

MIDDLE CITIES WORKERS' COMPENSATION FUND VIDEO LIBRARY DIRECTORY

AUGUST 1999

Are you looking for some in-service resources? Do you want to increase risk management awareness among staff? Try a video from our video library!

The Risk Control Department has put together a blockbuster line-up of high quality instructional videos. All videos have been previewed and contain practical tools for improving a variety of institution-wide risk management efforts.

To reserve any video listed below, just call the Fund office (517) 347-7070. Due to a limited number of videos, there may be a waiting list for certain videos. The loan period is 30 days and extensions for time can be requested.

Categories in the Fund library include:

General Safety Practices
Meeting Federal and State Regulations
Preventing Physical Injuries
Supervisor Training
Miscellaneous



Your institution is a member of the Middle Cities Workers' Compensation Fund (MCWCF). The MCWCF is a group self-insurance fund run *for* and *by* educational institutions. We are dedicated to **preventing** employee injuries and promoting safe work practices and conditions. For more information, contact your risk manager or your business manager.

Middle Cities Workers' Compensation Fund • 2162 Commons Parkway • Okemos, MI 48864
Phone (517) 347-7070 • Fax (517) 347-7727

GENERAL SAFETY PRACTICES

CHEMICALS IN THE WORKPLACE

15 min.

(Number 100.06)

This video is ideal for individuals who are in contact with chemicals. Topics include: recognizing potential chemical hazards on the job; specific dangers associated with chemicals; moving and storing chemicals safely; using an MSDS; and, chemical accidents and first aid procedures.

CONFINED SPACE ENTRY

5 min.

(Number 100.04)

This video discusses basic confined space entry safety, identifying a confined space and types of hazards and safety equipment.

ERGONOMICS

10 min.

(Number 100.01)

This video covers the major elements in developing a successful ergonomic program for the workplace. Topics include: worksite analysis; developing an ergonomic checklist; control techniques at all levels; and, medical management and training programs.

FIRE IN THE WORKPLACE

26 min.

(Number 100.08)

Increase employee awareness and responsibility with this award winning video. Topics include: identifying potential electrical fire areas; arson awareness; minimizing the smoking hazard; and, evacuation and use of fire extinguishers.

HANDLING & STORING OF COMPRESSED GAS CYLINDERS

6 min.

(Number 100.02)

This video discusses the basic rules of safety when handling and storing cylinders. It also covers storage of specific gases.

HOW TO PREVENT SLIPS, TRIPS AND FALLS

12 min.

(Number 100.05)

This video covers: outside of building and entryways; polishing, waxing and mopping safely; stair and ladder safety; and, employee training.

LADDER SAFETY 5 min.
(Number 100.07)

This video covers: the three basic types of ladders and how to use them; general safety tips when using ladders; and, proper placement of ladders.

SAFETY HAZARDS 5 min.
(Number 100.03)

This video discusses general safety tips. It also shows common hazards in the workplace.

VIDEO DISPLAY TERMINAL SAFETY 7 min.
(Number 100.09)

This video is great for anyone who works on a computer. The video discusses the hazards of working with computers, including related injuries and how to fit your workstation to you.

MEETING FEDERAL AND STATE REGULATIONS

HAZARD COMMUNICATIONS IN THE WORKPLACE 18 min.
(Number 200.02)

Good for employees who work with hazardous materials. Topics include: a written HazCom Plan; labeling; and, Material Safety Data Sheets.

LOCK OUT/TAG OUT 20 min.
(Number 200.01)

This video covers: OSHA's Reg/Energy Control Plan; types of energy; stair and ladder safety; proper procedures; and, lock-out/tag-out situations and devices.

PREVENTING PHYSICAL INJURIES

A BIT ABOUT BACKS 40 min.
(Number 300.08~ includes 2 handouts)

This three-module program takes a unique and refreshingly entertaining approach to back health presenting humorous situations and easy-to-use tips that anyone can apply. Module 1 (12 min.) takes a look at how the back functions. Module 2 (13 min.) uses practical examples to address the common risk factors related to work and home activities. Module 3 (15 min.) focuses on prevention techniques used with proper lifting, sleeping, sitting, standing and the important role of exercise.

