working Near Open Pits & On Low-Sloped Roofs, and Protection from Falling Objects. 11 minutes. #179

VIDEOS/DVDs AVAILABLE IN SPANISH ONLY

OXY-FUEL SAFETY, IT'S UP TO YOU. 32 minutes. #133S

ACCIDENT CAUSES & PREVENTION. 16 minutes. #136S

ACCIDENT CAUSES & PREVENTION. 11 minutes. #148

BASIC FIRST AID. 12 minutes. #149

FALL PROTECTION. 12 minutes. #150

HEAT STRESS. 11 minutes. #151

EYE CARE AND SAFETY. 12 minutes. #152

HAND & POWER TOOL SAFETY. 12 minutes. #153

SLIPS, TRIPS, & FALLS. 11 minutes. #154

HAZARD COMMUNICATIONS - RIGHT-TO-KNOW. 10 minutes. #155

EMPLOYEE SAFETY ORIENTATION. 11 minutes. #156

LADDER SAFETY. 11 minutes. #157

OILFIELD CONTRACTOR SAFETY

ORIENTATION FOR NEW WELL SERVICE PERSONNEL. This video/DVD provides a basic understanding of hazards and hazardous conditions for the employees that are new to the industry. The importance of safety is stressed, along with basic terminology, the team concept, and use of personal protective equipment. 9 minutes. #146

WORKOVER RIG DRIVER SAFETY TRAINING. This program covers the hazards associated with driving a workover rig. Also, preventing various types of accidents such as rollovers and turning. The importance of controlling speed is covered, along with pre-trip inspection procedures and other special hazards. 19 minutes. #147

SAFETY ORIENTATION FOR DRILLING & OILFIELD EMPLOYEES. This comprehensive training video covers safe work practices and policies, use and type of personal protection equipment, hazard awareness, and job safety analysis. It contains eight 5-10 minute segments that are very informative for new employees working on drilling rigs. #175

HEALTHCARE

General

SAVE YOUR BACK. (Healthcare) This three-part video/DVD is designed for a healthcare facility. It is a comprehensive body mechanics and patient transfer program. It addresses problems of patient handling, positioning, and transferring.

Part I: Introduction and body mechanics. (8 minutes)

Part II: Patient positioning and moving the patient. (13 minutes)

Part III: Patient transfer techniques. (19 minutes)

NURSING ASSISTANT TECHNIQUES - LIFTING & MOVING TECHNIQUES. This video/DVD describes safe patient handling using the Lift Sheet, moving the patient up in bed, and turning the patient by various methods. Tips are also included about handwashing, body mechanics, pressure sore prevention, and importance of patient privacy. 14 minutes. #87

NURSING ASSISTANT TECHNIQUES - RESIDENT EXERCISE TECHNIQUES. Describes techniques to use with patients while assisting with ambulation, range of motion exercises, and reducing the likelihood of injury when a patient falls. Tips on gait belt use, body mechanics, importance of handwashing, and patient privacy. 16 minutes. #88

NURSING ASSISTANT TECHNIQUES FOR THE NEW NURSE AIDE - POSITIONING TECHNIQUES. Preventing pressure sores with patients by reviewing techniques of Basic Steps, Semi-Supine, Supine, Semi-Prone, and Prone Positioning. Tips on handwashing and observation of pressure sores. 13 minutes. #89

NURSING ASSISTANT TECHNIQUES - TRANSFER TECHNIQUES. Describes safe techniques for patient and employee in transfers of Pivotal Bed to Wheelchair and Wheelchair to Toilet, Two-person Bed to Wheelchair, Three-person Bed to Gurney, and Mechanical (Hoyer) Lift. Tips on gait belt use, body mechanics, patient privacy, and handwashing. 21 minutes. #90

SAFETY ORIENTATION - NURSING. Program designed to provide basic safety orientation information to nurses. Program includes safe lifting techniques, needle stick prevention, basic infection control procedures, electrical safety, and other important topics. 14 minutes. #106

SAFETY ORIENTATION - ADMINISTRATION. Program designed to provide basic safety orientation information relating to office and administrative personnel. Program includes safe lifting techniques, electric safety, video display terminal safety, and other related safety information. Also exposes administrative personnel to needle stick prevention and infection control information that should be communicated to every healthcare employee. 14 minutes. #107

