

OR-OSHA AV Library

# 2003 AV CATALOG



**Occupational Safety &  
Health Training Programs**

**Available for loan to Oregon employers & workers**

# **THEODORE R. KULONGOSKI**

## **GOVERNOR**



Dear Oregonians:

In my 30 years of public service, I've worked consistently to protect and advance the rights of Oregon workers. First among those rights is the right to a safe work environment.

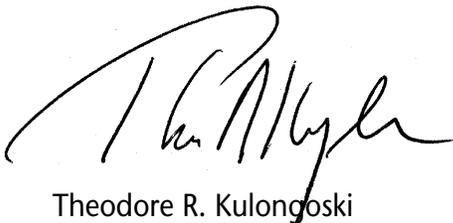
Worker safety doesn't "just happen." That goal requires constant work – including making the effort to be aware of safety issues through continuing education.

For this reason, I am pleased to introduce the educational resources and services available through Oregon OSHA. Oregon OSHA is a model program and the resources offered here are not available in many states.

I hope you'll take advantage of the resources offered here to promote the critical importance of worker safety and occupational health. Our future depends on safe and healthy workplaces.



Sincerely yours,



Theodore R. Kulongoski



# Oregon

Ted Kulongoski, Governor

## Department of Consumer and Business Services

Oregon Occupational Safety & Health Division (OR-OSHA)

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[www.orosha.org](http://www.orosha.org)

The OR-OSHA AV Catalog is back! We hope you'll agree with us that this catalog is better than ever.

The new-and-improved AV catalog reflects several significant developments in the resources and services available to you through Oregon OSHA's Resource Center and Video Library:

- Fully interactive online access is now a reality. Beginning at our Web site, [www.orosha.org](http://www.orosha.org), you can quickly accomplish many tasks that formerly required a phone call and a waiting period. Through the Internet, you can now establish a borrower account or update an existing account. You can search for videos by topic or title and schedule future loans – and online access is the quickest possible way to discover new titles and subjects. Thanks to this system, the AV Library is available to you at virtually any time of the day or night.
- The AV Catalog has been completely reformatted. Videos are now listed under subject headings. More than 100 program descriptions have been revised to more accurately reflect actual video content. We hope that these enhancements will make it easier than ever for you to find the right video for your training needs. In addition, the catalog includes reminders of related publications, workshops, and other resources available to you at little or no cost through Oregon OSHA.
- Thanks in large part to a generous grant from the Columbia-Willamette Chapter of the ASSE, the Resource Center and Video Library has been able to obtain equipment to help us serve you with greater speed and accuracy. To the ASSE, we offer our sincere gratitude.

We extend our thanks to you not only for your patience while you awaited the 2003 AV Catalog, but also for your frequent patronage of OR-OSHA's video library. Your patronage indicates that you are making a contribution to workplace safety and health in Oregon. Your questions, comments, and concerns continually help us provide better service to you and to all working Oregonians.

Sincerely,

Marilyn K. Schuster

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## Guide to the OR-OSHA AV Library



### *What is the OR-OSHA AV Library?*

The OR-OSHA AV Library is a comprehensive collection of safety-training materials available for loan to employers and workers in Oregon. It is a service provided by the Department of Consumer & Business Services, Occupational Safety and Health Division (OR-OSHA).

Just one aspect of a large Resource Center, the AV Library holds more than 900 hundred titles in various formats, including videotape, CD-ROM, and print. These materials cover a wide variety of subjects reflecting the diversity of occupations in Oregon and are geared to maintaining Oregon's high standards in occupational health and safety. All library materials have been reviewed by OR-OSHA's technical staff in the light of state and federal standards current at the time of addition to the library.

For the quickest and the most comprehensive view of the resources and services available to you through the OR-OSHA AV Library, see our Web site at [www.orosha.org](http://www.orosha.org).

### *How does the AV Library work?*

Like any other cooperative effort, using the OR-OSHA AV Library requires attention to the rights and privileges of others as well as to your own needs. This means a few simple rules:

1. Borrowers agree not to duplicate copyrighted titles.

The producers with whom we work are demonstrating a sincere commitment to public service in allowing their products to be made available for loan. Failure to respect the rights of our suppliers will result in immediate cancellation of borrowing privileges.

The AV Library includes many uncopyrighted videos and manuals, including all materials produced through Oregon OSHA's Training and Education Grant Program (See Page 105). Materials that may be duplicated are clearly noted in the catalog.

2. Borrowers may check out up to five titles at a time.

We may make special arrangements to loan more than five videos; for example, in the event of a special occasion such as a "safety fair." Contact the library for further information.

There are no restrictions on the number of videos that you may *schedule* at any one time, nor on how far in advance you may schedule them. In fact, advance scheduling is strongly encouraged!

3. The usual loan period is two weeks, **calculated from the check-out date**.

For example: a video checked out to you on Jan. 1 will be due back at the Resource Center no later than Jan. 15.

Requests for reasonable extended borrowing terms are granted whenever possible, but we must receive your request for an extension before the original due date.

Please note that we're unable to offer standing arrangements for loan periods longer than two weeks. All requests for extensions are considered on a case-by-case basis.

4. Borrowers agree to pay for return shipping.

Prices for return shipping vary according to carrier, but the typical cost is less than \$6 per video. Heavier items, of course, will cost more.

5. Library materials must be returned in person, *or* by traceable carrier, *or* insured for \$500 per title.

“Traceable carrier” includes UPS, FedEx and Priority Mail *with delivery confirmation*. If a traceable carrier is used, no additional insurance is required.

Please note that neither “Book Rate” nor “Media Mail” meet the requirements for traceability or insurance. These methods are prohibited for the return of AV Library materials.

6. Videos must be returned on time.

Three unexcused late returns will result in suspension of borrowing privileges. When you keep library materials past due, it affects others. Your late return may mean a loss of time and productivity to other borrowers.

If you’re unable to return library materials by the scheduled return date, contact the AV librarian immediately.

7. The borrower agrees to pay replacement costs for any lost or damaged items.

Loss of, or damage to, library materials happens occasionally. If this happens, please contact the librarian immediately. We aren’t interested in assigning blame or giving lectures. We’ll work with you to arrange for the replacement of lost or damaged items.

In many cases, producers are willing to extend discounted prices to a borrower “in trouble,” but it’s important that you contact us immediately when a mishap occurs.

These policies are also addressed in the Borrower Agreement on Page 11.

### ***Is there a charge apart from return shipping?***

No, aside from the cost of return shipping, the service is ordinarily free of charge.

### ***How hard is it to sign up?***

It isn’t. Just contact us by whatever means works best for you. (Contacting us online, at [www.orosha.org](http://www.orosha.org), is probably the quickest way). We’ll ask you to provide:

- Your name
- The name of an alternate contact person (optional)
- The name of your organization
- A mailing address
- A shipping address
- Your phone number
- An e-mail address (optional, but recommended)

We’ll also ask you to read and sign a Borrower Agreement, which simply states that you’ll use AV Library materials appropriately and return them in a timely manner. The agreement is found on Page 11.

That’s all there is to it! In many cases, we’re able to establish an account for a new borrower and fill a request for videos for that borrower on the same day.

Once your account is established, you’ll be assigned two important numbers: an account number, sometimes called a “company number” and a PIN for ordering online. Keep these numbers on hand in a secure location; they help us to process your requests quickly and accurately.

## **Guide to the OR-OSHA AV Library**

### **Signing up**

## Accessing and requesting videos online



*You've mentioned online ordering. Tell me more about this.*

The Resource Center is available online, on your schedule, through the Oregon OSHA Web site, [www.orosha.org](http://www.orosha.org). Through the online system, you can do the following:

- Create your own customer account
- Review your account history
- Update your existing account
- Check your schedule for future loan opportunities
- Search for videos by topic
- Review the availability of videos
- Request training videos
- Search for books and documents
- View and order Oregon OSHA publications and rules

Except for occasional, brief "downtime" for server maintenance, this on-line system is operational around the clock. The online system is also the quickest way to be aware of new titles or subjects.

*I've signed up and I need some videos. What do I do?*

If you don't want to order online, just contact us by whatever means works best for you. Complete contact information is given at the end of this introduction, on Page 10.

To ensure speed and accuracy, please have your borrower account number and program numbers ready. If using our Web site, you'll also need your PIN. (See Page 7, under "Signing Up.")

Note the date on which you wish to use the requested materials. If they're available for this date, they'll be scheduled for shipping/pickup at least one week in advance of your intended use. If they aren't available for the requested date, they'll be scheduled for shipping to you on the first date available, unless you request otherwise.

A word of caution: Beware of sending last-minute requests through the regular mail! Each year, we receive several last-minute requests, via mail, for which the requested date of use is *before* the postmark. Don't let this happen to you. If you have a last-minute need, call us, send a FAX, or an e-mail, or visit the Resource Center!

## Finding the "Right Video"

*I'm not sure which video will work best for me. Can you help?*

We're happy to help. The AV librarian is familiar with our holdings and will be glad to help you find the "right" video for your own specific needs.

*I got a video from the library, and it didn't work for me. What should I do?*

Let the AV librarian hear about it! What was the problem? Was anything about the content outdated or otherwise questionable? Was the video quality itself poor? In any case, let us know.

While all AV Library titles undergo an initial review, it just wouldn't be possible to "re-review" each of more than 900 titles. A video may become obsolete on certain points, yet remain in circulation until the problem is discovered. And even the best video will wear out after years of dependable service.

It's your video library! Help us keep the holdings current by reporting any problems!

### *I'm looking for a special video and can't seem to find it in the AV Library. Any suggestions?*

Yes. The librarian may be able to help you find your requested title or subject among our current holdings. If not, we may be able to obtain your video from the producer, and — if it passes OR-OSHA technical review — add it to the library.

We add many new titles and subjects to the AV Library each year, and many of these come to us as a direct result of borrower requests.

### *Will using AV Library videos satisfy OR-OSHA training requirements for my organization?*

Just viewing a video doesn't satisfy OR-OSHA training requirements in most cases. Library materials are intended primarily to assist and supplement training by a qualified instructor. They may also be useful for safety-committee meetings.

More information about training requirements specific to your industry or organization may be obtained from *Be Trained!*, OR-OSHA publication #440-3311. Phone (503) 378-3272 or (800) 922-2689 to obtain a copy. You may also talk with an OR-OSHA technical specialist at the same telephone numbers (during regular business hours).

### *Can you give me any other useful tips?*

Yes, we want your use of the AV Library to be as effective and trouble-free as possible. Just a few reminders:

Please schedule as far in advance as possible.

The library serves thousands of Oregonians each year, and this often means a wait of several weeks — or even several months — for a popular title. We always do our best to fill last-minute requests, but advance scheduling substantially increases your chances of getting what you want when you want it. We also encourage you to schedule more than one title for the date requested, to reduce problems if one title is delayed for any reason.

Remember! Last-minute requests may be impossible to fill.

This is especially true when it comes to such seasonal topics as heat stress or winter driving. Please be aware of "high-demand" periods and schedule accordingly! For example, borrowers sometimes come to the Resource Center expecting to leave with a winter-driving video for which they've made no advance arrangements. No problem in July, but when it happens in mid-December, it's another story. We don't like to disappoint anyone, but it's sometimes unavoidable with a last-minute request.

Review your video **before** presenting it to others!

Not only does this help you to be better prepared, but it may save some trouble in the event of a significant problem with the video you requested. If you've taken a look at your video well in advance of the "show date," there may be time to correct the problem before it becomes a "public issue!"

Make sure your VCR is clean and in good working order.

Even if your VCR is new, the heads need regular cleaning and servicing according to the manufacturer's instructions. Please note that our videos are the standard 1/2-inch size. They will not work in the (now rare) older, industrial-type machines.

If your video won't play correctly, try the "Troubleshooting Guide" on Page 104. If it still won't work, contact the AV librarian.

If videos appear to be damaged in any way, don't use them in your machine. Contact the AV librarian as soon as possible.

## **Training requirements ... useful tips**

## **Visiting the Resource Center**

### *May I visit the Resource Center in Person?*

Yes, visitors are always welcome! The OR-OSHA Resource Center is open from 8 a.m.-5 p.m., Monday through Friday, except for state holidays. Come see us at:

### **OR-OSHA Resource Center**

350 Winter St. NE, Rm. 26

Salem, OR 97301-9926

Toll-free: (800) 922-2689

Phone: (503) 947-7453

Fax: (503) 947-7463

E-mail: don.j.harris@state.or.us

**Internet World Wide Web: [www.oro sha.org](http://www.oro sha.org)**



***Oregon OSHA makes on-line access easy!***

*Must be completed and returned to OR-OSHA to establish borrowing privileges.*

## OR-OSHA AV Library Agreement

1. Copyrighted materials are loaned subject to the condition that any form of duplication is strictly prohibited in accordance with Title 17 of the United States Code of Federal Regulations. Unauthorized duplication of copyrighted materials will result in immediate cancellation of OR-OSHA AV Library borrowing privileges.
2. Materials are loaned for a period of two weeks and must be physically in the OR-OSHA AV Library by the scheduled return date. Three late returns will result in immediate suspension of borrowing privileges. Arrangements for extended loans and other special scheduling must be made with the OR-OSHA AV librarian.
3. Loan of OR-OSHA AV Library materials by borrowers is prohibited. Materials may not be loaned by a borrower to any person(s) not specifically included in the borrower's OR-OSHA AV Library transaction. (Examples of prohibited loans: consultant to client; corporate office to corporate office.) All transactions must be made through the OR-OSHA AV Library.
4. The borrower is responsible for loss of or damage to library materials, including film and video cases, and agrees to pay full replacement costs for any items lost or damaged during the loan period.
5. The borrower is responsible for the cost of return shipping. Library materials must be returned in person, or by traceable carrier, or insured for \$500 per title. "Traceable carrier" includes UPS, FedEx and Priority Mail *with delivery confirmation*. If a traceable carrier is used, no additional insurance is required. Please note that neither "Book Rate" nor "Media Mail" meet the requirements for traceability or insurance. These methods are prohibited for the return of AV Library materials. Return by untraceable means will result in borrower liability in the event of loss or damage. Materials may also be picked up and/or hand-delivered to the OR-OSHA Resource Center in Salem. Returning materials to an OR-OSHA field office or other facility is prohibited.
6. The OR-OSHA AV Library doesn't guarantee the availability of any specific program for any specific date. It's understood that a requested program may be delayed through late return, damage, or loss.

I understand these rules and policies and agree to comply as a condition of my participation in the OR-OSHA AV Library. I have kept a copy of this agreement for my records and returned the original to OR-OSHA.

Date: \_\_\_\_\_ Borrower # (if known): \_\_\_\_\_

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_

Business name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

## Accident Investigation

**Accident Prevention — see Attitude & Awareness**



Accident investigation is a little like first aid — something we hope you don't have to use often, but that is vital to know.

### Accident Investigation #86

Set in general industry, a dramatic workplace accident underscores the importance of proper accident-investigation techniques, including appropriate immediate action, information gathering, analysis, and recommendations for corrective action. 22 min.

### Accident Investigation #779

Presents an accident investigation through the eyes of an investigator who didn't see the accident and must rely on investigative skills to determine what really happened. 15 min.

### Accident Investigation #817

Covers types of accidents, results of accidents, factors leading up to accidents, with special emphasis on the investigation team and strategies for determining what happened and what corrective actions are needed to prevent future accidents. 12 min.

### Accident Investigation: Determining Root Causes #783

Defines accident investigation, its purpose and scope, and presents skills for conducting an accident investigation, documenting findings and recommending corrective actions. Emphasizes the use of information for continuous improvement. 16 min.

### Getting the Facts:

#### Accident Investigation #78

A discussion of technique, theory, and practice. Explores the basic causes of accidents and explains accident investigations. Also addresses hazard-communication issues. 19 min.

### How to Investigate an Accident #669

Presents the basics of accident investigation and important points to remember when developing an accident report. 13 min.

### How to Investigate an Industrial Accident #44

Covers accident investigation basics, with emphasis on "whys" and preventing recurrence. Shows a typical accident investigation. Program based on British Columbia laws that may not apply in Oregon. 18 min.

### Just the Facts:

#### Accident Investigations #340

Set in the construction industry, this video presents five main steps for a successful accident investigation, from immediate assistance to the victim through taking action to prevent recurrence. Emphasizes correct preservation of the scene and ways to gather data without intimidating others. 13 min.

### Piecing It Together:

#### Accident Investigation & Root Cause Analysis #746

Beginning with an accident that could happen almost anywhere, this video demonstrates effective investigation procedures, including what to include in a report, with special emphasis on follow-up. Part Two is an optional eight-minute segment covering procedures to be followed in the event of a company vehicular accident. 25 min.

### ◆ Practical Accident Investigation Series (4 tapes) #1052

This comprehensive video program takes the viewer step by step through the accident-investigation process, from the accident itself through the implementation of corrective measures. Includes optional review. 80 min.

### Did you know?

Oregon OSHA provides no-cost workshops on accident investigation — there is even an A/I workshop available on line! To find out more, call (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).

### **Aerial Lift Platforms: Guidelines for Training, Use, & Operation #695**

Covers the pre-op inspection, use of fall protection and other PPE, awareness of potential hazards on the jobsite, and general principles for safe operation. Intended only to supplement training given by qualified personnel. 20 min.

### **◆ Aerial Lift Safety (short version) #1076**

The short version of #1075, covering aerial lifts, the pre-op inspection, load capacity and safe work practices for avoiding accidents. 7 min.

### **◆ Aerial Lift Safety: Eight Steps to Safety #1075**

This video covers types of aerial lifts and their uses, the pre-start inspection, awareness of surroundings, load capacities, safe driving, fall protection, and power-line hazards. Special emphasis on proper training as a means of avoiding accidents. 14 min.

## **Aerial Lifts**

Agriculture is alive and well in Oregon! There are more than 40,000 farms in Oregon, adding more than \$3 billion to Oregon's economy each year. Oregon leads the nation in production of such crops as blackberries, loganberries, and hazelnuts.

Agriculture is also one of the most dangerous occupations in Oregon. Equipment and work processes can be hazardous. The danger of exposure to pesticides and other chemicals is very real. Staying safe on the farm is a challenge.

### **Agricultural Back-Injury Prevention English/Spanish #613**

Covers proper lifting techniques, exercises to strengthen the back, good posture, and weight loss to reduce strain. 10 min.

### **Agricultural Equipment Operator Series #648**

Especially for younger or inexperienced workers. Provides an overview of the safe use of tractors and other farm machinery in seven short segments. Viewing of video does not fulfill all Oregon-OSHA training requirements for this topic. 64 min.

### **Agricultural Safety Training Manual #477**

This comprehensive manual is divided into six sections for training flexibility. When completed properly, these modules will document the training requirements for you and your key employees in order to satisfy House Bill 3019. Modules include:

Written Programs, Recognizing Hazards, PPE, Equipment Guarding, Emergency Action Plan, and Housekeeping. Print.

### **Chasing the Sun/Siguiendo el Sol English/Spanish #381**

This video was created in response to the revised worker-protection standard. Designed for use with Spanish/English bilingual farmworkers. An excellent accompaniment to any worker protection training program. For workers only. 36 min.

### **◆ Christmas Tree Harvest Safety #1127 G**

A "silent movie" designed to reach workers of all languages, this video follows the harvester's day from preparation for work through loading trees for transport. Covers work clothing, cutting, movement of trees and personnel, processing, and loading. Divided into topic sections for training flexibility. Includes written manual, full-color flipchart, and CD-ROM. Sponsor: Oregon Association of Nurserymen. May be duplicated. 25 min.

### **Dairy Safety: Now More Than Ever #418 G**

Developed to help employers and employees in the dairy industry become more aware of occupational hazards. Includes checklist. Sponsor: Oregon Dairy Farmers Association/Oregon Dairy Products Commission. May be duplicated. 25 min.

## **Agriculture**

*see also Pesticides, Tractors*

**Air Monitoring —**  
*see Respiration, Respirators*

**Alcoholism —** *see Substance Abuse*

**Ammonia —**  
*see Hazardous Materials*



## Agriculture, con't.

*see also Pesticides, Tractors*

### **Ergonomics in Agriculture: Working Smarter . . . Not Harder English #480 Spanish #481**

Work in agriculture is both rewarding and physically challenging. This program can help workers meet the challenges through an awareness of basic body mechanics and ergonomic principles applied through warm-up exercises and safe work practices for a wide variety of agricultural tasks. Includes flip chart with detailed English/Spanish text and color photographs. Sponsor: Oregon Association of Nurserymen. May be duplicated. 16 min.

### **Greenhouse Pesticide Safety Training #384**

Reflects training requirements for greenhouse workers and handlers under the EPA worker-protection standard. Note: Not recommended for training workers/handlers on farms, in forests, or in nurseries. 56 min.

### **Kids Talk Farm Safety Stuff #318**

Intended for children; shows common dangers encountered on farms. 7 min.

### **Orchard Tractor Safety English #440 Spanish #442**

Provides in-depth training on the safe use and maintenance of orchard tractors. Covers OR-OSHA tractor safety rules and safety/accident statistics, proper maintenance for safe operation, protective-device precautions, guards, universal symbols, safe operation procedures, tractor hitches, PTOs and hydraulics precautions, safety on the road, why accidents occur, and tractor and implement safety standards. Includes instructor's manual. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 60 min.

### **Safety & Health Hazards in Grain Elevators #17**

An in-depth look at grain elevator hazards, with emphasis on explosions, how they happen, and how to prevent them. Developed for OSHA compliance officers; may be appropriate for a wider audience. 36 min.

### **Safety & Health Tool Kit for the Fruit Tree Industry #412**

A comprehensive resource covering all the basics for the fruit tree industry. Includes sound hiring practices, basic elements of a safety program, the role of the safety committee, injury management, and a variety of useful forms. Sponsor: Hood River Grower/Shipper Association. May be duplicated. Print.

### **Wheat Farming Safety: Getting Down to Business #426**

Specific to the grain-growing industry, this video outlines safety practices on the farm. The booklet lists items and requirements specific to wheat farming. Includes checklist. Sponsor: Oregon Wheat Growers League. May be duplicated. 30 min.

### **Did you know?**

*In addition to providing safety videos for loan, OR-OSHA offers several free publications related to agriculture, among them: "Cultivating a Safe Environment: An OR-OSHA Guide To Preventing Hazards in the Agriculture Industry." For a free copy of this, or any other OR-OSHA publication, call us, (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).*

Many of us can remember being taught that asbestos is a “miracle substance,” one of the greatest lifesavers known to humankind. Today, we know that asbestos has a dark side. Asbestos is a hazardous substance that needs to be treated with caution; it causes problems ranging from mild respiratory distress to full-blown mesothelioma.

### **Asbestos #27**

Produced by the Arizona Center for Occupational Safety & Health, this video takes an in-depth look at a shipyard worker who became a victim of mesothelioma through exposure to asbestos. 30 min.

### **Asbestos Abatement: The Process #42**

An overview of asbestos-abatement techniques and technologies. Assumes no knowledge on the part of viewers. For use by laymen and professionals who must quickly understand asbestos-abatement procedures. 64 min.

### ◆ **Asbestos Cement Pipe Work #403** G

An easy-to-use training program reflecting Oregon OSHA and DEQ standards, this presentation covers the recognition of asbestos-containing materials, a review of the risks associated with asbestos, and safe practices and procedures for working with asbestos cement pipe. Also, describes the skill and knowledge necessary to be considered qualified to work with asbestos. Note: Copy A provides complete printed material, including overhead transparencies. Copies B and C provide some printed materials and a Powerpoint diskette. Please specify desired format when requesting this program. Sponsor: The Pacific Northwest Section of the American Water Works Assn. May be duplicated. Powerpoint and print.

### **Asbestos: Controlling the Hazard #67**

Live-action and graphics combine to describe the characteristics of various types of asbestos, how they are used, and the hazards of exposure. Presents detailed instructions on the use of various types of respirators and other PPE for preventing exposure. Includes isolation techniques. 35 min.

### **Asbestos Screening #24**

Produced by U.S. Dept. of Health, video describes a chemical reagent test for determining the presence of asbestos in bulk samples. 22 min.

### **Asbestos: Understanding the Hazard janitorial version #605**

Discusses asbestos, where it can be found, how it affects health, and hazard communication. Also discusses how to recognize damage and good housekeeping and work practices. Focuses on maintenance/janitorial staff training needs. 10 min.

### **Asbestos: Understanding the Hazards longer version #606**

Discusses asbestos, where it can be found, health hazards, proper protective measures, and regulatory compliance. Discusses four classes of construction work. Covers glove bag procedures in detail. 21 min.

### **Asbestos: Understanding the Hazards short version #607**

Discusses asbestos, where it can be found, health hazards, protective measures, and regulatory requirements. A good introductory video for asbestos awareness. 9 min.

### **Don't Blow It: Asbestos #61**

Covers health hazards of asbestos in brake dust. Shows how to control dust with a vacuum cleaner and enclosure. Primarily for large shops that do many brake jobs a day. 15 min.

### **Dressed to Live #179**

Describes asbestos hazards, personal protective equipment, and decontamination procedures. Emphasizes use of the buddy system in preparing for work. 13 min.

### **Electrical Safety & Asbestos Abatement #182**

Describes electrical fundamentals, direct and indirect effects of shock, and potential electrical hazards at asbestos-removal sites. 12 min.

### **Testing Buildings for Asbestos Hazards #54**

Uses demonstrations and interviews with authorities, along with computer animations, to familiarize viewers with principles and procedures for assessing and documenting asbestos hazards. 70 min.

## **Asbestos**

### ***Did you know?***

*Oregon OSHA offers a free publication entitled "Asbestos Exposures: What Building Owners Need to Know." For a free copy of this or any other OR-OSHA publication, call us, (800) 922-2689, or visit us on the Web, [www.osh.org](http://www.osh.org).*

## Attitude & Awareness



As any parent can tell you, it's impossible to legislate or enforce a good attitude! For this reason, OR-OSHA's safety standards do not directly address that topic. Yet, a positive attitude toward workplace safety and health is so essential for preserving life and limb on the job that Oregon OSHA provides many resources and services, including publications and workshops, that cover this most important subject.

### **Benefiting from Workers' Compensation #876**

Provides information about Oregon's workers' compensation system, benefits, and the forms needed for filing an injury claim. Guest: Mary Lou Carbajal. Musicians: Andrea and Shawn Celaya-Alston. English/Spanish format. 26 min.

### **Close Calls:**

#### **The Wake-Up Call #677**

For all employers and employees, this program emphasizes the importance of reviewing the causes of a close call to avoid a future accident. 17 min.

#### **The Crisis Kit (2 tapes) #312**

"The Healing Process" is designed to be shown to employees as soon as possible after a crisis. It explains the grieving process and helps people understand what they're going through and what to expect. "Leadership Skills for The Critical Incident" teaches managers and supervisors action steps to use in times of crisis. Features interviews with experts and behavior modeling for difficult, emotion-laden situations. 32 min.

#### **Dancing Alone #652**

One moment of inattention on the job can have dramatic consequences for a worker, co-workers, friends, and family. Provides a graphic presentation of the need for safety awareness at all times. 20 min.

#### **Dealing With the Department English/Spanish #881**

An overview of Oregon's Department of Consumer & Business Services. Gabe Silva provides a short description of what each of five divisions does, with a musical or dance presentation between each of segments. Highlights the Workers'

Compensation Division, the Workers' Compensation Board, Oregon OSHA, the Office of Energy, and the Office of the Ombudsman for Injured Workers. Includes telephone numbers and other contact information for each division or office represented. Guests: Representatives of five DCBS divisions/offices. Musicians: Ballet Folklorico, Rondalla Sentimiento Latino, others. 25 min.

#### **"I Felt Comfortable" #654**

The true story of Randy Fellhoelter's close encounter with death when he was hit with 7,200 volts of electricity when he violated safety work rules and procedures. Extremely graphic. 23 min.

#### **Insurance in Oregon English/Spanish #882**

A description of the mission and responsibilities of the Oregon Department of Consumer & Business Service's Insurance Division, with special attention given to enforcement and consumer-protection services. Highlights the responsibilities of insurance companies and their agents and provides resources. Guests: Kathy Barrie and Fred Lindgren. Musician: Andrea Celaya-Alston. 29 min.

#### **Keeping Your Mind on the Job #9**

Explores such situations as the factory worker who carelessly injures himself, the executive who postpones major decisions because a single problem dominates his thoughts, and the creative person who gets stomach knots and stalls for days before tackling a difficult assignment. 13 min.

#### **◆ The Kevin Bailey Story #1085**

One person's true-life experience of disregarding safety, his workplace accident, its effects on his family, and his subsequent rehabilitation. 15 min.

#### **Missing in Action #260**

A general approach to safety, this tape shows how sloppy procedures and working too fast can cause an accident. 8 min.

#### **No Exceptions #258**

Shows that supervisors need to take part in safety programs and motivate workers to do the same. 9 min.

**No Injury, No Accident? #856**

Based on the pioneering work of W.H. Heinrich, this program demonstrates the increasing chances of a workplace injury following a series of non-injury accidents. Emphasizes the importance of reporting and investigating an accident while working to eliminate its cause. 15 min.

**Non-Complying Employers English/Spanish #1034**

The subject matter for this program is the Workers' Compensation Division's Non-Complying Employer Program. The guest for this program is Field Investigator Raul Peña. Video explains employers' responsibilities for obtaining workers' compensation coverage for their workers and the penalties or problems they may experience for failing to do so. Musical guests are Bardomiano Cedillo and Eric J. Cancino. 30 min.

**Over & Over Again #257**

Shows how repetitious, monotonous jobs often lead to a false sense of security. Stresses that each task must be thought through, instead of being done automatically. 9 min.

**◆ Personal Responsibility for Safety #1083**

Emphasizes the importance of paying attention to hazards and close calls in order to avoid accidents. 16 min.

**Preferred Workers & Vocational Rehabilitation English/Spanish #878**

An interview with an injured worker who used the programs and services of the Vocational Rehabilitation Division and the Preferred Worker Program of the Workers' Compensation Division. Guest: Roberto Morales. Musicians: Rondella Sentimiento Latino. 29 min.

