

## Patient Lifting: Back Safety Strategies

Caregivers world wide complain of chronic back pain and debilitating injuries that have forced some medical workers to leave the profession altogether. This new program from DuPont teaches healthcare professionals how to use proper techniques when lifting and moving patients that prevent the chance of injury. Teach your staff how to prepare and protect their bodies as well as promote safe patient handling.

(19 min) **DuPont #26-HC96-DVD**. \$295

**Handbook Available.**

## Ergonomics: Safe Patient Transfer

This video focuses on those who move patients.

- Back protection when working with patients
- Recognizing risky tasks in daily work
- Identifying risky patients and risky locations
- Types of mechanical devices to use during patient care

(16 min) **DuPont #26-HC60 -DVD-ITE**. \$345

**Handbook Available.**

## Ergonomics: Watch Your Back

Covers information for all healthcare workers; laundry, food, material handling, office and nursing.

- General back safety
- Symptoms of back problems
- Recognizing the dangers
- Preventing MSDs
- Safe materials handling

(15 min) **DuPont #26-HC61-DVD**. \$345

**eLearningFormat Available.**

## The Back Pack - From Prevention Plus

**All the back injury prevention tools you need on one DVD!  
Build the most entertaining and effective library for your safety program.**

### The Back Pack contains...

#### A Bit About Backs

Creates awareness to prevent workplace injuries. Teaches problem-solving skills, while humor and creative visuals capture the viewer's attention and motivate change. Addresses functions of the back, risk factors and effective prevention strategies.

#### Back In Step: The Road to Recovery from Back Pain

A motivational and innovative program for people recovering from back pain. Participants learn how their daily activities can promote or delay recovery. Learn the principles of good back care to speed up the recovery process and prevent future injury.

#### Stretching Out at Work

Describes and demonstrates stretching and warm-up activities for the work environment. This video shows how stretching and warm-up exercises prior to and during work activities reduce injuries while increasing employee comfort.

#### Take Five for Health & Safety

A series of videos addressing sitting, standing, stretching, ergonomics, and lifting in a unique and entertaining fashion. Each video utilizes a talk show format with Michael Melnik as the featured guest. The creative commercials between each segment drive home the key points of injury prevention. The audience is sure to retain what they have just learned!

#### On the Road: The Lighter Side of Lifting

Effectively teaches safe body mechanics — sitting, standing, stretching, ergonomics, and lifting techniques — in a unique and entertaining way. Emphasizes how to make any lift less demanding, and apply these principles in a variety of lifting situations.

#41-BACKPACK-DVD \$695

**The above titles are also available separately**

## ELEMENTS OF BACK CARE: Health Care Industry

This program will teach employees how to properly care for their backs and prevent injuries. Topics covered include the basic function and design of the back, body mechanics and movement, various stretches and exercises, and proper techniques for patient movements and transfers.

(20 min) **CLMI #39-EBC-DVD**. \$395

**Available in Blueprints for Safety Format.**

## Office Ergonomics: It's Your Move

From pinched nerves to strained muscles to inflamed tendons, MSDs come from stressing your body beyond its ability to recover. This training program is designed to help you understand MSDs and learn what you can do to prevent them. Covers: The signs and symptoms of MSDs; how you can recognize MSD risk factors; ways to prevent MSDs (including new ergonomic equipment); and how protecting yourself while you are at work benefits everyone.

(16 min) **DuPont #26-S237-DVD**. \$495

**Handbook Available.**