

Back Injury Prevention

Have it the way you want!

*DVD, E-learning, Streamed, Video On Demand,
Custom Edits, You name it we can deliver.*

Back Safety - Attitude

Television personality MacLean Stevenson examines a series of accident re-enactments, revealing how the excuses we make can actually be warning signs of unsafe behavior. This is an attitude oriented program that is extremely easy to relate to and provides strong reinforcement for your back injury education efforts. (10 min) **Aurora.** #47-S10-DVD \$399

Back In Action

Follow six co-workers as they attempt to make an office documentary on the importance of back safety. Using a humorous approach, Back in Action seeks to engage viewers and keep the material fresh. Help improve awareness and cultivate individual responsibility when it comes to back safety issues in general industry. This program covers basic anatomy of the back, warning signs of potential injury, risk factors, and most importantly, preventative measures. Show your employees how proper lifting techniques and a pro-active health regimen can go a long way toward maintaining a properly aligned spine, a strong core and better quality of life. In turn, these could help reduce costs in the future to individuals and your organization. (20 min) **DuPont.** #26-S513-DVD \$495

Back Safety: Lift Well, Live Well

This Safety 101 program shows how you can "head off back pain" when you use your head and remember to protect your back from injury.

- Back basics
- Warning signs
- Proper lifting
- Exercise

Includes leader's guide, 10 handbooks and Back Safety poster. (15 min) **DuPont.** #26-S239-DVD \$495.
Available in French.

Avoiding Back Pain

Avoiding Back Pain takes the viewer out into the field, for work on utilities, maintenance and construction. The segments show specific techniques and work practices. (26 min) **Zomar Productions.** #119-2-DVD \$195

Back Injury Prevention

Back injuries are the #1 workplace safety problem. Using common sense, simple exercises, proper lifting procedures, and having an understanding of back stress can help you teach employees to take care of their backs. It's your key to reinforcing a company-wide culture that embraces healthy and strong backs (11 min) **CLMI.** #39-BIP-DVD \$395

Back Protection: Defending Your Safety Zone

This dynamic, sports-themed program compares the physical rigors workers may face on the job to the physical challenges of many professional athletes, always stressing the right techniques for back safety. (18 min) **DuPont.** #26-S171-DVD \$495
Available in French.

PowerLift: Lifting Training That Works

Most of us have been trained to lift objects with the traditional bend your knees and keep your back straight technique, but it just doesn't work. This method forces us to overuse our knees and legs and our backs still end up bearing the brunt of the load. Dr. Michael Schaefer has recognized the flaws of the conventional lifting technique and developed a safe, easier and stronger lifting position: the powerlift. This technique keeps the back in a powerful and safe posture while an object is being lifted. This program explains the five lifting techniques that have been derived from the powerlift position so viewers can move materials safely in practically every situation. (19 minutes) **ERI 48-2906-DVD** \$595

Back At Work

This unique video program reviews proper lifting procedures and makes workers realize how important lifestyle is when it comes to avoiding back injuries. In fact, this program should make a positive impact on every aspect of your employees' performance at work and at home. (16 min) **DuPont.** #26-S77-DVD \$495.
Available in French.

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A Bit About Backs

This three-part program from Prevention Plus is a thorough look at back injury prevention.

- Part 1 - Back Basics: Learn how the back functions through simple and practical demonstration. (12 min)
- Part 2 - Risk Factors: Learn about the variety of factors that increase the risk of experiencing a back disorder. (13 min)
- Part 3 - Prevention Strategies: Learn practical methods for maintaining a healthy back. (15 min)

#41-1-DVD. All 3 sold as a set for \$495.