**Proactive Safety Attitudes: Target Zero! #684**

Astronaut Buzz Aldrin introduces this review of the essential elements of workplace health and safety. Using re-enactments of accidents and interviews with actual workers, this video underscores the importance of taking personal responsibility for safety on the job. 16 min.

**Retire the Lone Ranger #261**

Covers machine-shop safety from a supervisor's viewpoint, but also deals with general safety. Deals with communication and helps to resolve workplace problems. 8 min.

**Returning the Injured Worker to the Job #826**

A production of the Oregon Department of Consumer & Business Services, this program shows how six Oregon employers control their workers' compensation costs. 15 min.

**◆ The Risk Takers #1124**

A "classic" safety training presentation using dramatizations of workplace accidents to underscore the dangers of shortcuts, complacency, and carelessness on the job. 15 min.

**Safety Attitude #716**

Trains workers to be aware of and respect hazards. Emphasizes teamwork for achieving an accident-free work environment. 5 min.

**Safety & the Human Factor #799**

Suitable for nearly every work environment, this program examines the human factor in workplace accidents, including direct and indirect human involvement, violations, mistakes, slips, and "dormant errors." 12 min.

**◆ Split Seconds, Split Lives #1084**

Real people and their stories demonstrate the impact of workplace accidents on the lives of victims and victims' families. 23 min.

**Staying a Step Ahead #364**

Reflects Washington State requirements for a formal, written safety-and-health program. Depicts a fatal forklift accident that provides the incentive for a machinery firm to implement an accident-prevention program. 18 min.

**Attitude & Awareness, con't.**

## Attitude & Awareness, con't.

### The Stress of Change #470

A written program designed to help workers understand workplace change: why it's stressful and how it affects health and safety. Helps identify stressors in processes of change and explains what individuals, work teams, managers, and safety committees can do to reduce stress. Sponsor: The Center for Working Life. May be duplicated. Print.

### Stress Mess #125

A humorous but hard-hitting program showing how to identify sources and signs of stress in our lives. Tells how to reduce and manage stress, plus time-management techniques. Office environment, but appropriate for all audiences. 25 min.

### The What-If Game #259

Stresses that safety's not a matter of luck and that anticipating problems and solutions is necessary. 10 min.

### When Someone Appeals English/Spanish #879

An overview of Oregon's Workers' Compensation Board, with special emphasis on the hearings process and what injured workers need to know, both before and during an appeal. Guest: John McCollough. Musician: Patricia Briscole. 30 min.

### Who Works for Injured Workers? English/Spanish #877

Provides information about the Oregon Office of the Ombudsman for Injured Workers, describing the activities of the

Ombudsman's Office and contacts for using its assistance regarding injuries at work and the workers' compensation system. Guest: Maria Carraher. Musicians: Gabe and Jim Silva and Ed Riveira. 25 min.

### Work Place Stress

#### English #617 Spanish #658

Discusses how to identify stress, the effects of everyday stress on the body, and measures that may be taken to combat negative stress. 12 min.

### Working with Oregon OSHA English/Spanish #880

A description of the mission and responsibilities of the Oregon Department of Consumer & Business Service's Occupational Safety & Health Division (OR-OSHA). Using actual case histories, this program reviews some basic workplace safety and health issues, with emphasis on the resources and services available through OR-OSHA for preventing workplace injuries, illnesses, and fatalities. Guest: Tomás Schwabe. Musicians: Grant Elementary Students, Salem. 25 min.

### Workplace Stress #330

Shows the powerful force of stress and its causes, how to identify symptoms of stress, and how to control and eliminate many stress factors. Recommends and demonstrates several simple exercises. 15 min.

## Back Safety

*see also Ergonomics*

***Backhoe — see Heavy Equipment***

Not only are back injuries extremely painful, they can be permanently debilitating!

While Oregon OSHA has no specific requirements for weight limits, and no officially defined lifting techniques, employers may refer to weight limits and procedures established by NIOSH. The NIOSH Web site is found at: <http://www.cdc.gov/niosh/homepage.html>.

### Avoiding Back Pain #804

Especially appropriate for those who work on utilities, in maintenance, or construction, this program opens with interviews involving actual workers whose lives have been changed by back injuries. Covers the medical reasons for back pain, the general principles of ergonomics and body mechanics, and specific techniques and work practices for avoiding back injuries. 26 min.

### Back Injury Prevention & Care #65

Promotes a positive attitude toward proper back care. Covers spine anatomy, back-injury causes, injury prevention, body mechanics, exercise, and muscle-spasm treatment. 15 min.

### **Back Injury Prevention through Ergonomics: A Curriculum for Nurses #466**

A written teaching resource of five modules, covering the principles of ergonomics and the prevention of back injuries. Sponsor: University of Oregon Labor Education and Research Center. May be duplicated. Print.

### **Back Safety #733**

Emphasizes injury prevention through proper lifting techniques, physical fitness, and preventive techniques. 5 min.

### **Back Safety #250**

A survey of the latest research on back posture, mechanics, and exercise. Shows workers how to protect their backs on the job and off. 19 min.

### **Back Talk #19**

A mysterious being at the bedside of an injured worker explains how the back works and how to prevent back injuries. Emphasizes proper lifting techniques, exercise, and general physical fitness. 19 min.

### **Backfire #134**

Using a fictionalized case history, this classic video explains the physiology of the back and common causes of back injury and demonstrates measures to prevent injury. Emphasizes safe lifting, correct posture, and physical fitness. 15 min.

### **Backs:**

#### **The Ergonomic Connection #304**

Incorporates ergonomic guidelines offering solutions to prevent back disorders. Educates employees on how backs work, causes of cumulative trauma disorders, proper body mechanics, common back injuries, and risk factors that cause back injuries. 14 min.

#### **Danger Zone: Your Back #130**

Somewhat humorous in approach, this classic video examines typical causes of back injury through five fictional case histories. Emphasizes that injury can be prevented through awareness of hazards and safe lifting techniques, combined with general physical fitness. 19 min.

### **Dealing With Manual Handling #774**

This program includes a detailed description of manual handling, problems involved, the causes and types of injuries, and how to avoid injury. May be used with "Lifting and Carrying" (English #711, Spanish #757). 10 min.

### **Fighting Back Pain #222**

Discusses anatomy and physiology of the back. Demonstrates proper lifting techniques and exercise for maintaining a healthy back. Appropriate for workers in manufacturing, warehousing, and agricultural industries. 18 min.

### **Lifting and Carrying English #711 Spanish #757**

Covers the anatomy and physiology of the neck and back, types of injuries, steps to safe lifting, physical characteristics of loads, working conditions, and personal limitations of personnel involved in manual handling. 20 min.

### **Minimizing Back Strain #8**

Shows how back injuries occur, techniques for using your back, and how to be aware of your back. Emphasizes the need for personal conditioning in minimizing back strain. 20 min.

### **Smartlift #428**

A video designed to reduce the number, incidence, and severity of lifting and twisting injuries in the retail industry through an updated program that educates employees about proper and safe techniques for lifting and moving heavy objects. Set in retail, but appropriate for a wide audience. 8 min.

### **Understanding the Working Back #56**

A nationally recognized (and entertaining) authority on back-injury control and ergonomics shows the mechanics of movement and the consequences of incorrect lifting habits. Explains common-sense techniques. 20 min.

## **Back Safety, con't.**

*see also Ergonomics*

## Batteries

*Bee Sting* — see *Insects*  
*Benzene* — see *Hazardous Substances*

### ◆ Preventing Battery Accidents #1081

Covers correct emergency jump-start procedures as well as safe handling and maintenance of 12-volt lead-acid batteries. 14 min.

## Bloodborne Pathogens

*Bomb Threat* — see *Emergencies*  
*Brake Dust* — see *Asbestos*  
*CPR* — see *First Aid*  
*Canneries* — see *Food Processing*  
*Carpal Tunnel Syndrome* — see *Ergonomics*



When it comes to bloodborne pathogens, the world is a much more hazardous place than it once was; however, preventing exposure is generally a simple matter of awareness combined with careful observance of safe work practices.

We understand that training needs vary widely by industry, so a bloodborne pathogens video that is perfect for one organization may not work for another. Your AV librarian is happy to help you find the right video for your training needs. A handy booklet, “*Bloodborne Pathogens: Questions and Answers about Occupational Exposure*” is also available from Oregon OSHA.

### As It Should Be Done #292

Produced by the U.S. Dept. of Labor and especially appropriate for health-care workers, law enforcement, and laboratory personnel, this program provides a step-by-step review of the federal bloodborne pathogens standard. Includes modes and routes of transmission and demonstrations of the use of universal precautions for avoiding exposure. May be duplicated. 24 min.

### Bloodborne Pathogens #732

Covers bloodborne pathogens, modes of transmission, misconceptions about exposure, and proper protective measures. 5 min.

### ◆ Bloodborne Pathogens (revised) #1061

Revised to include Hepatitis C, this video covers bloodborne pathogens, modes of transmission, misconceptions about exposure, and proper protective measures. 8 min.

### Bloodborne Pathogens: Case Histories #708

A real-life illustration of the importance of universal precautions, featuring interviews with workers infected by bloodborne diseases. Covers the written exposure-control plan, universal precautions, work practice controls, engineering controls, and housekeeping. 21 min.

### Bloodborne Pathogens: First Responders #375

Geared for emergency responders as a part of annual training. Presents an overview of the standard. 18 min.

### Bloodborne Pathogens: Protection in Educational Environments #686

Presents hazards involved with exposure to HIV, HBV, and other bloodborne pathogens while concentrating on safe work practices that avoid infection. Emphasizes OSHA’s bloodborne pathogens standard, universal precautions, engineering controls, employee work-practice controls, personal protective equipment (PPE), housekeeping, and administration of the HBV vaccine. 20 min.

### Bloodborne Pathogens: Protection in the Home-Care Setting #767

This program outlines the precautions needed to avoid bloodborne pathogens in the home healthcare setting. Covers workplace transmission, universal precautions, HBV vaccination, and work-practice controls, including housekeeping and laundry. 17 min.

### **Bloodborne Pathogens in Schools: The Human Side #689** CC

Gripping real-life stories highlight the dangers of bloodborne diseases in educational environments. Suitable for teachers, bus drivers, custodial staff, and others. Covers needlestick prevention, HBV vaccination, and exposure reporting. 22 min.

### ◆ **Bloodborne Pathogens: A Sharper Image #1077**

Beginning with a consideration of HIV, HBV and HCV, this video discusses how bloodborne pathogens are transmitted and what can be done to guard against exposure. Also covers proper procedures following a sharps injury and provides information regarding one's chances of contracting illness following such an injury. 19 min.

### **Bloodborne Pathogens Teleconference #294**

Especially geared to health-care workers, this 1992 EDNET teleconference was co-sponsored by Portland Community College, Oregon OSHA, and the Oregon Medical Association. Individual presentations provide in-depth technical information on the nature of bloodborne pathogens, an analysis of Oregon's bloodborne pathogens standard, and practical instruction on universal precautions. Includes question-and-answer period. 240 min.

### **Bloodborne Pathogens: What Would you Do? #1017**

Especially appropriate for industrial settings, this program provides an overview of bloodborne pathogens, what they are, and how they can be transmitted, and your organization's safety procedures, including the use of universal precautions to prevent exposure. 10 min.

### **First Responders: Bloodborne Pathogens Training #671**

For first responders, this video provides information on bloodborne pathogens and safe work practices to avoid infection. 14 min.

### **For your Protection: The OSHA Regulations on Bloodborne Pathogens #324**

From the American Medical Association. Appropriate for healthcare workers, this program reviews the bloodborne pathogens standard, with special attention to the dangers of HIV and HBV. Interviews with experts enhance a discussion of universal precautions. 25 min.

### **HIV in the Research Laboratory: Controlling your Risks #661**

Beginning with a history of human disease prevention, this video covers safe practices and procedures for dealing with HIV in a research laboratory. 28 min.

### **Needlestick Prevention: Five Steps to Safety #895**

A needlestick injury can be fatal! This program emphasizes safe work practices for the prevention of needlestick injuries among health-care workers. Includes a review of newer medical implements and guidelines for safe use and disposal of several kinds of sharps. Also describes procedures for dealing with a needlestick injury. 14 min.

### **Worker's Exposed English #420 Spanish #422** G

Focuses exclusively on non-medical settings where school workers, building maintenance and janitorial personnel, and hotel housekeepers may come into contact with bloodborne infectious diseases and contaminated implements. Sponsor: Service Employees International Union. May be duplicated. 11 min.

## **Bloodborne Pathogens, con't.**

### ***Did you know?***

*Oregon OSHA offers a free workshop entitled "Exposure Control/ Bloodborne Pathogens." A handy booklet, "Bloodborne Pathogens: Questions and Answers about Occupational Exposure," is also available. For information on workshops or publications, call us, (800) 922-2689, or visit us on the Web, [www.osh.org](http://www.osh.org).*

## **Chainsaws —**

*see also Agriculture, Forest Activities*

**Chemicals, Chemistry — see Hazardous Substances, Laboratory**

**Chlorine — see Hazardous Substances**

**Christmas Tree Farming — see Agriculture**

**Communication — see Supervision, Supervisors, Violence in the Workplace**

### **Chainsaw Maintenance & Safety #687**

Covers the components of the chainsaw; chain selection and components, sharpening; setting the depth gauge, guide-bar maintenance, chain assembly and tension; and personal and operational safety. 16 min.

### **◆ Chainsaw Safety: Short Cut to Disaster I & II (2 tapes) English #1070 Spanish #1071**

Begins with a look at proper clothing and inspection of equipment followed by a demonstration of safe procedures for using a chainsaw. 10 min.

### **Safe Operation of Chainsaws #784**

This program covers the procedures necessary for the safe operation of what can be a very dangerous tool. It outlines preparation of a chainsaw for use, starting a chainsaw, holding and operating a chainsaw, and practices for tree falling. 20 min.

### **Safe Use of Chain Saws #103**

Geared for “weekend woodcutters,” this video covers safe procedures for tree falling and covers inspection and maintenance of the chainsaw, use of PPE, assessment of environmental hazards, and step-by-step instructions for safe falling, limbing, and cutting. 14 min.

### **Winter Falling/Kick-Backs & Safe Use of Chainsaws #107**

Two programs on one tape: “Winter Falling” is a brief overview of the hazards associated with logging under wintery conditions, including the dangers presented by high winds, snow, and limited visibility. “Kick-Backs and Safe Use of Chainsaws” presents a comprehensive examination of the structure, maintenance, and safe use of chainsaws. 24 min.

## **Compressed Gas**

*see also Welding*

### **Cylinder & Gas Apparatus Safety #203**

Describes the basics of fuel and compressed gases and their containers and the proper use of related equipment. Presents potential hazards when equipment isn’t handled safely. 38 min.

### **Oxy-Fuel Safety #166**

An experienced welding instructor guides the viewer step-by-step through the essential elements of oxy-fuel safety for welding, cutting, brazing, and heating. Includes numerous demonstrations of equipment and procedures. 30 min.

### **◆ Oxyacetylene Safety #1082**

Covers safe practices in handling and using oxyacetylene welding and burning equipment. 25 min.

### **Safe Handling of Gases #777**

Appropriate for industrial, medical, and domestic settings, this video presents the types of gases with their associated hazards, as well as safe practices for the use, transportation, and storage of gas bottles and cylinders. Includes leak-test procedures. 19 min.

### **Confined Space Emergency Rescue: Prepared for Success #357**

How to plan for a rescue, training for rescue personnel, hazards in permit-required confined spaces, confined-space rescue procedures, and proper use of safety and rescue equipment. 15 min.

### **Confined Space Entry #149**

A witness to a workplace fatality introduces this examination of confined-space safety. Covers essential elements of confined-space safety, including typical hazards, requirements for permits, lockout/tagout, PPE, and emergency rescue. 21 min.

### **◆ Confined Space Entry English #884 Spanish #885**

Covers the hazards of various types of confined space, emphasizing the responsibilities of employers, supervisors, attendants, and entrants. Includes instruction on required permits and confined-space emergencies. 28 min.

### **Confined Space Entry #315**

Defines a confined space, associated hazards, proper entry procedures, attendant responsibilities, and emergency-rescue procedures. 22 min.

### **Confined Space Hazards #70**

Covers entry into pressure vessels, storage tanks, and other confined spaces where there may be an oxygen deficiency, environmental contamination, fire hazards, or other situations immediately dangerous to life or health. 30 min.

### **Confined Space Rescue & Hotwork (2 tapes) #252**

Deals with entry permits, preparation, atmospheric testing, fire watch, and emergency rescue. 51 min.

### **Confined Space Safety #614**

Sewers, closed tanks, tunnels, open tanks, vats, furnaces, and ditches are just some of the many kinds of confined spaces. They all have one thing in common: They can kill. This program is designed for all personnel who may be required to enter a confined space. 10 min.

### **Confined Space Safety (3 tapes) #93**

A comprehensive video series addressing the major hazards facing those who must enter confined spaces. Part 1 defines "confined space," describes the requirements of a confined-space program, and explains the function and use of permits. Part 2 shows the only way to detect invisible atmospheric hazards in confined-space testing. Viewers see direct-reading instruments (gas-detector tubes and electronic gas detectors). Part 3 shows common hazards found in confined spaces and how to control them. 70 min.

### **Confined Space Ventilation #709** CC

A comprehensive overview of mechanical ventilation of confined spaces, covering the four major atmospheric hazards, common hazard-causing operations, types and techniques of ventilation, and ventilation troubleshooting. 18 min.

### **Confined Spaces: Entry by Permit #349**

Presents practices and procedures required to ensure the safety of employees entering and working in confined spaces. 20 min.

### **Confined Spaces: Painting Industry (Slides) #444** G

Training program teaches painters to recognize traditional and non-traditional confined spaces. Includes use and care of appropriate personal protective equipment (PPE). Includes manual. Sponsor: Painter's District Council No. 55. May be duplicated. 88 slides.

## **Confined Space**

**Conflict Resolution — see Supervision, Supervisors, Violence in the Workplace**



## Construction

see also *Cranes, Excavation, Fall Protection, Heavy Equipment, Scaffolds*

**Contractors — see Construction**



*Land of the empire builders, land of the golden west ...* Our state song may be somewhat “politically incorrect” by today’s standards, but that word, builders — there’s a word that means something. Even in today’s struggling economy, Oregon is growing and developing right before our eyes and the construction industry is out in front.

But construction has always been a dangerous occupation. In an industry where speed is so important, where running behind schedule means unhappy customers and lost income, there can be the temptation to take shortcuts — and in the construction industry, the results of a shortcut can be catastrophic.

In addition to safety videos, Oregon OSHA provides many publications and services geared to protecting the lives and limbs of construction workers. For information on these resources, call us, (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).

### **C-Stop Safety Program #1010**

A comprehensive overview of topics related to the construction industry, including tool safety, back safety, PPE, respirators, striking tools, hardhats, and more. 60 min.

### **Construction Electricians #181**

Discusses protective clothing, ladders, unsafe acts, scaffolding, tools, electrical theory, and hazards. 18 min.

### **Construction Hazard Communication #213**

A right-to-know program for construction workers, mechanical and electrical tradespeople, pipefitters and welders, insulators, painters, cement finishers, roofers, carpenters, and general laborers. 23 min.

### **◆ Construction Safety in the High Technology Industry #401**

When the high technology industry has a need for construction, that need is immediate. This comprehensive CD-

ROM covers elements of workplace health and safety for construction workers in a high-tech environments. May be duplicated. CD-ROM.

### **Construction Safety Kit #267**

Discusses the major hazards in the construction industry, including falls from high places, slips and falls, excavation work, high voltage, and lifting. 15 min.

### **Contractor Safety #631**

Demonstrates the importance of communicating company safety policies and procedures to an outside contractor who’s been hired to do work in an unfamiliar environment. Addresses systems and worksite activities. 14 min.

### **Contractor Safety: Building a Partnership #309**

A powerful program for improving safety at job sites where owner and contractor employees work together. Provides a step-by-step process designed to open lines of communication and to develop a mutually supportive approach to safety. Although based on OSHA’s regulation for process safety management (PSM) of highly hazardous chemicals, these techniques can be applied to a range of contractor jobs. 23 min.

### **Control the Field: Jobsite Safety Inspections #338**

Provides guidance to construction contractors and their supervisors regarding an appropriate approach to regular job-site safety inspections. 13 min.

### **CPWR: Drywall Dust Engineering Controls #814**

Provides real-time exposure data for drywall sanders using different techniques and control technology.

### **◆ Handling Structural Steel #1133**

Covers handling of structural steel from safe unloading through proper sorting and lifting, with emphasis on adequate preparation for the job, use of PPE, knowledge of load weights, and proper rigging for various loads. 28 min.

### **Hazard Communication Course for Shop Ironworkers #452** G

Samples MSDSs are explained. Emphasis is on creating a written hazard-communication program, labeling requirements, employee information, employee training, and MSDS information. Includes an instructor's guide and student workbook. Sponsor: Employer-Shopmen Local 516. May be duplicated. Print.

### **Hazard Communication Standard for Construction #326**

Designed to alert construction employers and their employees to the need for communication of information about chemical hazards as well as the basic provisions of the standard. May be duplicated. 10 min.

### **Jobsite Hazards #640**

Developing hazard awareness among construction workers is essential to maintaining a safe work site. This video addresses a variety of hazards found on underground construction sites. 10 min.

### ◆ **Long Span Trusses #1089**

Covers correct procedures for temporary bracing and for prebuilding an alternative erection system, with basic rules for preventing collapse. 8 min.

### **Mechanical Aids for the Construction Industry #214**

Uses a before-and-after format to show what's done wrong on a job site, then corrects violations. 10 min.

### **One Too Many #351**

A dramatic portrayal of a workplace fatality and its aftermath; examines the human and economic costs of disregarding safety on the job. 18 min.

### **Oregon Manufactured Housing Safety Training System #484** G

A trainer's guide in short, easy-to-use sections. Topics include a supervisor's guide, safety committee guide, job-hazard analysis, and safety-inspection checklists. Sponsor: Oregon Manufactured Homes Association. May be duplicated. Print.

### **Preventing Workplace Violence in the Construction Industry #488**

This CD-ROM and training manual promote awareness of workplace violence in the construction industry, with special emphasis on practical strategies for violence prevention. Six sections cover what constitutes workplace violence, preventing workplace violence, responding to a violent incident, the growing threat of bombs and suspicious packages at construction sites, and "tool-box training" and forms. May be duplicated. CD-ROM.

### **The Rules of the Game: Employee Safety Orientation for the Construction Industry #341**

A general orientation for new employees in construction. Covers housekeeping, teamwork, hazardous materials, personal protective equipment, fall protection, and other topics. 15 min.

### ◆ **Safe Erection of Open-Web Steel Joist & Joist Girders #1137**

Assumes no knowledge on the part of the viewer. Defines terms, presents procedures for safe loading, transportation, unloading, rigging and placement of structural steel. Brief coverage of fall prevention. 32 min.

### **Safety Orientation for Construction Contractors #232**

A look at one company's system of interaction with contractors on a construction site. 16 min.

### **SMACNA Safety Manual #456** G

Includes a manual with an instructor section, overheads, and quiz questions. SMACNA designed this program for the sheet-metal industry, covering the most-cited occupational-safety-and-health violations in the industry. Training module subjects include lockout/tagout, hazard communication, confined space, personal protective equipment (PPE), bloodborne pathogens, electrical safety, fall protection, housekeeping, and respirator safety. Sponsor: Sheet Metal and Air Conditioning Contractors' National Association. May be duplicated. Print.

## **Construction, con't.**

## Cranes

*Crawler* — see *Heavy Equipment*

*Cumulative Trauma Disorders (CTDs)* — see *Ergonomics*

*Dairy* — see *Agriculture*

*Dental, Dentistry* — see *Health Care*

*Disabilities* — see *Health Care*

*Disasters* — see *Emergencies*

### **Controlling the Load: Crane Rigging Safety #620**

Especially appropriate for large construction sites, this video covers safe rigging procedures for nylon, chain, and wire rope slings, with tips for inspection, maintenance, and storage. Demonstrates safe lifting practices for a wide variety of loads. 17 min.

### **Crane-Hoist Operator Training #178**

The basics of crane-hoist safety with emphasis on awareness of hazards. 13 min.

### **Crane Safety Awareness for Site Superintendents #325**

Provides an overview of the relationship of crane operations to construction sites and the responsibilities of site superintendents and management over such operations. May be duplicated. 8 min.

### **Cranes, Conveyors & Hoists: Raising the Standard #845**

An overview of safety procedures related to roofing, covering fall prevention, burns, proper lifting techniques, and PPE. 10 min.

### **Craning with Confidence #237**

Reminds experienced operators not to be complacent about familiar hazards and introduces new workers to things they must know to handle a crane with confidence. 17 min.

### **◆ Indoor Cranes:**

#### **Safe Lifting Operations #1130**

Describes various types of indoor cranes, provides a step-by-step demonstration of the pre-op inspection and concludes with a comprehensive look at safe rigging techniques for several different types of loads. 19 min.

### **Inspection, Care & Storage of Slings #791**

This program looks at a range of lifting equipment and the fundamental principles that should be followed to prevent accidents. Covers the pre-use check, the periodic inspection, safe use, and proper storage of chain, wire, and fiber chains. 15 min.

### **Mobile Crane Safety #18**

Covers basics, including pre-operation setup and inspection, planning a lift, load-chart interpretations, plus safe and efficient operating techniques. 15 min.

### **Mobile Cranes #745**

Construction and industrial footage demonstrate the importance of pre-location set-up, pre-operational inspection of the crane, planning the lift and communicating with co-workers. 6 min.

### **Overhead Crane Safety #154**

Provides an overview, including common terminology, pre-operation safety inspections, basic operating techniques, and safe work practices and procedures. 19 min.

### **Overhead Crane & Sling Safety #714**

This training program shows proper techniques for the safe use of cranes and slings and outlines daily inspection procedures. 19 min.

### **Radio-Controlled Crane Safety #59**

Starts with basic overhead crane safety, then explores applications and procedures specific to radio-controlled cranes. 14 min.

### **Rigging Geometry & Case Study Workshop #81**

Includes easy-to-learn calculation methods. Gives sample problems and complete instructions for quick field computations for sling length and strength for almost any lift. Covers simple geometry and how it applies to sling selection. 33 min.

### **The Safe Operation of Overhead Cranes #649**

For all operators of pendant or overhead cranes, this video highlights the pre-operational check, the operational check, the importance of planning the load, rules for safe operation, and procedures for shutting down. 20 min.

### **Slings & Rigging Hardware Inspection, Maintenance & Application #82**

Provides a working knowledge of sling types, their uses, and benefits. Covers inspection of wire rope, synthetic web, and alloy chain slings. Addresses the significance of D/d ratios. Also covers shackles, eyebolts, hooks, turnbuckles, and more. 44 min.

### **Wire Rope #80**

In-depth classroom instruction covering OSHA and ANSI requirements for inspection and maintenance of wire rope, with emphasis on determining when items should be removed from service. 41 min.

## **Cranes, con't.**

### **Watch That Dog! #458**

Dogs bite 1 to 3.5 million people in America each year. "Watch That Dog" explains basic protection and provides insight into the mannerisms of various types of dogs. Tells how to protect yourself from possible attack and injury. Sponsor: Northwest Electric Light & Power Association, PGE, PacifiCorp, Idaho Power. May be duplicated. CD-ROM and video.

## **Dogs**

### **◆ The Alert Driver: A Trucker's Guide to Sleep, Fatigue & Rest #1063**

Especially for truck drivers, but appropriate for anyone who must drive for extended periods, this video explains the circadian rhythm, including the need for regular rest. Offers 10 strategies for maintaining alertness on the road, with special emphasis on the importance of knowing your limits and the dangers of legal drugs. 19 min.

### **Backing Safety #760**

Geared to drivers of large trucks, this program emphasizes the importance of being aware of oneself, one's vehicle, and the area around the vehicle when backing. Highlights the "cone of invisibility" and the extra caution needed when children are present. 5 min.

### **Defensive Driving for Delivery Vans #833**

Covers basic safety precautions for those whose work involves frequent or constant driving. 17 min.

### **Defensive Driving Tactics #158**

Two professional drivers demonstrate the difference between defensive and aggressive driving through city streets and on highways. 16 min.

### **◆ The Distracted Driver: A Lesson in Road Sense #1056**

This video provides a graphic reminder of the need for constant awareness while driving, and highlights common sources of distraction, including phone use, eating and drinking, personal grooming, and reading. 20 min.

### **Drive for Life: Defensive Driving #821**

Features a section on the importance of wearing seat belts, with additional sections covering the driving environment, co-existing with other drivers on the road, and defensive driving techniques. 11 min.

### **Drive for Life: Driver Attitude #820**

Covers the consequences of driving under the influence of controlled substances such as alcohol. 11 min.

### **Drive for Life: Emergency Situations #819**

Shows what to do in situations such as tire blowouts, skids, adverse road conditions, accidents, and even a hazardous spill. 11 min.

## **Driving/Vehicles**

*Drywall — see Construction*

*Ear Protection — see Personal Protective Equipment (PPE)*

*Earthquake — see Emergencies*

*Economics — see Supervision, Supervisors*

*Warning! Weather-related videos can be very difficult to get on short notice! We always do our best to fill last-minutes requests, but please don't wait until December to order videos in winter driving, hypothermia, or other cold-related topics!*

## Driving/Vehicles, con't.

### **Drive to Be the Best #663**

Driving accidents are the leading cause of occupational fatalities in this country. This video covers attitude and behavior, techniques and strategies, vehicle condition, safe loading, and awareness of company policy. 20 min.

### **Driver Daily Maintenance of Light Vehicles #183**

Covers pre-starts, warm-ups, operation, and shutdown checks. 17 min.

### **Drivers Alert: Over-the-Counter & Prescription Medicines #1000**

A review of the potential influence of over-the-counter and prescription medications on one's ability to drive safely. Includes interviews with those affected by accidents and with various safety and medical professionals. 13 min.

