

ergpk2000
Ergonomics Training Package

(General Industry) (English)
(6 Programs & 1 CDROMS)

Package Contents:

- **1003e** Video Display Terminal Safety
- **1003i** Carpal Tunnel Syndrome
- **1009i** Hand & Wrist Injuries
- **1029i** Ergonomics
- **1031i** Emp. Involvement in Ergonomics
- **1044i** Ergonomics for the 21st Century
- **cd90065** CDROM (Written Materials)

DVD: \$705.00 VHS: \$495.00

1046a
Industrial Workstation Ergonomics

(General Industry) (English or Spanish) (13 Minutes)

Covers various ergonomic topics as they relate to the industrial workstation. This includes musculoskeletal disorders (MSDs), identifying the symptoms of ergonomic injuries, surveying adjustable workstations, implementing ergonomic solutions, and lifestyle/habit changes that can prevent ergonomic injuries.

DVD: \$160.00 VHS: \$125.00

Call us Toll Free!
(888) 443 – 1600

1051a
Stopping Ergonomic Injuries

(General Industry) (English) (11 Minutes)

This program is designed for both manufacturing and office environments, as it explains the methodology of developing an effective Ergonomic Safety Program and what employees and management can do to stop or prevent ergonomic injuries.

DVD: \$160.00 VHS: \$125.00

1003e
Video Display Terminal Safety

(Office) (English) (11 Minutes)

Directed towards individuals using VDTs. Discusses the myths about electromagnetic radiation and other effects of VDT usage. VDTs are safe if properly used. Explains how to avoid eye strain and the persistent neck and backaches when working with VDTs.

DVD: \$134.95 VHS: \$99.95

1003i
Carpal Tunnel Syndrome

(Office) (English or Spanish) (12 Minutes)

Describes carpal tunnel syndrome, how to prevent CTS, and what employees can do to reduce the effects of CTS.

DVD: \$134.95 VHS: \$99.95

1009e
Ergonomics and VDTs

(Office Environments) (English or Spanish) (10 Minutes)

Video Display Terminals are used in all offices. Improper use can lead to ergonomic injuries. This video covers work area adjustments, lighting/glare, workstation seating, screen positioning, good work practices, and accessories for VDTs.

DVD: \$160.00 VHS: \$125.00

1010e (CC)
Office and Computer Ergonomics

(English or Spanish) (15 Minutes)

An in-depth look at ergonomics in the office environment: the art and science of fitting the workstation to the physical needs of the employee. Human behavior is an important factor in preventing ergonomic injuries. Various ergonomic injuries are discussed including tendonitis, Carpal Tunnel Syndrome, Musculoskeletal Disorders (MSDs). Components of an ergonomic workstation, good work habits, and exercises are also addressed. Includes written materials (English Only)

DVD: \$160.00 VHS: \$125.00

(Add \$35 for Closed Captioning on DVD or Video)

1029i
Ergonomics

(General Industry) (English or Spanish) (6 Minutes)

Ergonomics is a very important aspect of safety. This program shows various ways to make your workplace more user-friendly.

DVD: \$134.95 VHS: \$99.95

1031i
Employee Involvement in Ergonomics

(General Industry) (English or Spanish) (16 Minutes)

This program offers a basic overview of ergonomics and how employees can become involved in the process of making the workplace more user-friendly. Covered are some of the different products available, how they are used, and more.

DVD: \$134.95 VHS: \$99.95

1044i

Ergonomics for the 21st Century

(General Industry) (English or Spanish) (13 Minutes)

Designed for computer workstations and industrial applications relating to ergonomics. Illustrates many of the "poor computer operation" designs and operator set up. Shows how to properly position chairs, mouse, monitor, keyboard and general ergonomic principles so employees will have a better understanding of how to prevent ergonomic injuries. Explains graphically proper hand, arm, feet and leg positions while working at a computer. Shows ergonomics for industrial workstations and more. Explains Carpal Tunnel Syndrome and RSIs occur and what employees can do to correct the problems before they become injuries.

DVD: \$134.95 VHS: \$99.95

Check out our no hassle preview policy at
<http://oshasafetyvideos.com/information/preview.htm>

1051i

Carpal Tunnel in Ergonomics

(Office) (English or Spanish) (10 Minutes)

Explores basic issues surrounding Carpal Tunnel Syndrome, what it is, and how to prevent it. This includes proper keystroke techniques, good wrist support, keyboard accessories, and hand/wrist exercises.

DVD: \$160.00 VHS: \$125.00

1052i

Ergonomics in Industrial Environments

(General Industry) (English) (32 Minutes)

Thorough coverage of ergonomic-related topics as they relate to industrial environments, including Musculoskeletal Disorders (MSDs), elements of a good ergonomic program, problem recognition, employee training, gathering workplace ergonomic data, developing workplace controls, minimizing known risks, controlling workplace hazards, general workstation design principles, and work/habit changes that prevent ergonomic injuries are carefully covered.

DVD: \$160.00 VHS: \$125.00

1054i

Stopping Ergonomic Injuries

(General Industry / Office) (English) (12 Minutes)

This program is designed for both manufacturing and office environments, as it explains the methodology of developing an effective Ergonomic Safety Program and what employees and management can do to stop or prevent ergonomic injuries.

DVD: \$160.00 VHS: \$125.00

5024a

Ergonomics for the 21st Century

(Hospitality / Hotel / Motel) (English) (13 Minutes)

Designed for computer workstations and industrial applications relating to ergonomics. The program illustrates many of the "poor computer operation" designs and operator set up. Shows how to properly position chairs, mouse, monitor, keyboard and general ergonomic principles so employees will have a better understanding of how to prevent ergonomic injuries. Explains graphically proper hand, arm, feet and leg positions while working at a computer. Shows ergonomics for industrial workstations and more. Explains Carpal Tunnel Syndrome and RSIs occur and what employees can do to correct the problems before they become injuries.

DVD: \$134.95 VHS: \$99.95

5027a

Employee Involvement in Ergonomics

(Hospitality) (English or Spanish) (16 Minutes)

A basic overview of ergonomics and how employees can become involved in the process of making the workplace more user-friendly.

DVD: \$134.95 VHS: \$99.95

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7051a

Ergonomics

(Schools / Education / Childcare) (English) (7 Minutes)

Ergonomics is a very important aspect of safety. This program shows various ways to make your workplace more user friendly, including adjusting the workstation to fit the body and ways to avoid repetitive strain injuries, carpal tunnel syndrome, and other musculoskeletal disorders.

DVD: \$134.95 VHS: \$99.95

7052a

Ergonomics for the 21st Century

(Schools/Childcare) (English) (13 Minutes)

Designed for computer workstations and industrial applications relating to ergonomics. Shows how to properly position chairs, mouse, monitor, keyboard and general ergonomic principles. Uses graphics to explain proper hand, arm, feet and leg position while working at a computer. Explains Carpal Tunnel Syndrome and RSI's occur and what employees can do to correct the problems before they become injuries.

DVD: \$134.95 VHS: \$99.95

5-7012

Ergonomics

(General Industry / Office) (English) (5 Minutes)

A 5 minute short program on the basics of ergonomics.

DVD: \$104.95

VHS: \$69.95

6-0005

Industrial Workstation Ergonomics

(General Industry) (English) (5 Minutes)

A cut down 5 minute version of 1046a.

DVD: \$104.95

VHS: \$69.95

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