

1000dp
System Lifting Package

(General Industry) (English or Spanish)
(2 Programs + Written Materials)

This safety package is the most comprehensive Back Injury Prevention program we have found to date. The program incorporates the entire "system" of the anatomy, lifting techniques, how the back works and how the SYSTEM must be integrated on each lift.

Package Contents:

- **1010d** System Lifting (34 Minutes)
- **1011d** System Lifting (14 Minutes)
- **CD-ROM** Written Materials (English Only)

Written Material CD-ROM includes:

- Advanced System Lifting Handout
- Advanced System Lifting Exam and Answer Key
- Back Injury Prevention Handout
- Back Injury Prevention Exam and Answer Key
- Over 100 jpeg photos

DVD: \$219.95 **VHS: \$149.95**

1001d (CC)
Back Injury Prevention - Safe Lifting

(General Industry) (English or Spanish) (9 Minutes)
Lifting tasks in manufacturing, warehouse and other work environments require specific techniques to avoid injury. Incorrect methods of lifting by employees can have expensive repercussions for the company and the employees health. This safe lifting program is ideal for reducing back injuries and for retraining employees who have experienced a back injury.

Includes CD-ROM of written materials (English Only):

- Trainers Guide
- Student Booklet
- Safe Lifting Manual
- Exam and Answer Key

DVD: \$134.95 **VHS: \$99.95**
(Add \$35 for Closed Captioning on DVD or Video)

1007d
Lifting Safely with Back Belts

(General Industry) (English or Spanish) (10 Minutes)
Program illustrates how to lift safely and use back support devices. This program is designed for companies using some type of back support or belt. Explains use of belts.

DVD: \$134.95 **VHS: \$99.95**

No Hassle Preview Policy

<http://oshasafetyvideos.com/information/preview.htm>

1010d (CC)
System Lifting (Long Version)

(General Industry) (English or Spanish) (34 Minutes)
"SYSTEM LIFTING" means you must be aware of your entire back anatomy and lifting technique to make sure you are lifting properly with the entire SYSTEM. Just learning back anatomy is not enough; just lifting with your back straight is not enough. This is one of the videos that make up our "System Lifting Package".

Includes CD-ROM of written materials (English Only):

- Trainers Guide
- Student Booklet
- Safe Lifting Manual
- Exam and Answer Key

DVD: \$134.95 **VHS: \$99.95**
(Add \$35 for Closed Captioning on DVD or Video)

1011d (CC)
System Lifting (Short Version)

(General Industry) (English or Spanish) (14 Minutes)
This is the short version of 1010D, for those organizations that want a training program that is under 15 minutes in length. "SYSTEM LIFTING" means you must be aware of your entire back anatomy and lifting technique to make sure you are lifting properly with the entire SYSTEM. Just learning back anatomy is not enough; just lifting with your back straight is not enough. Program includes a written Exam & Answer Key on CD-ROM (English Only).

DVD: \$134.95 **VHS: \$99.95**
(Add \$35 for Closed Captioning on DVD or Video)

1012d
Safe Lifting without Back-Belts

(General Industry) (English or Spanish) (10 Minutes)
How does System Lifting apply to back belts? Are there dangers in using back belts? These questions and many more are addressed in this most comprehensive and up-to-date back injury prevention video on the market. SYSTEM LIFTING means you must be aware of your entire back anatomy and lifting technique to make sure you are lifting properly with the entire SYSTEM. Just learning back anatomy is not enough; just lifting with your back straight is not enough.

DVD: \$134.95 **VHS: \$99.95**

Call us Toll Free!
(888) 443 - 1600

1009d

Back Injury Responsibility

(General Industry) (English or Spanish) (10 Minutes)

Explains principles of the back, safe lifting techniques, 10:1 ratio, safe lifting zones, and more. One back injury prevention video is not enough - a variety of views on safe lifting are demonstrated.

DVD: \$134.95 VHS: \$99.95

1003d

How to Control Back Pain

(General Industry) (English) (9 Minutes)

Great program for employees experiencing back pain from time to time. Program not designed to replace medical care or diagnoses, but for everyday back problems that most people suffer, usually not work-related. Program can be used as a prevention measure in conjunction with your safe lifting and back health care programs.

DVD: \$134.95 VHS: \$99.95

1002d

Back Injury Prevention Through Exercise

(General Industry) (English or Spanish) (7 Minutes)

Excellent program for organizations implementing an "exercise before working" program for all employees. Explains back basics and why exercise is important before starting work.