### **Drowsy Driving: Shattered Lives #1001**

Provides a graphic depiction of the dangers of driving while fatigued, including a case history of a fatal accident. Also includes interviews with survivors and with various safety-and-health professionals. 13 min.

### **Drugs & Driving #138**

Deals with drug use by drivers of light commercial vehicles and the problems caused by drug use. 20 min.

### **Drunk Driving Examined #276**

Describes Olympic diver Bruce Kimball's drunk-driving accident that killed two teenagers. 25 min.

### **Emergencies in the Making #157**

Shows how "little things" cause driver emergencies. Includes manmade, natural, and road factors. 18 min.

### **The Final Factor #159**

A series of dramatic episodes highlight key principles of safe driving, with special emphasis on awareness of oneself, one's environment, and other drivers. Demonstrates how the combination of several "minor" factors may result in a life-threatening situation. 14 min.

### **Freewayphobia I & II (2 tapes) #161**

This Walt Disney cartoon interspersed with real drivers shows how emergencies occur in freeway driving. Describes how faulty maintenance, loose objects in cars, low fuel supplies, not using safety belts, etc. may lead to emergencies. 22 min.

### **It'll Never Happen to Me #128**

Takes a unique approach to the seat belt issue: focuses on the probability of long-term disability — rather than death — as the result of an auto accident. 22 min.

### **Lifting it Right #391**

This video from the Automotive Lift Institute shows safe operation of automotive lifts. The video is designed especially for vehicle service technicians. 17 min.

### **Magic Circles of Defensive Driving #142**

Examines an accident from all angles, including people, vehicles, attitudes, timing, and circumstances. Proves that one accident may have many causes and stresses the responsibility of professional drivers to anticipate and avoid dangers. 10 min.

### **Make Winter Driving Safer #109**

Outlines the adjustments necessary for safe winter driving. Also covers skids and the proper use of jumper cables. 13 min.

### **The Miles House Story: Angels on the Highway #622**

A true story of a worker involved in a serious accident while driving a company truck, this program stresses the value of wearing a seat belt. 23 min.

### **◆ Night Driving Tactics #1110**

Illustrates the increased hazards encountered by drivers at night and offers tips for remaining safe behind the wheel. Covers drowsiness, nighttime road emergencies, and driving in heavy fog or rain. 17 min.

### **Oregon School Bus Inspection #95**

Produced by the Oregon Dept. of Education for school bus drivers, this video is a point-by-point demonstration of the required pretrip inspection, with special emphasis on identifying potential hazards. 20 min.

**Rediscover the Safety Belt #151**

Features driving risks, safety belt facts and myths, and commentary by former astronaut Wally Schirra. 9 min.

**Safe Driving #664**

Emphasizes the need for awareness not only of other drivers but of oneself and one's vehicle. 8 min.

**Safe Winter Driving #888**

How to stay safe while driving in winter conditions, including what to do if you're stranded at night. 17 min.

**Seat Belt Safety #610**

Dramatic live-action footage of auto accidents. Helps motivate workers to wear seat belts. Covers proposed federal regulations and disproves common arguments against seat belts. 5 min.

**Seconds to Live #145**

"Driving like a policeman" is the theme of this lively classroom presentation given by Sgt. Jack Ware of the Michigan State Police. Sgt. Ware highlights the importance of constant vigilance on the road, cautions against potentially deadly drivers. 30 min.

**Sharing the Road with Big Trucks #132**

Shows driving scenes from the viewpoint of a truck driver. Covers large trucks' sight limitations and advantages and their effect on other road users. 18 min.

**Space Driving Tactics #163**

Shows how to create driving space to avoid trouble from sudden stops, tailgaters, and hills and curves with limited visibility. Also covers the 'two-second rule' and how to use space behind and beside your car. 14 min.

**Traffic Safety #665**

Covers driving in traffic, with special emphasis on "road management" or — maintaining a safe space for your vehicle. Also promotes use of seat belts and avoidance of intoxicants. 8 min.

**The Ultimate Driving Challenge English #781 Spanish #1008**

Hosted by celebrities, a live demonstration of difficult and dangerous driving situations and how to handle them safely. 20 min.

**Van & Truck Driving #164**

Stresses that a proper attitude is the most important safety equipment for professional drivers. Through the eyes of a veteran truck driver, the program teaches the fundamentals of professional driving. 23 min.

**Visual Perception in Driving: Eye Habits #108**

Using live-action and graphics, this video provides an overview of how the human eye works, while emphasizing the importance of remaining alert and attentive behind the wheel. 12 min.

**Water Skiing on Four Wheels #112**

Covers hydroplaning and steps drivers can take to maintain control when driving on wet pavement. 13 min.

**When Teenagers Drive #3**

Deals with teenage driving and motor-vehicle accidents. Explores basic problems, using real-life examples and interviews, and presents possible solutions. Suitable for community action groups, as well as driver and parent education programs. 12 min.

**Winter Driving #822**

This program covers vehicle maintenance and inspection, following and stopping distances, braking and skid control, driving on inclines, safe braking, and potential hazards of parking lots. 12 min.

**Winter Driving Tactics #35**

Anchorage, Alaska, police officers give detailed instructions on preventing winter accidents, handling typical winter hazards, and ensuring cars are prepared for winter. Includes brief descriptions by drivers who have had winter driving accidents. 13 min.

**Driving/Vehicles, con't.**

## Driving/Vehicles, con't.

### Workplace Traffic Safety #482

When you drive as part of your job, your car is your workplace. Produced with Oregon's 2.5 million drivers in mind, this program features interviews with experts covering seven crucial driving topics: environment, operation and maintenance, other drivers, trucks, preparing yourself, passengers, and handling an accident. Provides information you can use whenever your job takes you behind the wheel. Sponsor: Associated Oregon Industries. May be duplicated. 30 min.

### ◆ Young Drivers: The High-Risk Years #1072

Many young workers drive as a regular part of their jobs, while even more drive to and from work. This video takes a hard look at the human and economic costs of vehicle accidents, featuring interviews with parents, teachers, and young drivers themselves. 14 min.

## Electricity

*see also Lockout/Tagout,  
Power Lines, Power Plant*

### Awareness and Elimination of Electrical Shock Hazards #485

Comprehensive manual promotes recognition and control of electrical hazards associated with power tool use. Printed materials include sample lockout/tagout policy, hot-work policy, hot-work classifications, and explosive danger zones. Sponsor: NECA-IBEW #48. May be duplicated. Print.

### Electric Meter Training #373

A brief explanation of meter testing and calibration, with a brief history of electrical-energy measurement. Includes a simplified look at watt-hour meter construction and operation. 30 min.

### ◆ Electrical Equipment Hazards #1067

Describes basic procedures for discharging and grounding capacitors and for disconnecting meters from current and potential transformers. 12 min.

### ◆ Electrical High Voltage: Know the Hazards #1134

An interview with an injured worker introduces a comprehensive overview of procedures for working with high voltage. Includes a review of the federal standard, use of PPE, hot sticks, fall protection, and safe material handling. 28 min.

### Electrical Lines: Care & Maintenance of Tools and PPE

The first part of the program covers care and maintenance of tools and equipment in the field; second part covers the same by line workers in a warehouse or shop. 35 min.

### Electrical Safety (3 tapes) English #173 Spanish #691

A comprehensive three-part series. Part 1: basic principles of electricity and common terms, including GFCIs and lockout/tagout. Part 2: electrical hazards and ways to avoid injury, including extensive treatment of lockout/tagout. Part 3: emergency-response procedures, including first aid for mild and severe electrical shock and what to do in the event of a fire. 57 min.

### **Electrical Safety: The Hazards of Electricity #723**

Appropriate for all workers, this live-action video helps prevent injuries by teaching employees the fundamentals of electricity, the main causes of electrocution and electrical shock, and electrical fires. 5 min.

### **Electrical Safety: Qualified Employees #724**

More than 100 workers are killed yearly by electrocution, and thousands suffer the effects of electrical shock. This video covers the identification of energized parts, de-energizing potentially dangerous systems, safe clearance distances, and precautionary measures. 5 min.

### **Electrical Safety: Safe Work Practices #722**

Covers safe work practices, safe distances from electrical hazards, equipment inspection, and proper PPE. 5 min.

### **Electrical Safety Training (3 tapes) #221**

Designed for both qualified and inexperienced workers, this live-action program covers electricity basics, safe work practices, and authorized personnel on low- and high-voltage lines. 36 min.

### ◆ **Electrical Shock Hazards #1065**

Explains what electrical shock is, how it can affect the human body, and how to help an electrical shock victim. The importance of proper grounding and procedures for inspecting power tools are also illustrated. 12 min.

### **Electricity: A Powerful Force #841**

Live action and dynamic graphics combine to provide viewers with an understanding of the nature of electricity, fundamental electrical principles, and safe practices for avoiding injury and death at work and at home. 25 min.

### **Hazard Recognition Program for Employees #355**

For use by electrical utilities. Points out hazards associated with electrical installations that meter readers or other service providers can observe and report. 10 min.

### ◆ **Protective Equipment in Electrical Maintenance #1069**

Describes several kinds of protective insulating equipment and illustrates procedures for inspecting equipment prior to use. 9 min.

### ◆ **Safe Practices in Electrical Maintenance #1068**

Demonstrates the use of a variety of voltage detectors used to determine that AC electrical equipment is de-energized prior to worked. Explains the difference between voltage detectors and testers. 10 min.

### **Take Charge: Working Safely with Temporary Electricity #343**

Especially appropriate for construction workers, this video describes the nature of electricity, with special emphasis on identifying hazards, isolating hazardous energy sources, and frequent inspection of tools and equipment. 18 min.

### **Temporary Grounding Seminar #76**

Classroom instruction by a specialist covers single-point, dual-point, and personal grounding practices in Part 1. Part 2 examines a working model of a three-phase line. 50 min.

## **Electricity, con't.**

*see also Lockout/Tagout,  
Power Lines, Power Plant*



## Emergencies

see also *Hazardous Materials*

**Employee Assistance Program (EAP)** — see *Substance Abuse, Supervision, Supervisors*



The tragic events of 9/11/01 have made us all much more aware of workplace emergencies in general. While there is no way to be prepared for every possible event, Oregon OSHA provides many resources that can help your organization be ready in the event of an emergency.

### ◆ Anthrax Awareness #1102

An overview describing anthrax, what it is, and how it is transmitted. Details the symptoms of exposure, with special emphasis on what to do in case of actual or possible exposure. Also describes appropriate treatment of suspicious packages and letters. 13 min.

### ◆ Biological & Chemical Threats: Closing the Door #1109

A balanced presentation of “typical” biological and chemical weapons with emphasis on personal awareness as well as sound engineering and administrative controls for avoiding exposure. 20 min.

### Bomb Threat Strategy #749

This program covers the nature of bomb threats, bomb-threat strategy, evacuation procedures, and preventative measures. 15 min.

### Building Evacuation #748

Because a successful evacuation requires the calm cooperation of all personnel, this video is designed for a wide audience. Covers individual responsibilities, types of emergencies, and the role of wardens. Set in a high-rise building. 12 min.

### Comprehensive Emergency Planning for First Responders #472

A printed manual designed to prevent injury to first responders in the event of potential mass casualties in such emergencies as earthquakes, floods, wildland fires, and tsunamis, that may require extraordinary response over an extended period of time. Sponsor: Oregon Fire District Director Association. May be duplicated. Print.

### ◆ Earthquake Safety #1062

Opening with dramatic footage of the aftermath of an earthquake, this video explains why earthquakes happen, and what you can do to help protect yourself in the event of a quake. Set in Southern California. Appropriate for any earthquake-prone region; offers safety tips for a wide variety of home and work settings. 12 min.

### ◆ Emergency Action Plan: Crisis under Control #1103

Highlights the importance of the emergency action plan, with tips on developing an effective plan for your organization. Emphasizes readiness for emergencies through clear planning, employee training and appropriate supplies. Details effective response procedures, including evacuation, with special emphasis on cooperation with law enforcement/fire service personnel. 16 min.

### Emergency Evacuation: Getting out Alive #1025

Provides an overview of what to do in case of emergency, emphasizing the importance of the written plan and regular drills. Includes procedures for fire, earthquake, explosions, and hazmat incidents, using a variety of settings. Also demonstrates rescue procedures. 16 min.

### ◆ Facility Security #1108

Provides an overview of “common” terrorist methods of terrorist activity, including chemical, biological, mechanical, electronic, with emphasis on appropriate engineering controls and personal responsibility to be observant. 18 min.

### Incident Safety Officer: A Training Program for Fire Departments (2 tapes) #827

A comprehensive training package intended for use in one six-hour session or three two-hour sessions. Participants are given the opportunity to discuss the function of the incident safety officer in the incident management system; review the role and responsibilities of the safety officer; review the characteristics of an effective safety officer; observe an

### Did you know?

Oregon OSHA offers a publication entitled “Expecting the Unexpected: What to

Consider in Planning for Workplace Emergencies.”

Oregon OSHA’s Public Education Section also offers a free workshop, Workplace Emergency Action Plan. For information on workshops or publications, call us, (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).

incident safety officer at the scene of a structural fire; become familiar with on-scene hazards in a variety of emergency situations; and practice writing a safety action plan. 44 min.

### **Planning for Disaster: Earthquakes #632**

Presents the key elements needed in an emergency action plan for dealing with earthquakes. 8 min.

### **Planning for Disaster: Floods #633**

Presents the key elements needed in an emergency action plan for dealing with floods. 9 min.

### **Planning for Disaster: Lightning #798**

This program provides a definition of lightning along with an overview of safe work practices to avoid becoming a victim of a lightning strike. Features an interview with a lightning-strike victim. 6 min.

### **◆ Rapid Intervention Teams #1107**

Appropriate for all emergency-response personnel, this video describes the responsibilities of the rapid intervention team, including duties of officers, assessment of the scene, and procedures for search and rescue. 20 min.

### **When Lightning Strikes #806**

Shows workers what they can do to protect themselves. 5 min.

## **Emergencies, con't.**

*see also Hazardous Materials*

When equipment breaks down at work, it can cause problems on the job. When the equipment breaking down is your own body, it can cause problems for you everywhere. Oregon OSHA provides many resources to help you understand body mechanics and how to avoid the pain and restrictions involved with cumulative trauma.

### **Avoiding Cumulative Trauma: A Course for Telecommunications #400 G**

This written manual forms the basis for an eight-hour class designed to enable telecommunication workers to evaluate their own jobs and understand the importance of body mechanics in preventing injuries. Sponsor: Communication Workers of America, Local 7901. May be duplicated. Print.

### **Carpal Tunnel #715**

Animation and live-action footage shows why carpal tunnel injury is serious. Presents ways to eliminate the stresses that cause this repetitive motion injury. Non-office settings. 6 min.

### **Carpal Tunnel Syndrome in Industry #201**

This worker guide reviews the syndrome, how to recognize early symptoms, what to do if symptoms occur, and how to minimize the chances of getting carpal tunnel syndrome. 13 min.

### **Effective Prevention Strategies for Cumulative Trauma #286**

Covers key prevention elements and employee communications for cumulative trauma. 16 min.

### **Ergonomics #288**

Provides a base of knowledge for management (Part 1) and employees (Part 2) to work together to find solutions for the fastest-growing area of workers' compensation. Taped at manufacturing, textile, chemical, and pharmaceutical sites. 30 min.

### **Ergonomics: The Practical Approach #770**

This video provides a definition of ergonomics and explains why ergonomics is an important discipline for avoiding health problems, accidents, and loss of productivity. Emphasizes the elimination or control of hazards. Appropriate for various settings. 20 min.

## **Ergonomics**

*see also Back Safety*

**Ethylene Oxide (ETO) —  
see Hazardous Substances**



## Ergonomics, con't.

see also *Back Safety*

### Ergonomics: Preventing Musculoskeletal Injuries #389

Produced by the Center to Protect Workers' Rights for construction workers, this brief program reviews the major risk factors leading to ergonomic injury and highlights the human and economic costs of such injuries. May be useful as an introduction to safety training on this topic or as a thought-provoker for safety-committee meetings. 5 min.

### Ergonomics for Supervisors #199

Designed to help supervisors reduce risks of carpal tunnel syndrome and other cumulative trauma disorders in the shop and the office. 19 min.

### Ergonomics: VDTs #211

Shows the best ways to work at VDTs to reduce repetitive motion stress, the benefits of using ergonomic principles, and five stress-relieving exercises workers can do at their workstations. 12 min.

### Ergonomics: Your Body at Work #251

Featuring baseball great Catfish Hunter and footage from "I Love Lucy," the program focuses on recent OSHA recommendations and safe ergonomics practices. Defines the term and discusses modifying body mechanics and the proper use of hand tools. 20 min.

### Goin' Through the Motions #210

Provides overall awareness of the risks of repetitive motion injuries and demonstrates practical ways to work safely. Explains carpal tunnel syndrome, symptoms, common treatments, and more. 12 min.

### Goin' Through the Motions (supervisor's version) #209

Focuses on supervisors' responsibility for reducing injuries without cutting production. 12 min.

### Industrial Ergonomics #200

Reviews the causes and symptoms of cumulative trauma disorders. Covers working with joints in optimal positions, minimizing force, using scheduled breaks to rest muscles and tendons, and keeping lower-back forces at a minimum. 13 min.

### Managing Cumulative Trauma Injuries #287

Discusses important elements of strategies for managing cumulative trauma injuries. 16 min.

### Office Ergonomics #202

Reviews the causes and symptoms of the most common cumulative trauma disorders and explains how to reduce the chances of developing them. Covers body mechanics, appropriate workstation design, and use of VDTs. 15 min.

### Office Ergonomics English #656 Spanish #660

Especially appropriate for office or shipping environments. Presents practical, low-cost solutions to common ergonomic problems as well as techniques to reduce everyday stress and strain in the workplace. 11 min.

### Office Ergonomics: Putting It All Together #713

Begins with an introduction to office ergonomics, including physical elements, risk factors, proper posture, and the causes of cumulative trauma disorders. Part Two covers the environmental elements of ergonomics, including light, vision, and air quality. 30 min.

### Office Ergonomics Task Analysis #696

Guides the safety/ergonomics team step-by-step through identification and analysis of stress-causing conditions and bad habits that lead to cumulative trauma injuries. 15 min.

### *Did you know?*

*Oregon OSHA offers publications that can help you remain "ergonomically sound": "A Back Injury Prevention Guide for Health Care Workers," "Easy Ergonomics: A Practical Approach for Improving the Workplace," and "Health & Safety Guidelines for VDT's in the Workplace." As always, the first copy is free on request, and you may make as many copies as needed. See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 for more information.*

### **Preventing Musculoskeletal Disorders: A Dental Hygiene Ergonomics Curriculum #460**

Includes student and instructor's manual with transparencies to teach basic ergonomic principles and risk factors for musculoskeletal cumulative trauma disorders. Program includes understanding body mechanics and preventing disorders through exercise and conditioning; task analysis; and ergonomic interventions. Sponsor: University of Oregon Labor Education and Research Center. May be duplicated. Print.

### **The Right Moves: Ergonomics in the Workplace #764**

This video stresses the advantages of applying ergonomic principles in a wide variety of settings, while presenting activities that sometimes lead to cumulative trauma disorders and safe work practices to avoid CTDs. 18 min.

### **Understanding Cumulative Trauma #285**

For supervisors and workers, this program provides an understanding of cumulative trauma disorders. 16 min.

### **VDT Safety #311**

Examines problems caused by working with VDTs. Looks at ergonomic factors of VDT use, explores the effects of lighting, and shows how to relieve VDT-induced fatigue, stress, and eyestrain. 16 min.

### **Video Display Terminals: The Battle for Comfort #710**

Covers ergonomic principles, working with keyboards, eliminating eyestrain, relaxation exercises, and workstation analysis. 21 min.

### **Working with Display Screen Equipment #674**

Covers basic ergonomic principles for those who work with video display terminals. Includes the proper arrangement of work areas and recognition of hazards. 15 min.

## **Ergonomics, con't.**

*see also Back Safety*

#### ***A Note from the Past . . .***

#### **Safety Film Catalog Available Upon Request**

The Accident Prevention Division of the State Industrial Accident Commission has printed a catalog of safety films which is available to covered firms in Oregon upon request.

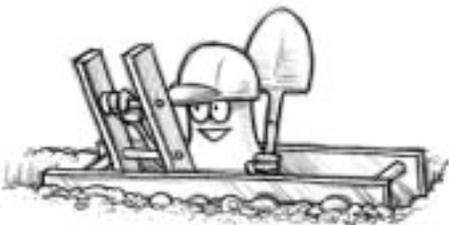
There are 43 sound films (16mm) listed in the catalog, with a description of each, and 42 sound slide (35mm) films. Those interested in this type of audiovisual aid in implementing their own safety program, may find them exceedingly useful. They are available, free.

Complete instructions in procuring and the use of these films are listed in the catalog. It may be had by writing to:

Accident Prevention Division  
State Industrial Accident Commission  
Public Service Building  
Salem, Oregon

There are also listed other services available to the covered employers in the State of Oregon. The Commission urges you to take advantage of them. By using them effectively, your accident costs can be reduced. – *Excerpted from the July/August 1957 issue of "Safer Oregon," announcing the first appearance of what was to become the OR-OSHA AV Library Catalog. Note: Do not attempt to order this publication. It hasn't been available for more than 40 years!*

## Excavation



As the description for a classic safety video says, in order to support a ton of soil, you'd have to be dead. And a ton of soil occupies a much smaller space than you might expect!

In addition to safety videos on this topic, there is also a publication entitled "Excavations" and a free workshop, *Excavation Safety*. For information on workshops or publications, call us, (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).

### **Auger Boring Operations #344**

Reviews dangers of auger boring operations and what you can do to protect yourself. Ten guidelines cover all phases of the project. 10 min.

### **The Competent Person & Soils Testing #334**

This video explains who is considered the competent person and what are his or her responsibilities. Provides clear and simple explanations of the soil-classifications system, five easy field tests for determining soil types, and how to be prepared for an OSHA inspection. 27 min.

### **Digging Dangers X: Deadly Surprises #1032**

Featuring actual news footage and photographs, this brief program graphically demonstrates the importance of obtaining necessary information before you start to dig. Appropriate for new or experienced utility workers. 8 min.

### **Excavations #218**

In order to support a ton of soil, you'd have to be dead! Using footage from the '40s and '50s, this program emphasizes key concepts for safe excavation that remain valid today. Particularly emphasizes the sheer weight of soil and the importance of protecting excavations against collapse. Clothes and equipment shown are outdated, but the message is timeless. 9 min.

### **On Solid Ground: Plan for Safe Excavation & Trenching #621**

A trench cave-in is 15 times more likely to result in death than other types of workplace accidents. This comprehensive overview emphasizes the need for planning before digging. A detailed review of soils testing is followed by demonstrations of several types of shields and shoring. 19 min.

### **Personal Protection English #642 Spanish #637**

An overview of construction-industry hazards with emphasis on avoiding injury through careful observance of basic safety rules. Includes graphic depictions of workplace injuries. 10 min.

### **Safe Operation of Directional Boring Tracking Equipment #1004**

Discusses the hazards of using boring tracking equipment; includes emergency procedures if underground gas or electrical utilities are contacted. Also covers proper footwear and use of the owner's manual. 13 min.

### **Trench Cave-in Rescue #12**

Designed primarily for fire fighters and paramedics. Explains basic terminology and shows shoring and sloping methods, including trenches without shoring. The last part of the tape is a case study of a rescue. Suggests an SOP for rescue work. 52 min.

### **Trench Shoring & Shields (2 tapes) #270**

Explains proper installation and use of trench shoring as well as requirements for trench shields. 22 min.

### **◆ Trenching & Excavation Safety #1088**

Covers the basic safety measures to be taken in excavation and trenching operations, incorporating specifications set forth in EM385-1-1, the Corps Safety and Health Requirements Manual. 18 min.

### **Tunneling Safety #346**

Covers basic safety concerns in a tunnel, including air monitoring, ventilation, emergency procedures, mechanical equipment, and personal protection. 12 min.

### **Emergency Instructions: Commercial Trucking #771**

Discusses do's and don'ts of transportation emergencies involving explosives. Presents the roles of drivers, firefighters and police in a graphic and logical manner. Covers methods of shipping, documentation, vehicle inspection, and the importance of ongoing training. 25 min.

### **Safe Storage of Explosives #769**

Identifies government regulations as well as industry standards. Discusses design requirements of storage areas, considering types of explosives, and the location of magazines in relation to other structures and roads, inspections, as well as emergency and security issues. 27 min.

## **Explosives**

*see also Hazardous Substances,  
Hazardous Materials*

**Eye — see Personal Protective Equipment (PPE)**

In addition to the videos listed here, there is a remarkable safety video entitled "Dancing Alone" (See Page 16) that provides an effective introduction to this important topic.

Oregon OSHA also offers a series of publications covering fall protection for many work processes or settings. For information on these resources, call us, (800) 922-2689, or visit us on the Web, [www.orosha.org](http://www.orosha.org).

### **Anchorage Make the Connection #320**

Identifies anchorage points and hooking up safely for personal fall protection in a wide variety of settings. 18 min.

### **Caught in Time #336**

Shows proper fall protection from both an engineering and personal-protective-equipment perspective. Directed at contractors and their employees. 16 min.

### **Elements of Fall Protection #848**

For construction-industry employers and workers, this program explains basic fall-prevention concepts, while explaining the use of personal fall-arrest systems and ways to prevent falls. 22 min.

### **Fall Protection in the Construction Industry #385**

Sponsored by Oregon OSHA, this 1995 EDNET teleconference provides detailed information on Oregon OSHA's fall protection standard for the construction industry. This comprehensive program provides an explanation of the rules, a demonstration of various types of equipment, and a question-and-answer period. 143 min.

### **Fall Protection Systems #772**

This comprehensive program features computer graphics demonstrating how fall protection works and where your body would experience stress in the event of a fall. Presents a variety of fall-arrest systems, work-positioning systems, and climbing protection. 20 min.

### **Heightened Awareness: Fall Protection in the Construction Industry #854**

Live-action and narration combine in this presentation of eight types of fall protection, with safe work procedures for each. 20 min.

### **Personal Fall Protection #319**

Discusses personal fall-protection systems, including equipment anchorage, tie-off, and use. Shows body belts, harnesses, and positioning systems. 18 min.

### **◆ Pole Climbing Techniques #1073**

Covers safe pole climbing using the three-point method, equipment inspection, pole testing, and safe work habits. 20 min.

### **Safety Cable System #281**

Shows a steel building being built in Quebec, Canada, that uses a cable system affording 100 percent fall protection for workers. 25 min.

## **Fall Protection**

*see also Construction, Scaffolds*

**Farming — see Agriculture**



## Fire

*Firearms — see Performing Arts*

*Firefighters — see Emergencies, Fire*

### **Basic Fire Suppression and Safety Training**

**English #293 Spanish #847**

Covers basic fire safety and training. Reflects training requirements in the forest activities code. Specifically tailored for wildland fires. Program includes checklist, questionnaire, and guidelines. 45 min.

### **Facts About Fire #253**

Examines the “fire triangle” in detail and how to keep its three components separated in the workplace. 15 min.

### **Fire Awareness #1020**

Appropriate for all audiences, this program covers the nature of fire, the causes of fire, and the behavior of fire, with special emphasis on fire-safety management. 16 min.

### **Fire Extinguishers #718**

Educates the viewer on types of fire extinguishers and the fires for which they are suited. Demonstrates proper use and federal requirements for storage and maintenance. 5 min.

### **Fire Extinguishers**

**English #698 Spanish #697**

Shows the four types of fire and the five main extinguishing agents. Shows how to safely operate and maintain extinguishers and what to do in a fire emergency before using the extinguisher. Teaches that the best way to stop a fire is to prevent it. 23 min.

### **◆ Fire Extinguisher 2000 #1123**

Covers proper procedures in the event of a fire, including correct use of the appropriate fire extinguisher. Provides an overview of the causes of fire, with emphasis on prevention through housekeeping and safe work procedures. 18 min.

### **Fire Extinguishers:**

**The ABCs #365**

Explains the classes of fire and a simple way to remember them. Demonstrates which extinguisher to use on which fire and illustrates the fire triangle. Also shows how to extinguish a flashback. 13 min.

### **Fire Extinguishing: Fight or Flight? #141**

A dramatic demonstration of what can happen if you attempt to use the wrong type of fire extinguisher, or use the correct extinguisher in the wrong way. Includes a review of fire and extinguisher types, with instruction for the proper use of each extinguisher. 16 min.

### **Fire Power #863**

This video documents what happens as fire develops and spreads through a house, depicting the power and speed of an uncontrolled fire. Emphasizes that fire is a serious threat and focuses attention on the need for an effective emergency plan. 18 min.

### **Fire Prevention & Safety**

**English #699 Spanish #706**

Reviews the three components needed for fire and discusses common causes of fires. Presents types of fires and fire extinguishers and emphasizes the importance of a clearly posted evacuation plan. 14 min.

### **Fire Safety: Extinguishers #225**

Shows proper use of a fire extinguisher. Stresses using the correct extinguisher in the right way for the type of fire being fought. 15 min.

### **Fire Service:**

**Infection Control #226**

Covers exposure and action categories for communicable diseases, recommended sterilization and disinfection procedures, and waste-disposal standard operating procedures. 23 min.

### **Fire ... in the Workplace #773**

This award-winning program provides an awareness of the major causes of fires and safe practices to prevent fires. Viewers are instructed in appropriate reactions to fires, including use of extinguishers, emergency notification, and evacuation procedures. 27 min.

### **Fire in the Workplace**

**English #657 Spanish #659**

Covers the causes of fires and evaluation of fire hazards. Emphasizes planning to prevent fires, including arson fires. 20 min.

### **Industrial Fire Hazards (3 tapes) #229**

Teaches prevention of workplace fires and how to respond correctly to emergencies. Covers flammable and combustible liquids, industrial gases, and hazardous chemicals. 45 min.