ACCIDENT CAUSES & PREVENTION. Excellent program for all healthcare employees. Targeted at the cause of most accidents, unsafe acts. Explains how employees can reduce and eliminate accidents and injuries through safety awareness and attention to the job, job procedures, and safety rules. 10 minutes. #109

LIFTING PATIENTS FROM CHAIRS. Designed for anyone required to lift patients from chairs or the sitting position. Explains proper body mechanics, procedures, and tips to help prevent back injuries. 8 minutes. #110

LIFTING PATIENTS FROM BEDS. Designed for anyone required to lift patients from beds and the prone position. Explains proper body mechanics, procedures, and tips to help prevent back injuries. 12 minutes. #114

BACK SAFETY FOR HEALTHCARE PROVIDERS. Excellent program for all employees. Explains how the back works, body mechanics, and how each employee can make the proper decisions when lifting anything, even in awkward or unusual situations. 9 minutes. #111

HEALTHCARE ERGONOMICS. Defines ergonomics, discusses cumulative trauma disorders, low-cost improvements, and how to modify body mechanics. Includes patient handling, office workers, and material handling. 21 minutes. #117

LATEX ALLERGY: STOP THE REACTION. Contains guidelines for minimizing latex-related health problems while maximizing protection. Through interviews with healthcare workers, this vital program tells how latex allergy has affected employees' careers and lives. In addition, the program covers what latex allergy is, who is at risk, the types of reaction it causes, what healthcare workers can do to protect themselves against it, and the types of products that contain natural rubber latex. 22 minutes. #123

Facilities

MOVING PATIENTS TO SAFETY. In a fire emergency, patient-moving techniques should emphasize speed, prevent injury, and reassure patients. This program describes when it is and is not appropriate to move patients, and demonstrates options to safely move ambulatory and non-ambulatory patients to an area of refuge. 17 minutes. #83

PREVENTING FIRES. The best fire protection is preventing fire in the first place. This long-term care fire protection program describes how to prevent fires or confine fire spread if ignition does occur, explains how to evaluate heat and fuel source, and outlines prevention strategies for the long-term health care environment. 22 minutes. #85

SAFETY ORIENTATION - CUSTODIANS. Program designed to provide basic safety orientation information relating to custodians/janitors. Program includes safe lifting techniques, electrical safety, chemicals and hazardous materials, needle stick prevention, and infection control procedures. 14 minutes. #108

HAZARDOUS ENERGY SOURCE (LOCKOUT/TAGOUT). Program designed to meet new OSHA standards for locking-tagging equipment during maintenance and servicing of equipment. Designed primarily for engineering personnel, however, to meet the new OSHA rules, employees who use equipment must be properly trained in lockout/tagout procedures. 10 minutes. #112

HOW TO PREVENT SLIPS & FALLS. Excellent program for making employees aware of slip and fall dangers and how to prevent those often serious injuries. Covers floors, waxes, runners, and other aspects of slip/fall prevention. 14 minutes. #113

Home Health

HOME CARE AIDE - UNIVERSAL PRECAUTIONS & INFECTION CONTROL IN THE HOME. Describes how to protect yourself and the health of the Home Health patient while providing service. Instruction in use of barriers, handwashing, gloving, and other personal protective equipment. Also, food care, sharps, and disposal of kitchen waste. 19 minutes. #91

HOME CARE AIDE - BODY MECHANICS & POSITIONING. Gives instruction to the Home Health aide in body mechanics, use of gait belts, body (back) belts, positioning for the client, and range of motion. Includes moving patient up in bed, turning, dangling, and use of a mechanical (electric Med-Lifter) lift. 39 minutes. #92

HOME CARE AIDE - TRANSFERS & AMBULATION. Describes for the Home Health aide the following: Transfer from bed to wheelchair/wheelchair to bed, bed to commode, wheelchair to toilet, assisting with tub bath and shower, assisting client to walk with crutches, walker, cane, and care of the client who is falling. 31 minutes. #93

CONSTRUCTION SAFETY

ONE TOO MANY. This presentation, from the Construction Industry Institute, directs its message to top management. It covers, in dramatic fashion, the story of an executive of a construction firm who makes a decision to see that his company adopts a "zero injury" philosophy. A sales tool for promoting safety and motivating construction managers. 18 minutes. #5

ON SOLID GROUND: A PLAN FOR SAFE EXCAVATION AND TRENCHING. An informative guide to OSHA's excavation standard. This video/DVD covers optional methods of sloping, shoring, shielding, and benching. 17 minutes. #70

