

Human Resources Department
TRAINING RESOURCE LIBRARY
Audio / Video / DVD Selection

- 1 -

Ref. #	Video Title	Content	Form	Min-utes
A-1	Anthrax Preparedness		Video	15
A-2	Awesome Abs; Super 6 Workout for	Exercise and workout for abdominals	Video	
A-3	Achieving Excellence	4 Segments: ■ Creating Quality, ■ Productivity through People, ■ Making Things Happen, ■ Achieving Personal Excellence	Video	120
B-10	Bloodborne Pathogens; WSI	A team of investigators trace a positive virus back to an accident in the workplace.	DVD	17
B-1	Bloodborne Pathogens for Non-Healthcare Emp.		Video	13
B-2	Bloodborne Pathogens; Workplace Precautions Against		Video	21
B-3	Back Safety	Proper lifting, posture, exercise and weight control	Video	5
B-4	Back Care in Construction		Video	11
B-5	Back-care-cise	Prevent and relieve back pain while energizing your whole body	Video	45
B-6	Back Pain Now; Stop	Dr. Irene Lamberti discusses back training, stretching, strengthening, pain and stress reduction	Video	60
B-7	Breast Self Exam <i>A Habit for Life</i>	Step-by-step guidance through the simple breast examination technique	Video	10
B-8	Breast Self Exam <i>A Habit for Life</i>	Step-by-step guidance through the simple breast examination technique	Video	10
B-9	Be Better!	How to feel better, work better, think better: 3 cassettes	Audio	
C-1	Child's Play	Proper lifting techniques	Video	
C-2	Carpal Tunnel	Anatomy of carpal tunnel, repetitive motions, corrective measures	Video	5
C-3	Carpal Tunnel In the Business World	Symptoms, preventative measures: hand exercises, regular breaks, work-station adjustments	Video	10
C-4	Conflict & Change; Managing	Stress coping strategies, guided relaxation, Conflict Resolution steps, Exercises	Video	
C-5	Chart Your Course	Preview copy only (Leadership, Team building, Setting and achieving goals)	Video	22
D-1	Driver Attitude	Driving environment, communication, patience, dangers of alcohol and drugs	Video	5
D-2	Driving Challenge; The Ultimate		Video	30
D-3	Display Screen Equipment; Working with	Health and safety issues that affect people working with equipment on daily basis	Video	
D-4	Drug Free Kids <i>A Parents Guide</i>	Educational and entertaining program designed to help you identify and deal with childhood drug abuse	Video	

Human Resources Department
TRAINING RESOURCE LIBRARY

Audio / Video / DVD Selection

- 2 -

Ref. #	Video Title	Content	Form	Min- utes
D-5	DOT Alcohol & Drug Rules <i>Driver Alert</i>		Video	
D-6	DOT Alcohol & Drug Rules <i>Supervisor's Kit-Info</i>		Video	
D-7	DOT Alcohol & Drug Rules <i>Supervisor's Kit- Applica.</i>		Video	
D-8	DOT <i>Supervisor 60/60 Training Program</i>	Covers the required 60 minutes of DOT drug and alcohol training	DVD	23
D-9	Disaster Service Worker; Your Role as a		Video	
D-10	Developing Competencies Program		Video	25
E-1	Earthquake Safety <i>A Clear and Present Danger</i>		Video	
E-2	Eat to Your Heart's Content	Nutrition for the Over 50	Video	15
E-3	Equipment and Machine Guarding		Video	
E-4	Eye Safety	Where eyes may be injured, eye protection, procedures for first aid	Video	5
E-5	Employee Assistance Program <i>Orientation</i>	How it works, reasons for using the program	Video	10
F-1	First Few Minutes; The	Safety in offices: exit paths, extinguishers, alarms, reporting fires.	Video	
F-2	Fitness for Seniors	Dance Aerobics	Video	60
F-3	Fire Extinguishers	Classifications of fires and use and limitations of extinguishers	Video	6
F-4	Fire Awareness	Chemical reaction of fire, natural causes, behavior and suppression, prevention and protection	Video	17
F-5	Food Guide Pyramid; The	Weight management, nutrition myths, diabetes, lower cholesterol	Video	15
F-6	Fish! Sticks	Maintaining your company's vision of service	Video	17
F-7	Fire Extinguishers, Using	Basic techniques for using portable fire extinguishers; classes of fires, hazards	Video + materials	14.21
G-1	Good Housekeeping		Video	
H-9	Heat Stress: Staying Healthy, Working Safely	Dangers of overheating; effects on body, understanding hazards. How to recognize and treat heat cramps, heat	DVD	15