### **When Fire Strikes: Commercial Kitchen Employees #694**

Using news footage of commercial kitchen fires, this video underscores the fact that avoiding a fire is everyone's responsibility. Presents many safe work practices and procedures. Features interviews with safety experts. 14 min.

### **Fire, con't.**

### **Chain of Care: Early CPR #688**

Details CPR for the infant, child, and adult, with emphasis on guidelines from the American Heart Association. Hosted by Mike Farrell. 35 min.

### **First Aid for Schools #690**

Covers basic first-aid procedures for bleeding, shock, and broken bones, as well as common safety precautions. 19 min.

### **First Aid on the Job #634**

A review of basic first-aid procedures, emphasizing primary assessment of various illnesses and injuries on the job. 26 min.

### **Survival First Aid #220**

Shows how to assess and possibly treat injured persons while waiting for more-qualified help. Covers proper assessment of airways, how to know if the victim is breathing, monitoring adequate blood circulation, and controlling bleeding. 15 min.

### **Thermal Burns #736**

Presents safe work practices and engineering controls for avoiding heat-related burns, with a section on appropriate treatment. 5 min.

### **First Aid**



### **Flagger #58**

An overview of hazards, with some specific hazards and solutions. 30 min.

### **Road Crew Safety #1027**

Examines work zone dangers for road construction and paving crews and offers advice on ways to diminish the risks. Covers work-site inspection, major causes of accidents, and safe work practices for both daytime and nighttime operations, with special emphasis on personal responsibility for safety. 24 min.

### **Safety Flagging #635**

Addresses the basics of flagging and shows how well-trained flaggers can help prevent accidents that cause nearly 800 fatalities a year. 10 min.

### **Traffic Control thru Work Zones #805**

This video shows how to safely set up traffic control for short-term jobs, covering basic flagging techniques, determining safe taper lengths, proper positioning of channelizing devices, do's and don'ts of flashing arrow signs, with detailed safe work practices. 21 min.

### **Work Area Protection #74**

Covers coning, signing, and flagging for work zones on streets and highways. 11 min.

### **Work Zone Safety for Roadway Maintenance Operations #846**

Live-action scenarios and interviews with experts combine in this comprehensive training program on work zone safety. Seven segments for training flexibility. Note: The length of this program makes it especially appropriate for use over several training sessions. 108 min.

### **Flagging**



## Food Processing



### Food Safety's in Your Hands #794

An overview of safe practices for the food handling industry with particular emphasis on hygiene and sanitation. 16 min.

### Safety First: Pictograms for the Food Processing Plant

English #414 Spanish #416 

A pictogram and video project developed to reduce the number of food-processing plant accidents that occur due to non-English-speaking employees' inability to read and understand hazard warning signs and literature. Sponsor: Northwest Food Processors Association. 5 min.

### Safety in the Fruit Packing Plant English #436 Spanish #438

A training video aimed at all fruit-packing employees, covering health-and-safety measures to reduce the number of on-the-job accidents and injuries and reduce time lost from work. Emphasizes safety procedures and individual responsibility in the prevention of accidents and injuries in the workplace. Sponsor: Fruit Growers League of Jackson County. May be duplicated. 15 min.

## Food Service

*Foot — see Personal Protective Equipment (PPE)*



### Food Service: Sanitation & Safety #235

Covers personal hygiene guidelines, preventing food contamination, dishwashing techniques, and general cleaning practices, how to prevent accidents, use equipment safely, and combat fires, along with guidelines for dealing with personal injury. 26 min.

### Kitchen & Canteen Safety #233

Discusses hygiene, personal protective equipment, manual handling, kitchen fires, use of knives, and avoiding accidents and injuries. 14 min.

### Kitchen Safety ... It's Up to You! #368

Covers basic aspects of kitchen safety. Settings include restaurants, hotels, and food service. Note: Preview before showing video to your staff. The final section contains instructions on how to use the study guide. 10 min.

### Kitchen Safety: Preventing Falls, Burns, Machine Injuries #809

Presents step-by-step techniques for working safely with machinery and other kitchen equipment and basic first-aid procedures for coping with work-related accidents. 30 min.

Forest activities are vital to Oregon's economy but are among the most hazardous of all occupations. As this catalog goes to press, Oregon OSHA is revising the safety standards for forest activities, which will be published under the title Division 7. One free copy will be available on request. Call (800) 922-2689. You may download a copy from our Web site at [www.orosha.org](http://www.orosha.org). As with all OR-OSHA publications, you are free to make as many copies as needed.

### **Basic Wildland Fire Suppression English #293 Spanish #847**

Covers basic fire safety and training. Reflects training requirements in forest activities code. Specifically tailored for wildland fires. Program includes checklist, questionnaire, and guidelines. 45 min.

### **Falling #172**

Interviews with veteran loggers highlight this in-depth look at safety for tree fallers. Covers care and maintenance of equipment, safe cutting/falling techniques, use of chainsaws, and some heavy equipment. Emphasizes continuing awareness of oneself and one's surroundings. 21 min.

### **Falling & Bucking #104**

A series of stand-alone slide presentations on one video covering the dangers of working too close to falling activity, dealing with snags, safe limbing and bucking, the dangers of domino falling, and landing bucking for ground-skidding operations. 49 min.

### **Feller Buncher Operations #812**

Covers both hydraulic shear and sawhead tree fellers and feller-bunchers with emphasis on safe practices for operation and maintenance, including the pre-operation inspection, use of proper PPE, and constant awareness of worksite hazards. 18 min.

### **Ground Skidding Safety #263**

From WCB of British Columbia, this program provides an overview of safe work practices for ground skidding, with special emphasis on using the correct equipment for the grade involved, and the importance of being aware of environmental and other hazards. 24 min.

### **Hazard Recognition in Pulp & Papermills #245**

Slides and narration on video, this presentation identifies the most common hazards of pulp and paper mills on the basis of cited violations. Refers to federal standards. 20 min.

### **Introduction to Sawmills #171**

Veteran workers and historic footage underscore the importance of safety in the sawmill. Covers the role of the safety committee, correct accident reporting, appropriate use of PPE, and lockout/tagout. Produced in British Columbia. 15 min.

### **Loader Operations #811**

Focusing on the key role of the loader and loader operator in maintaining a safe logging operation, this program covers pre-operation inspections, moving loaders, safe operating practices and procedures for maintenance and service. 13 min.

### **Log Hauling Safety #844**

This video features the common safety activities that occur within a "Day in the Life" of a log-truck driver. The objective is to confirm or increase drivers understanding of what is required of them in terms of general safety practices. 13 min.

### **Log Landing & Log Yard Operations #810**

This program covers log landing layout, the responsibilities of the loader operator and other workers, and safe practices for loading and unloading timber, with emphasis on appropriate PPE and awareness of hazards. 18 min.

### **Log Safety Awareness #843**

Safety is the most important aspect of every job in the forest industry. This program features day-to-day elements of on-the-job safety, geared to promoting discussion and awareness of common safety actions that apply to all logging jobs. 12 min.

## **Forest Activities**



## Forest Activities con't.

### **Logging: Clearing Techniques #168**

Explains setup and maintenance for a particular brand of clearing saw, with specific attention to safety and proper cutting techniques. Also covers site layout and operating procedures for pre-commercial thinning in young stands. 15 min.

### **Logging:**

#### **Motor Manual Methods #169**

Discusses forestry operations involving chainsaws and clearing saws. Explains how trained saw operators using proper techniques can increase production and safety. 15 min.

#### **Logging Safety for New Employees #1018**

A cooperative project of AOL and Willamette Industries, this program presents the most common hazards faced by loggers and safe work practices for avoiding those hazards. 10 min.

#### **Logging Truck Safety #102**

From WCB of British Columbia. For owner/operators and fleet owners, this video outlines responsibilities and procedures. Included are procedures for maintenance, loading and unloading, and radio communications. 10 min.

#### **Preventing Occupational Illness: Pulp & Paper Industry #476**

A loose-leaf manual, containing resources, small-group exercises, and other written materials to train mill employees to perform industrial hygiene sampling, investigate hazardous mill chemicals and their effects, and more. Sponsor: University of Oregon Labor Education and Research Center in cooperation with the Association of Western Pulp and Paper Workers Oregon Council. May be duplicated. Print.

#### **Safe Logging Near Overhead Power Lines #670**

An overview of safe work practices for logging near overhead power lines, emphasizing awareness and preparation. 7 min.

#### **Safety in Tree-Length Logging #105**

An overview of tree-length logging, including falling, skidding, yarding, loading, and safe transportation. 40 min.

### **Setting the Standard: An Overview of Heli-Logging #780**

Focuses on hillside- and log-landing hazards, correct procedures, and safety standards. Also illustrates common site hazards with dramatic footage and establishes safety standards with colorful graphics. 20 min.

#### **Skid Steer Loader Safety #1003**

Addresses safety issues, including how to dress, transporting equipment, checking controls for proper function, and general operating guidelines. 11 min.

#### **◆ Suicide Missions: Timber! #1064**

Originally aired on "The History Channel," this documentary provides an overview of the timber industry, with emphasis on the hazards involved and ways to avoid injury or death on the job. Because this video was produced for a wide audience, viewers are reminded that a few of the work practices depicted may not reflect safety standards in Oregon. 45 min.

#### **Tackling Productivity in Mechanized Logging #331**

Demonstrates productivity of crews using cross-training and teamwork. Identifies productivity inhibitors (break-downs, bottlenecks, buffers, balance, and blunders). Logging crews involved with mechanized logging and harvesting can profit from this video. 19 min.

#### **Who's Going Home Tonight? #41**

For line loggers and new-employee orientation, this video identifies line-logging and landing hazards. Includes accident scenes. 16 min.

#### **Work Technique Limbing #167**

Explains the six-point limbing technique developed in Sweden and offers suggestions for more productive limbing while increasing safety. 18 min.

#### **Working with Windthrown Trees #170**

An in-depth presentation of safe practices for falling, limbing, and cutting in stands of storm-damaged timber. Emphasizes careful planning and presents a review of required equipment. 18 min.

Forklift safety is such an important aspect of workplace safety for so many organizations that your AV Library could operate year-round on this topic alone! For this reason, it pays to schedule as far in advance as possible when requesting forklift safety videos.

Important notes:

Borrowers frequently ask if viewing a forklift video will satisfy OR-OSHA's training requirements for forklift safety. No, just viewing a video doesn't satisfy these requirements. Complete training requirements for forklift safety may be found in OR-OSHA's publication *"Be Trained: A Guide to OR-OSHA's Safety & Health Training Requirements."* They are also described in OR-OSHA's Division 2, subdivision N. Further assistance regarding training requirements is available from OR-OSHA's technical staff. Call (800) 922-2689.

Borrowers also ask if we provide certificates of completion for forklift training. Again, the answer is no; the format of the record certifying completion is left up to each organization. An actual paper certificate isn't required. Records of forklift training/certification may be in any form that includes the name of the operator, the date of the training, the date of the evaluation, and the identity of the person(s) performing the evaluation. Provided that your records include this information and are readily accessible, they may be kept in any form that is convenient for you.

### **Basic Forklift Principles #623**

Using a forklift can be dangerous to operators, those around them, and to valuable cargo. This in-depth program helps employees drive forklifts and work around them safely. 14 min.

### **Coaching the Lift Truck Operator (2 tapes) #1014**

The first part, "Pedestrian Safety" is short and appropriate for teaching employees about the hazards of working around lift trucks. The second part is more comprehensive and is geared for those operators who have some experience driving lift trucks. 45 min.

### **The Color of Safety #116**

Provides a detailed review of safety rules for all types of lift trucks, including safety checks, parking, evaluating loads, working on ramps and grades, and loading tractor-trailer and rail cars. 26 min.

### **Fields of Vision: Work Safety Around Lift Trucks #824**

Pedestrians have an important role to play in preventing forklift accidents. This program demonstrates how difficult it can be for forklift operators to see pedestrians and offers simple ways pedestrians can help forklift operators to see them. 12 min.

### **Fork Lift Safety Program #88**

Part 1 covers lift-truck capacity, three-point suspension, data plates, vehicle inspection, accidents, and injuries. Part 2 covers pre-operation safety inspection and picking up, driving with, and setting down a load. Appropriate for all forklift operators. 38 min.

### **Forklift Handling: Safety in Dangerous Situations #1016**

A graphic depiction of a wide variety of accident causes and solutions, this program may be especially effective in heightening safety awareness for those working on or around forklifts. 15 min.

### **Forklift Operator Training & Safety #808**

Emphasizes that safety training and awareness are indispensable tools for anyone who operates a forklift. Covers the pre-op inspection, safe operation, and maintenance procedures. 20 min.

### **Forklift Safe Driving #611**

Uses actual industrial scenes to demonstrate how accidents occur. Stresses the importance of driving in a professional manner, using safe driving skills to prevent costly accidents, injuries, and damage to equipment. 7 min.

### **◆ Forklift Safety #1080**

Covers inspection, stability, proper loading, safe operations, types and classifications of industrial trucks, dangerous areas, hazardous materials, and emergency procedures. 18 min.

## **Forklifts**

**Formaldehyde — see Hazardous Substances**

## Forklifts con't.

### **Forklift Safety #802**

This program covers basic forklift principles including centers of gravity and factors affecting stability, along with procedures for safe operation and refueling. 18 min.

### **Forklift Safety for Construction #1031**

A comprehensive training package that includes instructor's guide and hand-books, this program covers steering, stability, refueling, surface conditions, pedestrian traffic, and vehicle inspection. 15 min.

### **Forklift Safety: Professional Driver #857**

Especially for the experienced driver, but useful also to beginners, this program incorporates the latest motivational techniques and safety principles to create a professional attitude. 11 min.

### **◆ Forklift Safety: Refueling Procedures #1115**

Covers safe refueling procedures for liquid fuel, propane, and electrical forklifts, with tips for preventive maintenance. 11 min.

### **Forklift Safety: The Responsible Operator (2 tapes) #356**

Covers principles of operation and safe driving skills. Includes refueling and battery changing techniques, load capacity, stability triangle, and pre-operation inspection. Also covers hazard awareness, proper load handling, and interaction with pedestrians. 26 min.

### **Forklift Safety Training #146**

Offers safe forklift operation as a way to avoid product and equipment damage and personal injury. Shows potential hazards and demonstrates rules of safe operation, including negotiating ramps, tight corners, and limited-visibility situations. 12 min.

### **Forklift Training Series (4 tapes) #609**

"Forklift Pre-Operation Inspection" includes checklist, proper maintenance, and basic features of the forklift. "Forklift Driving Skills" teaches techniques and skills for driving on wet, rough, and inclined surfaces. Also covers proper

procedures for picking up, driving with, and setting down a load. "Forklift Load Capacity" demonstrates proper load balance and weight. "Forklifts and Pedestrians" is for all employees who work on and around forklifts. 26 min.

### **Forklift Training Video English/Spanish #390**

This video covers safe operation of a medium duty warehouse forklift, and may be a useful introduction to an overall forklift-operation training program. The first version on the tape is in English, the second version is in Spanish. 10 min.

### **Forklift Walk-Behinds English #612 Spanish #1012**

Looks at fundamentals for safe operation of these hand trucks, including pre-operation inspection and load capacity. 7 min.

### **Forklifts: Propane Safety #604**

Explains proper handling and operating procedures for safely refilling LP-gas containers used on industrial forklift trucks. 12 min.

### **Forklifts: Safe Operation #399**

An overview of the basic elements of forklift safety, including pre-operation checks, principles of load handling, and safe driving practices, with special emphasis on use of the correct forklift in the correct way. 16 min.

### **The Lift Truck Training Program (2 tapes) #786**

A comprehensive program developed to meet the training the OSHA Standard. The program is designed to reduce lift-truck accidents promote safe work practices. It includes how a lift truck works, safe operating rules, load handling and inspection and emergency procedures. Includes non-palletized loads. 35 min.

### **Load & Lift: A Guide to Agricultural Lift Truck Safety English #467 Spanish #468**

Explains how to inspect a forklift prior to operation, then demonstrates load safety and other safe operation practices. For both standard and rough-terrain forklifts. Sponsor: Oregon Association of Nurserymen. May be duplicated. 23 min.

**Operator in Control:  
Driving a Forklift Safely #839**

Especially for those who operate forklifts every day, this program emphasizes awareness of the environment as a crucial factor in forklift safety. Covers the daily and load inspections, surface conditions, restricted areas, and awareness of environmental and other hazards. 18 min.

**Order Stacker Safety  
English #1006 Spanish #1011**

Addresses key safety issues related to stability, vehicle inspection, battery-charging procedures, control functions and typical safety features. 10 min.

**Safe Lift Truck Operation #868**

An overview of the basic elements of safe forklift operation, geared to improving driver awareness and promoting safe work practices, including using the proper forklift for the environment, the pre-op inspection, use of attachments, re-charging/re-fueling, and surviving a forklift tip-over. 23 min.

**Safety on the Job:  
Forklift Safety Operation  
English #249 Spanish #353**

Using a close-call scenario, this program covers pre-checks, slowing and stopping procedures on electric and fuel-powered trucks, driving in reverse, load carrying, tipping hazards, and more. 15 min.

◆ **Caution: Foundry at Work  
English #1046 Spanish #1047**

Produced by NIOSH, this video covers common hazards of foundries, including those presented by silica, metal fumes, and heat, with emphasis on minimizing hazards through ventilation and isolation. 10 min.

**Warehouse Safety #667**

An overview of warehouse safety, including PPE, manual handling, forklift safety, housekeeping, hazard communication, and material handling. 22 min.

**Springfield:  
Lessons Learned #1009**

Features interviews with managers and co-workers of an individual killed in a forklift-pedestrian accident. Emphasizes the human tragedy of the accident and presents ideas for preventing similar accidents. 12 min.

**Think Forklift: Methods  
& Hazards of Operation #838**

An overview of types of forklifts and the basics of safe forklift operation, with special emphasis on unit stability and load handling. Also covers special attachments such as barrel lifters and cranes. 12 min.

**Unstable Machine:  
The Nature of a Forklift #840**

Especially geared for those needing a review, this program emphasizes the hazards involved in forklift operation. Begins with an overview of prohibited practices, followed by a presentation of safe work practices. 10 min.

**Forklifts, con't.**

**Foundry**

*Fruit — see Agriculture, Food Processing*

**General Industry**

*Grinding — see Tools*

*Grocery — see Retail*

*Hand — see Personal Protective Equipment (PPE)*

## Hantavirus

### New Hantavirus #800

Designed primarily for physicians and other medical professionals, this program discusses the outbreak, clinical description, laboratory diagnosis, treatment, surveillance and prevention of the deadly hantavirus. 57 min.

### Preventing Hantavirus Disease #801

Geared for a general audience, this program features interviews with people who have survived hantavirus disease. Doctors and scientists then discuss hantavirus symptoms, transmission, risk factors, treatment and prevention. 15 min.

## Hazard Communication

*see also Material Safety Data Sheets*

What is hazard communication? Something that's been with you all your life, one way or another! When your parent or guardian said, "Don't touch that — it's hot!" or "Don't drink that — it's poison!," they were using a form of hazard communication to keep you healthy and safe.

As used by OSHA, "hazard communication" generally refers to the employers' obligation to inform you about — and your obligation to be aware of — any dangers involved with the chemicals used in your workplace. Hazard communication includes such things as labels and material safety data sheets. Material safety data sheets are covered under a separate heading in this catalog.

### Chemical Safety: Your Right to Know #673

Includes "Main Street," a video designed to instruct workers about the chemicals they work with, what precautions to take to avoid injury, and what to do in case of an accident. Also, "Chemsafe 2000: Understanding MSDS," a video explaining each section of the MSDS, with definitions of common scientific terms. 38 min.

### Container Labeling #265

Provides brief instructions for hazardous-materials training. 15 min.

### Dental Office Hazard Communication #224

Covers fundamentals of OSHA regulations that apply to dental offices. Discusses the standard, chemical-hazard determinations, labeling, MSDSs, infection control, and monitoring. 38 min.

### Hazard Communication #28

Covers the OSHA right-to-know regulation, material safety data sheets, container labeling, and protective measures that might be necessary when handling or working around chemical compounds. 20 min.

### Hazard Communication: What's It All About? #29

An overview of the basic requirements of the OSHA hazard communication standard. Explains hazard evaluation, warning labels, material safety data sheets (MSDSs), and written hazard-communication plans. 20 min.

### Hazard Communication in the Workplace #398

Discusses hazard communication plans including hazards of chemicals, labeling requirements, MSDSs, and hazard-communication training. 18 min.

### Hazard Communication: You Need to Know #682

For all who work in health care, this informative video reviews the *Right-To-Know Act* and the individual's responsibility to be aware of chemical hazards on the job. Emphasizes warning labels, MSDSs, and the employer's written hazard communication program. 17 min.

### ◆ Hazcom: What you Don't Know can Hurt you #1087

Emphasizing a performance-based approach, this video covers the requirements of the hazcom standard, the written hazcom program, the MSDS, inventory of hazardous chemicals and analysis of hazards. 12 min.

### Did you know?

Oregon OSHA offers a publication entitled "Hazard Communication: A Safe-Work-Practice Guide." There is also an on-line workshop available on this subject! See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 for more information.

### **Labels & Other Forms of Warning #705**

Explains basic hazard-warning information found on labels and how that information is tied to MSDSs. Also describes other common warning systems, such as the DOT labeling and placarding symbols, the NFPA diamond, and the HMIS system. 10 min.

### **Right-to-know #730**

Covers hazard-communication training on MSDSs, terms, and labeling compliance. 5 min.

### **Telling Employees About Chemical Hazards #39**

A comprehensive four-part series covering chemical hazards, the MSDS, labeling, handling, and storage, with emphasis on developing an individualized hazard-communication plan. 30 min.

### **Blindman's Bluff #68**

A unique approach to hazard recognition, this interactive video invites participants to identify and record unsafe work practices and conditions as they are depicted in a variety of settings. 19 min.

### **◆ Hazard Recognition: Out of the Ordinary #1095**

Uses optical illusions to illustrate the principles of observation for the identification of workplace hazards. Covers contact with objects or equipment, overexertion, falls, and exposure to hazardous substances or environments, with emphasis on appropriate identification and reporting. 13 min.

### **Planned Workplace Inspections #241**

This program stresses the importance of planned workplace inspections, the use of a checklist, the classification of hazards and the recommendation of corrective action. Set in a large hotel, but suitable for many other jobsites. 9 min.

### **Understanding Hazard Communication #647**

An brief overview of the hazard-communication program for employers and employees. 10 min.

### **Your Right to Know #115**

Helps solve many problems involved in meeting requirements of the *Right-To-Know Act*. The accompanying manual can help chemical producers, distributors, importers, and users develop their hazard-communication programs. 36 min.

### **Recognition, Evaluation, & Control of Hazards #775**

The control of hazards is the fundamental principle behind any occupational health-and-safety program. This video covers recognition, evaluation, and control of hazards, with emphasis on control: elimination, substitution, administrative controls, engineering controls, and PPE. 15 min.

### **◆ Risk Assessment for Industry #1074**

Set in general industry, this video emphasizes the importance of effective self-inspection, with tips on developing a self-inspection checklist. Three sections: risk assessment, evaluation of hazards, and control of hazards. Several examples of control measures are also provided, followed by a brief review. 16 min.

## **Hazard Communication, con't.**

*see also Material Safety Data Sheets*

## **Hazard Recognition**

*see also Job Safety Analysis*

## Hazardous Materials (HAZMAT)



### **The Chemistry of Hazmat #629**

Presents basic chemistry principles and their importance in the safe handling and control of hazardous materials through a review of the physical characteristics of chemicals, physical changes to chemicals, and principles of chemical reactions. 19 min.

### **Containing Leaks in Pressurized Cylinders #831**

This program begins with basic safety information about compressed gases and pressurized cylinders and the standard features of pressurized cylinders. It then details the two types of leaks that can occur, and demonstrates the detection and control of leaks in cylinders containing oxygen, acetylene, ammonia, and chlorine. 22 min.

### **Diking, Diverting and Retaining Spills #829**

This program discusses the purpose of spill control and demonstrates equipment and materials commonly used for spill control, with basic techniques and general safety rules for spill-control operations. 19 min.

### **◆ Drug Lab Waste & Your Health #1097**

Describes the dangers employees might face if they encounter discarded waste from drug labs. Discusses safety procedures and personal protective equipment that should be used and stresses recognition of possible drug waste materials, containers, and equipment. 27 min.

### **First on the Scene #191**

A training program for first responders to a hazardous-materials incident. 32 min.

### **Hazmat: Incident Command System (2 tapes) #828**

The first tape, "Overview of the Incident Command System" covers the benefits of using a standardized system for incident management, describes the eight components of the ICS, shows how the ICS is organized and demonstrates resource organization and tracking at a

hazmat emergency. The second tape, "Implementing the ICS at Hazardous Materials Incidents" describes the six positions that ICS team members may fill, demonstrates the function of each, and presents the roles of allied agencies at a hazmat incident. 35 min.

### **Incidents Involving Fuel Tank Trucks #832**

This program describes the structure and safety features of fuel tank trucks and presents four types of incidents. Demonstrates basic procedures for controlling leaks in low-pressure trucks and presents safety rules for dealing with a hazmat incident. 20 min.

### **Plugging & Patching Drums #830**

This program presents basic safety rules for dealing with hazardous materials, describes the major causes of leaks in drums, details the features of low-pressure drums and how these may be used to control leaks, and concludes with basic tools needed to patch drums and a demonstration of plugging and patching techniques. 17 min.

### **Spills #740**

Covers proper cleanup and decontamination procedures for hazardous materials in the workplace, with emphasis on proper storage and other preventive measures. 5 min.

### **Toxic Chemical & Hazardous Waste Reduction Training for Small Business #402**

Covers basic toxicology, material safety data sheets, and how to set up a chemical hazards audit system. Sponsor: Mt. Hood Community College. May be duplicated. Print.

### **Your Right to Know #115**

Helps solve many problems involved in meeting requirements of the *Right-To-Know Act*. The accompanying manual can help chemical producers, distributors, importers, and users develop their hazard-communication programs. 36 min.

**Anhydrous Ammonia #366**

Explores the incredible expansion of anhydrous ammonia when it's released; fire and explosion dangers; vapor control techniques, including hazmat foams; and proper deployment of fog streams to maximize vapor knockdown. 27 min.

**Assessing Risks of Toxic Chemicals #1120**

Highlights thorough knowledge of toxic chemicals as the key to effective risk assessment in the modern biological laboratory, with emphasis on proper planning, substitution of less-harmful substances, and use of the smallest amount practicable. 11 min.

**Benzene #1021**

This program covers health hazards associated with benzene, industrial applications, personal protective requirements and monitoring techniques. 12 min.

**The Chemical Control Room #1053**

Set in general industry, this video provides an overview of the basic elements of chemical safety, including correct storage, labeling, awareness of hazards, and safe work practices, including the use of PPE. Also offers procedures for cases of accidental exposure. Produced by NIOSH. 23 min.

**Chemical Hazard Identification & Training (6 tapes) #23**

Includes an introduction tape, plus carcinogens, mutagens and teratogens, corrosives and irritants, flammables, combustibles, and explosives, radiation hazards, and toxins and poisons. 78 min.

**Chemical Hazards #679**

Intended for the biological laboratory, this program shows safe work practices and procedures for working with hazardous chemicals. 10 min.

**Chemical Safety #190**

Covers identification and handling, health hazards, the hazard-communication law, and material safety data sheets. 20 min.

**Chemical Storage Hazards #680**

Reviews basic principles for safe chemical storage and the reasoning behind the principles. 11 min.

**The Chemistry of Hazmat #629** CC

Presents basic chemistry principles and their importance in the safe handling and control of hazardous materials through a review of the physical characteristics of chemicals, physical changes to chemicals, and principles of chemical reactions. 19 min.

**Chlorine #378**

A general review of chlorine safety. Provides useful information about the use of chlorine in the workplace, hazards of chlorine, and safe work practices. Also discusses emergency procedures. 25 min.

**Chlorine Safety #269**

Discusses chlorine's properties, hazards, symptoms of exposure, treatment, and what to do if a leak occurs. 9 min.

**Dealing With Chemical Safety #702**

Every workplace, office, factory, warehouse, or plant uses chemicals to some extent. This program covers safe work practices for the use and storage of chemicals in the workplace. 15 min.

**The Dose Makes the Poison #113**

Introduces the basic concepts of toxicology. Covers acute and chronic toxicities, cancer agents, extrapolations from animal and lethal-dose studies, and many other toxicity concerns. 40 min.

**ETO: Ethylene Oxide #55**

G geared to safety and health professionals, this video covers common worker-exposure potentials and strategies for preventing exposure, including work practices and administrative controls. 15 min.

**Flammable Liquids #738**

Covers the characteristics of flammable liquids, hazards associated with flammables, and tips on proper handling and storage. 6 min.

**Formaldehyde:****OSHA Lab Standard #395**

Discusses hazards of formaldehyde exposure. Addresses the formaldehyde standard for occupational exposure. 13 min.

**Hazardous Substances**

*see also Compressed Gases, Hazard Communication, Hazardous Materials, Laboratory*

## Hazardous Substances con't.

see also *Compressed Gases, Hazard Communication, Hazardous Materials, Laboratory*

### Health Hazards #703

Shows basic health hazards as shown on the MSDS. Topics include MSDS, dose/response, threshold limits, carcinogens, corrosives, irritants, sensitizers, and other health effects terminology. 11 min.

### Hydrofluoric Acid #867

Covers the nature and properties of hydrofluoric acid, while emphasizing safe work practices to avoid being injured by this extremely hazardous substance. Set in general industry, but may be useful for laboratories and other work environments. 10 min.

### Material Handling Safety #700

Highlights basic safety rules involved with storage, use, and transportation of chemicals in heavy industry. 14 min.

### OSHA Lab Standard #266

This live-action program introduces both workers and supervisors to the standard, including the chemical hygiene plan, employee information and training, hazard identification, medical consultation and exams. 15 min.