FALL PROTECTION: WHAT'S REQUIRED AND BEYOND. This video/DVD is for construction workers exposed to fall hazards and managers responsible for safety planning and supervision. It covers OSHA's Construction Fall Protection Standard (Subpart M) and details the selection, use, and maintenance of personal fall arrest systems. 21 minutes. #69

BACK INJURY PREVENTION FOR CONSTRUCTION WORKERS. A back injury prevention and safety awareness video/DVD produced especially for the construction industry, but the principles can be applied to anyone handling materials. It clearly identifies lifting hazards on the job and explains techniques for safe lifting of materials and equipment. 17 minutes. #55

TAKE CONTROL: LOCKOUT AND TAGOUT. This video/DVD trains construction workers exposed to hazardous energy sources and the OSHA required controls. 14 minutes. #71

EXPOSING THE FACTS: LEAD EXPOSURE IN THE CONSTRUCTION INDUSTRY. This video/DVD describes how lead is used in the construction industry, its effect on the human body, and how workers can protect themselves from over exposure to lead on the jobsite. 14 minutes. #72

CLEARING THE AIR: CONFINED SPACE ENTRY. This video/DVD discusses the potential dangers of confined space entry and shows how to enter confined spaces safely. 16 minutes. #84

SUCCESS AT THE TOP: STAIRWAY AND LADDER SAFETY. This video/DVD aids in meeting the training requirements outlined in the OSHA standard. 17 minutes. #80

TAKE CHARGE: WORKING SAFELY WITH TEMPORARY ELECTRICITY. This video/DVD has been developed to train construction employees how to work safely with and around temporary electricity. 18 minutes. #81

THE WINNING TICKET: HOUSEKEEPING ON THE JOBSITE. This video/DVD explains the dangers of working on cluttered jobsites. 13 minutes. #77

ON YOUR GUARD: POWER TOOL SAFETY. This video/DVD covers hazards associated with power tools and shows safe power tool use. 13 minutes. #79

BACK TO BASICS: BACK INJURY PREVENTION. This video/DVD covers safe work practices for protection against back injuries. 18 minutes. #76

AVOID HOT MIX HAZARDS: WORKING SAFELY WITH HOT MIX. This video/DVD was produced to provide basic safety training to road construction workers exposed to hot mix hazards. 12 minutes. #78

MAKE THE RIGHT MOVE: MATERIAL HANDLING SAFETY. This video/DVD shows how to safely handle common construction materials and highlights materials handled improperly. 14 minutes. #82

SCAFFOLDS: SAFETY AT ALL LEVELS. Scaffold-related accidents result in 4,500 injuries and 50 deaths each year! This critical program will help employees understand the role of the competent person and how to comply with OSHA's new Scaffold Standard - now in effect! 18 minutes. #125

THE BLINDFOLD EFFECT is for everyone in your organization who drives, whether on or off the job. It focuses on following too closely, intersections, and backing; three driving situations that involve more than half of all collisions. Through dramatic collision reenactments and demonstrations of safe driving procedures, the video/DVD teaches tactical driving techniques that will improve every driver's skill and awareness. This video/DVD format encourages viewer participation by including pause points where the viewers identify and discuss the hazards that contributed to each crash. An interview with a person enduring lifelong injuries from a vehicle crash provides powerful reinforcement of the safety message. 17 minutes. #132

TRUCK MIXER LOCKOUT/TAGOUT TRAINING PROGRAM. Designed for ready mix truck drivers and mechanics to demonstrate personal injury prevention while working inside the mixer drum. 10 minutes. #124

SCHOOL SAFETY

SCHOOL BUS DRIVING: CONTROLLING SKIDS. This program gives school bus drivers the information they need to control dangerous skids. Detailed demonstrations explain why skidding occurs. Weather conditions, low tire pressure, wet road surfaces, and faulty brakes can all play a part - but the biggest factor is a change in speed or direction that is too abrupt for road conditions. Techniques for handling front- and rear-wheel skids, all-wheel skids, power skids, spinouts, and hydroplaning are carefully demonstrated. The program emphasizes that, above all, school bus drivers must remain calm and alert. The ability to maintain vehicle control is vital in keeping young passengers safe. #43

SCHOOL BUS DRIVING, PART I (2nd Edition). Stressing defensive driving techniques, drivers are shown how to: Calculate stopping and safe following distances; use the "turning point" of their bus to make safe left and right turns; use multiple mirrors; enter a freeway; and back up safely. 16 minutes. #47

