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August 2015

Ohio Bureau of Workers' Compensation, Division of Safety & Hygiene Video Library
614.644.0018 / www.bwc.ohio.gov / E-mail: library@bwc.state.oh.us

In those cases where the video title differs between BWC and the streaming provider, the difference is noted.

All of these videos are also available to borrow in DVD and/or VHS format.

Construction

Backhoe Safety: Inspection and Walk Around

Provides a detailed lesson on how to perform a pre-operational inspection of a backhoe. 2006, 12 minutes. VHS No. 600089; DVD No. 400089.

Drywall Worker Safety: Working Safely With Stilts

Demonstrates the safe and proper use of stilts. Includes stretching exercises. 2012, 13 minutes. DVD No. 400193.

Electrical Safety for the Construction Worker

Warns construction workers about electrical hazards they may encounter on job sites. Covers high-voltage power lines and electrical substations, electrical panels and circuits, temporary wiring, cords, power tools and portable generators. 2010, 19 minutes. VHS No. 600159; DVD No. 400159.

Proper Inspection and Use of Scaffolds (The Proper Inspection and Use of Scaffolds)

Demonstrates the pre-use inspection of a supported scaffold, indicating the specific OSHA requirements that employees must meet. Includes a quiz at the end. 2012, 13 minutes. DVD No. 400194.

Driving

Backing, Parking & Intersections

Provides defensive driving techniques for backing, parking and at intersections. Encourages professional

drivers to drive responsibly. 2005, 18 minutes. VHS No. 650072; DVD No. 450072.

DUI Story...What If? (A DUI Story...What If?)

Dramatizes the life-changing consequences of drinking and driving for one man and his family, friends and co-workers. 2007, 28 minutes. VHS No. 650081; DVD No. 450081.

Defensive Driving: When Good Weather Goes Bad

Encourages drivers to take precautions to minimize the risk of a crash related to bad weather. Covers rain and flash floods, snow and ice, wind and fog. 2008, 19 minutes. VHS No. 650007; DVD No. 450007.

Distracted Driving: Real Accidents, Real Stories II

Features three moving testimonials about how drivers caused tragic and fatal accidents while conversing with a passenger, texting on a cell phone and using a navigation system. 2011, 14 minutes. DVD No. 450006.

Driving Distractions of the Professional Driver

Encourages professional drivers to limit distracted driving behaviors by planning ahead and staying aware of their surroundings. Covers common distractions, such as adjusting controls, loose items, eating, talking on the phone and pedestrians. 2005, 17 minutes. VHS No. 650071.

Driving Safely in Winter Conditions

Describes the many hazards of winter driving and techniques that drivers can use to deal with them. Geared to drivers of passenger cars. 2006, 20 minutes. VHS No. 650078; DVD No. 450078.

Drowsy Driving: It's Your Wake Up Call

Discusses how to identify and manage driver fatigue. Describes the factors influencing fatigue and the actions drivers can take to prevent fatigue as well as what to do when feeling drowsy. 2011, 19 minutes. DVD No. 450005.

Flatbed Safety (Flatbed Truck Safety Training)

Emphasizes the use of good body mechanics to prevent injuries to flatbed haulers while strapping loads, handling tarps and getting in and out of the cab. 2005, 17 minutes. VHS No. 650010; DVD No. 450010.

Pre-Trip Inspection: A Circle of Safety

Demonstrates for professional drivers the key components of a systematic, comprehensive and easy-to-remember pre-trip inspection. 2009, 12 minutes. DVD No. 450003.

Safe Loading and Unloading of Delivery Vehicles (The Safe Loading and Unloading of Delivery Vehicles)

Reminds delivery drivers of the importance of following safety procedures and staying aware of hazards as they arrive at their destinations. Warns experienced drivers against shortcuts, complacency and overconfidence. 2009, 15 minutes. DVD No. 450004.

Working Safely with Snow Plows and Other Snow Removal Vehicles

Emphasizes that preparation is as important as safe operation when plowing snow. Covers inspections, dry runs and emergency kits as well as the basics of safe operation, sharing the road and getting stuck. 2008, 20 minutes. VHS No. 650096; DVD No. 450096.

Electricity and lockout/tagout**Electrical Arc Flash Safety**

Provides an introduction to the prevention of arc flash incidents. Increases awareness of hazards, causes, standards and safe work practices. 2007, 13 minutes. VHS No. 670063; DVD No. 470063.

Ergonomics and office safety**Back Owner's Guide to Lifting & Stretching (Lifting and Stretching: A Back Owner's Guide)**

Encourages viewers to remember three principles that can make lifting less demanding on the back. Explains how warming up and stretching prepares the muscles for a task. 2008, 16 minutes. VHS No. 640071; DVD No. 440071.