BACK CARE & SAFETY 17 min.
(Number 300.03)

This tape includes detailed instructions on these critical topics: how to prevent back injury; how the back works; dangers of excess weight; proper postures for standing, sitting, driving, sleeping; proper lifting techniques; and, basic back exercises.

CARPAL TUNNEL SYNDROME 14 min.
(Number 300.04)

Explains what CTS is, how to prevent it and what employees can do to reduce its effects.

EYE CARE & SAFETY 12 min.
(Number 300.05)

Educate employees to safeguard their eyes using the correct protective gear. Topics include: Flying particles; corrosive/chemical splashes; light hazards, specialized PPE; care of personal protective equipment; and, causes of eye strain and how to avoid it.

MAINTENANCE PERSON SAFETY 13:15 min.
(Number 300.01)

Specifically for mechanics and maintenance persons. Fulfills OSHA training requirements including electrical safety, machine guarding and other required training subjects.

ON-THE-JOB SAFETY FOR CUSTODIANS 26.36 min.
(Number 300.06)

Specially designed for custodial/maintenance personnel. Topics include: back injury prevention; ladder and chemical safety; tripping and slipping hazards; power and hand tool safety; and, asbestos awareness.

PROPER LIFTING - "WHY TAKE A RISK?" 10 min.
(Number 300.02)

Demonstrates in a unique and entertaining way the basics of proper lifting techniques. Topics include: how to lift properly; how to check the path to avoid slips, trips and falls; how to avoid twisting while lifting; and, how to push not pull.

SAFETY LIFTING 5 min.
(Number 300.07)

This video should be shown to all employees. Topics include: mechanics of the back; 10 to 1 ratio (for every pound lifted, you need ten pounds of pressure to lift); and, proper lifting techniques for ideal and not-ideal conditions.

SUPERVISOR TRAINING

FIRST AID FOR SUPERVISORS 11 min.
(Number 400.04)

This video shows supervisors to recognize when emergency treatment vs. first aid treatment is needed. Also illustrated are the elements of a good first aid program and how to treat common injuries.

JOB SAFETY ANALYSIS 10 min.
(Number 400.01)

This video covers: minimizing or eliminating hazards with job safety analysis; breaking a job into steps; identifying safety issues; and, a brief discussion of job training.

SUPERVISOR CRIMINAL LIABILITIES FOR SAFETY 6 min.
(Number 400.03)

This video directs supervisors to enforce safety and rules and to eliminate workplace hazards. It reminds supervisors that they can, as individuals, be prosecuted.

SUPERVISOR'S LEGAL RESPONSIBILITY FOR SAFETY 7 min.
(Number 400.02)

This video discusses how a supervisor is responsible for safety within the company. Topics include: adequate training of employees; documentation; and, legal responsibility.

MISCELLANEOUS

MATERIAL SAFETY DATA SHEETS 14 min.
(Number 500.03 ~ includes 1 handout)

This video takes you section by section through a MSDS. Knowing how to read and understand a MSDS will help those working with chemicals in the workplace.

THE SHATTERED WORKPLACE & YOU 30 min.
(Number 500.01)

This video is a general discussion of workplace violence. Some of the topics include: proactive steps; your organization's liabilities and obligations; early warning signs of workplace violence; and, how to best recover from a tragedy.

OCCUPATIONAL HEALTH ISSUES 5 min.
(Number 500.02)

This video is a brief review of occupational health issues. Topics include: Right to Know law; common occupational diseases; toxic materials and your body; and, hearing loss.

WORKPLACE VIOLENCE: FIRST LINE OF DEFENSE 30 min.
(Number 500.04 ~ includes 2 handouts)

This video features an interview with a convicted perpetrator. Topics discussed include: legal and incident management advice on how to identify and prevent workplace violence; consistency of the perpetrator profile; clear behavioral warning signs; typical co-worker responses to perpetrator behavior; and, concrete steps for managing and preventing workplace violence.