SCHOOL BUS DRIVING, PART II (2nd Edition). This program presents defensive driving techniques for common school bus driving situations: Driving on hills and winding roads; safely handling curves; spotting potential hazards on and near the roadway; parking on inclines; crossing railroad tracks; and driving at night. 10 minutes. #48

ALL DAY BACK CARE FOR FOOD SERVICE. Train your employees to take responsibility for their own back care! This video/DVD focuses on jobsite body mechanics modification. Subject matter includes easy-to-understand spine anatomy, disc pressure, body mechanics both on and off the job, a practical first aid recommendation, the effects of obesity, stress and smoking, and the benefits of stretching and physical fitness. 15 minutes. #127

ALL DAY BACK CARE FOR DRIVERS & MECHANICS. Train your employees to take responsibility for their own back care! This video/DVD focuses on jobsite body mechanics modification. Subject matter includes easy-to-understand spine anatomy, disc pressure, body mechanics both on and off the job, a practical first aid recommendation, the effects of obesity, stress and smoking, and the benefits of stretching and physical fitness. 15 minutes. #128

TEACHER SAFETY ORIENTATION. This program meets OSHA training requirements about general hazards in the classroom and school environment. Suitable for both inexperienced and experienced teachers, it covers electrical and mechanical safety, lifting, ladders, accident prevention and reporting, chemicals, and more. 20 minutes. #97

SAFETY ORIENTATION FOR CUSTODIAL & MAINTENANCE. This program discusses general hazards on the job, including hand and power tools, electricity, machine operations, lifting, fire, asbestos, personnel protective equipment, and more. 18 minutes. #98

SAFE LIFTING. School employees run a high risk of a serious back injury. This video/DVD explains safe lifting techniques in a variety of school-related tasks and provides knowledge of how the back works and how to prevent back injury or muscle strain. 12 minutes. #99

FIRE PREVENTION/ELECTRICAL SAFETY IN SCHOOL. This program provides basic safety training in fire prevention and electricity for all persons involved with school teachers, administration, maintenance, and junior and senior high school students. 9 minutes. #100

SCHOOL BUS INSPECTION. Designed as an awareness program to supplement mandated operator training programs, this video/DVD explains how to inspect buses at the beginning of each day to ensure safety. 10 minutes. #105

SANITATION FOR FOOD SERVICE WORKERS IN THE CAFETERIA. This video/DVD covers principles, bacteria growth, vector control, temperature controls, serving and storing foods, and personal hygiene requirements. 12 minutes. #115

SNOWPLOW SAFETY. This video/DVD addresses equipment inspection, positioning of the truck, scanning, mirror use, and defensive driving techniques. Also included are on-screen diagrams that allow for self-study or group discussion of collision prevention techniques. Good for school districts, counties, and municipalities who are involved with clearing streets or roads. 23 minutes. #118

SNOWPLOW SAFETY - PARKING LOTS. This video/DVD is ideal for pre- and in-season training for both novice and experienced operators. Topics discussed include: Pre-season site preparation, equipment inspection, scanning, hazards (light fixtures, curb areas, raised utility covers, and changes in pavement), where to locate plowed snow, along with special considerations for plowing. 19 minutes. #119

MANAGING PLAYGROUNDS FOR SAFETY. A recent survey of public playgrounds found 92% lacked adequate protective surfaces and 75% had dangerous fall zones. How does yours compare?

- X Typical playground injury cases
- X Conducting a playground safety audit
- X Developing a written corrective action plan
- X Implementing the corrective action plan
- X Leader=s Guide that includes checklists

25 minutes. #122

EMERGENCY SCHOOL BUS EVACUATION. Practicing a safe evacuation drill for a school bus. Demonstrates drills from both front exit and rear exit. 7 minutes. #60

PREVENTING DISASTER AT THE CROSSING (school). School bus driver training which demonstrates the importance of observing and obeying rules and procedures for stopping at railroad crossings. Dramatically demonstrates consequences of violating those rules. 17 minutes. #50

THINKING ABOUT BUS SAFETY. Video/DVD good for showing to students to discuss proper actions and behavior on the bus and the effects on school bus safety. 8 minutes. #61

SAFETY IN THE SCHOOL CAFETERIA KITCHEN. This program discusses general hazards identified in today's school cafeteria kitchen including hazards of slips/trips/falls, lifting, ladder safety, and electrical. 12 minutes. #67