### Paint Products & Your Nervous System #66

In-depth interviews with injured workers and health-care professionals serve to underscore the importance of preventing exposure to the organic solvents found in many paint and other finishing products. Symptoms of solvent exposure — including possible long-term effects — are covered in detail, while ways to prevent exposure are presented briefly at the conclusion. 20 min.

### Physical Hazards #704

Defines terms found on the MSDS and a variety of physical hazards using graphics and demonstrations. Topics include flammability, flash point, UEL, LEL, vapor pressure, vapor density, percent volatility, explosives, organic peroxides, oxidizers, and reactivity. 11 min.

### ◆ Safe Handling of Phosphoric Acid #1113

Covers the characteristics and properties of phosphoric acid, effects of exposure, and safe methods of packing, transport, and spill containment/cleanup. 19 min.

### Safety First with Chlorine #79

Beginning with a description of chlorine and its properties, both as a liquid and a gas, this video provides in-depth instruction on safe handling, transportation, and storage, with strong emphasis on industrial distribution and use. 21 min.

### Toxic Chemical & Hazardous Waste Reduction Training for Small Businesses #402

Covers basic toxicology, material safety data sheets, and how to set up a chemical-hazards audit system. Sponsor: Mt. Hood Community College. May be duplicated. Print.

### Toxics #739

Uses graphics and live action to demonstrate why toxics are dangerous and ways to avoid injury. 5 min.

#### ***A Note from the Past . . .***

The story of safety must be shown, as well as told, and it is better shown if the illustrations are made of scenes and conditions which are familiar. Because the camera equipment was available with which to make the experiment and costs relatively low, the Accident Prevention Division decided to prepare slides and filmstrips within its own organization. It is known at this time that some outstanding visual aids will soon be achieved by this method. — *Excerpted from the first issue of "Safer Oregon," June 1944.*

## **Hazardous Waste Operations & Emergency Response (2 tapes)**

**#175** CC

Part 1 covers the awareness level and Part 2 the response level, providing training required for Level 1 emergency responders. 40 min.

### ◆ **Hazardous Waste Series #1044**

This comprehensive five-tape set uses thought-provoking questions and realistic demonstrations to underscore the importance of safe and effective management of hazardous waste. Modules: on-site management, safe handling, shipping requirements, and accidents and emergencies. There is also a fifth module, a management overview, geared specifically to supervisors. 60 min.

## **Hazards Analysis & the Emergency Plan (2 tapes) #69**

Part 1 includes toxicity; flammability; prioritizing hazards, and determining vulnerability zones with worst-case scenarios; and balancing probability and consequences in risk analysis. Part 2 discusses site-specific and community plans, assessment of response capabilities, standard incident-response operating procedures, and how to test and revise plans. 49 min.

## **HAZOP: A Team in Action #308**

Shows how to perform the hazard and operability study as related to process safety management (PSM). 15 min.

## **HAZWOPER Annual Retraining Package (4 tapes) #862**

A comprehensive training package designed for use in required annual retraining. Individual modules include an introduction to HAZWOPER retraining, exposure monitoring and medical surveillance, PPE and decontamination procedures, and an overview of chemical-hazards regulations and specific types of hazardous chemicals. 94 min.

### **Lead Safety #333**

Discusses the hazards of lead exposure for construction workers and summarizes requirements of the standard. Discusses work practices, engineering controls, personal protective equipment, and medical surveillance. May be duplicated. 15 min.

### **Lead Safety Training #692**

Identifies hazards and health effects of lead, as well as possible sources of lead exposure on a construction site. Presents engineering and work practice controls of the federal respiratory protection standard (1926.103). 30 min.

## **Toxic Chemical & Hazardous Waste Reduction Training for Small Business #402** G

Covers basic toxicology, material safety data sheets, and how to set up a chemical-hazards audit system. Sponsor: Mt. Hood Community College. May be duplicated. Print.

## **Hazardous Waste Operations (HAZWOPER)**

*Head — see Personal Protective Equipment (PPE)*

## Health Care

see also *Bloodborne Pathogens*

**Hearing** — see *Personal Protective Equipment (PPE)*

**Heart** — see *First Aid*



### **Back Care for Health-care Providers #396**

Discusses causes of back injuries and gives recommendations on back care and correct work practices to reduce risks. 9 min.

### **Evacuation of Medical Facilities #264**

Covers the basics of fire escape, plus procedures for moving patients and assisting fire and emergency personnel. Case studies show the theory in action. 17 min.

### **Fall Prevention for Home Health Care #855**

For the home health-care worker, this program covers the physical and emotional effects of a fall and presents ways to prevent falls in the home-care environment. Includes the possible effects of medications on home-care patients and the use of walkers and wheelchairs. 24 min.

### **Fire Safety in Health-Care Facilities #228**

Focuses on types of hazards and ways personnel can eliminate them. Includes fire safety systems. Shows the rapid progress of a typical room fire. 20 min.

### **Hazard Communication: You Need to Know #682**

For all who work in health care, this informative video reviews the *Right-To-Know Act* and the individual's responsibility to be aware of chemical hazards on the job. Emphasizes warning labels, MSDSs, and the employer's written hazard-communication program. 17 min.

### **Home Health Safety Orientation #766**

This program offers an overview of the possible hazards of providing health care in the home. Covers what to look for when you go into a home, safe work practices, handling medical waste and equipment, and handwashing. 20 min.

### **Home Health-care Violence: Be Smart, Be Safe #768**

This program reviews the vital procedures required to minimize risk and enhance security for those who work in home health care. Considers the problem of violence, the assault cycle, and pre-visit safety practices. 22 min.

### **How to Help Someone Who Uses a Wheelchair #787**

For the caregiver at home or in a care facility, this program presents techniques used by occupational and physical therapists to save time and frustration while preventing injury to oneself or someone else. Includes the use of a gait belt, maneuvering ramps and curbs, and various patient transfers. 30 min.

### **It's Your Back: Don't Break It: Back Safety for Home Care Workers #765**

Designed specifically for home health-care workers, this program explains how to lift and move patients safely while emphasizing the value of diet, posture, and exercise in back-injury prevention. 20 min.

### **Mechanical Lifting Devices #751**

Highlights the correct use of mechanical lifting devices for safe patient transfer. 15 min.

### **Medical Lifting #101**

Designed for health-care facilities. Outlines techniques used for transferring patients. Shows proper lifting from bed to chair and to bed from wheelchair. Covers individual and team techniques as well as the use of mechanical lifting aids. 23 min.

### **Moving a Patient from Bed to Chair #750**

Covers the top and rail lift, shoulder lift, pivot transfer, standing transfer, stepping transfer, and frame transfer. 15 min.

### **Moving a Patient from Bed to Trolley #753**

Covers the emergency turn, glide boards, jordan frame, canvas and poles, and the log lift. 15 min.

**Moving a Patient in a Bed #752**

This program covers the shoulder lift, the modified cradle lift, the combination lift, the log roll, supine to side-lying, moving up the bed, and supine to sitting over the bed. 15 min.

**MSDS for Healthcare:  
Read It Before You Need It #681**

For those who work in healthcare. Describes the 16 parts of the MSDS, section by section. 18 min.

**Prevention is Proactive  
(2 tapes) #408 G**

Concentrates on direct-care employee injuries and training to avoid and diffuse explosive behaviors. Designed to reduce the incidence of on-the-job injuries sustained by rehabilitation staff who work with people with physical, mental, or emotional impairments. Includes comprehensive written manual. Sponsor: Oregon Rehabilitation Association. May be duplicated.

**Radiation Safety  
for Health care #797**

For those working with or around radiation. Covers the risks and dangers of exposure, keeping exposure as low as possible, proper safety procedures, dosimeters, and proper handling of radioactive waste. 18 min.

**Respirators:  
Your TB Defense #1038**

Produced by NIOSH, and narrated by Loretta Swit, this program provides an overview of the care and use of respirators in health-care settings, with emphasis on the prevention of tuberculosis. 15 min.

**Safety Matters #887**

A comprehensive overview of safe work practices for those who work with the psychologically and/or physically disabled. Covers backs and lifting, fire safety, accident reporting, safety inspections, safety in the community, and more. Especially appropriate for group homes and other residential facilities. 60 min.

**Safety Orientation  
for Long-Term Care #1029**

For long-term-care providers, this program covers safe work practices for avoiding slips, trips, and falls; back injuries; and the hazards associated with fire and electricity. Also emphasizes safe procedures for disinfection and sterilization. 16 min.

**◆ TB Respiratory Protection:  
Administrator's Review #1104**

Hosted by Loretta Swit, this video provides a comprehensive overview for program administrators, covering risk assessment, standard operating procedures, respirator selection, use, and maintenance, training and program evaluation. 25 min.

**◆ Transferring Older Students  
with Physical Disabilities #1059**

Demonstrates safe and effective techniques for transferring older students, including adult-sized, with disabilities. Includes use of mechanical lifts and two-person lifts. 18 min.

**◆ Transferring Younger Students  
with Physical Disabilities #1058**

Demonstrates safe and effective techniques for transferring youths with disabilities. Emphasizes clear communication as a means of encouraging the patient to assist as much as possible with his/her transfer. Also covers related health and sanitation issues. 18 min.

**Tuberculosis Awareness #641**

Covers the history of tuberculosis, its transmission, symptoms, and treatment. 16 min.

**Tuberculosis: OSHA/CDC Guide-  
lines for First Responders #374**

Explains responsibilities under the guidelines for controlling occupational exposure to TB. Contains information on exposure-control plans, risk groups, signs and symptoms of TB, and regulatory aspects. 20 min.

**Health Care, con't.**

*see also Bloodborne Pathogens*



## Heat Stress



### Did you know?

Oregon OSHA offers convenient laminated cards with information about heat stress. The cards are pocket-sized and available in English and Spanish. The first copy (in each language) is free on request. See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 for more information.

Warning! Heat stress is a very popular seasonal topic! Videos about heat stress should be scheduled well in advance of the warm summer months. We do our best to fill last-minute requests, but please don't wait until July to order one of these!

### Heat Stress #737

Emphasizes preventive measures, with an explanation of how heat affects the body. Covers symptoms of heat exhaustion, heat cramps, and heat stroke. Includes basic first-aid procedures. 5 min.

### Heat Stress #747

Covers situations leading to heat-stress-related illness, heat stress, heat exhaustion, and heat stroke, how the body reacts to heat, recognizing symptoms of heat stress, all geared to the prevention of heat-related illness. 13 min.

### Heat Stress English #268 Spanish #296

Discusses those at risk, how to cope with the hazards, and how the body handles heat. Also covers heat stress disorders, and their control and prevention. 10 min.

### Heat Stress English #754 Spanish #755

Cramps, exhaustion, and strokes can endanger employees working in hot weather or a hot environment. This video focuses on preventing illnesses and minimizing safety hazards. Covers hazards and first aid, according to NIOSH and OSHA recommendations. 16 min.

### Summer Safety #25

Especially for those who work outdoors. Explains how to prevent heat exhaustion, drownings, snake bites, insect bites and stings, and sunburns, and how to respond if they occur. 16 min.

## Heavy Equipment

see also *Cranes*



### Backhoe/Loader Safety #397

A brief overview of backhoe/loader safety with emphasis on correct PPE for the operator, the importance of inspection and maintenance, and the use of safe operating procedures appropriate to surrounding conditions. 8 min.

### Coaching the Backhoe Operator #1013

This video addresses equipment inspection, moving and operation, excavating, and loading the equipment on a trailer. 30 min.

### Heavy Equipment Operations English #636 Spanish #638

Provides training ideas for heavy equipment operators responsible for the safety of the entire crew. Offers safe operation tips that can mean the difference between a safe job site and tragedy. 10 min.

### Hydraulic Systems Safety #122

Appropriate for all who work with heavy equipment, indoors or out, this video offers an explanation of hydraulic systems, with emphasis on personal safety through awareness of hazards and proper use of PPE and other tools. 20 min.

### It Always Happens to the Other Guy #192

For the construction industry, covering 4-wheel-drive loaders, scrapers, motor graders, crawlers, backhoe loaders, excavators, and on-the-job situations. 21 min.

### Lifting Equipment #212

A review of lifting equipment for construction, uses a before-and-after format; shows what's being done wrong on a job site, then shows results of an accident and corrects violations. 9 min.

### Mechanical Aids for the Construction Industry #214

Uses a before-and-after format, showing what's being done wrong on a job site, then corrects violations. 10 min.

### Repair Technician: Safe Practices #676

For repair technicians who work with heavy equipment, this video covers many types of work environments, hazards, and potential injuries, with cautions against the use of dangerous shortcuts on the job. 20 min.

**Roller Compactor #678**

This 10-part video covers safe work practices for the inspection, operation, and maintenance of various types of roller compactors, and includes a section on special situations. Sections are easily divided for training flexibility. 55 min.

**Safe Dump-Truck Operation: What you Need to Know #1028**

For beginning and experienced dump-truck drivers, this program discusses pre-trip inspections, behind-the-wheel safety, navigating in various weather conditions and terrain, and what to do in case of an accident. 16 min.

**Safely Controlling the Power of the Backhoe/Loader (3 tapes) #643**

Module 1 concerns on-the-job operating safety. Module 2 emphasizes careful equipment checking before operation. Module 3 covers maintenance and heavy equipment transportation. 39 min.

**Safely Controlling the Power of the Crawler/Excavator (3 tapes) #645**

Provides information and operating tips. Module 1 focuses on the main components of this equipment and emphasizes the importance of the pre-start inspection. Module 2 shows a wide variety of worksites and demonstrates the importance of awareness among operators. 48 min.

**Safely Controlling the Power of the Wheel Loader (2 tapes) #644**

Module 1 shows real-life experiences of close calls to show hazards involved with wheel loaders, and emphasizes the importance of pre-start inspections. Module 2 concerns proper transportation methods and demonstrates the importance of awareness for both operators and nearby workers. 38 min.

**Heavy Equipment, con't.**

*see also Cranes*

**◆ ARC Cutting & Gouging #1114**

Appropriate for both trainees and experienced operators, this program covers the types of arc cutting and how they work. Also covers workshop, personal and equipment safety, with safe procedures for shielded metal-arc cutting, carbon-arc cutting and gouging, and plasma arc cutting. 18 min.

**Hot Work Permit #742**

Emphasizes the use of hot-work permits and safe procedures and practices in welding, grinding, cutting, and other activities. 10 min.

**Hot-Work Permits #628**

An overview of hot work and the reasons why hot-work permits are required. 10 min.

**Safety & Health Factors in Welding & Cutting #348**

Covers general safety and health hazards associated with gas and arc welding, plus methods and controls to reduce the hazards. May be duplicated. 14 min.

**Hot Work**

*see also Compressed Gas, Welding*

**REMEMBER!**

No brief video description can tell you everything! Your AV Librarian is always happy to help you find just the right video for your specific training needs.

But the AV Librarian can't do it alone. Your comments about our specific videos are invaluable in keeping our holdings up-to-date and genuinely useful. Let us know what you think! Each time you borrow from us, please take a few moments to complete the User Satisfaction Questionnaire included with your video. Or, better still, post your comments to our Web site at [www.oro sha.org](http://www.oro sha.org)! You can also review comments from other borrowers at the same site!

## Housekeeping

**Hydraulics** —  
see **Heavy Equipment**

**Hydrofluoric Acid** —  
see **Hazardous Substances**

**Hydrogen Sulfide** —  
see **Hazardous Substances**

**Hypothermia** — see **Winter**



### **Anatomy of a Fall #127**

Appropriate for all work settings, dramatic portrayals of workplace accidents underscore the importance of taking personal responsibility for helping to prevent slips, trips, and falls in the workplace. 15 min.

### **Avoiding Slips, Trips, and Falls #328**

A leading cause of injury at work and at home, most slips, trips, and falls can be avoided by recognizing and removing the causes. 12 min.

### ◆ **Falls in the Workplace #1043**

An overview of various types of falls and how they can be prevented. The video touches on fall hazards such as tripping/slipping in walkways, ladders, falls from elevations, etc. Addresses the importance of evaluation and planning to eliminate the hazard. Discusses various methods of mitigating the hazards. 15 min.

### **Housekeeping #717**

This live-action program discusses measures for preventing incidents, especially slips, falls, and fire. 5 min.

### ◆ **Housekeeping & Teamwork in Industry English #1131 Spanish #1132**

Stresses that good housekeeping is important for maintaining productivity and may be a matter of life and death in emergencies. Covers fire protection, chemical storage, means of egress, organization of tools and equipment, and proper handling of leaks and spills. 20 min.

### ◆ **Industrial Housekeeping #1098**

Describes proper housekeeping procedures with emphasis on the benefits of a hazard-free workplace. 16 min.

### **Safety on the Job: Slips, Trips & Falls #31**

Explains how to prevent falls, how to eliminate the causes of falls, and how to ensure correct reporting of hazards. 17 min.

### **Slips, Trips, and Falls #719**

Helps prevent costly injuries due to slips, trips, and falls on stairs, ladders, wet surfaces, and loading docks. Designed for general use. 5 min.

### **Winning Ticket: Housekeeping on the Job Site #347**

A humorous dramatization life in a cluttered home leads to a serious consideration of the importance of housekeeping on construction job sites. This program highlights fire and explosion hazards, the importance of properly organized storage and ways to avoid slips, trips, and falls. 13 min.

## Insects

### ◆ **Groundskeeping Safety: Dealing with Bugs & Critters #1125**

Designed for anyone whose job function includes grounds maintenance or outdoor responsibilities, this video covers basic PPE, snakes, wasps, bees, fire ants, poison ivy/oak, and first aid. 16 min.

### **Summer Safety #25**

Especially for those who work outdoors, explains how to prevent heat exhaustion, drownings, snake bites, insect bites and stings, and sunburns, and how to respond if they occur. 16 min.

◆ **Play It Smart, Play It Safe:****Working with Insulation****English #1091 Spanish #1092**

Covers general and specific safe practices for working with fiberglass, rock wool, and slag wool products. 20 min.

**Irrigation Safety #672**

Presents safe practices for those who work with flood, ditch, or set irrigation. Emphasizes personal responsibility for the avoidance of electrical and other hazards. 12 min.

**Job Safety Analysis #10**

A video to help supervisors prevent accidents. Shows step-by-step analysis of two basic jobs, photographed onsite. Examines every part of each job, identifying hazards and developing solutions to eliminate or guard against hazards. 15 min.

**Job Safety Analysis #782**

Covers the purpose and benefits of job safety analysis, criteria for selecting job functions to analyze, how to identify basic job steps, identifying potential hazards, and developing approaches to control or eliminate hazards. 17 min.

◆ **Job Safety Analysis #1121**

Provides a definition of job-safety analysis (JSA), the components of effective JSA, and examples of JSA applied to real-life situations. 20 min.

**Knives & Boxcutters #807**

Covers safe work practices for avoiding knife injuries, which disable more people than any other hand-tool injury. Includes use of the right tool, keeping blades sharp, caution with use, and the right PPE for the job. 5 min.

**Insulation**

*Ironworkers — see Construction*

**Irrigation**

*Janitorial — see Housekeeping*

**Job Safety Analysis**

*see also Hazard Recognition*

**Knives & Boxcutters**

*Labels —*

*see Hazard Communication*

## Laboratory

*see also Hazardous Substances*



### ◆ Assessing Risks of Toxic Chemicals #1120

Highlights thorough knowledge of toxic chemicals as the key to effective risk assessment in the modern biological laboratory, with emphasis on proper planning, substitution of less-harmful substances, and use of the smallest amount practicable. 11 min.

### Chemical Hazards #679

Intended for the biological laboratory, this program shows safe work practices and procedures for working with hazardous chemicals. 10 min.

### Chemical Storage Hazards #680

Reviews basic principles for safe chemical storage and the reasoning behind the principles. 11 min.

### Controlling Infectious Aerosols: Minimizing Equipment-Related Hazards #49

Describes hazards, inspection, and proper use and maintenance of biological lab equipment including high-speed blenders, centrifuges, and biological safety cabinets (hoods). 15 min.

### Controlling Infectious Aerosols: Operation of Laminar-Flow Biological Safety Cabinets #51

Provides a brief discussion of the three classes and uses of biological safety cabinets. Extensive coverage on the purpose, features, operation, and steps necessary to safely use and maintain Class II laminar-flow biological safety cabinets. 22 min.

### Controlling Infectious Aerosols - Precautions in Microbiology #50

Covers typical biological lab operations and factors that contribute to aerosol hazards. Shows work practices that minimize aerosol generation and exposures including proper use of pipettes, needles and syringes, and inoculating loops. 15 min.

### Electrical Safety in the Laboratory #889

Geared for the laboratory, this program covers the nature of electricity, and highlights common electrical hazards. Fuses, circuit breakers, and grounding are also considered, with sections on use and maintenance of equipment and emergency procedures. 11 min.

### ◆ Emergency Response for the Research Lab #1118

Covers safe procedures for responding to laboratory fires, radiation, chemical, and biological spills. Includes effective response to personal injuries. 12 min.

### Flammables & Explosives in the Laboratory #891

An overview of flammables and explosives in the laboratory, with special emphasis on the need to know the properties of specific hazardous substances, as well as correct procedures for use and storage. Includes sections on the disposal of hazardous waste. 11 min.

### Hazard Alert: Laboratory Spills #11

Alerts workers to hazards created by small spills of common acids, caustics, and flammable liquids. Gives basic information on absorption and chemical neutralization methods of spill cleanup. Shows workers correct procedures and precautions. 11 min.

### HIV in the Research Laboratory: Controlling your Risks #661

Beginning with a history of human disease prevention, this video covers safe practices and procedures for dealing with HIV in a research laboratory. 28 min.

### Laboratory Ergonomics #890

Work in a research laboratory involves special demands on the human body. This program emphasizes the importance of sound ergonomic principles, including adaptation of the work area to individual needs, specific hazards to avoid, and positive work practices. 12 min.

### ◆ Laboratory Hazards: Their Recognition and Control #492

A comprehensive written manual covering many aspects of safety in the laboratory. Modules include glove selection and use, responding to incidents/exposures, chemical storage, protective clothing, eye protection, laboratory hoods, biological safety cabinets, laboratory animals, and a review of the current Oregon OSHA Lab Standard. Each includes full-color instructional materials, a self-inspection checklist, a brief quiz, and a list of additional

resources. Sponsor: Oregon Health Sciences University (OHSU) in collaboration with the American Federation of State, County and Municipal Employees (AFSCME). May be duplicated. Print.

### ◆ **Mammalian Cell Culture Hazards #1117**

For the biological laboratory, this video covers safety precautions for working with cell cultures, including use of PPE, caution with sharps, and decontamination procedures. 8 min.

### **Nobody's Perfect #47**

Follows a biological researcher (played by John Asten) with emphasis on preventing accidents and injuries in the laboratory. 23 min.

### **OSHA Lab Standard #266**

This live-action program introduces both workers and supervisors to the standard, including the chemical hygiene plan, employee information and training, hazard identification, medical consultation and exams. 15 min.

### ◆ **Practicing Safe Science #1119**

A comprehensive orientation to safety in the biological laboratory, featuring reenactments of actual laboratory accidents, demonstrations of effective safety techniques, and questions which challenge the viewer to recognize hazards. 30 min.

### **At the Top: Stairway & Ladder Safety for Construction #335**

Entirely live-action and taped "on location," this video reviews safety requirements for the construction and use of ladders and stairways on job sites. Includes several examples of safe work practices, with special emphasis on avoiding a false sense of security. 17 min.

### **Ladder Safety #650**

Emphasizes inspection, safe use, and maintenance of stepladders, straight ladders, and rolling scaffolds. 20 min.

### **Ladders #72**

Shows the selection, handling, and use of three grades of ladders: construction and industrial (heavy duty), trade and farm (medium), and household (light). Includes guidelines for inspecting and using each type of ladder. 18 min.

### **Safety in the Chemistry Lab (4 tapes) #62**

Part 1 presents a detailed overview of right-to-know regulations, MSDSs, labels, lab safety practices, and personal protective equipment. Part 2 covers hazard communication. Part 3 deals with chemical safety measures, spills, and disposal. Part 4 deals with handling hazardous chemicals. 93 min.

### **Virology #48**

Shows the design, operation and safe work practices in a maximum contaminant laboratory for class IV viruses. Provides guidelines for the safe handling and study of hazardous viruses. 23 min.

### ◆ **X-Ray Diffraction Hazards #1116**

Provides guidance for the safe operation of low-energy x-ray diffraction machines used by structural biologists, some coverage of safe practices with liquid propane, as well as use of the synchrotron. 10 min.

## **Laboratory, con't.**

*see also Hazardous Substances*

### **Stairways and Ladders #321**

Dramatizations of workplace accidents remind the viewer of the importance of knowing which ladder is appropriate for which job, and of avoiding carelessness in the use of ladders. Covers proper inspection, safe work practices and maintenance procedures. 18 min.

### **Tripod Orchard Ladder Safety English/Spanish #177**

Covers ladder safety, including inspection, proper setting on level and sloping ground, and clothing. 9 min.

## **Ladders**

*see also Scaffolds*



## Landscaping

*see also Agriculture, Tractors*

### Chipper Use & Safety #899

An overview of safe work practices for both drum and disc chippers, emphasizing awareness of hazards. 15 min.

### ◆ Groundskeeping Safety: Dealing with Bugs & Critters #1125

Designed for anyone whose job function includes grounds maintenance or outdoor responsibilities, this video covers basic PPE, snakes, wasps, bees, fire ants, poison ivy and oak, and first aid. 16 min.

### Landscape Maintenance #394

Identifies chemical and physical hazards encountered in the landscape business; recommends personal protective equipment and safe work practices. 17 min.

### ◆ Landscape Power Tools #1050

Covers string trimmers, power blowers and chainsaws, with emphasis on proper PPE and familiarity with operating instructions. 20 min.

### Landscape Safety: Power Hand Tools #196

Provides guidance on clothing safety, choosing the right tool for the job, and safety inspection for hedgers, blowers, grass cutters, and handsaws. 30 min.

### Professional Tree Care Safety #37

Part 1 covers general safety requirements, Part 2 covers required safety equipment, Part 3 reviews safety requirements for equipment, and Part 4 deals with safe work practices. Includes on-the-job demonstrations, including tree trimming around power lines. 80 min.

### ◆ Professional's Guide to Lawn Mower Safety #1048

Covers safe use of walk-behind, push, flail, and riding mowers, in a wide variety of settings. 25 min.

### Right-of-Way Mowing Safety #675

Reviews hazards and safe work practices of industrial mowing. 24 min.

### Systems for Success Strategies for Maximum Efficiency #837

Covers many labor-saving systems and types of equipment, for tree handling and planting, truck customization, and field nursery production. Note: Workplace safety and health is not directly addressed in this video. 35 min.

## Lasers

### Laser Safety #630

Spectacular footage brings ANSI Standard Z136.1 and OSHA's guidelines to life. Discusses guidelines for safe laser operations, PPE, and your laser safety program. 17 min.

### Low Power Lasers: Be Aware of the Hazards #701

Designed to make employees aware of the hazards of low-power lasers. Reviews hazard categories, specific hazards of Class 2 and 3a lasers, and safety precautions. Intended only to supplement hands-on training provided by a qualified instructor. 15 min.

## Latex

### Latex Allergy: Stop the Reaction! #778

Covers latex allergy, types of allergic reactions, those at risk, and ways to prevent allergic reaction. 22 min.

*Lathes — see Tools*

*Lead — see Hazardous Substances*

*Lifting — see Back Safety, Ergonomics*

*Lightning — see Emergencies*

You wouldn't attempt to perform under-the-hood maintenance on a moving vehicle. Working on energized equipment can be just as dangerous!

### **Lockout/Tagout #153**

A straightforward overview of lockout/tagout principles, covering typical accident situations, correct procedures (including start-up), and some special situations. 14 min.

### **Lockout/Tagout English #284 Spanish #295**

An overview of the principles of lockout/tagout, with emphasis on safe work practices to avoid injury. 19 min.

### **Lockout/Tagout Procedures #725**

Intended for those who perform lockout/tagout, this program covers proper procedures for isolating energy sources when servicing or repairing equipment, verifying that a zero-energy state is achieved, and proper procedures for re-starting equipment. 5 min.

### **Lockout/Tagout: When Everyone Knows English #776 Spanish #849 CC**

This program features dramatic reenactments of accidents and other scenarios illustrating the importance of energy control and lockout/tagout procedures. Presents the roles and responsibilities of authorized employees, affected employees, and other personnel. 17 min.

### **◆ Lockout Tragedy #1122**

A poignant review of a lockout fatality; provides specific safety procedures for avoiding injury or death. Filmed in Oregon. 16 min.

## **Lockout/Tagout**

*see also Electricity*

### ***Did you know?***

*Oregon OSHA offers a publication entitled "OR-OSHA's Guide to Controlling Hazardous Energy." Oregon OSHA's Public Education Section also offers a free workshop, Lockout/Tagout. For information on workshops or publications, call us, (800) 922-2689, or visit us on the Web, [www.oroasha.org](http://www.oroasha.org).*

### **Machine Guarding Equipment and Machine Guarding #625**

Identifies why machines require guarding, requirements for different types of guards, and possible injuries as a result of inadequate guarding. 10 min.

### **Machine Hazard Awareness #242**

Covers machine hazard awareness, mechanical hazards, and guarding techniques. 19 min.

### **Man/Machine Safeguarding: Principles & Practices #728**

Emphasizing sound principles of machine design, this program covers the importance of machine guarding, especially the use of safety interlock switches. 15 min.

### **Nipping #721**

This live-action video demonstrates proper machine guarding and identification of nip points to help prevent injuries due to nipping. 5 min.

## **Logging**

*see also Forest Activities*

## Machinery

*see also Tools*

**Manufactured Homes —**  
*see Construction*

### Grinding #726

Filmed in industry, this video presents the correct use of equipment, engineering controls, proper PPE, and established techniques for safe grinding. 5 min.

