



League of Minnesota Cities Insurance Trust

2018 DVD Catalog

The LMCIT DVD Catalog includes over 125 loss control and safety DVDs, available to League of Minnesota Cities Insurance Trust (LMCIT) members on free loan. See pages 2-3 for DVD titles and pages 3-6 for DVD descriptions.

TO REQUEST DVDs

Send an email to Elizabeth Tadsse at etadsse@lmc.org with the following information:

DVD title and number
Your name and title
City name

Mailing address
Phone number
Date DVD is needed

Terms of use: Two videos may be checked out at a time. Please return DVD within 14 days.

Allow up to 10 days for shipping and handling.

DVDs Available on Free Loan

The opinions expressed in these DVDs are solely those of the presenter(s) and do not necessarily reflect the opinions or advice of LMCIT. LMCIT encourages members to verify the accuracy of any information provided on the DVDs and to consult with appropriate legal counsel on all issues with legal implication.

Bloodborne Pathogens

- #140 Bloodborne Pathogens: Hepatitis B, HIV (Schools)
- #267 Bloodborne Pathogens for Fire & Rescue
- #288 Safety Orientation: Don't be a Zombie!
- #309 Bloodborne Pathogens: Just the Facts

Cities: Issues, Policies, & More

- #246 Cities & the First Amendment
- #270 Transit Security: On the Lookout
- #304 Accident Investigation: The Big Picture
- #319 Emergency Action Plan: Crisis Under Control
- #348 Public Building Security: It's Everyone's Concern

Cold Weather Stress

- #294 Working Safely in Cold Weather

Confined Space Entry

- #147 Confined Space Entry
- #148 Trenching & Shoring Safety
- #273 Contractor Safety: It's Everybody's Business
- #312 Confined Space Entry: Keeping Public Employees Safe
- #354 Trenching and Shoring Safety

Driving Safety

- #104 Driving Safety: It Only Takes a Second
- #276 Distracted Driving: Real Accidents, Real Stories (1)
- #293 Working Safely with Snow Plows & Other Snow Removal Vehicles
- #302 Implementing a Comprehensive Safe Driving Program
- #316 Distracted Driving: Real Accidents, Real Stories (2)
- #317 Drowsy Driving: It's Your Wake-Up Call
- #321 Emergency Response Driving
- #359 Saved by the Belt
- #361 SceneSafe: Roadway Incident Management for MN First Responders

Electrical Safety

- #259 Bucket Trucks: Extending Your Safety
- #305 Arc Flash: Live to Tell
- #318 Electrical Safety: Beware the Bite!
- #329 Hand Tool Safety Overview: Give Safety a Hand

Employee Wellness

- #323 Employee Wellness: A Way of Life
- #330 Handwashing: Avoiding Germs & Viruses at Work

Ergonomics

- #200 Principles of Office Ergonomics
- #347 Portable Fire Extinguishers
- #361 SceneSafe: Roadway Incident Management for MN First Responders
- #362 The Coming Storm: An Active Shooter tabletop exercise

Fire Service

- #113 Back Safety for First Responders
- #308 Autism, Fire-Rescue & EMS

Forklifts / Lift Trucks

- #258 Powered High Lift Trucks-Order Picker Safety
- #259 Bucket Trucks: Extending Your Safety
- #327 Forklift Basics: Safe from the Start

Harassment

- #331 Harassment in the Public Sector: A Clear Picture
- #358 No Tolerance: Workplace harassment, Discrimination & Wrong doing

Heat Stress

- #262 Beat the Heat: Preventing & Treating...
- #284 Heat Stress: Code Red

Lifting / Back Safety

- #288 Safety Orientation: Don't be a Zombie!

Office Ergonomics / Safety

- #200 Principles of Office Ergonomics

OSHA

- #147 Confined Space Entry
- #148 Trenching & Shoring Safety
- #306 Asbestos Awareness: Understanding the Risk
- #312 Confined Space Entry: Keeping Public Employees Safe
- #319 Emergency Action Plan: Crisis Under Control
- #320 Emergency Action Plan: Lessons Learned from Ground Zero
- #324 Eye Protection: Why Gamble?
- #328 Hand Protection: Lessons for a Lifetime
- #334 Hazwoper First Responder Awareness Level
- #343 OSHA: An Introduction
- #344 Personal Fall Protection: One Step Beyond
- #345 Personal Protective Equipment: The Right Choice
- #349 Respiratory Protection: Another World
- #354 Trenching and Shoring Safety

