

It's Not Just About You (Office Safety)

Introduced by motivational speaker Charlie Morecraft, this office safety awareness program emphasizes the reality that accidents can and do occur in office environments, and that being unaware of potential hazards leads us to take risks that literally gamble with our very lives!

(19 min) **Phoenix Safety Management.**
#107-5-DVD \$522

Also available in French.

Office Safety: It's A Jungle In There

Every year, about 400,000 office workers get hurt. This video from **DuPont Communications** shows how working in an office is a lot like being in the jungle - the dangers are hidden and subtle. This exciting videotape program is also available in a **Trainer's Toolkit®**. Topics include:

- Preventing injuries
- Controlling dangers
- Formulating emergency plans

(20 min) **DuPont.** #26-S220-DVD \$495

Available in French.

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

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

Office Injury Prevention

In the fast-paced and sometimes high-stress environment of a busy office, workers sometimes forget about their most important workplace responsibility: their safety. They overlook safety issues because they just don't believe an office has any hazards; yet, nearly 40,000 office workers suffer disabling injuries each year. This program stresses the importance of office safety and how a good safety attitude and using good judgment are the real keys to injury prevention. Many common office safety issues are discussed, including the safe work practices employees must follow to avoid office injuries. (18 min) **ERI.** #48-2925-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.