### Grinding Wheel Safety (2 tapes) #30

Based on ANSI B7.1 Standard for Safety Requirements for the Use, Care and Protection of Abrasive Wheels. These videos emphasize safety for workers using grinding wheels of all types. Information on how wheels are made, stored, labeled, inspected, and mounted. Doesn't cover actual use. 43 min.

### Machine Hazard Awareness #242

Covers machine hazard awareness, mechanical hazards, and guarding techniques. 19 min.

### Machine Shop Safety #126

Covers proper lathe chuck installation, adjusting tools and tool posts, proper chip removal, how to safely check work, drill presses, and machine guarding. 20 min.

### Metal Working Safety #861

This graphic video deals with common fabrication and machine shop hazards and the tragic results of inattention and poor work attitudes. 18 min.

### Safe & Effective Grinding #785

This program shows how to operate an off-hand grinder safely and effectively by presenting several types of grinding machine, components of the machine, and types of abrasive wheels. It details the identification and inspection of wheels, with special attention to proper adjustment. 18 min.

### Working with Lathes #816

The lathe is a versatile tool for the quick and efficient shaping of many types of metal and wood. This video covers workshop and operator safety, with correct procedures for changing the spindle speed, centering and mounting work pieces, setting up the cutting tool, and adjusting cutting speed. 25 min.

## Material Safety Data Sheets (MSDS)

*see also Hazard Communication*

**Medical — see Bloodborne  
Pathogens, Healthcare**

### MSDS #729

Explains in simple language how to read and use material safety data sheets to ensure compliance with the *Right-To-Know Act*. 5 min.

### The MSDS: Don't Be a Dinosaur #40

Humorous dramatizations underscore the seriousness of correctly identifying and dealing with chemical hazards in the workplace. Defines toxicology, routes of entry, and types of hazards, with emphasis on effective use of material safety data sheets. 23 min.

### The MSDS: Information You Can Use #646

For employers and workers, this program provides an understanding of material safety data sheets (MSDSs) through an explanation of each section. 19 min.

### MSDS: Read It Before You Need It #358

Discusses what workers need to know about reading, using, and understanding an MSDS. Covers product information, exposures, hazard prevention, toxicology, ecology, and disposal. 20 min.

## Mining

**Mowing — see Landscaping**  
**Needlestick Prevention — see  
Bloodborne Pathogens**

### Mine Safety & You #795

For the mining industry, this five-part video begins with an 18-minute overview of accident causes and prevention, followed by four brief segments covering the roles of personality, health, and communication in workplace safety. 32 min.

### Miner Mike Saves the Day #1026

Covers the importance of proper ground support for miners and safe work practices related to ground support. 33 min.

## Breathe Easy: A Respiratory Protection Program

English #446 Spanish #447 

A training video covering respiratory protection for workers in nurseries. Training materials include an instructor's manual; an illustrated pamphlet in Spanish and English for workers; a bilingual poster on respirator selection, fit, and maintenance; and a sample written respiratory-protection program. Sponsor: Oregon Association of Nurserymen. May be duplicated.

## Goofy's Office Safety Championships #204

Covers problems related to computer terminals, lifting, cuts and burns, tool and appliance use, first aid, fire prevention, and emergency procedures and preparedness. 12 min.

## Hazard Alert: Office Safety #619

Covers common office accidents, proper lighting, ergonomic issues, and toxic hazards. Also covers maintaining a clean work environment. 7 min.

## Office Safety #329

Emphasizes the need for a good attitude toward safety. Reviews basic safety in an office environment and demonstrates correct procedures to follow when an accident does occur. 15 min.

## Confined Spaces: Painting Industry (Slides) #444

Training program teaches painters to recognize traditional and non-traditional confined spaces. Includes use and care of appropriate personal protective equipment. Includes manual. Sponsor: Painter's District Council No. 55. May be duplicated. 88 slides.

## Health & Safety Training for the Painting Environment #410

Addresses occupational-health-and-safety hazards of painting in the construction industry, focusing on hazards and symptoms of overexposure, the use of personal protective equipment, the hierarchy of hazard control and the proper selection, fit, and maintenance of respirators. Includes manual. Sponsor: Painters District Council No. 55. May be duplicated. 20 min.

## Office Safety: It's a Jungle in There #197

Somewhat humorous in approach, this video reviews common office accidents, with emphasis on housekeeping, awareness of hazards, proper clothing, correct lifting, and fire-preparedness. 20 min.

## ◆ Office Safety Saves #1093

How to prevent safety problem and avoid accidents in an office setting. 16 min.

## Paint Products & Your Nervous System #66

In-depth interviews with injured workers and health-care professionals serve to underscore the importance of preventing exposure to the organic solvents found in many paint and other finishing products. Symptoms of solvent exposure — including possible long-term effects — are covered in detail, while prevention is presented briefly. 20 min.

## Nurseries

see also *Agriculture, Pesticides*

## Office

see also *Ergonomics*

**Orchards** — see *Agriculture, Ladders, Tractors*



## Painting

see also *Hazardous Substances*

## Performing Arts

### Firearm Safety on Stage #763

This program provides viewers with instruction designed to minimize the hazards involved with the use of firearms and blanks onstage, while emphasizing that this use remains dangerous. 40 min.

### Introduction to Dance Medicine #762

Especially for professional dancers; possibly useful for amateurs. This program emphasizes the athletic ability required to dance professionally and presents practical ways to stay in shape and avoid injury. Includes interviews with professional dancers and medical personnel. 50 min.

## Personal Protective Equipment

*see also Fall Protection, Respiration, Respirators*



When we pull out that warm winter jacket on an icy day, we're using good judgment with respect to our clothing. Our jacket is our "personal protective equipment," our PPE against the cold.

Do we use the same good judgment in the workplace? Oregon OSHA requires the use of personal protective equipment for many work processes. Proper use of PPE can make the difference between staying safe and healthy on the job or suffering permanent damage to eyesight, hearing, or mobility. Is PPE required for your work? Use it!

### Danger Zone: Your Hands #129

A classic motivational video that examines five workplace accidents involving chemical and mechanical hand injuries. Emphasizes thinking before acting, especially during routine tasks. 18 min.

### Ear Protection Overview #187

Remake of a 16-mm film. Provides an overview of the structure of the ear, the nature of hearing, and the importance of various types of hearing protection. 10 min.

### Evaluation of Ear Protection #15

A 1984 production from the U.S. Department of Labor, this video is specifically geared to industrial hygienists and other occupational-safety-and-health personnel. Provides in-depth technical information on ear-protection evaluation, audiometric testing. 37 min.

### Eye Protection #360

Covers the need for eye protection, appropriate protective eyewear, and basic safety rules. 14 min.

### Eye Safety #135

A detailed examination of physical, chemical, and radiation hazards, with emphasis on correct use of eye protection for the task at hand. Also describes first-aid measures, including what NOT to do in the event of an eye injury. 20 min.

### Eye Safety #255

Addresses hazards that lead to four types of eye injuries, including sudden blows, penetration, chemical injury, and radiation. Also covers control measures necessary to prevent such injuries. 9 min.

### Foot Safety #243

Discusses when safety footwear should be worn, different types of shoes and boots, and safety footwear. 12 min.

### The Future is in Your Hands: Hand & Finger Safety #1096

Narrative and live-action examples in a wide variety of settings underscore safe practices for avoiding hand and finger injuries in general industry. 15 min.

### Hand Safety #247

Hazards, safe work procedures, and proper use of protective equipment. Also covers manual handling, hand tools, mechanical and contact hazards, contact dermatitis, personal protection (barrier creams and gloves), and personal hygiene. 15 min.

### Hand Safety #363

Discusses the reasons for hand injuries, identifies hazards, and covers the use of proper hand tools. Identifies machine safeguards and gives tips for their use. 15 min.

### Hand Safety #734

Covers common causes of hand injuries, the proper use of hand tools, blade and knife safety, pinch points, and work around hazardous equipment. 5 min.

### Did you know?

Oregon OSHA provides a free on-line workshop covering personal protective equipment!

Visit us on the Web, [www.orosha.org](http://www.orosha.org) for details!

There is also a publication entitled "Quiet! Oregon OSHA's Concise Guide to a Noise-Free Workplace" available at the same site.

**Head Protection #254**

Deals with common hazards, including falling and moving objects, overhead pipes, and slips, trips, and falls. 11 min.

**Hear for a Lifetime #205**

Examines the causes and prevention of hearing loss at work and in the home. Covers inner-ear anatomy, noise controls, testing procedures, and the use of personal protective equipment. 16 min

**Hearing Conservation #64**

Covers sound definition and measurement; the ear and how sound affects it; protection devices; how to select, fit, use, and care for audiometers; and testing procedures. 15 min.

**Hearing Conservation:  
A Sound Choice #316**

Filmed in industry. Shows how the ear functions and how hearing loss occurs over time. An audiologist explains why noise-induced hearing loss is irreversible. Identifies off-the-job activities that are hazardous to hearing. Also covers the elements of a hearing conservation program, including audiometric testing. 11 min.

**Hearing Conservation for  
At-Risk Workers #405** G

For construction and trades workers who may already have some hearing loss, this comprehensive training package covers the nature of sound and how the ear processes sound, the causes and types of hearing loss, the importance of identifying noise hazards, and the use of the proper hearing protection for the work setting. Sponsor: Oregon Department of Transportation. May be duplicated. 15 min.

**Hearing Protection:  
A Sound Practice #359**

Explains what hazardous noise levels are, how the ear works, and the importance of hearing protection. 16 min.

**Hearing Protection:  
It Makes Sense #685**

Helps workers understand exactly how noise affects them and what they can do to protect themselves from hearing loss. 22 min.

**Hearing Safety #735**

Motivates workers to protect their hearing, using graphics to show how the ear works. Also covers effects of noise and types of ear protection. 5 min.

**Invisible Handicap #1**

Using examples from home and the workplace, this video reviews the nature of sound, the structure of the ear, and the importance of appropriate hearing protection in high-noise situations. 16 min.

**◆ It's a Noisy World  
English #1111, Spanish #1112**

Covers the importance of hearing, emphasizing that much hearing loss is irreversible. Presents decibel readings for various common sounds and presents a variety of hearing-protection products with tips for proper use. 10 min.

**It's Still Up To You #131**

Shows surgery to remove a foreign object from an eye injured in an industrial accident, with emphasis on the need to use eye protection to prevent such accidents. Extremely graphic. 11 min.

**Lend Me Your Ears #483** G

A series of three audio programs alerting workers to the damaging effects of noise-induced hearing loss. Includes short listening exercises in which trainees listen through a simulated noise-induced hearing loss. Sponsor: Portland State University. May be duplicated. Audiotape.

**◆ Noise-Induced Hearing Loss:  
No Second Chance #1086**

Bobby Unser plays a key role in describing the adverse effects of hearing loss on quality of life, the nature of hearing and effects of noise, with special emphasis on hearing protection. 17 min.

**Personal Protective Equipment:  
The Danger Zone  
English #369 Spanish #1039**

Provides an overview of all forms of personal protective equipment, while encouraging employees to use PPE in many settings. Can help comply with the training requirements for PPE in the OSHA rule. 17 min.

**Personal Protective  
Equipment, con't.**

*see also Fall Protection,  
Respiration, Respirators*



## Personal Protective Equipment, con't.

*see also Fall Protection, Respiration, Respirators*



### Personal Protective Equipment: The Race to Safety #668

A review of PPE, when it's required, proper selection, maintenance, and safe disposal. 24 min.

### Personal Protective Equipment: You're Covered English #361 Spanish #1036

Covers PPE for the eyes, face, head, hands, and feet. Also covers inspection of PPE, along with maintenance, care, and storage. 16 min.

### Protecting Your Feet #362

Covers foot protection and foot-injury prevention. 18 min.

### Protecting your Hearing in a Noisy World #143

Covers hearing loss, the nature of sound, and how sound is transmitted. Shows sound-insulated booths and hearing protection, including proper fit of several types of ear muffs and plugs. 13 min.

### Protective Equipment in Electrical Maintenance #1069

Describes several kinds of protective insulating equipment and illustrates procedures for inspecting equipment prior to use. 9 min.

### Saving Sight #7

Can help motivate workers to use proper eye protection through demonstrations of eye injuries and discussion with doctors concerning the causes of eye accidents on the job. Stresses use of proper protection to help decrease injuries. 15 min.

### ◆ See for Yourself: Eye Protection #1094

How to minimize eye hazards, what eye-protection devices should be worn, and what you should do if you or a co-worker suffers an eye injury. 15 min.

### Selection & Use of PPE #239

Demonstrates safety practices in social, work, and school environments. Shows protective equipment, the importance of matching equipment to the hazard, and proper equipment use. 15 min.

### What Hearing Loss Sounds Like #834

Provides a unique demonstration of what it's like to have a conductive or sensorineural hearing loss. Covers the physiology of hearing and emphasizes proper equipment and work practices to prevent hearing loss. 10 min.

## Pesticides

*see also Agriculture, Hazardous Substances*



Are pesticides hazardous to insects? Of course! But pesticides can also be extremely hazardous to human beings. Use care when dealing with these dangerous chemicals!

### Breathe Easy: A Respiratory Protection Program English #446 Spanish #447

Video covers respiratory protection for workers in nurseries. Training materials include an instructor's manual; an illustrated pamphlet for workers (Spanish and English); a bilingual poster on respirator selection, fit, and maintenance; and a sample written respiratory-protection program. Sponsor: Oregon Association of Nurserymen. May be duplicated. 20 min.

### Chasing the Sun/Siguiendo el Sol English/Spanish #381

This video was created in response to the revised worker-protection standard. Designed for use with Spanish/English bilingual farmworkers. An excellent accompaniment to any worker protection training program. For workers only. 36 min.

### EPA Worker Protection Standards for Orchard Workers English/Spanish #464

For orchard workers not directly involved with pesticide handling, this program covers the basics of the worker protection standard, including the nature and use of pesticides, restricted entry intervals, safe work practices to avoid exposure, symptoms of exposure, and what to do in case of exposure. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 35 min.

**EPA Worker Protection  
Standards for Pesticide Handlers  
English/Spanish #465** 

For orchard workers directly involved with handling pesticides, this program presents the nature of pesticides, levels of toxicity, and safe work practices to avoid acute or long-term exposure. Also details first-aid measures in the event of exposure. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 58 min.

**Greenhouse Pesticide  
Safety Training for Workers  
& Handlers #384**

Satisfies training requirements for greenhouse workers and handlers under the EPA Worker Protection Standard. Note: Not recommended for training workers/handlers in other than greenhouse settings. 56 min.

**How to Conduct Worker  
Protection Training/  
Train the Trainer #352**

Condensed version of an 1993 AGSAT train-the-trainer broadcast. EPA-approved course for the worker protection standard on agricultural pesticides. May be duplicated. 94 min.

**Oregon Pesticide Safety Guide  
English #474 Spanish #475** 

This is a handy booklet for safe work practices when mixing, loading and applying pesticides in Oregon. Sections cover labeling, restricted entry intervals, postings, application, employer information exchange, training, spill response, transportation, storage, PPE, decontamination, disposal, first aid and heat stress. Sponsor: Oregon Agricultural Chemicals and Fertilizers Association (OACFA). May be duplicated. Print.

**Pesticide Handlers &  
the Worker Protection Standard  
English #380 Spanish #383**

Meets federal worker-protection-standard training requirements for pesticide handlers. The video is divided into 16 parts, with a break between each section to allow time for discussion. For handlers only. 51 min.

**Pesticide Safety:  
Help Workers Protect Themselves  
English #600 Spanish #608**

Fulfills EPA educational requirements for agricultural workers under Worker Protection Standard (WPS) regulations. The video covers the 11 criteria for EPA/WPS-approved training in a clear and concise manner. 19 min.

**Pesticide Safety:  
Worker Protection  
English/Spanish #323**

A two-part video that helps meet EPA requirements for training agricultural workers and pesticide handlers. A Spanish version follows the English. 30 min.

**Pesticide Training for  
Agricultural Employees #392**

An excellent overview of the EPA worker protection standard for both workers and handlers. English only. Available commercially in both English and Spanish. 10 min.

◆ **Protecting Yourself  
from Pesticide Hazards  
in the Workplace  
English/Spanish #1051**

Using dramatic re-enactments of workplace injuries, this video demonstrates the importance of safe work practices, including the use of PPE, when working with pesticides.

**Shedding Some Light on  
Pesticide Protection #327**

This video graphically shows the effectiveness of personal protective clothing, by using fluorescent dye added to pesticide. The dye shows if handwashing and removal of protective clothing was done effectively. May be duplicated. 13 min.

**Worker Protection Standards:  
An Overview #332**

A guide to the requirements of the worker protection standard on agricultural use of pesticides. May be duplicated. 20 min.

**Pesticides, con't.**

*see also Agriculture,  
Hazardous Substances*

**Did you know?**

*Oregon OSHA provides a free publication entitled "Safe Practices When Working Around Hazardous Chemicals." This handy booklet is available in English, Spanish, and several other languages. See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 to get copies or to get more information.*

## Pipes

### Asbestos Cement Pipe Work #403

An easy-to-use training program reflecting Oregon OSHA and DEQ standards, this presentation covers the recognition of asbestos-containing materials, a review of the risks associated with asbestos, and safe practices and procedures for working with asbestos cement pipe. Also describes the skill and knowledge necessary to be considered qualified to work with asbestos. Note: Copy A provides completed printed material, including overhead transparencies. Copies B and C provides some printed materials, and a Powerpoint diskette. Please specify desired format when requesting this program. Sponsor: The Pacific Northwest Section of the American Water Works Association. May be duplicated. Powerpoint and Print.

### Pipe Handling #639

Presents guidelines for protecting workers who handle pipes, whether they're unloading trucks with cable or forks or carrying small-diameter pipe by hand. Emphasizes danger to hands, backs, and legs. 10 min.

## Power Lines

*see also Electricity*



### A Bright Arc: A Guide to Powerline Safety #618

Emphasizes the value of planning for hazards that can occur when working near overhead and underground power lines. 11 min.

### Electrical Hazards & Trees English #1024 Spanish #1057

Especially appropriate for agricultural workers, utility workers, and schools, the first part of this program covers the hazards of electricity in general and high voltage in particular. The second part demonstrates safe work practices for tree trimmers. 20 min.

### Pole Top Rescue #148

Presented without narration, this program dramatically portrays a series of pole-top accidents and demonstrates safe rescue procedures for each. Viewers should have a qualified instructor present to explain each demonstration and to answer any questions. 25 min.

### ◆ Pole Topping Safety #1060

Beginning with an actual pole-topping fatality, this video provides an overview of safe practices and procedures for pole-topping, with emphasis on adequate preparation and ongoing communication at the jobsite. Also reviews PPE and use of hot sticks. 10 min.

### Power and Space: The Ten Foot Circle of Safety English #615 Spanish #616

Reviews safe work practices around overhead power lines and the 10-foot-circle rule of safety. 8 min.

### Power Line Hazard Awareness #1035

This live-action program emphasizes the dangers of contacting overhead or underground power lines and presents ways to avoid or minimize hazards. Covers hazards of equipment, such as cranes and aerial lifts, and of material handling, such as carrying rebar. Demonstrates safe practices, including having the utility de-energize or move lines; using insulating sleeves, warning flags, and observers; and what to do if a line is contacted. 15 min.

**Basic Power Plant Operation #370**

Provides an introduction to the major systems and components of a power plant. Learn how electric power is produced and distributed; how boilers, turbines, and condensers operate; and general responsibilities of plant operators during all phases of the operation. 30 min.

**Introduction to Transmission & Distribution Systems #371**

Describes how the major components of a typical transmission and distribution (T&D) system operate. Explains flow path from a power plant through a typical T&D system to the customer. 30 min.

**Substations and Switchyards #372**

This video teaches the purposes and functions of the major equipment used in substations and switchyards, protection, regulation, monitoring, and communications equipment introduced. Covers some typical checks made during an inspection of a substation. 30 min.

**Power Plant**

*see also Electricity*

**OSHA Hazard Communication Standard for the Printing Industry #279**

For the printing and publishing industry. Can help fulfill most of the standard's employee training requirements. 21 min.

**Printing****Communicating PSM to Workers #307**

Explains three elements of OSHA's process-safety-management standard, including operating procedures, training, and contractors. 9 min.

**HAZOP: A Team in Action #308**

Shows how to perform the hazard-and-operability study as related to process safety management. 15 min.

**Introduction to Process Safety Management #310**

Identifies and defines the 14 elements of PSM, emphasizes the need for constant attention to PSM, and covers catastrophic consequences if PSM is ignored. 27 min.

**Process Hazards Analysis #306**

Overview of four methods for conducting process-hazard analysis: what-if analysis, hazard and operability study, failure mode and effects analysis, and fault-tree analysis. Designed to help meet the training needs of new and experienced workers. 9 min.

**Process Safety Management: Solving the Puzzle #302**

Explains PSM, a proactive approach to the prevention of uncontrolled releases of hazardous chemicals that can cause serious injuries and extensive property damage. 20 min.

**Process Safety Management (PSM)**

*Pulp & Paper — see Forest Activities*

**Radiation Safety #823**

Provides an overview of radiation, its hazards, and safe work practices, including administrative and engineering controls. 15 min.

**Radiation Safety for Health care #797**

For those working with or around radiation. Covers the risks and dangers of exposure, keeping exposure as low as possible, proper safety procedures, dosimeters, and proper handling of radioactive waste. 18 min.

**Radiation**

*see also Lasers*

## Record keeping



### ◆ OSHA Record Keeping #1099

Covers recordable and non-recordable incidents, how to distinguish between them, and how to properly complete the OSHA 300. 18 min.

### OSHA Recordables #731

Explains the OSHA 200 injury and illness form, including recordable accidents, and uses several examples toward the correct completion of this required form. 5 min.

### ◆ Record keeping: True to Form #1101

Describes OSHA 300, 300-A, and 301 forms and defines recordable vs. nonrecordable incidents. Also covers procedures for employee privacy issues. 13 min.

## Respiration, Respirators

*see also Confined Space*

If you've ever tried to breathe underwater, you know that it can't be done. Water is just not meant to be inhaled by humans. Neither are many substances that may be present in your work environment. Don't just rely on "good luck" when it comes to your life and health! Be aware of airborne hazards and use respirators where needed!

### Air Monitoring (2 tapes) #273

Part 1 provides basic lessons about atmospheric sampling procedures under emergency-response conditions. Part 2 covers equipment used in the same situations, including capabilities, calibration checks, use, and interpretations of readings. 46 min.

### Airborne Hazards #720

Filmed in industry, this live-action video describes the nature of airborne contaminants and their effects on human respiratory systems. Demonstrates how the respiratory system works and teaches the importance of selecting the appropriate respirator. 5 min.

### Breathe Easy: A Respiratory Protection Program

#### English #446 Spanish #447

A training video covering respiratory protection for workers in nurseries. Training materials include an instructor's manual; an illustrated pamphlet in Spanish and English for workers; a bilingual poster on respirator selection, fit, and maintenance, and a sample written respiratory-protection program. Sponsor: Oregon Association of Nurserymen. May be duplicated. 10 min.

### Breathing Yourself to Death #32

Shows many industrial health hazards and the basics of lung structure and breathing functions. Covers organic and inorganic dust, fumes, gases, and vapors. Discusses hazard controls and mentions protective equipment measures, with emphasis on hazard control. 20 min.

### The Care and Use of APR's #290

Explains the proper use and maintenance of air-purifying respirators. Helps workers understand the reasons for accurate fit testing, and the importance of inspecting and fit-checking respirators before use. 13 min.

### Changes to the Respiratory Protection Standard #793

1998 OR-OSHA ED-NET conference covering changes to the respiratory protection standard. Includes question-and-answer periods and handbook. May be duplicated. 150 min.

### Indoor Air Quality #144

This program provides a review of "sick building syndrome" and the hazards of poor indoor air quality. After considering common air contaminants and their effects, attention is focused on appropriate HVAC design to ensure adequate ventilation. 15 min.

### Indoor Air Quality for Schools #707

Steve Thomas and Richard Trethewey of PBS' "This Old House," explain the importance of good indoor air quality and how to properly operate and maintain school ventilation systems to prevent indoor air quality problems. 15 min.

### Did you know?

Oregon OSHA offers a handy publication entitled "Breathe Right! A Guide to Respiratory Protection for Small Business Owners and Managers." Geared to small business, this booklet includes much information useful to those in many industries of any size.

**Respirators: Air Purifying #147**

Life-action and graphics combine in an examination of the human respiratory system, respiratory hazards, and appropriate use of air-purifying respirators, including correct maintenance and storage. 15 min.

**Respirators:  
Atmosphere Supplying #2**

An overview of the applications of these respirators in a protection program. Covers selection, fit testing, function, and limitations. 5 min.

**◆ Respirators:  
Your TB Defense #1038**

Produced by NIOSH, and narrated by Loretta Swit, this program provides an overview of the care and use of respirators in health-care settings, with emphasis on the prevention of tuberculosis. 15 min.

**Respiratory Protection #490** G

This respiratory-protection training program features the benefits of interactive computer-based training, allowing schedule flexibility and individualized test scores in print. Covers the selection, use, and maintenance of various types of respiratory protection, and the recognition of respiratory hazards. Only for

**Employee Safety in Retail #653**

A fast-paced overview of safety awareness and practices for those who work in retail. Includes housekeeping, safe lifting, use of ladders, display arrangements, fire protection, electrical safety, and use of sharp implements. Emphasizes individual responsibility for safety. 16 min.

**Is It Worth Your Life? #322**

Opening with a dramatic portrayal of a convenience-store robbery, this program offers guidelines for all who work nights in retail establishments; robbery-prevention methods and step-by-step instructions about what to do during and after a robbery. 18 min.

Macintosh computers (Powermac) with a Mac OS 7.0-or-higher operating system. Sponsor: International Brotherhood of Painters & Allied Trades, District Council #55, and the Center for Research on Occupational & Environmental Technology (CROET). May be duplicated. CD-ROM.

**Respiratory Protection #815** CC

A comprehensive training package covering the main lines of the revised respiratory protection standard, with particular emphasis on fit-testing, appropriate use, and maintenance of both air-purifying and atmosphere-supplying respirators. 20 min.

**Respiratory Protection:  
A Breath of Fresh Air #1015**

Provides an overview of the federal respiratory protection standard, including written program and medical evaluation requirements, with special emphasis on hazardous atmospheres and proper fit-testing of respirators. 18 min.

**Ventilation #236**

Covers uses of ventilation; standards, types and design principles; effectiveness testing; and troubleshooting and maintenance. 14 min.

**Soft Tissue Injuries in the  
Grocery Retail Industry #478** G

A retail grocer's approach to increased awareness of ergonomic issues in the workplace. Provides a basic understanding of the origin of ergonomic problems, and reporting of problems. Sponsor: Safeway Inc. of Oregon, United Grocers Inc., Local 555 UFCW. May be duplicated. 5 min.

**Violence in the Workplace:  
Communication Skills  
for Retailers #473**

Designed to help Oregon retailers and their employees obtain the skills necessary for dealing with potentially violent individuals. Includes booklet and pocket-sized card with key communication skills for workers dealing with difficult persons. 12 min.

**Respiration, Respirators,  
con't.**

*see also Confined Space*

**Retail**

*see also Back Safety,  
Housekeeping,  
Violence in the Workplace*

**Right to Know —  
see Hazard Communication**

## Road Rage

*Roller Compactor — see Heavy Equipment*



### ◆ Preventing Road Rage: Anger Management for Drivers #1126

Emphasizes personal responsibility for one's own reactions, while providing tips for cooperation with other drivers, including ways to disengage from an angry encounter. 20 min.

### Road Rage #858

A fast-paced program combining dramatic road-rage scenarios with expert instruction from veteran drivers and other professionals, this program presents ways to reduce the chances of becoming a road-rage perpetrator or victim. Also covers what to do if you witness a road-rage incident. 20 min.

### Road Rage: How to Protect Yourself #1007

Offers practical tips for building a "road rage defense." Includes common driving situations that can trigger conflicts between drivers. 15 min.

## Roofing

### Cranes, Conveyors & Hoists: Raising the Standard #845

Geared especially to roofers, this video emphasizes OSHA requirements for cranes, conveyors, and hoists, with examples of equipment and safe work practices, including signals. 10 min.

### ◆ Roofing Safety for Residential Construction #1037

Created especially for workers in Washington State, this program provides an overview of basic principles and safe work practices for roofers in residential construction. Topics covered: job preparation, walk-around safety inspections, ladders/safe access, anchorages, safe work practices, and job completion. 13 min.

### Roofing: Setting up a Jobsite Safely #852

This program emphasizes the importance of planning safety procedures for a roofing job. Discusses warning lines, ladder safety, the MSDS, and other topics, with several examples of safe work practices. 9 min.

### Safety Awareness: It's Up To You! English #850 Spanish #851

An overview of safety procedures related to roofing, covering fall prevention, burns, proper lifting techniques, and PPE. 10 min.

### Scaffold Safety: From The Ground Up (2 tapes) #853

Especially geared to roofers, this two-tape set covers general regulations that apply to all types of scaffolds, with correct procedures for set-up and use of several types. 20 min.

#### ***DON'T WAIT! STAY UP TO DATE!***

Be the first on your block to know about new safety videos! Sign up for free e-mail notification today!

Just go to our Web site, at [www.orosha.org](http://www.orosha.org), and select "E-Mail Notification Service."

You'll then be guided through a few simple steps. After signing up, you'll receive regular notification of new videos by e-mail, with easy instructions for accessing further information through the Web. E-mail is also a great way to stay informed about any changes to OR-OSHA safety rules affecting your industry. OR-OSHA's e-mail notification service is quick, easy, and so convenient! Give it a try!

Is anything more powerful than cooperative effort? Oregon was built on the work of many individuals pulling together. The same principle applies to keeping workers safe and healthy on the job. Your safety committee can be the most powerful means at your disposal for maintaining a safe and healthful work environment. Many organizations have found that the safety videos available from Oregon OSHA are a great help toward effective safety-committee meetings.