DRIVING TECHNIQUES. This video/DVD provides instructions for school bus driver training. As a professional driver you are trained to anticipate and avoid hazards on the roadway. This is called defensive driving. Hazards include railroad crossing, turning, merging and backing, as well as intersections. 13 minutes. #137

SEEING HAZARDS. This video/DVD provides instructions for school bus driver training. The trick to avoiding hazards on the roadway is constantly scanning the traffic situation all around you. What are the techniques to ensure effective scanning? What is the danger zone? 13 minutes. #138

PASSENGER SAFETY. This video/DVD provides instructions for school bus driver training. Most school bus related injuries and fatalities occur when students are either getting on or off the bus. Passenger safety includes entering and exiting and emergency bus evacuation instructions. Also, conduct for managing passengers. 13 minutes. #139

SCHOOL BUS DRIVING: IN LESS THAN A SECOND. This program details what occurs during the first second of an accident. It reviews common causes of bus related accidents and preventive measures. 13 minutes. #140

SCHOOL BUS DRIVING: THE FIVE SEES OF DRIVING. Train bus drivers in the proper ways of identifying hazards by keeping their eyes moving. It teaches drivers to aim high and get the big picture. 14 minutes. #141

SCHOOL BUS DRIVING: YOU AND YOUR BUS THE PERFECT FIT. This program can help drivers improve both knowledge and skills. Drivers will learn about perception problems and how to compensate for them. Also, drivers are instructed in the importance of seat adjustment, mirror adjustment, and recognizing blind spots. 15 minutes. #142

SCHOOL BUS DRIVING: BRAKES & BRAKING. This excellent video/DVD goes through various factors that effect stopping distance and how brake systems work. It provides basic knowledge of hydraulic and air brakes, as well as procedures for testing air brakes. Other areas covered include factors that effect stopping distance, bad weather braking, avoiding skids, and handling brake failure. 22 minutes. #143

SCHOOL BUS DRIVING: REFERENCE POINT DRIVING. This program is very beneficial to both new and experienced drivers. It explains and demonstrates how to use reference points in turning and backing maneuvers. It explains the use of pivot points in turning, backing into parking spaces, and parallel parking. 32 minutes. #144

SCHOOL BUS DRIVING: CITY DRIVING & COUNTRY DRIVING. In this video/DVD discussion is made of the hazards associated with driving on narrow curvy roads, how to deal with hazards such as one lane bridges, driveways, low hanging limbs, and other hidden hazards. City driving hazards associated with heavy traffic, pedestrians, and road construction are covered in the section on city driving. 19 minutes. #145

THE NUTS AND BOLTS OF PLAYGROUND MAINTENANCE. This video/DVD is designed for adults, administrators, teachers, and all who are responsible for maintaining playgrounds. This video/DVD provides an overview of the importance of proper maintenance procedures and documentation. #159

SAFE PLAYGROUNDS. This video/DVD is designed for adults, teachers, parents, or administrators. This video/DVD is designed to provide an overview of the importance of supervision, age appropriate design, falls to surfaces, and equipment maintenance for playground safety. #160

ABCs OF SUPERVISION. This video/DVD is designed for adults, supervisors, teachers, and administrators. This video/DVD provides strategies which an effective supervisor must know in order to prevent playground injuries. #161

TRUCK DRIVING

EMERGENCY BRAKING. This video/DVD discusses causes and effect of jackknifing and other skidding accidents of a tractor/trailer unit. Learn how to avoid conditions which cause these types of accidents and how to control the vehicle. 17 minutes. #16

ROLLOVER. This video/DVD depicts vans, including doubles and tankers. It shows why a safe speed is so important and evaluates causes and effects of rollovers. It looks at the basic stability levels of various types of trailers and their contributing factors. 21 minutes. #13

SAFETY ON THE JOB: VAN & TRUCK DRIVING. This video/DVD provides drivers with the information they need to develop a safe, professional attitude. A veteran tow truck driver who has seen the damage that improper attitudes can cause, explains that being a real pro means staying alert, patient and considerate. He learns that accidents happen as a result of poor judgment, lack of discipline, not knowing the equipment, but mostly they are a result of a poor attitude. This film teaches drivers the fundamentals of professional driving procedures. These are habits that anyone who drives for a living can adopt. 23 minutes. #10

