

### Ergonomics Employee Training: Preventing Musculoskeletal Disorders

This video focuses on the three main components of a successful ergonomics program: developing a knowledge of musculoskeletal disorders, reporting their signs and symptoms and controlling ergonomic hazards. Topics include types of musculoskeletal disorders, importance of reporting MSD signs and symptoms, determining MSD incidents and risk factors, the purpose of the job hazard analysis and the measures to be taken to control ergonomic hazards. (18 min) **ERI.** #48-2120-DVD \$495

### Ergonomics: Solving The Puzzle

This program focuses on the industrial environment and how solving and preventing ergonomic issues can be like solving a puzzle. A number of factors can contribute to an injury, including repetition, force, vibration, cold and others. Solutions discussed are Work Rotation, Engineering Controls and Employee Awareness. (15 min) **DuPont.** #26-S204-DVD \$495

## Best Seller!

### Principles Of Office Ergonomics

This exciting program addresses ergonomic issues from the perspective of your employees. Focusing on ergonomically correct body positions, this program offers solutions for how to compensate for workstation limitations and create a healthier and stress-free work environment for your employees. Complete package includes 14-minute video, administrative materials, overhead templates, and 5 employee handbooks. This program covers the following:

- Healthy work habits
- Stretching and relaxation activities
- Proper body mechanics and movement
- Simple ways to adjust workstations to prevent discomfort and injury

**CLMI.** #39-POE-DVD \$395

*Available in French.*

### 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

### Understanding MSDs

With the average total cost of a Musculoskeletal Disorder injury rising to over \$10,000, you can't afford to ignore aches and pains in your workplace. This program is designed to educate you on how to implement an effective and comprehensive system for identifying and reducing the risk of MSDs in your workplace. The program emphasizes the importance of early reporting of MSDs so that employee reports of pain or discomfort can be addressed simply and inexpensively. Handbook available. (12 min) **CLMI.** #39-MSDCP-DVD \$395

### 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

### Ergonomics: Break The RMI Habit

Set in an industrial environment, this video focuses on the ergonomic concerns associated with repetitive assembly work.

- What are RMIs?
- Reducing repetition
- Good posture
- Reverse stretching
- Compound risk factors
- Shows assembly line situations in manufacturing

(12 min) **DuPont.** #26-S179-DVD \$495

### Ctd Prevention For Employees

This positive and entertaining program helps employees to understand what cumulative trauma disorders are, their causes and, most importantly, how to prevent the injury from occurring. Discussing the elements of good job design, proper body mechanics and the importance of physical fitness, this module is a key part of your prevention strategy.

(16 min) **CLMI** #39-CTDEBP2-DVD \$395

### CTD Prevention For Supervisors

In this program, supervisors learn the strategies of preventing cumulative trauma. The elements of good ergonomic design, proper body mechanics and administrative procedures are highlighted. Supervisors see, first hand, how simple solutions can make a major difference. (14 min) **CLMI.** #39-CTDSBP2-DVD \$395

### Elements Of Ergonomics

Help reduce the overwhelming costs of cumulative trauma disorders by implementing this effective two-part ergonomics program.

**Part 1 - Basics of Ergonomics** is designed to help you educate your employees and management on the basics of ergonomics.

**Part 2 - Elements of Ergonomics** is designed to help you educate managers and supervisors on the importance of an ergonomically correct workplace.

**CLMI.** #39-EOE-DVD \$695

### Ergonomics: A Weight Off Your Shoulders

Most shoulder, neck and backaches are not caused by a single traumatic event, but by an accumulation of physical stress. This video will help workers understand how to reduce the strains and stresses they encounter on a daily basis.

(15 min) **DuPont.** #26-S114-DVD \$495

## Blueprints®

for SAFETY

### The Step by Step System for Safety and Compliance

*Blueprints® for Safety* is designed to provide you with the tools you need to set up an effective safety program whether you have a compliance or injury prevention need.

Included in each *Blueprints® for Safety* package are:

- State-of-the-art training video (10-15 minutes in length)
- Comprehensive administrative and training materials
- Sample written program and record keeping forms
- Scripted training session
- Complete learning exercise and answers
- 5 employee handbooks



COMPREHENSIVE LOSS  
MANAGEMENT INC.

### Ergonomics: The 24-Hour Body

This video takes to task that you "wear" your body 24-hours a day and you need to take care of it all the time. With visuals switching back and forth from work to working at home, training focuses on using the ergonomic principles learned at work when you work at home. (18 min) **DuPont.**

#26-S187-DVD \$495

### Ergonomics: Taking Matters Into Your Own Hands

Using your arms, wrists and hands doesn't always have to be a struggle for comfort. It's really about taking matters into your own hands, and determining the best possible approach to eliminate risk factors that cause discomfort and pain. That's what this video program is all about. (15 min) **DuPont.** #26-S115-DVD \$495.

*Available in French.*

### Medical Management Of CTD

This program focuses the supervisor's attention upon important cost control strategies for managing injury situations. Effective worker's compensation case management methods, return-to-work rehabilitation, exercise programs and improved employee communications are discussed. (15 min) **CLMI.**

#39-CTDMBP2-DVD \$395

### Office Ergonomics: It's Your Move

Every year, thousands of workers suffer musculoskeletal disorders because of the way they use their bodies at work. 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

### Office Ergonomics

Today's modern office environment has led to losses in productivity and numerous ergonomic problems. Addressing workstation set-up, body mechanics, work methods, fatigue and exercise, this video is an excellent program for all office employees. (18 min) **CLMI.** #39-OFECP-DVD \$395

### Making It Fit: Improving Our Office Comfort

A desk, a chair, a phone, a monitor, a keyboard and a mouse are the standard working tools of millions of people. But these simple tools can take their toll when we don't fit the equipment to the physical needs of the office worker. This program covers ergonomics in the office environment and how to avoid the fatigue, strain and stress that can result from the poor office setup. We start out discussing posture and how it is affected by office equipment. Next we cover the specifics of how to adjust equipment correctly for a comfortable fit. Finally, we emphasize the importance of positioning and moving our bodies as we work. (16 min) **CLMI.** #39-IOC-DVD \$395

### Office Ergonomic Task Analysis

This newly-revised program guides your office/ergonomic team step-by-step through identifying and analyzing the stress-causing conditions and bad habits that lead to discomfort and injuries. Classroom and field sessions teach participants how to make effective ergonomic improvements. (17 min) **CLMI.** #39-OETBP2-DVD \$395



### Take 5 For Health And Safety (Ergonomics)

Presented in a talk show format, "Take 5" captures the key elements of sitting, standing, lifting, stretching and ergonomics, and presents them in a series of five-minute programs. Each of these programs motivates, entertains and educates the viewer and is complimented by a short and humorous "commercial" that drives home the important points of injury prevention. Designed to be used in five separate training meetings as a 5 minute segment. **Prevention Plus.** #41-4-DVD \$495

### Ergonomics for the Mobile Worker

When we work in a typical office, we have the advantage of ergonomically adjustable office equipment and furniture. But when we rely on laptops, tablets and smartphones in settings that range from coffee shops to hotel rooms to our kitchen table, we need to be aware of what we can do to create our own comfortable work environment. This program discusses posture and how it impacts the proper use of mobile office equipment, the special challenges it presents and the importance of positioning and moving our bodies as we work. (16 min) **CLMI.** #39-EMW-DVD \$395