DVD: \$134.95 VHS: \$99.95

16012a

Back Injury Prevention

(Agriculture) (English or Spanish) (9 Minutes)

One of the most costly injuries in the agriculture industry is back injury. This program explains safe lifting techniques, 10:1 ratio, hazards involved in stretching and/or twisting, and more.

DVD: \$104.95 VHS: \$69.95

9016a

Preventing Back Injuries

(Automotive) (English or Spanish) (10 Minutes)

Provides an understanding of how the back functions, and safe lifting techniques.

DVD: \$134.95 VHS: \$99.95

1004e

Lifting Safely in Office Environments

(Office Environments) (English) (9 Minutes)

Developed for office workers who need to be trained in safe lifting techniques. Explains how the back functions, and using proper lifting techniques.

DVD: \$134.95 VHS: \$99.95

3004a

Back Care

(Public Agency) (English or Spanish) (11 Minutes)

Most back care videos address lifting nice, clean boxes in a non-strenuous environment. In the real world, many injuries result from shoveling, operating breakers, lifting pipe and bags of concrete, etc. This program offers ways to avoid back strain.

DVD: \$104.95 VHS: \$69.95

4003a

Safe Lifting in Foundries

(Foundries) (English) (10 Minutes)

Back injuries are a big problem in most industries which could cost a business large amounts in both workers' compensation claims and lost productivity. This video explains the function of the back, lifting techniques and related demonstrations.

DVD: \$134.95 VHS: \$99.95

5006a

Back Injury Prevention / Safe Lifting

(Hotel / Motel) (English or Spanish) (10 Minutes)

Addresses lifting hazards and demonstrates how to lift safely. Specific techniques are required in the wide variety of lifting tasks in the hotel/motel industry.

DVD: \$134.95 VHS: \$99.95

7024a

System Lifting/Back Injury Prevention

(Schools) (English or Spanish) (14 Minutes)

This is the most comprehensive back injury prevention video on the market. Most training programs do not go far enough. This video explains system lifting, which means being aware of your entire back anatomy and utilizing proper lifting techniques that employ the entire system. "Bend your legs and not your back" is not safe lifting. Just learning back anatomy is not enough. Just lifting with your back straight is not enough. This program explains System Lifting, Comprehensive and guaranteed to reduce back injuries.

DVD: \$134.95 VHS: \$99.95

Call us Toll Free!
(888) 443 - 1600

7025a

Lifting Safely with Back Belts

(Schools)

(English or Spanish) (10 Minutes)

Program illustrates how to lift safely and use back support devices. This program is designed for companies using some type of back support or belt. Explains the use of belts.

DVD: \$134.95 VHS: \$99.95

7085a

Safe Lifting without Back-Belts

(Schools) (English) (10 Minutes)

Most back injury prevention programs do not far enough. This video explains SYSTEM LIFTING, which means you must be aware of your entire back anatomy and lifting technique to make sure you are lifting properly with the entire SYSTEM. "Bend your legs, not your back" is not safe lifting. Just learning back anatomy is not enough; just lifting with your back straight is not enough. Comprehensive and guaranteed to reduce back injuries.

DVD: \$134.95 VHS: \$99.95

7090a

Safe Lifting Modules 1, 2 and 3

(For assisting handicapped persons on Buses)
(English) (20 Minutes)

This program was designed to help employees perform proper lifting in order to prevent back injury. Includes preventative safety measures, body mechanics and proper wheelchair lifting, bending and securing.

Module 1: Lifting Safely/Preventing Back Injuries.

Module 2: Body Mechanics for Wheel Chairs.

Module 3: Wheel Chairs

DVD: \$134.95 VHS: \$99.95

10004a

Preventing Back Injuries

(Solid Waste Management)

(English or Spanish) (9 Minutes)

Designed for the solid waste management industry, this program is ideal for those who work doing residential pick-up, maintenance personnel, landfill operators and others working in this industry. This program provides tips on safe lifting and is an excellent way to enhance your "hands-on" training.

DVD: \$134.95 VHS: \$99.95

11003a

Safe Lifting in a Supermarket Environment

(Supermarket / Grocery) (English) (10 Minutes)

Explains the anatomy of the back, discs, ligaments, and how to lift safely without injury to the back.

DVD: \$134.95 VHS: \$99.95

12007a

Back Injury Prevention/Lifting Safely

(Retail Environments) (English or Spanish) (9 Minutes)

This is an in-depth look at safe lifting in the retail industry. A must see program for employees before an accident occurs and good for retraining employees who experience a back injury.