LIVING WITH THE SMITH SYSTEM. This is a "commentary drive" from a trucker's viewpoint. Narrated by a Smith System instructor who drives a completely spontaneous demonstration of Smith System techniques in city traffic, on the highways, and on country roads. It also demonstrates the principles of the Five Keys to Space Cushion Driving. 12 minutes. #11

SEAT BELTS. This video/DVD saves lives and reduces personal injury by teaching your drivers the importance of using seat belts. It also informs drivers of the mandatory requirements for safety belt use and provides facts on the benefits of wearing safety belts. Help control injuries and reduce accident costs with this informative and motivating program. 10 minutes. #15

CDL - VIDEO SERIES. The Commercial Driver's License consists of various categories of questions. The following tapes are available:

CDL - General Knowledge - This video/DVD covers those areas of a general nature that a driver should know to pass this portion of the written examination. 19 minutes.

CDL - Combination Vehicles - This video/DVD covers questions relating to the operation of a tractor/trailer unit. 15 minutes.

CDL - Air Brakes - This video/DVD covers the operation of the braking system and how they work. 12 minutes.

The review of these videos/DVDs and a little study on the part of the driver should increase a driver's chance to pass the CDL the first time. #22

LEFT TURNS, SPECIALIZED TURNS, SAFETY. This video/DVD shows the techniques tractor/trailer drivers should use when performing left turns or other difficult vehicle maneuvers. Topics include:

- Encroachment
- Correct pivot points
- Sight patterns

15 minutes. #25

PROPER CORNERING TECHNIQUES. This video/DVD presents the correct cornering techniques for tractor/trailer drivers, with special emphasis being placed on right turns. Some of the specific topics covered include: Blind spots, multiple-turn lanes, cut-away corners, one-way streets, and control of driving lanes. 22 minutes. #26

DRIVER RISK INDEX II. This video/DVD is designed to measure a driver's risk-taking potential and make the driver aware of that potential. During the video/DVD, the driver will have the opportunity to agree or disagree with 50 driving risk related comments that are made while the traffic scenes are being shown on the screen. Blank score sheets and answers sheets are provided to allow discussion at end of session. 45 minutes. #17

THE PRO SYSTEM FOR ACCIDENT FREE BACKING. This video/DVD shows drivers how to combine basic backing techniques with thinking and planning. Discussions include: How to get the best setup, how to identify potential hazards, why a driver should never back blind, how different equipment can affect backing, etc. Good for new drivers as well as experienced drivers. 22 minutes. #24

YIELD TO SAFETY. This video/DVD discusses improving highway safety by cooperation between carriers and shippers. Talks of need for shippers and carriers to know current laws and the importance of compliance with them. Topics include - speed limits, hours of service limitations, shipping hazardous material, safe loading, and size and weight limitations. 17 minutes. #21

WHAT LIES AHEAD. This video/DVD is on judging safe following distance. Over 25% of all accidents result from following too closely. Four drivers share their knowledge and experience, explaining the importance of judging and keeping a safe following distance. Drivers who understand the principles of judging safe following distance are much more likely to avoid an accident. 15 minutes. #42

DRIVING GRADES. This video/DVD is on techniques for safely climbing and descending steep roads. Prevent runaways by the use of correct braking practices, gear selection, and speed control. The importance of regularly checking and maintaining the brakes is stressed. Shows how to efficiently climb grades and control RPMs to maximize fuel economy. Also, four drivers who have "been there" share their knowledge. 15 minutes. #40

BLIND SPOTS. This video/DVD describes the four major blind spots on trucks and explains how to best compensate for them. Most drivers have never considered the critical techniques explained here. Drivers are taught to not only cover their blind spots, but to watch out for the other drivers' blind spots. By preventing just one accident, this video/DVD will save you many times its cost. 12 minutes. #39

WATCHING OUT. This video/DVD shows unsafe habits lull many drivers into what should be preventable accidents. Understanding how to use the eyes is a fundamental principle in avoiding accidents. It also shows drivers how to recognize those situations that keep them from seeing the hazards around them. 12 minutes. #41

PASSING-CHANGING LANES. Every pass, every lane change, exposes a driver to danger. When should you do it and how should you do it legally and safely? This video/DVD shows the strategies for travel on multi-lane highways and for travel in two-way traffic. Also shows what to do when being passed. For bus, truck, and automobile drivers. 18 minutes. #7

DRIVER PERFORMANCE TEST II. DPT II is the most recent update of the professionally acclaimed Driver Performance Test. DPT II measures the driver's perceptual skills and psychomotor responses through the use of video/DVD simulated "real world" driving scenes that require the driver to:

- SEARCH for hazardous situations/conditions
- IDENTIFY potential and immediate hazards
- PREDICT the effect of hazards
- DECIDE how to evade the hazards
- EXECUTE evasive driving actions.