Parks & Rec

- #140 Bloodborne Pathogens: Hepatitis B, HIV (Schools)
- #257 Landscaping Equipment: Safety & Maintenance
- #275 Recreational Activity Liability
- #301 Safety Procedures for Lawn Mower Operators
- #360 Aquatic Risk Management

Personal Protective Equipment

- #140 Bloodborne Pathogens: Hepatitis B, HIV (Schools)
- #321 Emergency Response Driving
- #326 Fire Safety: Alert, Aware, Alive
- #259 Bucket Trucks: Extending Your Safety

- #288 Safety Orientation: Don't be a Zombie!
- #301 Safety Procedures for Lawn Mower Operators
- #335 Hearing Protection: Sounds Good to Me
- #345 Personal Protective Equipment: The Right Choice

Police

- #113 Back Safety for First Responders
- #321 Emergency Response Driving
- #361 SceneSafe: Roadway Incident Management for MN First Responders
- #362 The Coming Storm: An Active Shooter tabletop exercise

Public Works

- #255 Wastewater Backup & Overflow Response
- #256 Wastewater Backup & Overflow Loss Control

Safety On the Job

- #117 Crane Safety: Overhead Cranes
- #272 Job Safety Analysis (JHA): Coaching Safety Performances
- #290 Pro-Active Safety Attitudes
- #304 Accident Investigation: The Big Picture
- #325 First Aid: Prepared to Help
- #335 Hearing Protection: Sounds Good to Me
- #338 Just Another Day (Hazard recognition for the experienced worker)
- #344 Personal Fall Protection: One Step Beyond

#104 IT ONLY TAKES A SECOND (Driving Safety)

Viewers won't forget the powerful accident re-enactments and dramatic consequences illustrated in this DVD. 4 min.

#113 BACK SAFETY FOR FIRST RESPONDERS

This program teaches back safety techniques specific to EMTs, firefighters and law enforcement officers, as well as exercises to keep back muscles strong and flexible. 20 min.

#117 CRANE SAFETY: OVERHEAD CRANES

Train your workers to follow safe operation procedures by creating an awareness of the hazards and a respect for the potentially catastrophic consequences of crane accidents. 18 min.

#140 BLOODBORNE PATHOGENS: HEPATITIS B, HIV (SCHOOLS)

Covers the topics of bloodborne disease and symptoms, transmission, prevention, personal protective equipment (PPE), steps to take if exposed to blood, and the Hepatitis B vaccination. DVD can be used to train park and recreation employees or any other employees that work with the public. 10 min.

#147 CONFINED SPACE ENTRY

OSHA requires annual training for employees who enter confined spaces. This video covers the basics of confined space entry (CSE). It should be used to augment an existing training program that covers the basics and specifics of the employer's CSE procedures. 17:30 min.

- #347 Portable Fire Extinguishers
- #348 Public Building Security: It's Everyone's Concern
- #352 Spill Prevention & Control: Insuring a Safer World
- #356 Welding: Safe Work with Hotwork
- #358 Changing the Way We Think About Safety

Scaffolding / Working at Heights

- #279 Putting It All Together: Scaffold Safety
- #280 The Sky's the Limit: Aerial Work Platform Safety
- #344 Personal Fall Protection: One Step Beyond

Slips/Trips/Falls

- #271 Slips, Trips & Falls: Taking the Right Steps
- #344 Personal Fall Protection: One Step Beyond

Violence / Conflict in the Workplace

- #270 Transit Security: On the Lookout
- #331 Harassment in the Public Sector: A Clear Picture
- #348 Public Building Security: It's Everyone's Concern
- #357 Workplace Violence: First Line of Defense
- #358 No Tolerance: Workplace Harassment, Discrimination & Wrong Doing
- #362 The Coming Storm: An Active Shooter Tabletop Exercise

#148 TRENCHING AND SHORING SAFETY

This trench safety video briefly covers the dangers of excavations and shows some trench safety systems. It explains some of the basic concepts of the OSHA excavation standard. 18 min.

#200 PRINCIPLES OF OFFICE ERGONOMICS

A general awareness of office ergonomics issues from the perspective of the employees is presented. Program highlights include proper body mechanics and movement, simple ways to adjust workstations to prevent discomfort and injury, healthy work habits, stretching and relaxation activities. 14 min.

#202 WORKING WITH STRESS

Learn what can be done to relieve our workforce under stress. 17 min.

#246 CITIES AND THE FIRST AMENDMENT

Get an overview of how the First Amendment applies to cities. 23 min.

#255 WASTEWATER BACKUP AND OVERFLOW RESPONSE

This step-by-step program teaches field personnel responding to actual backups & overflows. The program includes: liability during a response; how to respond in a professional and courteous manner; and survival strategies for dealing with homeowners and residents. 23 min.

