**Training Videos and Other Materials**

(Updated as of 9/23/2015)

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| **Title** | **Format** | **Category** | **Length** | **Description** |
| 12 Secrets to High Self-esteem | CD | Professional Development |  | Includes workbook to print on disc. |
| 7 Habits of Highly Effective People (series of 5 topics) | Cassette | HR |  | Topics: First Things First  7 Habits of Highly Effective Families  7 Habits of Highly Effective People  Living the 7 Habits  Principle-Centered Leadership |
| Accident Causes and Prevention | VHS | Safety | 11 min |  |
| Accident Causes and Prevention | VHS | Safety | 11 |  |
| Asbestos Awareness Training | DVD  (2 copies) | Safety |  |  |
| Avoiding Slips, Trips & Falls | VHS | Safety | 17 min |  |
| Back Injury Prevention – Lifting Safely | VHS | Safety | 9 min |  |
| Back Safety | CD | Safety |  |  |
| Back Safety Basics | DVD | Safety | 10 min | Includes: The anatomy of the spine  Importance of stretching and exercises  Maintaining proper posture  Proper lifting techniques |
| Behavioral Methods for Accident Prevention | VHS | Safety | 19 |  |
| Boom Lift Safety | VHS | Safety | 24 min |  |

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| Bucket Truck Operations | VHS | Safety |  |  |
| Buried Truth Uncovered | DVD | Safety |  | Presentation by Eric Giguere who was involved in a work-related accident when working in a trench. He crouched down near the pipe the crew had been laying when without warning the sides collapsed. |
| Confined Space Atmospheric Testing | VHS | Safety | 27 |  |
| Craig Zablocki Live | 2 CD’s | Professional Development | >2 hrs | Presentation on taking yourself lightly and unleashing your creative spirit. |
| Driving Hazard Recognition | DVD | Safety | 13 min | Includes techniques for negotiating intersections and blind spots as well as avoiding erratic drivers, pedestrians, animals, and parked vehicles. Also includes driving with limited visibility and in slippery conditions. |
| Effective Safety Management Systems | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Effective Safety Meetings | VHS | Safety | 5 | Get the most out of work-hours spent on training by sharpening your skills at creating highly effective safety meetings. |
| Electrical High Energy Safety | DVD | Safety |  |  |
| Employee Safety Orientation | VHS | Safety | 14 min |  |
| Ergonomic Programs that Work | VHS  (2 copies) | Safety | 21 |  |
| Fall Prevention: It’s No Accident | VHS | Safety | 10 min |  |
| Fall Protection | VHS | Safety |  |  |
| Fish! Tales | VHS | HR | 11 min | Building trust; Choose your attitude *(3 booklets go along with video)* |
| Forklift Safety: An Operator Training Program | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Forklift Safety: Operations & Fundamentals (2 videos) | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Fueling Machine, A | VHS | Safety | 5 | Includes: Electrical Fuse Box Safety  By Square D  Two MC’s |
| Getting Employees to Bring a Safety Attitude To Work Each Day | CD-ROM | HR |  |  |
| Grand Illusions, Grander Realities | CD | Professional Development |  |  |
| Hand & Power Tool Safety | VHS | Safety | 13 min |  |
| Hand Safety: Handle with Care | DVD & CD-ROM | Safety | 11 min | Summit DVD EH&S training  Includes CD-ROM with support materials |
| Hand, Wrist, & Finger Safety | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Hardhat Safety Series: Fall Protection – What’s Required and Beyond | VHS | Safety | 21 |  |
| Hearing Conservation: Basic Training | DVD | Safety | 20 min | Includes: How the ear works  Causes and types of hearing loss  Different types of hearing protection  The Importance of a hearing conservation program. |
| Heat Activated Cooling by PhaseCore | DVD | General |  | Description of heat activated cooling vest. |
| High Impact Safety Training for Qualified Electrical Workers | DVD | Safety | 20 min | Includes: Recognizing whether or not you are qualified  The ‘limited approach boundary’ (unqualified  personnel) and the ‘prohibited approach boundary’  (qualified personnel)  PPE for qualified workers, including voltage-related  electrical gloves  The procedures for de-energizing equipment and  verifying a zero energy state. |
| High Reach Training Tape | VHS  (2 copies) | Safety | 20 | Safety procedures used before, during, and after using a high reach work platform. |
| Housekeeping | DVD | Custodial |  |  |
| Housekeeping in Manufacturing | DVD & CD-ROM | Custodial |  | Includes a CD-ROM with a PowerPoint, questions, and answers. |
| How to Drive Yourself without Driving Yourself Crazy | CD | Professional Development |  |  |
| How to Investigate an Accident | VHS | Safety | 13 |  |
| How to Permanently Improve Your Life | CD | Professional Development |  | Six ways to make a lasting change in your behavior. |
| How to Prevent Slips and Falls (Janitorial only) | VHS | Safety | 16 min |  |
| Industrial Ergonomics | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| It’s a Matter of Your Safety | VHS  (2 copies) | Safety | 11 | Includes: Electrical Fuse Box Safety  By Square D  Two MC’sb |
| It’s Still Up to You | VHS  (2 copies) | Safety | 11 | Eye safety |
| Ladder Safety (by Media Resources) | VHS | Safety | 16 min |  |
| Ladder Safety (by Special Interests) | VHS | Safety | 10 min |  |
| Ladder Safety Training Program | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Lifting in the Real World | VHS | Safety | 12 min |  |
| Lock Out for Life | VHS | Safety | 20 |  |
| Lock Out Tag Out: A Program for Employees | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Lock Out/Tag Out: Your Key to Safety | DVD | Safety | 20 min | Includes: Shutdown  Isolating equipment and releasing stored energy Company-specific lock-out/tag-out procedures |
| Machine Safety Guards | VHS | Safety | 5 |  |
| Magic of Attitude | CD | Professional Development |  | Reshaping Your Life by the Power of a Positive Mental Attitude |
| Managing People Problems: Are You Really Listening? | VHS | HR | 15 min |  |
| Mark Standifer Story: Lessons Learned from an Arc Flash | DVD | Safety | 17 min | Includes Mark’s story of mistakes he made while performing an electrical task, causing 2nd and 3rd degree burns over 40% of his body. |
| National Riding Lawnmower Slide Presentation | VHS | Safety | 11 |  |
| Operation, Safety & Maintenance of the National Crane | VHS | Safety | 75 |  |
| OTIS Elevator 2005 OSHA Compliance Kit | CD-ROM | Safety |  | Includes CD-ROM with videos  Includes: Back safety  Hazard Communication  Defensive Driving  First Aid prepared to help |
| Ouch! That Stereotype Hurts | DVD & CD-ROM | HR | 12 min | Includes a CD-ROM with Leader’s Guide material and PowerPoint presentation. Companion book available. See book list. |
| PA Worker & Community Right-To-Know Act | VHS | Safety |  |  |
| Personal Protective Equipment | VHS | Safety | 16 |  |