### **Be Prepared for Meetings: How to Lead Productive Business Meetings #317**

The program study guide shows how to define a purpose for your meeting and select the right location, time, and participants; choose the right leadership style; launch your meeting quickly; keep it on track, start group participation, control problem participants, close on schedule, and follow up for results. 24 min.

### **Be Prepared to Speak #223**

Program draws on Toastmasters' 60 years of experience to provide public-speaking strategies with proven effectiveness. Includes essential steps toward an effective presentation with increased personal enjoyment and minimum "stage fright." 27 min.

### **Effective Health and Safety Committees #43**

Set in British Columbia, demonstrates actual safety committees at work to underscore the importance of clear objectives, effective communication, and appropriate follow-up on safety and health issues in the workplace. 25 min.

### **Safety Committee Basics for the Wood Products Industry #404** G

Trains and empowers safety committees with the knowledge, skills, confidence, and authority to manage and improve safety performances. Introduces upper management to safety-committee roles and responsibilities. Sponsor: Timber Operators Council. May be duplicated. Print.

### **The Safety Committee: Problem or Solution? #666**

There are many benefits to having an effective safety committee. Illustrates the functions of a safety committee, ways to build member confidence, and how to conduct productive safety meetings. 31 min.

### **Safety Committee Workshop #283**

Guidelines for establishing a new safety committee or injecting new life into an existing committee: How to develop an effective safety committee, conduct effective meetings, and develop an effective hazard-identification program. 75 min.

### **Safety Teams #743**

Helps organizations get the most out of safety teams. Emphasizes the role of a safety team, establishing clear objectives, individual and team responsibilities, communication skills, implementation, and follow-up. 11 min.

### **The Safety Unit Meeting Kit #227**

A discussion of the role and duties of the safety committee, with particular emphasis on conducting effective meetings. May be especially helpful to supervisors; also appropriate for workers. 25 min.

### **Train the Trainer #727**

Covers preparation for meetings, leading effective discussions, capturing audience attention, and measuring retention. 5 min.

## **Safety Committees**

*see also Supervision, Supervisors*



### ***Did you know?***

*Oregon OSHA offers a publication entitled "Safety Committees for the Real World." See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 to obtain a copy or to get more information. The Web site also includes an on-line workshop covering this topic!*

## Safety Orientation

### Associated Oregon Industries Health & Safety Reference Guide #448

A loss-prevention guide including information on the role of management and employees in creating a safe workplace; health-and-safety planning; policy, rules, and procedures; safety committees; hazard identification, assessment, and control; accident investigation; hazard communication; lockout/tagout; first aid; health-and-safety-training checklist; drug-and-alcohol policy; and OSHA record keeping. Sponsor: Associated Oregon Industries May be duplicated. Print.

### Health & Safety Orientation #626

Touches on the basics of most workplace-safety-and-health topics, including confined space, hazard communication, labeling, hazardous waste, lockout/tagout training, proper lifting, the importance of good housekeeping, PPE, emergency plans, and more. 23 min.

### Safety Orientation #744

Safety orientation is the first line of defense against workplace accidents. Covers the basics of safety in a variety of settings, including mills, warehouses, laboratories, and offices. Includes PPE, lockout/tagout, forklifts, bloodborne pathogens, housekeeping, hazard communication, ergonomics, confined space, and more. 14 min.

### Safety Orientation for Employees English #303 Spanish #234

A hands-on program for experienced and new workers that can be applied in most work environments and industries. 12 min.

## Sanitation

*see also Food Service*

**Saws — see Tools**

### On Your Own #240

Covers industrial safety, including dog attacks, vehicle backing, dangerous access, taking shortcuts, and more. For utilities, delivery services, state and city governments, and refuse-collection companies. 16 min.

### Sanitation Safety #217

Overview covering safe work practices, use of PPE, and hazard recognition. 8 min.

## Scaffolds

*see also Construction, Fall Protection*

**Schools — see Younger Workers**

**Seat Belts — see Driving/Vehicles**

### Safety Guidelines for Tube & Clamp System Scaffolds #114

Covers assembly practices and federal OSHA code requirements. Note that plank-length over-supports do NOT meet Oregon OSHA requirements. 15 min.

### Scaffold Safety: From The Ground Up (2 tapes) #853

Especially geared to roofers, this two-tape set covers general regulations that apply to all types of scaffolds, with correct procedures for set-up and use of several types. 20 min.

### Scaffolding #216

Uses a before-and-after format, shows what's being done wrong on a job site, then shows the result of an accident, and corrects violations. 10 min.

### Scaffolds #180

Presents design and construction specifications for scaffolds and reviews safety requirements for different types. 13 min.

### Scaffolds: General Requirements #818

Fatalities and serious injuries associated with scaffolds are common. Help reduce accidents by making sure supported scaffolds meet requirements for design and construction. 7 min.

### Scaffolds: Safety at All Levels #1030

This program reviews the role of the competent person, pre-assembly inspection, assembly, pre-shift inspection, safe work practices, and the role of fall protection. 18 min.

**SMACNA Safety Manual #456** G

This program includes a manual with an instructor section, overheads, and quiz questions. SMACNA designed this program for the sheet metal industry, covering the most-cited occupational safety and health violations occurring in this industry. Training module subjects include: lockout/tagout, hazard communication, confined space, personal protective equipment (PPE), bloodborne pathogens, electrical safety, fall protection, house-keeping, and respirator safety. Sponsor: Sheet Metal and Air Conditioning Contractors' National Association. May be duplicated. Print.

**Sheet Metal****Save Your Breath:  
Silicosis Awareness  
on the Construction Site  
English #486 Spanish #487** G

A video with accompanying training material for the prevention of silicosis among cement masons. Covers the meaning of silicosis, risk factors, hazardous working conditions, safety procedures, and PPE. Sponsor: Oregon and Southwest Washington Cement Masons Apprenticeship and Committee. May be duplicated. 15 min.

**Silica, Silicosis**

*see also Construction,  
Respiration, Respirators*

**Did you know?**

Oregon OSHA offers a publication entitled "Silicosis: It's Not Just Dust!" *See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 to get a copy or to get more information.*

**The Causes & Prevention  
of Industrial Skin Disease #45**

Actual scenes from a variety of industries show possible hazards. Defines terms clearly. The second part of this tape shows prevention and control of hazards including PPE, personal hygiene, showers, and barrier creams. 24 min.

**Skin**

*see also Latex,  
Personal Protective Equipment (PPE)*

**Soils Testing — see Excavation**

**◆ Dual Protection:  
Spray Finishing #1041**

Produced by NIOSH, this program details the hazards involved with spray finishing, including the toxic components of various coatings. Covers various types of spraying systems, and offers specific recommendations for proper ventilation, safe work practices, and isolating workers from exposure. 14 min.

**◆ Protecting Workers  
in Auto Body Shops #1042**

Produced by NIOSH, this brief program offers recommendations for minimizing exposure to hazardous dust and overspray in auto body shops, with emphasis on proper use of tools and spray booths and an effective respiratory program. 7 min.

**Spray Finishing**

*see also Respiration, Respirators*

## Static Electricity

### Static Electricity #1022

Covers the nature and properties of static electricity, potential hazards, and controls/safe work practices. 15 min.

## Stress



### The Stress of Change #470

A written program designed to help workers understand workplace change, why it's stressful, and how it affects health and safety. Helps identify stressors in processes of change, and explains what individuals, work teams, managers, and safety committees can do to reduce stress. Sponsor: The Center for Working Life. May be duplicated. Print.

### Stress Mess #125

A humorous but hard-hitting program showing how to identify sources and signs of stress in our lives. Tells how to reduce and manage stress, plus time-management techniques. Office environment; appropriate for all audiences. 25 min.

### Work Place Stress

#### English #617 Spanish #658

Discusses how to identify stress, the effects of everyday stress on the body, and measures that may be taken to combat negative stress. 8 min.

### Workplace Stress #330

Shows the powerful force of stress and its causes, how to identify symptoms of stress, and how to control and eliminate many stress factors. Recommends and demonstrates several simple exercises. 15 min.

## Substance Abuse

*see also Driving, Vehicles*

**Summer** — *see Heat Stress, Insects*



### The Hazards of Substance Abuse #277

Uses a variety of factory locations and lecture techniques to cover substance abuse on the job, illegal drugs, prescription/nonprescription medication, and alcohol. Outlines the hazards to users and those working around them. 17 min.

### Substance Abuse: The Supervisor's Role (3 tapes) #97

A comprehensive series designed to help supervisors identify symptoms of drug or alcohol abuse in the workplace, with strategies for dealing effectively with the problem. Part 1 describes the general nature and scope of drug abuse, (including abuse of alcohol and prescription drugs), the characteristics of some individual drugs, and their typical effects. Part 2 dramatically illustrates the symptoms of abuse, including possible reactions to expressions of concern. Part 3 suggests techniques for effective intervention and describes the possible outcomes of such intervention. Appropriate for any work setting. 62 min.

### Substance Abuse: Employees Role #100

Focuses on job-related effects of substance abuse and actions every worker can take to resolve the problems of abuse. Shows that abusers compromise the safety and productivity of all employees. 38 min.

**The Big Picture #77**

Especially for supervisors, this video demonstrates the importance of maintaining safety on the job, and ways to promote a positive attitude toward safe working procedures. 20 min.

**◆ Leadership Skills for Safety #1100**

Created especially for supervisors; appropriate for a wide audience. Covers such topics as hazard recognition, accident investigation, and job safety analysis, with emphasis on systematic approaches for correcting unsafe acts and conditions. 24 min.

**No Exceptions #258**

Shows that supervisors need to take part in safety programs and motivate workers to do the same. 9 min.

**Safety: The Bottom Line #342**

Shows the value of sound safety programs and their economic benefits to contractors. 20 min.

**Safety Zapp! #627**

Shows ways of empowering employees to take ownership of issues and let them know they can make a difference. Demonstrates the important role a supervisor plays in motivating employees. 18 min.

**◆ START Series: Supervisor Training in Accident Reduction Techniques (4 tapes) #1106**

A comprehensive training package that dramatically underscores the importance of developing and implementing an effective safety program. Individual modules include “Why Start A Safety Culture?” “Start to Recognize and Investigate,” “Start to Educate and Motivate,” and “Start Getting Results.” Geared for supervisors; appropriate for a wide audience. 74 min.

**Supervising Safety (2 tapes) #195**

Starts with “You Make The Difference,” which identifies factors leading to accidents, techniques supervisors can use to influence worker behavior, and steps to follow when correcting unsafe workplace behaviors. “Making It Happen” shows how effective communication helps prevent accidents. 36 min.

**Train the Trainer #727**

Covers preparation for meetings, leading effective discussions, capturing audience attention, and measuring retention. 5 min.

**Why Start a Safety Culture? #1023**

Especially appropriate for company owners, CEOs and supervisors, this program dramatically underscores the economic and human costs of workplace illnesses and injuries, while demonstrating the components of an effective safety program. 25 min.

**Supervision, Supervisors****Tarp Smart: Protect Your Load ... and Yourself #454** 

Covers safe tarping procedures for square and odd-shaped loads. Hazards exist when products need to be covered with tarps to protect merchandise from wet weather and dirt. The video covers several hazards to which drivers are exposed during tarping procedures and how to eliminate or minimize the hazards. Sponsor: Tarping Task Force. May be duplicated. 15 min.

**Tarping**

## Tools

*Toxic Materials, Toxicology — see Hazardous Substances, Laboratory*

### **Electrical Circular Handsaws #71**

For experienced and novice users. A practical and informative video on types of saws and their safety features. Reviews purposes of different blades and shows how they should be changed, sharpened, and set. 18 min.

### **Grinding #726**

Filmed in industry, this video presents the correct use of equipment, engineering controls, proper PPE, and established techniques for safe grinding. 5 min.

### **Grinding Wheel Safety [2 tapes] #30**

Based on ANSI B7.1 Standard for Safety Requirements for the Use, Care and Protection of Abrasive Wheels. These two training videos emphasize safety for workers using grinding wheels of all types. Information on how wheels are made, stored, labeled, inspected, and mounted. Doesn't cover actual use. 43 min.

### **Hand & Power Tool Safety English #262 Spanish #1055**

Covers essential safety rules, including matching tools to jobs; proper use of hammers, chisels, punches, saws, screwdrivers, pliers, wrenches, and power tools; good tool maintenance; and personal protective equipment. 15 min.

### **Machine Shop Safety #126**

Covers proper lathe chuck installation, adjusting tools and tool posts, proper chip removal, how to safely check work, drill presses, and machine guarding. 20 min.

### **◆ Orbital Hand Sanders: New Control #1045**

Produced by NIOSH, this video profiles a way of reducing wood dust in sanding operations, through a dust collection device attached to a vacuum source at the bottom of a hand sander. Includes an address for more information. 5 min.

### **Powder-Actuated Fastening Tools #836**

Powder-actuated fastening tools are widely used, particularly in the construction industry. This program covers the types and components of powder-actuated fastening tools, with emphasis on personal and operational safety. 13 min.

### **◆ Power Fastening Safety & You #1079**

Covers safe use of pneumatic fastening tools, with emphasis on using the correct tool for the job, the use of eye protection, and attention to safety instructions. Includes interviews with employers and workers. 15 min.

### **Power & Hand Tool Safety #136**

Demonstrates proper methods of selection, inspection, and use of hand tools and portable power tools, both on the job and at home. 20 min.

### **Safe Use of Hand Trucks, Dollies & Pallet Jacks #282**

Covers manual material handling tools and their uses, how to load and operate safely, and proper maintenance practices. Includes ergonomic information on reducing back injuries by using proper loading and operating procedures. 23 min.

### **Woodworking Shop Safety #207**

Discusses how to check tools before starting work, chisels, and the safe use of hand, circular, radial, and band saws. 20 min.

### **Working with Lathes #816**

The lathe is a versatile tool for the quick and efficient shaping of many types of metal and wood. This video covers workshop and operator safety, with correct procedures for changing the spindle speed, centering and mounting work pieces, setting up the cutting tool, and adjusting cutting speed. 25 min.

### **◆ Working Safely with Portable Industrial Grinders #1090**

The hazards of portable industrial grinders and how to prevent injury. 12 min.

### **Orchard Tractor Safety English #440 Spanish #442**

Provides in-depth training on the safe use and maintenance of orchard tractors. Covers OR-OSHA tractor safety rules and safety/accident statistics, proper maintenance for safe operation, protective-device precautions, guards, universal symbols, safe-operation procedures, tractor hitches, PTOs and hydraulics precautions, safety on the road, why accidents occur, and tractor and implement safety standards. Includes instructor's manual. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 60 min.

### **Tractor Accidents #274**

The basics of tractor safety for the landscaping industry. Also covers emergency first aid. 23 min.

### ◆ **Tractor Safety Begins with You #1049**

Provides a 20-minute review of the most common tractor accidents and how to avoid them. 20 min.

### **Tractor Safety is No Accident #140**

Shows hazards affecting operators and others, including overturning, traveling at high speed, riders, shaft guards, working on running equipment, and refueling. Realistic accident scenarios and interviews with actual victims underscore the message. 17 min.

## **Tractors**

*Trees — see Chainsaws,  
Forest Activities, Landscaping,  
Power Lines*

*Trenching — see Excavation*

*Trucks — see Driving/Vehicles*

*Tuberculosis — see Healthcare*

*Ventilation —  
see Respiration, Respirators*

### **An Ounce of Prevention Module One #432**

### **Module Two #434**

Developed specifically for veterinary practices. Module One encourages business owners to develop safety-and-health and hazard-communication programs. Module Two offers specific training information to employees in veterinary clinics. Includes manual. Sponsor: Oregon Veterinary Medical Association. May be duplicated. 40 min.

## **Veterinarians**

### **Vibration Syndrome #16**

For those who use jackhammers or other equipment, this video covers the physics of vibration, effects on the body, symptoms of vibration syndrome, and assessment and treatment of the condition. 30 min.

## **Vibration Syndrome**

*Video Display Terminals (VDTs) —  
see Ergonomics, Office*

## Violence in the Workplace



The threat of violence in the workplace is a disturbing reality in today's world. The stresses running through society today are enormous, human behavior is aggressive, and weapons are easily obtained.

Oregon OSHA is painfully aware of today's heightened potential for workplace violence, but remains confident that a safe and healthy workplace can be a reality for everyone. OR-OSHA offers many resources geared to the understanding and avoidance of workplace violence. We hope that these resources will be helpful to you as we work together to keep the workplace safe and violence-free.

### Back With A Vengeance #367

Violence in the workplace is approaching epidemic proportions. This video provides strategies to aid employers and employees. Includes warning signals and profiles of potentially violent individuals. 16 min.

### Conflict Communication Skills #393

Using a before-and-after format, this video presents 12 conflict-communication skills that help diffuse hostile situations in the workplace. 14 min.

### Dealing With Conflict #376

This program demonstrates the five basic positions we can choose in a conflict situation and emphasizes that the position we choose can determine the outcome. 20 min.

### Is It Worth Your Life? #322

Opening with a dramatic portrayal of a convenience-store robbery, this program offers guidelines for all who work nights in retail establishments; robbery-prevention methods and step-by-step instructions about what to do during and after a robbery. 18 min.

### ◆ Mentally Ill Youth: Prevention of Assault (4 CD-ROMs) #409

A comprehensive training program designed to enable juvenile detention and other staff to deal effectively with those having emotional/psychiatric disorders. Designed to be completed over several sessions, this program covers most common psychiatric disorders and details effective strategies for preventing escalation and assault. Aimed at detention staff; may be appropriate for anyone working with disturbed individuals. Sponsor: Linn-Benton Juvenile Detention. May be duplicated.

### Preventing Violence in the Workplace (2 tapes) #382

This telecast provides a comprehensive approach to preventing violence in the workplace. Emphasizes an interdisciplinary approach, integrating human resources, employee assistance, and security aspects. 30 min.

### Preventing Workplace Violence in the Construction Industry #488

This CD-ROM and training manual promote awareness of workplace violence in the construction industry, with special emphasis on practical strategies for violence prevention. Six sections cover what constitutes workplace violence, preventing workplace violence, responding to a violent incident, the growing threat of bombs and suspicious packages at construction sites, and "tool-box training" and forms. May be duplicated. CD-ROM.

### Prevention is Proactive (2 tapes) #408

Concentrates on direct-care employee injuries and training to avoid and diffuse explosive behaviors. Designed to reduce the incidence of on-the-job injuries sustained by rehabilitation staff who work with people with physical, mental, or emotional impairments. Includes comprehensive written manual. Sponsor: Oregon Rehabilitation Association. May be duplicated.

### Did you know?

OR-OSHA publishes an attractive and easy-to-read publication entitled "Violence in the Workplace: Creating A Workplace Violence Prevention Program." This brochure provides an overview on the scope of workplace violence, sources of violence, legal obligations, and specific actions that can be taken to prevent it. See our Web site, [www.orosha.org](http://www.orosha.org), or call (800) 922-2689 to request a copy or to get more information. The Web site also features an on-line workshop entitled Developing A Violence Prevention Program.

### **Private Horror/Public Issue: On-the-Job Assault #354**

Created by the Service Employees International Union, this program provides a graphic depiction of the problem of workplace violence, especially for those who work in offices or other so-called “safe” environments. Using several case histories, including interviews with victims of workplace violence, emphasis is placed on workers’ rights rather than specific safety measures. May be useful as an introduction to safety training on this topic. 17 min.

### **Service Worker Safety Training: Occupational Violent Crimes #424**

Tells how to reduce incidents that may result in injuries among service workers in inner-city neighborhoods when there’s potential for person-to-person confrontation or violence. Learn to control or mitigate hazards encountered while working with the public. Sponsor: Oregon Coalition Fund. May be duplicated. Print.

### **Targeting Violence in the Workplace #469**

Using dramatic portrayals of violent encounters in the workplace, this program challenges viewers to identify factors leading up to a violent incident and ways to avoid or defuse such an incident. Especially appropriate for those who deal with the public in high-stress situations. Sponsor: Service Employees International Union. May be duplicated. 20 min.

### **Violence in the Workplace #386**

For those who work alone, deal with the general public, or work evenings. Identifies potentially violent situations and presents guidelines. Includes interviews with victims. 10 min.

### **Violence in the Workplace: Communication Skills for Retailers #473**

Designed to help Oregon retailers and their employees obtain the skills necessary for dealing with potentially violent individuals. Includes booklet and pocket-sized card with key communication skills for workers dealing with difficult persons. 12 min.

### **Working with Difficult People #377**

Offers general strategies for dealing with difficult behavior in four major steps. It also suggests guidelines for meeting with a difficult person and discussing problems and steps that co-workers can take to minimize the damage done by counter-productive behavior. 25 min.

### **Workplace Violence: Customer Service & Field Service #792**

Especially for those in service-oriented occupations, this program describes the signs of potential violence and ways to avoid being a victim. 26 min.

### **Workplace Violence: Dealing with a National Epidemic #788**

Considers the causes of workplace violence, the extent of the problem, and practical solutions. Features interviews with experts. Produced in Oregon. 30 min.

### **Workplace Violence: Perpetrator Profiles: Warning Signs #789**

Experts offer profiles of perpetrators and some of the warning signs of a possible violent incident. Produced in Oregon. 30 min.

### **Workplace Violence: The Role of Law Enforcement #790**

Focuses on the role of law enforcement in intervention and prevention of violence in the workplace. Features interviews with experts. Produced in Oregon. 15 min.

### **◆ Workplace Violence: Training for Hourly Employees #1135**

Emphasizes identification and defusion of potentially explosive situations before the worst occurs. Identifies stressors that can drive a co-worker to the breaking point, as well as typical characteristics of a perpetrator of violence. Provides instruction on appropriate actions. Interviews and case histories underscore the message. 17 min.

## **Violence in the Workplace, con’t.**

## Welding

*see also Compressed Gases, Hot Work*

**Wheat** — *see Agriculture*

**Wheel Loader** —  
*see Heavy Equipment*

**Wheelchair** — *see Healthcare*



### **ARC Welding: A Video Manual (5 tapes) #230**

Covers equipment and use; Stick welding; MIG welding outfit; MIG welding turn-on, use, and shutdown; and TIG welding setup and use. 68 min.

### ◆ **The Hazards of Gas Welding #1040**

Produced by NIOSH, this program suggests procedures and presents information to eliminate or minimize hazards in gas welding, while improving the quality of work. 16 min.

### **Shop Safety: Welding #73**

Shows how to prepare for oxyacetylene welding, including adjusting pressures, system testing, and spark control. Also covers electric-arc-welding-setup procedures and safety rules for eye protection, environment, ventilation, and more. 20 min.

### **TIG Welding #860**

This program covers a wide range of aspects relating to TIG welding and includes understanding the TIG process, TIG welding equipment, shielding gases, workshop safety, and personal safety. Designed for experienced operators and students as an introduction to ongoing safety training. 20 min.

### **Welding Safely: The Way the Pros Do it #693**

Especially appropriate for beginners; stresses safety precautions necessary for safe welding. 44 min.

### **Welding Safety #741**

Promotes awareness of the hazards of welding operations, covering types of welding, PPE, fire prevention, safe work practices, and special situations. 13 min.

## Winter

*see also Driving/Vehicles*

**Wire Rope** — *see Cranes*



### **Hypothermia: Cold Weather Protection #759**

For employees who work outside. Covers hypothermia and its symptoms, how the body produces and loses heat, preventive measures, and treatment procedures. 11 min.

### ◆ **Winter Safety #1078**

An overview of the elements of safety during the winter, with emphasis on safe-driving tactics and avoiding hypothermia. 14 min.

### ◆ **Winter Walking #1136**

Covers awareness of hazards and danger zones, safe entrance and exit of vehicles, and ways to avoid serious injury if you fall. 8 min.

*Warning! Weather-related videos can be very difficult to get at short notice! We always do our best to fill last-minutes requests, but please don't wait until December to order videos in winter driving, hypothermia, or other cold-related topics!*

**Introduction to Sawmills #171**

Veteran workers and historic footage underscore the importance of safety in the sawmill. Covers the role of the safety committee, correct accident reporting, appropriate use of PPE, and lockout/tagout. Produced in British Columbia. 15 min.

**Safety Committee Basics for the Wood Products Industry #404** G

Trains and empowers safety committees with the knowledge, skills, confidence, and authority to manage and improve safety performance. Introduces upper management to safety-committee roles and responsibilities. Sponsor: Timber Operators Council. May be duplicated. Print.

**Kids Talk Farm Safety Stuff #318**

Intended for children; shows common dangers encountered on farms. 7 min.

**Safety & the Young Worker #160**

Featuring interviews with injured workers, promotes a positive attitude toward safety by explaining an employer's responsibility for safety training. Also covers the young worker's responsibility to follow safe work procedures. 10 min.

**◆ Workplace Safety Curriculum for Oregon Grades 9-10 #407** G

G geared to Oregon educators, this comprehensive printed resource provides an effective way to make workplace health and safety an integral part of the regular high school curriculum. A concise explanation of underlying principles serves to introduce a series of clearly-described classroom activities that combine vital safety instruction with such standard topics as language arts, social studies, science, and math. Individual lesson plans cover a wide variety of safety subjects, including hazard identification, hazard communication, accident investigation, and ethics and workplace safety.

Most activities require minimal preparation, and are easily presented by a substitute teacher. All activities are arranged to hold the interest of students. Use of

**Wood Products Worker: Safety & Health Training Project #406** G

Addresses specific safety and health hazards faced by workers in three categories of the wood products industry: sawmills; plywood, particleboard, and millwork; and pulp and paper. Sponsor: University of Oregon Labor and Education Research Center/Association Of Western Pulp and Paper Workers. May be duplicated. Print.

**Woodworking Shop Safety #207**

Discusses how to check tools before starting work, chisels, and the safe use of hand, circular, radial, and band saws. 20 min.

this resource may provide a life-saving awareness of workplace safety, while helping to meet Oregon CIM requirements. Sponsor: Northwest Regional Educational Laboratory. May be duplicated. Print.

**Young Drivers: The High-Risk Years #1072**

Many young workers drive as a regular part of their jobs, while even more drive to and from work. This video takes a hard look at the human and economic costs of vehicle accidents, featuring interviews with parents, teachers, and young drivers themselves. 14 min.

**Your Work: Keepin' It Safe #803**

For young workers, this program provides an overview of occupational safety and health, with particular emphasis on the employers' responsibilities under the *Safe Employment Act*. Some jobs shown in this video are prohibited for teens under 18.

**Youth Safety in the Workplace #489** G

Ten specific occupational-safety-and-health hazards are covered in this video. Among the hazards covered are forklifts, eye protection, lifting and emergency procedures. Also covered are age limitations for occupational activities performed by minors. May be duplicated. 19 min.

**Wood**

*see also Forest Activities*

**Younger Workers**

## Spanish Language Programs

The people of Oregon are enriched by the presence of varying languages and cultures. Among these cultural riches, persons for whom Spanish is “the first language” have a special place in Oregon’s life and economy. Without a doubt, those who speak Spanish play a key role in the development of our state.

Oregon OSHA knows that this development is not “for free.” Willingness and understanding are needed if we are to protect Oregon’s consumers and workers while supporting a positive climate for business in our state. We want to ensure that those who speak Spanish benefit from Oregon OSHA’s resources and services, no less than those who speak English. This means being willing to make an effort, having a willingness to learn. And, it means having resources available in Spanish.

In addition to the safety training videos listed here, Oregon OSHA offers several books, pamphlets, and other resources in Spanish. We hope that you’ll use these, and all the resources available to you for furthering an understanding of safety and health in your workplace.

All of us, whatever our language or background, have a fundamental right to go home unharmed at the end of each working day. Let Oregon OSHA help.

### The ABCs of Landscape Pruning #246

This beginner training tape uses in-the-field demonstrations to examine safety, choose the best tools, remove damaged tree limbs, and more. 40 min.

### Agricultural Back Injury Prevention English/Spanish #613

Covers proper lifting techniques, exercises to strengthen the back, good posture, and weight loss to reduce strain. 10 min.

### Alcoholism in the Workplace #655

For all employers and employees. Covers the recognition of alcoholism and how to initiate treatment. 8 min.

### ◆ Arboles & Riesgos Electricos #1057

Especially appropriate for agricultural workers, utility workers, and schools, the first part of this program covers the hazards of electricity and high-voltage electricity, in particular. The second part demonstrates safe work practices for tree trimmers. The Spanish version of #1024. 20 min.

### Asbestos Awareness for Custodial Workers #248

From the University of Texas Health Center, this program meets AHERA requirements. 60 min.

### Back Injury Prevention for Construction Workers #297

Covers proper lifting techniques and how they apply on construction sites. 20 min.

### Basic Wildland Fire Suppression English #293 Spanish #847

Covers basic fire safety and training. Reflects training requirements in forest activities code. Specifically tailored for wildland fires. Program includes checklist, questionnaire, and guidelines. 45 min.

### Benefiting from Workers’ Compensation English/Spanish #876

Provides information about Oregon’s workers’ compensation system, benefits, and the forms needed for filing an injury claim. Guest: Mary Lou Carbajal. Musicians: Andrea and Shawn Celaya-Alston. 25 min.

### Breathe Easy: A Respiratory Protection Program

#### English #446 Spanish #447

A training video covering respiratory protection for workers in nurseries. Training materials include an instructor’s manual; an illustrated pamphlet in Spanish and English for workers; a bilingual poster on respirator selection, fit, and maintenance; and a sample written respiratory-protection program. Sponsor: Oregon Association of Nurserymen. May be duplicated. 10 min.

### Can You Hear Me? #602

Stresses the need for hearing protection and encourages the wearing of ear plugs or other devices designed to protect hearing on the job. Presents powerful reasons to prevent hearing loss. 20 min.

### Capacitación de Seguridad en Español para la Industria de Viveros en Oregon #491

This program includes five training modules, complete with instructor and student manuals, and two laminated board games, plus computer discs of the training materials for those who want to tailor the materials to their needs. The five modules: Train the Trainer, Lockout-Tagout, Safety Committees, Workplace Violence, and Multi-Cultural Safety Perspectives. Includes exercises for individual or group participation. Developed for the nursery industry, the program also has significant application in construction and fixed-industry settings. Sponsor: The Nursery Training Consortium in Partnership with Portland Community College. May be duplicated. Computer disks, print.