#256 WASTEWATER BACKUP & OVERFLOW LOSS CONTROL

Learn to control losses, claims, and lawsuits by using proper documentations, system management, and public education in this

five-step program to 1) Document it; 2) Map it; 3) Track it; 4) Fix it, and 5) Teach it. 23 min.

#257 LANDSCAPING EQUIPMENT: SAFETY AND MAINTENANCE

Covers commonly used equipment and safe landscaping practices. Outlines the general safety rules to follow when operating mowers, cutters, knives, trimmers, and weed eaters. It also covers safety when dealing with chemicals and hazardous materials associated with this industry. 15 min.

#258 POWERED HIGH LIFT TRUCKS – ORDER PICKER SAFETY

This program focuses on the issues that will keep your order-pickers safe. Covers: OSHA Standards; Operating conditions; Tie-offs/fall protection; Tip-overs. 15 min.

#259 BUCKET TRUCKS: EXTENDING YOUR SAFETY

This program covers the following topics: Operator training; Pre-start inspection; personal protective equipment; On-the-job; Electricity. 15 min.

#262 BEAT THE HEAT: PREVENTING AND TREATING HEAT DISORDERS

This program covers the following topics: Thermo-regulation of the body; Replenishing fluids; Prevention and treatment. 17 min.

#267 BLOODBORNE PATHOGENS FOR FIRE & RESCUE

This program examines the threat on the job and offers precautions and guidelines to follow, so that saving someone's life doesn't endanger the lives of the fire and rescue employees. This program covers the following topics: Protective barriers; HIV, hepatitis B and C; Minimizing risk, Preventive work practices. 15 min.

#270 TRANSIT SECURITY: ON THE LOOKOUT

This program covers: Crime and terrorism; Threats; Deterrence; & Emergencies. 18 min.

#271 SLIPS, TRIPS AND FALLS: TAKING THE RIGHT STEPS

This program covers the following topics: Prevention techniques; Wet surfaces and poor weather conditions; Stairs and ladders; Housekeeping. 18 min.

#272 JOB SAFETY ANALYSIS (JSA): COACHING SAFETY PERFORMANCE

Topics covered: Preparing for a JSA; Self-inspection; and Identifying job steps. 15 min.

#273 CONTRACTOR SAFETY: IT'S EVERYBODY'S BUSINESS

This program informs employees about the hazards they face on worksites with multiple bosses and the steps they can take to reduce the risk of accidents. This program covers the following topics: General requirements; Fire; Personal protective equipment; Permit-required confined spaces; Trenching and shoring; Lockout/Tagout; Hot-work; Chemical safety. 20 min.

#275 RECREATIONAL ACTIVITY LIABILITY

This DVD helps supervisors and managers of recreational facilities identify physical and personnel exposures, and controls to help prevent accidents. Topics include: Safety for Swimming Pools; Gymnastics; Skateboard Facilities; and Ice Rinks. 16 min.

#276 DISTRACTED DRIVING: REAL ACCIDENTS, REAL STORIES

This film explores the variety of distractions drivers face every day, as well as their sources. Drivers recall real life situations where minor distractions caused them to have vehicle accidents with long-term effects. 19 min.

#279 PUTTING IT ALL TOGETHER: SCAFFOLD SAFETY

This DVD was developed to train construction workers how to safely erect and dismantle scaffolds. 15 min.

#284 HEAT STRESS: CODE RED

This DVD will give the needed knowledge to avoid the dangers of working in hot, humid conditions. It includes sessions on Acclimatization, Hydration, Proper Clothing, and Signs of Heat Fatigue. 14 min.

#288 SAFETY ORIENTATION: DON'T BE A ZOMBIE

DVD covers critical safety information, motivates workers to protect themselves, and teaches them never to take their surroundings for granted. The video includes scenes dealing with: personal protective equipment; back injuries; slips, trips and falls; hazard communication; bloodborne pathogens; lockout/tagout; fire safety. 22 min.

#290 PRO-ACTIVE SAFETY ATTITUDES

Reenactments of real-life accidents motivate workers to take precautions to prevent accidents and protect employees. 15 min.

#293 WORKING SAFELY WITH SNOW PLOWS AND OTHER SNOW REMOVAL VEHICLES

Shows many different examples of snow removal vehicles such as: CDL, tractors, pick-ups, pilers, and sanders. Includes tips on dry runs and not hitting fixed objects. Pre-inspection and emergency preparedness are also incorporated into this program as well as techniques to preserve the vehicle from being damaged. 17 min.

