

Learning Resources

Asbestos Awareness In The Workplace

Provides maintenance and custodial employees with information about how to recognize asbestos or asbestos-containing materials, and how to protect themselves from the hazards they present.

Topics include characteristics and effects of and how to locate asbestos, potentially hazardous activities, personal protective equipment, clean-up, air monitoring, and the medical surveillance program.

A comprehensive Leader's Guide accompanies the program.

Adult
17 minutes, order 1-8987-IN

Cpr And The Heimlich Maneuver

Paramedic and CPR instructor Charles Proctor gives viewers step-by-step instruction on life-saving techniques, CPR and the Heimlich Maneuver, in order to prevent unnecessary deaths.

When administered correctly and promptly, CPR can increase a person's survival rate by 20 percent. Illustrates the proper steps to take when performing CPR on any person eight and older. Viewers are taught the ABCs - airway, breathing and circulation, how to administer chest

Effective programs show how healthy employees take less time off, produce more, and profit everyone. Included are basic stress management programs.

compressions, perform rescue breathing and how to place the victim in the recovery position until help arrives.

Techniques are also given for performing the Heimlich Maneuver and abdominal and chest thrusts on a choking victim, including oneself and a pregnant woman. Basic anatomy is also reviewed.

Ages 12-18, Ages 16 to Adult, Professional
22 minutes, order 1-2498-IN

Fitness And Wellness

Healthy employees are stronger, happier, more effective workers. This program gives a thorough overview of the risk factors that increase employees' chances of becoming seriously ill. It suggests simple, gradual steps toward lifestyle changes that will enable your employees to be more productive on the job.

Shows negative consequences for each risk factor and provides specific, detailed ideas for reducing or eliminating unwanted behaviours. Topics covered include: smoking, alcohol abuse, drugs (prescription, over-the-counter and illegal), weight reduction, stress reduction and the importance of exercise.

A well-designed fitness and wellness program can improve employee motivation and productivity, decrease turnover, build teamwork, and reduce accidents, injuries and other safety problems. This program is your first step toward creating a superior quality workforce.

Adult
14 minutes, order 1-8924-IN

Repetitive Strain Injuries

The Doctor Is In Series

Repetitive strain injuries recover a wide variety of problems, all from doing one activity for too long. Athletes are prone to injury from overuse of shoulder or leg muscles, musicians from practicing for long

hours, and one of the most publicized problems occurs when people spend long hours in front of a computer.

This program explains how the injuries develop and how to treat them. But the concentration is on prevention, using proper technique both in sports and at work, and how to adapt a work site to an individual.

Adult, Professional
28 minutes, order 2-2141-IN

Respiratory Safety And Health

Whether they are visible or invisible, fumes, gases and dusts can cause recurrent and sometimes long-lasting respiratory problems.

This program points out to employees why it is important to recognize and guard against respiratory hazards.

Topics covered include how the human respiratory system works, common causes of on-the-job problems, and the use and care of respiratory safety equipment to prevent these problems.

Adult
10 minutes, order 1-8926-IN

Skin Cancer: We Can Beat It!

Educates viewers about cancer in general, detailing detection, types, treatment, and prevention of skin cancer.

Adult
10 minutes, order 1-8325-IN



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When It Hurts To Work

The Doctor Is In Series

Work related injuries are on the rise, from back problems to repetitive motion injuries related to heavy computer use. This show highlights a new type of therapy called work hardening, which helps people prepare for their old jobs or retrain for a new one.

Medical director of the work hardening program at the Dartmouth-Hitchcock Medical Center, Dr. Rex Carr, is interviewed. Host Jamie Guth also visits the Liberty Mutual Research Center in Hopkinton, Massachusetts, where they're trying to find out how much use of fingers, hands and arms is too much, with the goal of establishing guidelines that can be used in the workplace.

Interviewed are Project Director Dr. Stover Snook and Vice President Dr. Allen Cudworth. Jamie Guth also travels to T. Copeland and Sons in Bradford, Vermont, where Foreman Dennis Ross takes her on a tour of the factory that manufactures wood crafted furniture. Here she sees the changes they made to prevent work related injuries.

Adult, Professional
28 minutes, order 2-2142-IN

Workplace Stress

Studies show that stress causes accidents, injuries, thousands of hours of lost time and millions of dollars in worker's compensation claims and medical costs each year.

This program enables viewers to recognize stress causing situations and eliminate them. Outlining the ways that stress affects a person's mind and body, the presentation shows employees how to recognize the symptoms of stress in themselves and others and provides them with simple stress relieving techniques.

Making a distinction between positive and negative stress the program points out that the physical changes associated with positive stress are short lived and can actually help people meet challenges, while negative stress prevents natural relaxation and makes the body unable to recharge itself.

Adult
15 minutes, order 1-8528-IN

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