◆ **Caution: Foundry at Work**  
**English #1046 Spanish #1047**

Produced by NIOSH, this video covers common hazards of foundries, including those presented by silica, metal fumes, and heat, with emphasis on minimizing hazards through ventilation and isolation. 10 min.

◆ **Chainsaw Safety:**  
**Short Cut to Disaster I & II (2 tapes)**  
**English #1070 Spanish #1071**

Begins with a look at proper clothing and inspection of equipment followed by a demonstration of safe procedures for using a chainsaw. 10 min.

◆ **Chasing the Sun/Siguiendo el Sol**  
**English/Spanish #381**

This video was created in response to the revised worker-protection standard. Designed for use with Spanish/English bilingual farmworkers. An excellent accompaniment to any worker protection training program. For workers only. 36 min.

◆ **Christmas Tree Harvest Safety**  
**#1127 G**

A “silent movie” designed to reach workers of all languages, this video follows the harvester’s day from preparation for work through loading trees for transport. Covers work clothing, cutting, movement of trees and personnel, processing, and loading. Divided into topic sections for training flexibility. Includes written manual, full-color flipchart, and CD-ROM. Sponsor: Oregon Association of Nurserymen. May be duplicated. 25 min.

◆ **Confined Space Entry**  
**English #884 Spanish #885**

Covers the hazards of various types of confined space, emphasizing the responsibilities of employers, supervisors, attendants, and entrants. Includes instruction on required permits and confined-space emergencies. 28 min.

◆ **Conocimientos y Precauciones**  
**con el Asbesto #835**

Covers the nature of asbestos, health effects, where asbestos is found, what to do if asbestos is disturbed, housekeeping procedures, and general protective measures. 17 min.

◆ **Dealing With the Department**  
**English/Spanish #881**

An overview of Oregon’s Department of Consumer & Business Services. Gabe Silva provides a short description of what each of five divisions does, with a musical or dance presentation between each of the segments. Highlights the Workers’ Compensation Division, the Workers’ Compensation Board, Oregon OSHA, the Office of Energy, and the Office of the Ombudsman for Injured Workers. Includes telephone numbers and other contact information for each division or office represented. Guests: Representatives of five DCBS divisions/offices. Musicians: Ballet Folklorico, Rondalla Sentimiento Latino, others. 25 min.

◆ **Electrical Safety (3 tapes)**  
**English #173 Spanish #691**

A comprehensive three-part series. Part 1: basic principles of electricity and common terms, including GFIs and lockout/tagout. Part 2: electrical hazards and ways to avoid injury, including extensive treatment of lockout/tagout. Part 3: emergency-response procedures, including first aid for mild and severe electrical shock and what to do in the event of a fire. 57 min.

◆ **EPA Worker Protection**  
**Standards for Orchard Workers**  
**English/Spanish #464 G**

For orchard workers not directly involved with pesticide handling, this program covers the basics of the worker protection standard, including the nature and use of pesticides, restricted entry intervals, safe work practices to avoid exposure, symptoms of exposure, and what to do in case of exposure. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 35 min.

◆ **EPA Worker Protection**  
**Standards for Pesticide Handlers**  
**English/Spanish #465 G**

For orchard workers directly involved with handling pesticides, this program presents the nature of pesticides, levels of toxicity, and safe work practices to avoid acute or long-term exposure. Also details first-aid measures in the event of

**Spanish Language**  
**Programs,**  
**con’t.**

## Spanish Language Programs, con't.

exposure. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 58 min.

### ◆ Equipo de Protección Personal #1036

This program emphasizes the importance of PPE, with special attention to correct use, maintenance, and storage of many types of PPE. Case studies serve to underscore the message. 19 min.

### Ergonomics in Agriculture: Working Smarter . . . Not Harder English #480 Spanish #481

Work in agriculture is both rewarding and physically challenging. This program can help workers meet the challenges through an awareness of basic body mechanics and ergonomic principles applied through warm-up exercises and safe work practices for a wide variety of agricultural tasks. Includes flip chart with detailed English/Spanish text and color photographs. Sponsor: Oregon Association of Nurserymen. May be duplicated. 16 min.

### Fall Protection in Spanish #1019

Covers various types of fall protection, including guardrails and monitoring systems, body harnesses and lanyards, with special emphasis on pre-inspection of equipment. Also covers rescue procedures. 21 min.

### Fire Extinguishers English #698 Spanish #697

Shows the four types of fire and the five main extinguishing agents. Shows how to safely operate and maintain extinguishers and what to do in a fire emergency before using the extinguisher. Teaches that the best way to stop a fire is to prevent it. 23 min.

### Fire Prevention & Safety English #699 Spanish #706

Reviews the three components needed for fire to exist and discusses common causes of fires. Presents different types of fires and fire extinguishers and emphasizes the importance of a clearly posted evacuation plan. 14 min.

### Fire in the Workplace English #657 Spanish #659

Covers the causes of fires and evaluation of fire hazards. Emphasizes planning to prevent fires, including arson fires. 20 min.

### Forklift Training Video English/Spanish #390

This video covers safe operation of a medium duty warehouse forklift, and may be a useful introduction to an overall forklift-operation training program. The first version on the tape is in English, the second version is in Spanish. 10 min.

### Forklift Walk-Behinds English #612 Spanish #1012

Looks at fundamentals for safe operation of these hand trucks, including pre-operation inspection and load capacity. 7 min.

### Hand & Power Tool Safety English #262 Spanish #1055

Covers essential safety rules, including matching tools to jobs; proper use of hammers, chisels, punches, saws, screwdrivers, pliers, wrenches, and power tools; good tool maintenance; and personal protective equipment. 15 min.

### Hangman #215

For construction workers. Shows four accidents with various causes. Includes hazards involving ladders, staging, scaffolds, housekeeping, guardrails, and safety equipment use. 17 min.

### Hazard Communication #14

Similar to the English tape, provides right-to-know education and information for Spanish-speaking workers. 15 min.

### Hazard Communication in Spanish: Programa para la Comunicacion de Riesgos #651

A basic overview of the hazard communication rule, the purpose of the rule, the MSDS, the written program, and labeling. 8 min.

### Hearing Safety #291

Explains the effects of noise and how we hear sounds. Workers learn how to store, use, and care for their personal hearing protection. 10 min.

**Hearsafe #601**

An essential ingredient in any hearing conservation or industrial hygiene program. This program shows workplaces where hearing protection is used, including printing operations, aircraft maintenance, heavy manufacturing, public utility, construction, landscaping, and assembly operations. 20 min.

**Heat Stress****English #268 Spanish #296**

Discusses those at risk, how to cope with the hazards, and how the body handles heat. Also covers heat stress disorders, and their control and prevention. 10 min.

**Heat Stress****English #754 Spanish #755** CC

Cramps, exhaustion, and strokes can endanger employees working in hot weather or a hot environment. This video focuses on preventing illnesses and minimizing safety hazards. Covers hazards and first aid, according to NIOSH and OSHA recommendations. 16 min.

**Heavy Equipment Operations****English #636 Spanish #638**

Provides training ideas for heavy equipment operators responsible for the safety of the entire crew. Offers safe operation tips that can mean the difference between a safe job site and tragedy. 10 min.

**Home Weatherization #1033**

This is the first El Mercado DCBS video in a series of nine Department of Consumer and Business Services divisional videos, this one presents the Office of Energy and the State Home Oil Weatherization (SHOW) program. Although the Office of Energy is no longer part of DCBS, the rebates and cost savings are still available to homeowners and renters. Ballet Folklorico of Salem, Oregon, performs two cultural dance numbers. 30 min.

**◆ Housekeeping & Teamwork in Industry****English #1131 Spanish #1132**

Stresses that good housekeeping is important for maintaining productivity and may actually be a matter of life and death in emergency situations. Covers fire protection, chemical storage, means

of egress, organization of tools and equipment, and proper handling of leaks and spills. 20 min.

**Industrial Ergonomics #796**

An overview of the principles of ergonomics, covering neutral body positions, techniques for lifting/material handling and the importance of customizing one's work area. 12 min.

**Insurance in Oregon****English/Spanish #882**

A description of the mission and responsibilities of the Oregon Department of Consumer and Business Services' Insurance Division, with special attention given to enforcement and consumer-protection services. Highlights the responsibilities of insurance companies and their agents and provides contact information for questions and concerns. Guests: Kathy Barrie and Fred Lindgren. Musician: Andrea Celaya-Alston. 25 min.

**◆ It's a Noisy World****English #1111, Spanish #1112**

Covers the importance of hearing, emphasizing that much hearing loss is irreversible. Presents decibel readings for various common sounds and presents a variety of hearing-protection products with tips for proper use. 10 min.

**Ladder Safety****in Construction #813**

A quick look at the fundamentals of ladder safety in construction. 4 min.

**Lifting and Carrying****English #711 Spanish #757**

Covers the anatomy and physiology of the neck and back, types of injuries, steps to safe lifting, physical characteristics of loads, working conditions, and personal limitations of personnel involved in manual handling. 20 min.

**Load & Lift: A Guide to Agricultural Lift Truck Safety****English #467 Spanish #468** G

Explains how to inspect a forklift prior to operation, then demonstrates load safety and other safe operation practices. For both standard and rough-terrain forklifts. Sponsor: Oregon Association of Nurserymen. May be duplicated. 23 min.

**Spanish Language Programs, con't.**

## Spanish Language Programs, con't.

### Lockout/Tagout English #284 Spanish #295

An overview of the principles of lockout/tagout, with emphasis on safe work practices to avoid injury. 19 min.

### Lockout/Tagout: When Everyone Knows

#### English #776 Spanish #849

This program features dramatic reenactments of accidents and other scenarios illustrating the importance of energy control and lockout/tagout procedures. Presents the roles and responsibilities of authorized employees, affected employees, and other personnel. 17 min.

### ◆ Los Equipos de Protección Personal #1039

The Spanish version of "Personal Protective Equipment: The Danger Zone #369," this program provides an overview of many types of personal protective equipment, while encouraging viewers to use PPE appropriate for the job. 13 min.

### Non-Complying Employers English/Spanish #1034

The subject matter for this program is the Workers' Compensation Division's Non-Complying Employer Program. The guest for this program is Field Investigator Raul Peña. Video explains employers' responsibilities for obtaining workers' compensation coverage for their workers and the penalties or problems they may experience for failing to do so. Musical guests are Bardomiano Cedillo and Eric J. Cancino. 30 min.

### Office Ergonomics English #656 Spanish #660

Especially appropriate for office or shipping environments. Presents practical, low-cost solutions to common ergonomic problems as well as techniques to reduce everyday stress and strain in the workplace. 11 min.

### Orchard Tractor Safety English #440 Spanish #442

Provides in-depth training on the safe use and maintenance of orchard tractors. Covers OR-OSHA tractor safety rules and safety/accident statistics, proper maintenance for safe operation, protective-device

precautions, guards, universal symbols, safe operation procedures, tractor hitches, PTOs and hydraulics precautions, safety on the road, why accidents occur, and tractor and implement safety standards. Includes instructor's manual. Sponsor: Hood River Grower/Shipper Association. May be duplicated. 60 min.

### Order Stacker Safety English #1006 Spanish #1011

Addresses key safety issues related to stability, vehicle inspection, battery-charging procedures, control functions and typical safety features. 10 min.

### Oregon Pesticide Safety Guide English #474 Spanish #475

This is a handy booklet for safe work practices when mixing, loading and applying pesticides in Oregon. Sections cover labeling, restricted entry intervals, postings, application, employer information exchange, training, spill response, transportation, storage, PPE, decontamination, disposal, first aid and heat stress. Sponsor: Oregon Agricultural Chemicals and Fertilizers Association (OACFA). May be duplicated. Print.

### Personal Protection English #642 Spanish #637

An overview of construction-industry hazards with emphasis on avoiding injury through careful observance of basic safety rules. Includes graphic depictions of workplace injuries. 10 min.

### Personal Protective Equipment: The Danger Zone English #369 Spanish #1039

Provides an overview of all forms of personal protective equipment, while encouraging employees to use PPE in many settings. Can help comply with the training requirements for PPE in the OSHA rule. 17 min.

### Personal Protective Equipment: You're Covered English #361 Spanish #1036

Covers PPE for the eyes, face, head, hands, and feet. Also covers inspection of PPE, along with maintenance, care, and storage. 16 min.

**Pesticide Handlers & the Worker Protection Standard  
English #380 Spanish #383**

Meets federal worker-protection-standard training requirements for pesticide handlers. The video is divided into 16 parts, with a break between each section to allow time for discussion. For handlers only. 51 min.

**Pesticide Safety: Help Workers Protect Themselves  
English #600 Spanish #608**

Fulfills EPA educational requirements for agricultural workers under Worker Protection Standard (WPS) regulations. The video covers the 11 criteria for EPA/WPS-approved training in a clear and concise manner. 19 min.

**Pesticide Safety: Worker Protection  
English/Spanish #323**

A two-part video that helps meet EPA requirements for training agricultural workers and pesticide handlers. A Spanish version follows the English. 30 min.

◆ **Play It Smart, Play It Safe: Working with Insulation  
English #1091 Spanish #1092**

Covers general and specific safe practices for working with fiberglass, rock wool, and slag wool products. 20 min.

**Power and Space: The Ten-Foot Circle of Safety  
English #615 Spanish #616**

Reviews safe work practices around overhead power lines and the 10-foot-circle rule of safety. 8 min.

**Preferred Workers & Vocational Rehabilitation  
English/Spanish #878**

An interview with an injured worker who used the programs and services of the Vocational Rehabilitation Division and the Preferred Worker Program of the Workers' Compensation Division. Guest: Roberto Morales. Musicians: Rondella Sentimiento Latino. 29 min.

◆ **Protecting Yourself from Pesticide Hazards in the Workplace  
English/Spanish #1051**

Using dramatic re-enactments of workplace injuries, this video demonstrates the importance of safe work practices, including the use of PPE, when working with pesticides.

**Respirators: Breathing Easy #603**

Explains and demonstrates three types of respirators: air purifying, air-line, and self-contained breathing apparatus. Shows proper fit, selection, use, maintenance, and storage of respirators. 18 min.

**Safety Awareness: It's Up To You!  
English #850 Spanish #851**

An overview of safety procedures related to roofing, covering fall prevention, burns, proper lifting techniques, and PPE. 10 min.

**Safety First: Pictograms for the Food Processing Plant  
English #414 Spanish #416** G

A pictogram and video project developed to reduce the number of food-processing plant accidents that occur due to non-English-speaking employees' inability to read and understand hazard warning signs and literature. Sponsor: Northwest Food Processors Association. 5 min.

**Safety in the Fruit Packing Plant  
English #436 Spanish #438** G

A training video aimed at all fruit-packing employees, covering health-and-safety measures to reduce the number of on-the-job accidents and injuries and reduce time lost from work. Emphasizes safety procedures and individual responsibility in the prevention of accidents and injuries in the workplace. Sponsor: Fruit Growers League of Jackson County. May be duplicated. 15 min.

**Safety on the Job: Forklift Safety Operation  
English #249 Spanish #353**

Using a close-call scenario, this program covers pre-checks, slowing and stopping procedures on electric and fuel-powered trucks, driving in reverse, load carrying, tipping hazards, and more. 15 min.

**Spanish Language Programs, con't.**

## Spanish Language Programs, con't.

### **Safety Orientation for Employees** **English #303 Spanish #234**

A hands-on program for experienced and new workers that can be applied in most work environments and industries. 12 min.

### **Save Your Breath: Silicosis Awareness on the Construction Site**

**English #486 Spanish #487** 

A video with accompanying training material for the prevention of silicosis among cement masons. Covers the meaning of silicosis, risk factors, hazardous working conditions, safety procedures, and PPE. Sponsor: Oregon and Southwest Washington Cement Masons Apprenticeship and Committee. May be duplicated. 15 min.

### **◆ Seguridad en el Uso de las Herramientas de Mano y de Potencia #1055**

The Spanish version of #262, this video covers essential safety rules, including matching tools to jobs; proper use of hammers, chisels, punches, saws, screwdrivers, pliers, wrenches, and power tools; good tool maintenance; and personal protective equipment. 15 min.

### **Tripod Orchard Ladder Safety** **English/Spanish #177**

Covers ladder safety, including inspection, proper setting on level and sloping ground, and clothing. 9 min.

### **The Ultimate Driving Challenge** **English #781 Spanish #1008**

Hosted by celebrities, a live demonstration of difficult and dangerous driving situations and how to handle them safely. 20 min.

### **When Someone Appeals** **English/Spanish #879**

An overview of Oregon's Workers' Compensation Board, with special emphasis on the hearings process and what injured workers need to know before and during an appeal. Guest: John McCollough. Musician: Patricia Briscole. 30 min.

### **Who Works for Injured Workers?** **English/Spanish #877**

Provides information about the Oregon Office of the Ombudsman for Injured Workers, describing the activities of the Ombudsman's Office and contacts for using its assistance regarding injuries at work and the workers' compensation system. Guest: Maria Carraher. Musicians: Gabe and Jim Silva and Ed Riveira. 25 min.

### **Work Place Stress** **English #617 Spanish #658**

Discusses how to identify stress, the effects of everyday stress on the body, and measures that may be taken to combat negative stress. 12 min.

### **Worker's Exposed** **English #420 Spanish #422**

Focuses exclusively on non-medical settings where school workers, building maintenance and janitorial personnel, and hotel housekeepers may come into contact with bloodborne infectious diseases and contaminated implements. Sponsor: Service Employees International Union. May be duplicated. 11 min.

### **Working with Oregon OSHA** **English/Spanish #880**

A description of the mission and responsibilities of the Oregon Department of Consumer & Business Service's Occupational Safety & Health Division (OR-OSHA). Using actual case histories, this program reviews some basic workplace safety and health issues, with emphasis on the resources and services available through OR-OSHA for preventing workplace injuries, illnesses, and fatalities. Guest: Tomás Schwabe. Musicians: Grant Elementary Students, Salem. 25 min.

**Accident Prevention #897**

An industry using deadly hydrogen sulfide gas provides the setting for this motivational program on “near-misses” as signs of a possible serious accident to come. 5 min.

**Airborne Hazards #866**

An overview of the airborne hazards associated primarily with welding and spray finishing, offering safe work practices, including the use and maintenance of respirators. 5 min.

**Chemical Burns in Russian #883**

Emphasizes safe work practices for avoiding chemical burns, with an overview of the physiology of human skin and basic first-aid procedures in the event of a chemical burn. 5 min.

**Chemical Storage #872**

An overview of safe storage principles for hazardous chemicals, with emphasis on flammables and combustibles and use of PPE. Also covers container disposal. 5 min.

**First Step to Danger (Stairways) #873**

Stairways can be dangerous! This program serves as a brief reminder of the hazards of stairways, with emphasis on some commonsense practices to avoid injury. 5 min.

**Getting Your Back Into It #870**

Provides a basic overview of the physiology of the back, with emphasis on sound ergonomic principles and specific examples of safe work practices. 5 min.

**Hand Safety #865**

A general overview of hand safety, especially appropriate for wood- and metal-working. Presents practical examples for reducing the chances of workplace injury. 5 min.

**Once Too Many (Confined Space Entry) #864**

For a general audience, but especially appropriate for those who work with utilities, this program covers essential aspects of confined-space safety. 5 min.

**One Breath Away: Hydrogen Sulfide #893**

Hydrogen sulfide is a highly toxic gas. One breath can be fatal! This program presents safe work practices for those who work with this hazardous substance. 5 min.

**Protective Equipment #896**

Reviews the basic types of protective gear, including hardhats, safety glasses, and gloves. Emphasis on consistent appropriate use of PPE. 5 min.

**Slipin' & Slidin': Fall Prevention #892**

An overview of the slipping hazards associated with ice, snow, rain, and mud, with safety tips for avoiding serious injury from a fall. 5 min.

**There's No Magic to Safety #898**

Individual responsibility for workplace safety emphasized for a successful safety program. 5 min.

**Warning Blast #894**

A brief look at warning systems and their importance in a variety of work settings. Emphasizes the need for an emergency-action plan. 5 min.

**Watch your Load (Cargo Storage) #874**

Covers safe loading and packing procedures for delivery vans. May complement the grant program “Tarp Smart,” #454. 5 min.

**Winter Driving #871**

An overview of safe-driving practices for hazardous winter conditions with several hints for avoiding accidents.

**Russian-Language Programs**

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## OR-OSHA Services

OR-OSHA offers a wide variety of safety-and-health services to employers and employees:

### **Consultative Services**

- Offers no-cost on-site safety and health assistance to help Oregon employers recognize and correct safety-and-health problems in their workplaces.
- Provides consultations in the areas of safety, industrial hygiene, ergonomics, occupational-safety-and-health programs, new-business assistance, the Safety and Health Achievement Recognition Program (SHARP), and the Voluntary Protection Program (VPP).

### **Enforcement**

- Offers pre-job conferences for mobile employers in industries such as logging and construction.
- Provides abatement assistance to employers who have received citations and provides compliance and technical assistance by phone.
- Inspects places of employment for occupational-safety-and-health-rule violations and investigates workplace safety-and-health complaints and accidents.

### **Appeals, Informal Conferences**

- Provides the opportunity for employers to hold informal meetings with OR-OSHA on workplace safety-and-health concerns.
- Discusses OR-OSHA's requirements and clarifies workplace safety or health violations.
- Discusses abatement dates and negotiates settlement agreements to resolve disputed citations.

### **Standards & Technical Resources**

- Develops, interprets, and provides technical advice on safety-and-health standards.
- Provides copies of all OR-OSHA occupational-safety-and-health standards.
- Publishes booklets, pamphlets, and other materials to assist in the implementation of safety-and-health standards and programs.
- Operates a Resource Center containing books, topical files, technical periodicals, a video and film lending library, and more than 200 databases.

### **Public Education & Conferences**

- Conducts conferences, seminars, workshops, and rule forums.
- Coordinates and provides technical training on topics like confined space, ergonomics, lockout/tagout, and excavations.
- Provides workshops covering basic safety-and-health-program management, safety committees, accident investigation, and job-safety analysis.
- Manages the Safety and Health Education and Training Grant Program, which awards grants to industrial and labor groups to develop occupational-safety-and-health training materials for Oregon workers.

For more information, call the OR-OSHA office nearest you.  
(All phone numbers are voice and TTY.)

Salem Central Office  
350 Winter St. NE, Rm. 430  
Salem, OR 97301-3882  
Phone: (503) 378-3272  
Toll-free: (800) 922-2689  
Fax: (503) 947-7461  
en Español: (800) 843-8086  
Web site: [www.orosha.org](http://www.orosha.org)

Portland  
1750 NW Naito Parkway, Ste. 112  
Portland, OR 97209-2533  
(503) 229-5910  
Consultation: (503) 229-6193

Salem  
1225 Ferry St. SE, U110  
Salem, OR 97301-4282  
(503) 378-3274  
Consultation: (503) 373-7819

Eugene  
1140 Willagillespie, Ste. 42  
Eugene, OR 97401-2101  
(541) 686-7562  
Consultation: (541) 686-7913

Bend  
Red Oaks Square  
1230 NE Third St., Ste. A-115  
Bend, OR 97701-4374  
(541) 388-6066  
Consultation: (541) 388-6068

Medford  
1840 Barnett Rd., Ste. D  
Medford, OR 97504-8250  
(541) 776-6030  
Consultation: (541) 776-6016

Pendleton  
721 SE Third St., Ste. 306  
Pendleton, OR 97801-3056  
(541) 276-9175  
Consultation: (541) 276-2353

## OR-OSHA AV LIBRARY

### Troubleshooting guide

The following suggestions may be helpful if you have problems with any videos from the OR-OR-OSHA AV Library. If problems persist, contact your OR-OSHA AV librarian promptly. NEVER ATTEMPT TO REPAIR A DAMAGED VIDEO.

Problem	Possible Causes	Possible Solutions
<ul style="list-style-type: none"> <li>• Picture "snowy" and/or sound quality poor.</li> </ul>	<ul style="list-style-type: none"> <li>• Video worn</li> <li>• VCR heads need cleaning.</li> <li>• Video needs cleaning.</li> </ul>	<ul style="list-style-type: none"> <li>• Clean VCR heads according to manufacturer's instructions.</li> <li>• Report video condition to AV Librarian.</li> </ul>
<ul style="list-style-type: none"> <li>• Picture "snowy" with several white horizontal streaks across TV screen.</li> </ul>	<ul style="list-style-type: none"> <li>• Simple wear to video.</li> <li>• VCR heads need cleaning, or are over-clean.</li> <li>• Video needs cleaning.</li> </ul>	<ul style="list-style-type: none"> <li>• Clean VCR heads according to manufacturer's instructions.</li> <li>• Play video at normal speed one time through, or for at least 15 minutes. This often resolves the problem.</li> <li>• Report video condition to AV Librarian.</li> </ul>
<ul style="list-style-type: none"> <li>• Picture "snowy" with pronounced white streak across screen.</li> <li>• Picture jumps or rolls.</li> </ul>	<ul style="list-style-type: none"> <li>• Tracking is incorrectly adjusted.</li> <li>• Vertical hold on TV is incorrectly adjusted.</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust tracking. Note: Some VCRs feature "automatic tracking." This can be a drawback, since the range of available adjustment is usually fairly limited. Try the video on a machine with manual tracking.</li> </ul>
<ul style="list-style-type: none"> <li>• Picture and/or sound "warbles," losing horizontal hold.</li> <li>• Picture is "washed out," with poor, or no color.</li> </ul>	<ul style="list-style-type: none"> <li>• Connections are not firm.</li> <li>• VCR is running too hot.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure VCR is firmly connected to television.</li> <li>• Make sure nothing is placed on VCR, and that ventilation around machine is adequate. Note: Symptoms of running too hot are fairly common with built-in TV/VCR combinations. Try your video in another machine.</li> </ul>
<ul style="list-style-type: none"> <li>• Sound, but no picture.</li> </ul>	<ul style="list-style-type: none"> <li>• The channels are incorrectly set on your television and/or VCR.</li> </ul>	<ul style="list-style-type: none"> <li>• Set channels according to manufacturer's instructions.</li> </ul>
<ul style="list-style-type: none"> <li>• Picture and sound play at high speed.</li> </ul>	<ul style="list-style-type: none"> <li>• VCR is older, "industrial" type.</li> </ul>	<ul style="list-style-type: none"> <li>• Try your video on a newer, standard, VCR.</li> </ul>
<ul style="list-style-type: none"> <li>• No sound, no picture.</li> </ul>	<ul style="list-style-type: none"> <li>• Attempt has been made to copy an encoded video.</li> <li>• Two VCRs are connected (sometimes a problem with encoded videos).</li> <li>• Video is damaged.</li> </ul>	<ul style="list-style-type: none"> <li>• Try your video in another machine.</li> <li>• Contact your AV Librarian.</li> </ul>

**Remember! In all cases of doubt, or if problems persist, contact your OR-OSHA AV Librarian.**

# Fact Sheet

## Occupational Safety & Health Education & Training Grant Program

- The grant program is administered by the Department of Consumer & Business Services, Oregon Occupational Safety & Health Division (OR-OSHA). The program allows OR-OSHA to solicit applications from and award grants to labor groups, employer consortiums, educational institutions affiliated with labor organizations, and employer groups or other nonprofit entities to produce innovative, proactive, occupational safety and health education materials.
- These grants are awarded to assist in developing education programs that can be used for entire industries or specific work processes. These grants are not for individual companies to provide training for their employees.
- Grant applications are reviewed by the Safe Employment Education and Training Advisory Committee (SEETAC). SEETAC consists of three labor and three management representatives.
- You may apply for up to \$40,000 per grant. There are no specific "in-kind" contributions or matching dollars required.
- A few examples of programs that have been developed: lifting guidelines; a dairy farmers' checklist and video; pictograms for training mentally challenged individuals on hazards in the workplace; homebuilders' manuals and videos in Russian, Spanish, and English; a pilot educational program for prevention of ergonomic-related injuries for nurses; and a CD-ROM interactive training program on preventing attacks by dogs.
- Materials produced become the property of the Department of Consumer & Business Services, Oregon Occupational Safety & Health Division. They are housed in the OR-OSHA Resource Center and are available for loan to the public.
- To receive an application packet or for further information, call (503) 947-7992.

Visit our Web site: [www.orosha.org](http://www.orosha.org)



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# Do you have questions about occupational safety and health?



## Call Oregon OSHA's Resource Center

Oregon OSHA has the following resources available to help you:

- ◆ An audiovisual library with more than 800 videos covering agriculture, vehicle safety, respiratory health, toxic materials, hazard communication, ergonomics, hearing conservation, logging, asbestos, general safety, industrial hygiene, accident investigation, confined work spaces, bloodborne pathogens, safety committees, process safety management, construction, and more
- ◆ Up-to-date occupational-safety-and-health standards for Oregon, federal OSHA, and 15 other states
- ◆ ANSI and other consensus standards
- ◆ Oregon Revised Statutes (ORS)
- ◆ Access to the Oregon State Library's database
- ◆ Listings of 120,000 Material Safety Data Sheets
- ◆ More than 200 databases through Dialog
- ◆ Books, periodicals, and topical files

- ◆ CD-ROM databases include CCINFO (MSDS's, chemical information and NIOSHTIC), TOMES, Medline, federal OSHA and NIOSH databases; NFPA; ACGIH TLV/BIA; and others
- ◆ RTECS database (Registry of Toxic Effects of Chemical Substances)
- ◆ Staff to provide technical assistance

If you need occupational-safety-and-health information, we can help you find it. Call:

Oregon OSHA, (503) 378-3272 (V/TTY),  
or toll free (800) 922-2689 (V/TTY).  
Ask for the Resource Center.

*In compliance with the Americans with Disabilities Act (ADA), publications and other data mentioned are available in alternative formats. Call the OR-OSHA public relations manager, (503) 378-3272 (V/TTY).*

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