55 minutes. #36

FLATBEDS. Pulling a flatbed trailer is similar to pulling a dry or refrigerated van except for one critical difference - the cargo is more exposed. Because of that difference, flatbeds require extra safety precautions. This video/DVD covers what the safety precautions are. 18 minutes. #31

AVOIDING ACCIDENTS AT TRUCK STOPS. This practical video/DVD was produced by ATA with the National Association of Truck Stop Operators and is aimed at both drivers and truck stop operators. Focus is on protecting drivers, vehicles, and property. 15 minutes. #38

PREVENTABLE - YES OR NO?. This is the story of a professional truck driver with a good safety record, who gets involved in an accident which he feels was non-preventable. He can't see the reason for chargeability until his son faces the same type situation in the family car. Teaches the concept of preventability in graphic, human terms. 10 minutes. #46

PRE-TRIP INSPECTION: TRACTOR TRAILER. A step-by-step procedure using action video scenes to help grab your drivers' attention and help them understand the importance of developing a proper 15-minute pre-trip inspection routine. 17 minutes. #3

WHAT TO DO AT THE SCENE OF AN ACCIDENT. Accidents happen, but what your drivers do at the scene of an accident can keep a bad situation from becoming a disaster. This video/DVD explains how to protect the company, the injured, and the accident scene. 20 minutes. #2

TIRE PRE-TRIP INSPECTION GUIDELINES. This video/DVD covers proper inspection of equipment and repair procedures. It also defines legally permissible and out-of-service tire conditions. See examples of tire wear and learn how to easily identify damaged tires. 8 minutes. #34

DRIVER/DISPATCHER RELATIONS. Good communication is essential to safe trucking operations. This video/DVD explores ways of improving communications between drivers and dispatchers. #37

ROLLOVER PREVENTION. One of the most devastating accidents resulting in possible loss of the driver's life and severe damage to freight and equipment. The chain-of-event and the actions to break or mitigate them are analyzed. Countermeasures reviewed include recovery actions, equipment conditions, and awareness of the environment and the importance of speed control. #102

MAKING LEFT TURNS. This is the counterpart to the popular "Making Right Turns" safety brief video/DVD. Driver attitude and knowledge of the regulations are stressed. On the road, drivers are shown methods of maintaining the big picture, being conspicuous to others, use of signals to their advantage, and FHWA countermeasures. Over-swing and off-tracking dangers are reviewed along with demonstrations of the proper way to make left turns. #103

OBSTRUCTING THE ROADWAYS. Consideration is made for backing, loading, breakdowns, and actions in traffic that lead to obstructing the roadways. The extra hazards of low visibility, railroads, and turning roads are stressed. When roads must be obstructed proper FMCSR regulations, including the immediate and proper placement of warning triangles, are demonstrated. This knowledge allows for the minimization of threats from obstructing the roadways. #104

THE ROAD TO SAFETY: AN OVERVIEW OF DOT COMMERCIAL DRIVER DRUG & ALCOHOL TESTING REQUIREMENTS. Produced by the Associated General Contractors of America (AGC), this video/DVD educates contractors on the new drug and alcohol testing requirements, trains employers on the different protocol for properly drug and alcohol testing workers, explains what training is required for supervisors and workers. 13 minutes. #120

ANTI-LOCKING BRAKING SYSTEMS (ABS). A must for fleet drivers unfamiliar with today's generation of advanced commercial vehicle ABS! After watching this driver-friendly video/DVD, your drivers will know the answers to the following important questions: How do ABS work?, What won't ABS do?, How should a driver brake with ABS?, What happens if the ABS isn't working?, and How is ABS going to help the driver? This is a great teaching tool with an easy introduction on new technology designed to improve driver safety. And your drivers don't have to just listen to "the experts", but instead will hear from drivers who have already experienced the benefits of ABS in maintaining control. #126

DROPPING A WHEEL. Rules to avoid rollovers in trucks and pickups. Demonstrates on a test truck what happens to a vehicle when dropping a wheel off the pavement and what steps to take or not take if it happens. Produced by Dowell. 13 minutes. #9

A LORELEI CALLED SLEEP. Good for any driver because fatigue while behind the wheel of a vehicle has consequences. Regardless of the type of vehicle fatigue and driving after a large meal can all create the conditions for disaster. 16 minutes. #19

DOT HAZMAT: IN-DEPTH SECURITY TRAINING. This video/DVD, which is targeted to trucking company management and safety personnel, covers the new requirements for hazardous materials training. This video/DVD covers all areas required by the DOT regulations. #158.