Back Safety: Proper Lifting Procedures

Provides guidelines, and demonstrates techniques for lifting and moving safely. Explains how to minimize the stress placed on the lower back. 2005, 17 minutes. VHS No. 640067; DVD No. 440067.

Better Way to Lift (A Better Way to Lift)

Features Michael Melnik promoting simple, practical strategies to lower the risk of back injury while lifting. Demonstrates lifting principles for the real world. 2013, 13 minutes. DVD No. 440088.

Blink! A Practical Approach to Workplace Stretching

Features Michael Melnik promoting workplace stretching as a way to prevent muscular fatigue and avoid strains and sprains. Demonstrates stretches for common tasks. 2013, 11 minutes. DVD No. 440090.

Blink! A Practical Approach to Workplace Stretching (Management Edition)

Features Michael Melnik describing how to implement the Blink workplace stretching program in a way that addresses obstacles, reduces resistance and invites participation. 2013, 8 minutes. DVD No. 440091.

First aid and health care

Heat Stress: Real Accidents, Real Stories

Describes the symptoms, effects and prevention of heat stress in both indoor and outdoor workplaces. Features accounts of two actual incidents of heat stress. 2010, 15 minutes. DVD No. 430129.

Heat Stress: Staying Healthy, Working Safely

Discusses how employees can minimize the hazards of working in hot environments. Gives the symptoms of several heat-related illnesses and recommended first aid. 2008, 14 minutes. DVD No. 430002.

Top Five Things You Need to Know About the Flu (The Top Five Things You Need to Know About the Flu)

Recommends five measures viewers can take every day any time of year to protect themselves from colds and flu. Provides tips for maintaining a strong immune system and staying healthy. 2009, 15 minutes. DVD No. 430128.

WSI: Bloodborne Pathogens

Reviews bloodborne pathogen infection control requirements by featuring an investigation into how a worker became infected with Hepatitis B. For general industry. 2006, 17 minutes. VHS No. 630104; DVD No. 430104.

Working Safely in Cold Weather

Describes the four major factors contributing to cold stress as well as the symptoms, treatment and prevention of hypothermia and frostbite. Also discusses driving in winter weather. 2008, 15 minutes. VHS No. 630121; DVD No. 430121.

Industrial hygiene**Hazard Communication: Real Accidents, Real Stories**

Documents the importance of following hazard communication procedures. Features two workers relating how they were injured due to unlabeled

containers and improper chemical storage. 2009, 11 minutes. DVD No. 490092.

Industrial safety**Effective Safety Committees (An Effective Safety Committee)**

Contains two parts. Part 1 provides an orientation to safety committees appropriate for new safety committee members. Part 2 describes the safety improvement process that safety committees can use to create the best solutions to improve safety. 2001, 16 minutes. VHS No. 620336; DVD No. 420336.

Machines, Operators and Guards: Real Accidents, Real Stories (Machine Guarding: The Real Story) [SS]

Emphasizes the importance of working safely with machines and using the guards provided as intended. Illustrates these points with two incidents where complacency and shortcuts led to injury and death. 2008, 15 minutes. VHS No. 620386; DVD No. 420386.

Personal Protective Equipment: Real Accidents, Real Stories

Features the stories of three workers who sustained life-altering injuries as a result of not wearing necessary personal protective equipment. 2011, 15 minutes. DVD No. 420067.

Personal Protective Equipment: Your Last Line of Defense

Emphasizes the importance of taking personal responsibility for knowing what personal protective equipment (PPE) to wear and when to wear it, with no excuses. Reviews the various types of PPE. 2011, 19 minutes. DVD No. 420895.

Slips, Trips and Falls: Stranger Than Friction

Follows a worker through his day as he becomes more aware of the hazards that can cause slips, trips and falls and how to prevent them. Addresses footwear, housekeeping, friction, lighting, stairs and general awareness of surroundings. 2009, 20 minutes. DVD No. 420025.

Social and behavioral workplace issues**Workplace Violence: Threat Detection**

Teaches employees how to recognize threats in the workplace before these threats lead to violence. Describes the red flag behaviors and what to do. 2012, 16 minutes. DVD No. 400010.

Miscellaneous**Chainsaw Safety: Real Accidents, Real Stories**

Recreates a tragic chain saw accident to illustrate the importance of actively following recommended safety procedures. Reviews safe work practices for chain saws. 2011, 10 minutes. DVD No. 490226.

Chainsaw Safety Basics: An Expert's Perspective

Employs the expertise of two professionals to explain and demonstrate working safely with chain saws. Includes pre-use inspection, refueling, personal protective equipment, starting the saw, avoiding kickbacks and safe cutting. 2011, 13 minutes. DVD No. 490225.