

Western National Safety DVD's



Item No.	Subect	DVD Name	Length	Brief Description
11000	Aerial Lifts	Aerial Lifts	7:00 Minutes	Safe operations procedures & work place practices, pre-operation inspection, work site evaluation
10700	Back injury Prevention	Back Care & Safety	17:00 Minutes	Humerous, Anatomy of Back, Proper lifting techniques, standing, sitting, excersies, etc.
11100	Confined Space	Confined Space Entry Update	27:00 Minutes	Responsibilities, procedures, permit and non-permit space, hazards and equipment
10800	Egonomics	Ergonomic for the 21st Century	15:00 Minutes	Computer & Workstation Setup, Streching, Breaks
10100	Fail Protection	Fail Protection	24:00 Minutes	Training on the 7 required OSHA areas
10200	Forklift Safety	Forklift OSHA Safety	27:00 Minutes	Overview of OSHA regs and safe operation
10300	Hazardous Communications/ERTK	Hazardous Communication Regulation & Risk Employee Training	18:00 Minutes	Training on requirements of the Hazardous Communications Standard and working safely with chemicals
11200	Machine Guarding	Machine Guarding Safety	20:00 Minutes	Minimizing risk with various types of guarding, inspection, adjustment and maintenance
10400	Hearing Conservation	Hearing Conservation	12:00 Minutes	Required training/retraining for 1910.95
10500	Overhead Cranes and Hoists	Cranes, Chains, Slings, & Hoists	12:00 Minutes	Covers practices for inspection, maintenance & safe use of hoists
10900	Respirators	Respirators: The New Rules/Overview	21:00 Minutes	Overview of Respirator Standards and the training required
10600	Scaffolding	Scaffolding Safety & Training	18:00 Minutes	Selection & erection, safety & training requirements

11400	Slips, Trips, & Falls	Slips, Trips & Falls	11:00 Minutes	Overview of why these incidents occur and techniques to prevent slips, trips & falls
11300	Trenching and Shoring	Trenching and Shoring Operations	12:00 Minutes	Safety rules, requirements and emergency procedures
11500	Defensive Driving	Defensive Driving - I could see it Coming	15:00 Minutes	Overview of defensive driving techniques

If you wish to check out Safety DVDs, please complete the form at the bottom of the resource materials page.