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| Personal Protective Equipment (PPE) | DVD & CD-ROM | Safety | 10 min | Includes CD-ROM with written materials to be printed.  Includes: Hearing protection  Eye protection  Respirators and dust masks  Hard hats  Boots and shoes  Gloves |
| PMA - Positively Magical Attitude | DVD | Professional Development |  | 5 attitudes to bring fulfillment and success. |
| Reduce Accident Rates by As Much As 90% | VHS | Safety | 10 |  |
| Respiratory Protection | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Room to Live | VHS | Safety | 28 min | Use of seatbelts. |
| Safe Handling and Storage of Compressed Gases | VHS | Safety | 21 min |  |
| Safe Operation of Commercial Lawn Mowers | DVD | Safety |  |  |
| Safety Awareness: A Commitment to Yourself | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| Safety Story, A | VHS | Safety |  | Often, people have accidents because they make the wrong choices. Learn how you can help avoid accidents by taking responsibility for your safety. |
| Safety Videos Vol 2 | DVD  (2 copies) | Safety |  | Informing industry, workers, and the public about the causes of chemical accidents and recommended practices to prevent them.  Includes: Iron in the fire  Experimenting with danger  Fatal Exposure: Tragedy at DuPont  Bonus Feature: About the CSB |
| Skills Development Guide | CD-ROM? (4 copies) | Professional Development |  |  |
| Speaking from Experience | VHS | Safety | 18 | Actual cases by accident victims |
| Step by Step: Ladder Safety | VHS – full curriculum | Safety |  | Full curriculum = training materials, facilitator’s guide, video, etc. |
| There’s More Than Electricity on the Line | DVD | Safety |  |  |
| To Last a Lifetime | VHS | Safety | 16 min | Victims of back injury accidents tell how they happened and how to avoid them. |
| Transport Trailer Safety | VHS | Safety |  | Includes: Knowing the trailers rated capacity  Importance of correct trailer placement prior to  loading  Snow, wet, muddy loading and unloading situations  Dangers of loading tracked equipment  Chain types & restricted us of tie-down chain |
| Trucks, Vans and Other Delivery Vehicles | DVD | Safety |  |  |
| Typing Instructor | CD-ROM | General |  |  |
| Unsafe Acts – Human Behavior | VHS | Safety | 11 min |  |
| Valuing Diversity and the Interpersonal Level | DVD | HR | 17 min |  |
| Why We Dance: The Story of THON | DVD | General |  |  |