Human Resources Department
TRAINING RESOURCE LIBRARY

Audio / Video / DVD Selection

- 3 -

Ref. #	Video Title	Content	Form	Minutes
		exhaustion and heat stroke.		
H-1	Heat Illness	Overexposure to high temp. and humidity can quickly lead to heart related illness. Early recognition and treatment can prevent a medical emergency	Video	
H-2	Hand Safety	How injuries occur, protective measures, first aid	Video	5
H-3	Hazards; Recognition, Evaluation & Control of		Video	
H-4	Haz Com – What is it?	Hazardous communication is the OSHA issued standard to ensure all chemicals are properly understood. How to include a Haz Com program in your workplace.	Video	
H-5	Healing; Spontaneous	Dr. Andrew Weil explains the body's natural mechanisms for fighting illness and maintaining daily health	Video	72
H-6	Health; 8 Weeks to Optimum	Dr. Andrew Weil reveals an eight week program for a healthier life for mind and body: exercise, diet, vitamins, meditation	Video	68
H-7	Hearing Conservation: Testing, Training and Protection (DVD)	Mandatory initial and annual hearing conservation program training for affected employees and their supervisors	DVD	
H-8	Head Protection			
I-1	Investment in Excellence	Your Self Image & Belief	Video	
I-2	Investment in Excellence	Guides to Goal Setting	Video	
I-3	Investment in Excellence	Philosophy of Goal Setting	Video	
I-4	Investment in Excellence	Guides to Goal Setting, Reticular Activating System Natural Creativity	Video	
I-5	It's Up to You	Earthquake Preparedness	Video	30
J-				
K-				
L-1	Ladder Safety		Video	
L-2	Lifting and Carrying	Back injures, role of spine, lifting and carrying techniques	Video	
L-3	Light Side / Lifting; On the Road		Video	22
L-4	Lifting Challenge; The	Safe lifting challenges, position, estimating weight, frequency, grasping object	Video + materials	15

Human Resources Department
TRAINING RESOURCE LIBRARY

Audio / Video / DVD Selection

- 4 -

Ref. #	Video Title	Content	Form	Minutes
M-1	MSDS <i>Material Safety Data Sheet</i>	Material Safety Data Sheets and there guidelines	Video	5
M-2	Multicultural Workplace		Video	32
M-3	Mail Bombs	US Postal Inspection Service- Part 1: Background and Intro. 67Part 2: Characteristics and Security	Video	19
N-1	Noise and Hearing Conservation		Video	
N-2	New Employee Safety & Orientation Training	Covers the required OSHA introductions to Bloodborne Pathogens, Hazard Communication, PPE and Good Housekeeping	Video	14
N-3	Nutrition; Women &		Video	
O-1	Office Ergonomics: <i>Putting It All Together</i>	Part 1: Posture and Activity Part 2: Environ. And Psycho	Video	
O-2	Office Safety		Video	
O-				
P-1	Plan to Get Out Alive	Family Fire Safety, proven steps to prevent and survive fires	Video	45
P-2	Power Tools Principles	Drill Press, Bench Sander & more	Video	29
P-3	Power Tools Principles	Stationary Power Saws	Video	27
P-4	Personal Safety	How to help reduce your risk of assault.	Video	20
P-5	Personal Protective Equipment	Types, proper uses and proper situations for using equipment	Video	6
P-6	Pilates	Build a long, supple body, increase endurance, reduce stress and fatigue	Video	40
Q-				
R-1	Right to Know	Discusses Hazard Communication Standard	Video	5
R-2	Rejuvenetics; More	An exercise systems designed to reshape your body and help you look and feel younger	Video	35
S-1	Safety Awareness <i>Real Accidents, Real Stories</i>	This high impact, graphic production has injured workers tell their story on how they became complacent and got hurt	Video	14
S-2	Safety Secret; The	Office safety, stress, driving machinery, safety conscious attitude	Video	25
S-3	Safety; There's No Magic	Safety is team effort requiring employee involvement	Video	

Human Resources Department
TRAINING RESOURCE LIBRARY

Audio / Video / DVD Selection

- 5 -

Ref. #	Video Title	Content	Form	Minutes
	To			
S-4	Safety; Self Interest of	Emphasizes the person who benefits more from safe working methods is employee	Video	
S-5	Skin Cancer; P.M. for	Working outdoors can pose serious health problems when exposed to ultraviolet radiation	Video	
S-6	Self-Esteem Workout Video; The	Feel better about yourself and more skilled at living life. Teaches on-going skills that reinforce self-love	Video	30
S-7	Safety and the Human Factor		Video	
S-8	Safety is Personal <i>Productivity vs. Safety</i>		Video	
S-9	Safety; Office	Lifting techniques, fire prevention, controlling stress, , Reduce RSI's and eyestrain	Video	25
S-10	Spills	Prevention, control and clean-up of chemical spills	Video	5
S-11	Stretch; The Big	Explains the importance of stretching and highlights its benefits	Video	
S-12	Safety and Environmental Affairs Journal <i>May, 1996 Edition</i>	<ul style="list-style-type: none"> • Safety in Puerto Rico • Working Around Scaffolding 	Video	
S-13	Safety and Environmental Affairs Journal <i>June, 1996 Edition</i>	<ul style="list-style-type: none"> • Ergonomics • Driver Mentor Program 	Video	
S-14	Safety and Environmental Affairs Journal <i>May, 1995 Edition</i>	<ul style="list-style-type: none"> • Ergonomics • Working Around Cranes 	Video	
S-15	Safety and Environmental Affairs Journal <i>December, 1995 Edition</i>	<ul style="list-style-type: none"> • Housekeeping • Top Electrical Mistakes 	Video	
T-				
U-				
V-1	Violence in the Workplace <i>Diffusing The Explosive Customer</i>		Video	38
V-2	Video Display Terminals; Working Safely With	Workstations, carpal tunnel, glare & eyestrain, ergonomically safe equip.	Video	12
W-1	Working Knights	Personal protective equipment; what, where, why and how.	Video	11
W-2	Weight Management Myths; The 7 Most Popular	Have you heard about the magic sandwich diet?	Video	10
XYZ				

Human Resources Department
TRAINING RESOURCE LIBRARY
Audio / Video / DVD Selection

- 6 -

Ref. #	Video Title	Content	Form	Min- utes
-----------	-------------	---------	------	--------------