Back In Step

This program was created for people suffering from back pain. This 50 minute video provides an in-depth understanding of why back injuries occur and outlines the phases of recovery. Practical tips are given to help minimize back pain, speed recovery and reduce the risks of re-injury. Various everyday situations are covered including simple activities like rising from a seated position and dressing, to performing child-care, house and yard work in a manner that reduces stress on an injured back. Ideal for employees who have recently suffered back trauma. (50 min) **Prevention Plus.**

#41-2-DVD \$495

Stretching Out At Work

This motivational video helps reduce workplace injuries by demonstrating stretching and warm-up exercises on the job. Your employees will learn why it is important to stretch before, during and after working to maintain a healthy body. (12 min)

Prevention Plus. #41-6-DVD \$495

On The Road: The Lighter Side Of Lifting

There are choices people can make to minimize the demands of a lift. "On the Road: The Lighter Side of Lifting" not only teaches people what these choices are, but demonstrates how to apply these choices each time they lift. By placing emphasis on lifting better, instead of right or wrong, viewers learn how to effectively problem-solve in a variety of lifting situations. (18 min)

Prevention Plus. #41-3-DVD \$495

The Back Owner's Guide To Lifting And Stretching

You've heard it all before...bend your knees and keep your back straight! If it were really that simple we'd all be lifting this way and back injuries would be a thing of the past. The fact is that there is no single correct way to lift. There are, however, better, less demanding and safer ways to lift and that's what this DVD is all about. In this program occupational therapist Michael Melnik introduces the participants to the use of 3 simple and memorable principles, "Keep it Close and Keep the Curves", "Build a Bridge" and "Feet First". Utilizing these three principles anyone can take a demanding lift and make it "better", "safer" and "less demanding" on the back.

(14 min) **Prevention Plus** . #41-8-DVD \$279

Safe Lifting

This video provides a step-by-step formula for safe lifting that also encourages the development of safe lifting habits. A wide variety of situations, both on and off the job illustrate how frequently we are faced with the opportunity to improve our lifting skills and attitude. Handbook available. (12 min)

Aurora. #47-S11-DVD \$399

Elements Of Back Care

Help your employees avoid becoming another statistic with this newly-revised back injury prevention program. The program provides specific information about proper back care and injury prevention as well as examples of realistic situations to teach employees healthy body mechanics and movement. (14 min) **CLMI.**

#39-EBC-DVD \$395

Back Safety For Material Handlers

Back injuries strike more than one million people on the job every year. These injuries result in lost time, lost wages and serious pain. This program teaches back safety techniques specific to material handlers, as well as exercises to keep back muscles strong and flexible.

- Back structure
- Repetitive stress and reverse stretching
- Proper lifting
- Vehicles and back safety
- Using hand trucks
- Warning signs of back injury
- Proper lifting techniques

(13 min) **DuPont.** #26-S287-DVD \$495

Back Safety For First Responders

Routine activities such as moving a stretcher, holding a firehose, or carrying a victim or equipment put your back at risk of serious — and possibly disabling — injury! This program teaches back safety techniques specific to EMTs, firefighters and law enforcement officers, as well as exercises to keep back muscles strong and flexible.

- Back structure
- Repetitive stress illnesses/reverse stretching
- Warning signs of back injury
- Common first responder back injuries
- Proper lifting techniques
- Training points for handling stretchers, gurneys and fire hoses

(20 min) **DuPont.** #26-S288-DVD \$495

Strains and Sprains: Avoiding the Pain

Reduce the risk of these injuries occurring in your workplace with this high-impact training DVD. Show your employees how strains and sprains occur, how to recognize their warning signs and how to minimize them with proper posture, exercises and other simple adjustments.

- Good body mechanics
- Guidelines for safe lifting & carrying
- Footwear that will help avoid slips, trips and falls
- Proper PPE
- Effects of shadows
- Using the right tools for the job

(16 min) **DuPont.** #26-S436-DVD \$495

Strains and Sprains: A Public Concern

Show your employees how strains and sprains occur, how to recognize their warning signs and how to minimize them with proper posture, exercises and other simple adjustments.

- Good body mechanics
- Guidelines for safe lifting & carrying
- Footwear that will help avoid slips, trips and falls
- Proper PPE
- Effects of shadows
- Using the right tools for the job

(16 min) **DuPont.** #26-S437-DVD \$495