

Learning Resources

Back Care And Safety

The Basic Safety Series

Annually, more than 600,000 North Americans experience back injuries on the job and the cost to business is estimated to exceed thirty one billion dollars. Information includes how the back functions, common types and causes of back injuries and their prevention, and good safety practices. Back strengthening exercises and lifting techniques are demonstrated. Good health habits such as proper nutrition, regular exercise, controlling weight, and avoiding stress are emphasized.

Adult
15 minutes, order 1-8303-IN

Back Talk: Lifting & Moving Patients Safely

Review safe techniques for lifting and moving patients plus how you can protect yourself and your patients with the help of proper body mechanics and assistive devices.

Adult
18 minutes, order 3-3017-IN

A comprehensive listing of video resources which help prevent repetitive strain and back injuries, and everyday office safety, before they disable your employees, and your business!

Employee Education: Ergonomics And Your Health

This program teaches office employees how to set up their workspace for maximum comfort and productivity. As employees learn to give a little extra attention to their workspace – and to their activities in it – they are rewarded with more energy, job satisfaction, and fewer aches and pains. Shows how to use a chair correctly, how to organize materials on desk, body positioning while using keyboards, VDTs and the telephone. Recommendations given for shoulder, neck and back exercises that can be done in the office. Preventing eyestrain and repetitive motion injuries of fingers and wrists. Good nutrition and a drug-free workplace are also emphasized.

Adult
13 minutes, order 1-8194-IN

Industrial Ergonomics

Every day employees make demands on their bodies that can cause ergonomic injuries. These types of injuries are responsible for thousands of hours in lost productivity and millions of dollars in workers' compensation and medical costs.

Whether employees lift heavy objects, overstretch to remove items from high shelving, or use materials or tools that put significant stress on bones, muscles or tendons, this program covers ergonomically sound techniques for performing a variety of industrial jobs. Plus, it reveals the situations most likely to cause ergonomic problems on the job, and explains how employees can 'match' their bodies to the task at hand.

Adult
15 minutes, order 1-8404-IN

It's Your Back: Volume I And 2 (At Home, At Work, At Play)

Practical advice on minimizing your risks of back pain.

Learn the basics about caring for your back, including proper techniques for lifting, carrying, standing, driving, sleeping, bending and more.

Health professionals provide their tips for "first aid" for minor back pain.

Volume 1: At Home At Work

Three curves - sleeping - sitting - standing - walking - stress - lifting - carrying - pushing/pulling - squatting - prevention

Volume 2: At Play

Warming up - yard work - lifting - basketball - "weekend warrior" plumbing - fishing - basic first aid - summary

Adult
33 minutes, order 9-5026-IN

Preventing Back Injuries

The Safety On The Job Series

The proper ways to lift and move heavy objects, along with the causes of back injuries. Explains the physiology of the back, injury prevention techniques, and back strengthening exercises.

Adult
24 minutes, order 1-9857-IN



Learning Resources

Preventing Carpal Tunnel Syndrome

Tips and techniques for relieving the suffering caused by CTS. Covers causes, symptoms, prevention, diagnosis, and treatment of CTS, as well as the anatomy of the wrist and hand.

Adult
14 minutes, order 4-3010-IN

Safe Lifting

How the body works, plus safe lifting techniques that encourage correct choices on how to lift safely. Includes the mechanics of the back, causes of muscle strains, and techniques for preventing injuries.

Adult
11 minutes, order 4-3007-IN

Video Display Terminal Safety

VDTs safety and their potential problems. Shows how to set up office workspaces for maximum comfort, productivity, and job satisfaction.

Helpful tips on adjusting chairs, keyboards, monitors, document holders, and managing screen glare are included.

Adult
15 minutes, order 1-8412-IN

This listing is correct as of Friday January 5, 2001 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 210. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

Need More Information About Our Programs?

These listings are very brief. Detailed title information is only a free phone call away.

Check out our internet web page at www.canlearn.com

Selecting the tab 'online catalog' will take you to a complete listing of every title available from us.