#294 WORKING SAFELY IN COLD WEATHER

This DVD covers proper clothing and demonstrates what frostbite and hypothermia look like, signs, and protection. 15 min.

#301 SAFETY PROCEDURES FOR LAWN MOWER OPERATORS

Learn how to select the correct mower for the job and how to properly use that mower, including: walk-behind operation; rotary ride-on operation; reel mower operation; importance of personal protective techniques for operators; maintenance tips; and safety techniques. 22 min.

#302 IMPLEMENTING A COMPREHENSIVE SAFE DRIVING PROGRAM

This DVD covers key elements of a safe driver program including; motor vehicle records checks, driver training, conducting field

observations, seat belt monitoring, vehicle inspections and maintenance, and accident investigations. 27 min.

#304 ACCIDENT INVESTIGATION: THE BIG PICTURE

This DVD will help your workers explore creative solutions that prevent future accidents: Gathering facts and information, evaluating accidents, and Writing accident reports. 18 min.

#305 ARC FLASH: LIVE TO TELL

Make sure your workers never experience the devastation of an arc flash explosion. 16 min.

#309 BLOODBORNE PATHOGENS: JUST THE FACTS

Gives viewers a complete picture of the risks of exposure, the kinds of diseases potentially present in blood and bodily fluids and the best practices to implement to stay safe in the event of exposure. 16 min.

#312 CONFINED SPACE ENTRY: KEEPING PUBLIC EMPLOYEES SAFE

Use this program to train your public employees to work safely in confined spaces and keep your organization OSHA compliant. 27 min.

#316 DISTRACTED DRIVING: REAL ACCIDENTS, REAL STORIES – PART II

This DVD covers how conversations can become a distraction to the driver and create a moment of inattention. It also includes two tragic stories of people and their families whose lives were impacted with fatalities due to the driver using a cell phone and the other using a navigation system while driving. The professional driver will learn how to choose alternative behaviors. 15 min.

#317 DROWSY DRIVING: IT'S YOUR WAKE-UP CALL

Learn how to effectively identify and manage driver fatigue. Also covered are: lack of sleep, stress, diet, medications, micro naps, night driving and grave yard shifts, and the sleepy feeling when returning to work after lunch. 20 min.

#318 ELECTRICAL SAFETY: BEWARE THE BITE

Protect your employees with life-saving electrical safety information. 20 min.

#319 EMERGENCY ACTION PLAN: CRISIS UNDER CONTROL

Develop a strategic emergency action plan by following the guidelines in this program. 16 min.

#320 EMERGENCY ACTION PLAN: LESSONS FROM GROUND ZERO 2-PART TRAINING DOCUMENTARY

This program introduces some of the experts who protected the rescuers during the World Trade Center evacuations. Go behind the scenes of these tragic events, learn from the experiences and find out how your facility can survive such disasters: by planning for the unthinkable and creating the best possible evacuation plan. 30 min.

#321 EMERGENCY RESPONSE DRIVING

This program shows what it means to drive during emergencies and includes important tips to ensure that drivers reach their destinations on time and safely. 18 min.

#323 EMPLOYEE WELLNESS: A WAY OF LIFE

This DVD explores the concept of wellness - the state of being at your physical, mental, emotional and spiritual best - and shows practical, every day steps employees can take towards attaining wellness. 10 min.

#324 EYE PROTECTION: WHY GAMBLE?

Learn the ways to avoid eye injuries: outlines emergency procedures and complies with OSHA's Eye Protection Standard (1910.133). 15 min.

#325 FIRST AID: PREPARED TO HELP

Get first-aid tips for on-the-scene workplace accidents. 16 min.

#326 FIRE SAFETY: ALERT, AWARE, ALIVE

Show your employees life-saving information on the different types of fires, how they can be prevented and what should be done in case of a fire. 15 min.

#327 FORKLIFT BASICS: SAFE FROM THE START

Help keep your workplace in compliance with OSHA's forklift safety standards. This program provides details on the powered industrial truck, from the way it's constructed to the way it works. It will help your operators understand the factors that affect forklift balance and maneuverability. 22 min.

#328 HAND PROTECTION: LESSONS FOR A LIFETIME

Watch workers recount their gripping experiences with hand injuries and learn how their mishaps, involving tools, machines, ergonomics and electricity, occurred. Discusses different glove types - what they are, how they are used and when they are used. 22 min.

#329 HAND TOOL SAFETY OVERVIEW: GIVE SAFETY A HAND

Give your employees a review of the basic procedures to prevent careless incidents from occurring. 15 min.

#330 HAND WASHING: AVOIDING GERMS AND VIRUSES AT WORK

Learn hand washing techniques and greatly reduce your chance of getting sick. 8 min.

