



Multimedia Library Updated

The Multimedia Library is a free lending library available to VML Insurance Programs members. The library consists of videos, CDs, modules and printed materials covering a variety of human resources and safety topics. New videos are added periodically, with the most recent listed below. For more information visit the [Multimedia Library](#).

- **Forklift Category:**

- #394 – Coaching the lift truck operator (DVD with Training materials, 2007)

- From Coaching Systems, LLC, this program is a trainee-participation, structured discussion format. The course and DVD are broken up into sections including pre-start safety inspection, design considerations, picking up the load, moving the truck, setting down the load and pedestrian safety.

- **Hand Protection Category:**

- #62 – Hand protection (VHS - 20 Minutes)

- There is more to hand safety than wearing gloves, as this classic video program shows. Danger spots on machinery and proper use of hand tools are two of the topics discussed. This video complies with Hand Protection, OSHA 1910.138 and covers topics such as causes of hand injuries, proper use of hand tools and when to wear gloves.

- **Hand Protection and Personal Protective Equipment Categories:**

- #395 – Hand, wrist and finger safety (DVD - 13 Minutes, 2009)

- This program will help employees take steps necessary to avoid hand, wrist and finger hazards. Include topics on the hand and how it works, preparing for the job, personal protective equipment, fit and ergonomic hazards.

- **Occupational Health and Working Outdoors Categories:**

- #396 – Heat stress (DVD - 13 Minutes, 2010)

- Reviews how heat affects the body, the steps employees can take to prevent heat stress and elementary first aid that can be given to a worker who has been affected by a heat-related illness.

- #397 – Lyme disease: What you should know (DVD - 30 min. & 60 min. versions)

- This DVD provides a thorough discussion of aspects of Lyme disease. The longer version covers transmission, prevention, microbiology, diagnosis, symptoms, treatment, and patient and researcher interviews. The shorter version does not include the microbiology and interviews.

- **Defensive Driving Category:**

- #398 – Driven to distraction II (DVD – 20 Minutes)

- Once again, the distraction demon rides along with various drivers egging them on to give in to the myriad of distractions tempting today's drivers including GPS, chatting, texting, tweeting, MP3 players and more. Raise awareness among your employees of this dangerous epidemic with this high-impact training DVD.

- **Confined Space Entry Category:**
#399 – Confined space entry: Plan and prepare (DVD - 21 Minutes)
Shows employees why it is vital to follow procedure when working in a confined space. The video reviews identifying confined spaces, hazards, the confined space entry permit, the entry team, and managing and controlling hazards.
- **Occupational Health and Law Enforcement Categories:**
#400 – Shift work: Circadian survival (DVD - 15 Minutes)
Circadian rhythms regulate the body's internal clock. To deviate from this clock is often difficult. This program addresses fatigue on the job, family stress and proper rest.
- **Recordkeeping Category:**
#401 – OSHA recordables: true to form (DVD – 15 Minutes)
This video provides an overview of OSHA recordkeeping requirements. OSHA forms 300, 300-A and 301; what is recordable; counting days – when to begin and end; recordable injuries; privacy issues; procedures and forms