NIGHT DRIVING. Driving at night is much more hazardous than driving during the day. This video/DVD identifies factors drivers should be aware of during low light conditions and tips for driving at night. 9 minutes. #162

EMERGENCY MANEUVERS. Reminds drivers how to avoid emergency situations through developing hazard perception skills. Also addresses using escape routes in typical emergency situations, emergency braking, and basic skid control and recovery. 19 minutes. #163

SPEED & SPACE MANAGEMENT. Focuses on aspects of speed, such as appropriate speed rate for various road conditions and related issues like proper following and stopping distances. 12 minutes. #164

DEFENSIVE DRIVING. This video/DVD provides an overview of the critical elements of defensive driving: Visual scanning, identifying and dealing with road hazards, and communicating with other drivers. 7 minutes. #165

TRUCK STOP ACCIDENTS. Reminds drivers to be extra safety conscious when entering, fueling, backing, parking, and exiting truck stops due to confined environments and heavy traffic. 7 minutes. #166

DRIVER FATIGUE. This video/DVD stresses how hours of service rules help prevent fatigue and shows steps drivers can take to stay alert. 7 minutes. #167.

RIGHT TURNS, LEFT TURNS, INTERSECTIONS - A GUIDE TO TIGHT SPOTS AND DANGEROUS CROSSINGS. Intersections create an extra hazard for large truck tractors. This video/DVD can help drivers to avoid and deal with many of the hazardous situations that occur in and around intersections. Drivers are reminded of safe turning techniques, as well as ways to avoid problem turns. The video/DVD also deals with avoiding right turn squeeze type accidents. Good for new and inexperienced drivers, as well as experienced drivers. 31 minutes. #168.

HOURS OF SERVICE - A DRIVER=S GUIDE 2005 UPDATE. This video/DVD will help drivers to understand how to log under the new limits. It explains the 11 hour driving rule, 14 consecutive hours on duty rule, 60/70 hours of service rules, and the new 34 hour restart provisions. The video/DVD attempts to clarify rules on sleeper berth, on-duty versus off-duty, and exemptions. #169.

DRIVER VEHICLE INSPECTIONS: THE COMPLETE PROCESS. Thorough driver inspections go a long way in helping trucking companies control costs. This video covers all three types of required inspections: pre-trip, on-the-road, and post-trip. Drivers learn the step-by-step process which can help avoid costly breakdowns, costly repairs, and out-of-service violations. 25 minutes. #176

DOT: DRIVER WELLNESS. Directed toward truck drivers and their lifestyle this video discusses health issues and health risks associated with the job, i.e. fatigue, ergonomic risks, and actions to help avoid and minimize these risks are discussed and highlighted. 17 minutes. #177 (Also available in Spanish #177S)

INJURY PREVENTION FOR DRIVERS. This video is broken down into six separate sections to allow breaks for discussion. Each section covers a different aspect of injury prevention for truck drivers. Mounting/dismounting the truck and trailer are discussed, along with loading and unloading, environmental risks, and being stopped on the road. 30 minutes. #178

Aurora Pictures DVD/VHS Rental/Purchase

National American Insurance Company has established a video rental program with Aurora Pictures. This program allows NAICO policyholders to utilize any of their over 1,000 titles at no cost. NAICO policyholders must first go to the NAICO website (www.naico.com) to fill out the request form. This can be found by clicking on Claims & Loss Control, then Loss Control & Prevention. Scroll down and click on NAICO Safety Video Lending Library. Then click on NAICO Safety Video Lending Library Account Request. Once you submit this request form you will receive a letter from Aurora Pictures with sign-on information and a password. After you receive your letter you can order by going directly to the Aurora Pictures website at www.aurorapictures.com, by calling Aurora's toll free number (1-800-346-9487), through the NAICO website, or by contacting the NAICO Loss Control Department at 1-800-822-7802 ext. 4549. NAICO customers may also purchase any of Aurora's videos at up to 50% off.