DVD: \$134.95 VHS: \$99.95

13003a

Lifting Safely in the Distribution Terminal

(Warehouse) (English or Spanish) (34 Minutes)

The variety of lifting tasks in the distribution industry require specific techniques in order for them to be accomplished safely. This program provides an in-depth look at proper lifting techniques under difficult conditions and discusses the hazards resulting from incorrect methods. We rate this program a "must see" program for employees before an accident occurs. This is also a great retraining tool for employees who have experienced a back injury.

DVD: \$134.95 VHS: \$99.95

14008a

Lifting Patients from Beds

(Medical / Healthcare) (English) (12 Minutes)

Designed for anyone required to lift patients from beds and the prone position. Explains proper body mechanics, procedures, and tips to help prevent back injuries.

DVD: \$134.95 VHS: \$99.95

14009a

Lifting Patients from Chairs

(Medical / Healthcare) (English) (8 Minutes)

Designed for anyone required to lift patients from chairs or the sitting position. Explains proper body mechanics, procedures and tips to help prevent back injuries.

DVD: \$104.95 VHS: \$69.95

Call us Toll Free!
(888) 443 - 1600

14010a

Back Safety for Healthcare Providers

(Medical / Healthcare) (English) (9 Minutes)

Excellent program for all employees. Explains how the back works, body mechanics and how each employee can make the proper decision when lifting anything, even in awkward or unusual situations.

DVD: \$134.95 VHS: \$99.95

17003a

Safe Lifting Modules 1, 2 and 3

(For assisting handicapped persons on Buses)
(English) (20 Minutes)

This program was designed to help employees perform proper lifting in order to prevent back injury. Includes preventative safety measures, body mechanics and proper wheelchair lifting, bending and securing.

Module 1: Lifting Safely/Preventing Back Injuries.

Module 2: Body Mechanics for Wheel Chairs.

Module 3: Wheel Chairs

DVD: \$134.95 VHS: \$99.95

18005a

EMS-Patient Lifting and Back Injury Prevention

(Emergency Medical Services) (English) (13 Minutes)

Back strains and pain are the most common injuries for EMS personnel. This program was filmed on location at actual emergencies showing proper lifting techniques, as well as lifting patients on straight-back chairs and backboards down stairways.

DVD: \$134.95 VHS: \$99.95

C003g

Lifting Safely in Construction

(Construction) (English or Spanish) (12 Minutes)

Back injury is a major concern in the construction industry. This program demonstrates how the back functions, safest method of lifting, and prevention of back injury.

DVD: \$104.95 VHS: \$69.95

C017g

Material Handling

(Construction) (English) (10 Minutes)

Includes safe lifting procedures and other related safety rules for material handlers.

DVD: \$104.95 VHS: \$69.95

Call us Toll Free!

(888) 443 - 1600

CCB1010

Back Injury Prevention for Child Care Providers

(Schools / Child Care) (English) (14 Minutes)

This videos is designed to educate child care providers in the dangers of back injury through lifting inappropriately. This video demonstrates the proper way to safely lift a child or heavy object that might be encountered in a child care environment.

DVD: \$160.00 VHS: \$125.00

6-0020

System Lifting 2000

(Public Agency) (English) (5 Minutes)

This is a 5 minute safe lifting and back injury prevention program designed for use by public agencies.

DVD: \$104.95 VHS: \$69.95

5-1022

Safe Lifting

(General Industry) (English or Spanish) (5 Minutes)

This is a 5 minute short video on the topic of safe lifting that is designed for training employees that work in manufacturing, warehouse and general industry settings.

DVD: \$104.95 VHS: \$69.95

5-1047

Lifting Safely in Office Environments

(Office Environments) (English or Spanish) (5 Minutes)

This is a 5 minute short video on the topic of safe lifting that is designed for training employees that work in office settings.

DVD: \$104.95 VHS: \$69.95

5-7006

Safe Lifting for Healthcare Providers

(Medical / Healthcare) (English) (5 Minutes)

This is a 5 minute short video on the topic of safe lifting that is designed for training employees that work in the medial profession.

DVD: \$104.95 VHS: \$69.95

6-0019

Lifting Safely with Back Belts

(General Industry) (English or Spanish) (5 Minutes)

A 5 minute short video on the topic of safe lifting.

DVD: \$104.95 VHS: \$69.95