#331 HARASSMENT IN THE PUBLIC SECTOR: A CLEAR PICTURE

This DVD is told from the point of view of a news team researching the topic of harassment in the public sector. It uses a straight-forward approach, covering quid pro quo, hostile environment, reasonable person standard, and no fear act. 20 min.

#334 HAZWOPER FIRST RESPONDER: AWARENESS LEVEL

Get a comprehensive overview of HAZWOPER with this program, which outlines its five levels and explains what responders at the first stage must know and do. 15 Min.

#335 HEARING PROTECTION: SOUNDS GOOD TO ME

Learn how this delicate organ works and how it's affected and damaged by noise. Understand Noise Reduction Ratings;

appropriate ear protective equipment: and audiometric testing. 14 min.

#338 JUST ANOTHER DAY

Learn about the hazard recognition training program, developed especially for the experienced worker. Shows workers: The importance of staying focused, the danger of becoming distracted, why the proper use of personal protective equipment is essential, why safety procedures must be followed always, and the risks of complacency. 20 min.

#343 OSHA: AN INTRODUCTION

This video program will familiarize you and your employees with the mission and workings of OSHA. 19 min.

#344 PERSONAL FALL PROTECTION: ONE STEP BEYOND

This training program, based on Subpart M of OSHA Standard 1926, highlights fall protection measures for general industry employees. 13 min.

#345 PERSONAL PROTECTIVE EQUIPMENT: THE RIGHT CHOICE

Give your workers a first-hand look at the tragic consequences when they don't use personal protective equipment. 19 min.

#347 PORTABLE FIRE EXTINGUISHERS

Explains the different classes of fire and offers practical tips on fire extinguisher use. 10 min.

#348 PUBLIC BUILDING SECURITY: IT'S EVERYONE'S CONCERN

Build a solid foundation of safety with this program, which examines vital building security measures to ensure the safety of everyone. 18 min.

#349 RESPIRATORY PROTECTION: ANOTHER WORLD

Comply with OSHA 1910.134 and help workers avoid exposure to hazardous substances, which lead to serious health effects and other chronic illnesses. 19 min.

#350 ROADWAY WORKER SAFETY: IN THE ZONE

Learn how to reduce roadway injuries and fatalities with this training program. 19 min.

#352 SPILL PREVENTION AND CONTROL: INSURING A SAFER WORLD

Make sure your employees are familiar with spill prevention control and countermeasures they must take in the event of a spill at your facility. 16 min.

#354 TRENCHING AND SHORING SAFETY

This DVD covers the practical safeguards that can prevent trenching and shoring injuries. 16 min.

#356 WELDING: SAFEWORK WITH HOTWORK

This DVD details various types of welding and corresponding vital precautions. 18 min.

#357 WORKPLACE VIOLENCE: FIRST LINE OF DEFENSE

Learn to recognize the warning signs of impending violence and stop the process before it's too late. Using interviews with a convicted perpetrator and dramatizations of typical behaviors that precede violence, the program illustrates how employees and managers can deal effectively with threats and intimidation. 30 min.

#358 WORK PLACE BEHAVIOR AND CHANGING THE WAY WE THINK ABOUT SAFETY

This DVD addresses two topics: 1) Safety strategies for governmental entities to empower workers to take a more active role in creating a safer, more efficient working environment, and 2) Proper guidelines toward safety, discrimination, violence, harassment, retaliation, and conflicts of interest. 22 min.

#359 SAVED BY THE BELT

Emphasizes the importance of seat belt use. The "Seat Belts Save Lives" message is delivered by several Mn/DOT employees who share their personal experiences, as well as by emergency responders, who see what happens when seat belts are not worn. 8 min.

#360 AQUATIC RISK MANAGEMENT: KEEPING YOUR HEAD ABOVE WATER

This DVD can help public entities avoid some of the risks associated with operating aquatic facilities. The key topics that are discussed include: Personnel and supervision, Lifeguard training, Emergency action plans, Patron communication and education, Employee safety, and Facility design, inspection, and maintenance. 25 min.

#361 SCENE SAFE: ROADWAY INCIDENT MANAGEMENT

Learn best practices and safety measures for addressing roadway incidents to avoid mistakes that could have life-changing consequences. 30 min.

#362 THE COMING STORM: AN ACTIVE SHOOTER TABLETOP EXERCISE

Produced by the FBI, this DVD draws from real shooter incidents. It is a unique training tool for law enforcement, paramedics, fire, and other first responders, designed to inspire discussion, preparation, and collaboration in managing these devastating and potentially overwhelming events. 42 min.