

# AMERISAFE Video Loan Library

## Falls

**Numbers beginning with "V" are available in VHS; Numbers beginning with "D" are available in DVD. Numbers with an "\*" behind them are available in DVD and VHS.**

### **100-VA**

(8 min. serious)

#### **Scaffold Safety**

Basics of scaffold building and use of scaffolds. Discusses the three most common types of scaffolds & what to check for before use.

### **100-VAS \***

(12 min. serious)

#### **Scaffold Safety Update - Spanish**

Covers: Correct procedures for building scaffolds, proper wood to be used, proper planking, electrical lines, and proper use of ladders.

### **100-VB \***

(15 min. serious)

#### **Ladders, Poles and Scaffolds**

Discusses 1) Ladders: Choosing the right type, pre-use inspection, correct setup and climbing. 2) Poles: Inspection of pole, correct ascending and descending techniques. 3) Scaffolds: Maximum loads, guardrails and toe boards, safety belts, lifelines and nets, and moving scaffolding.

### **100-VC \***

(18 min. serious)

#### **Supported Scaffolding Safety (Presenters Guide included)**

Shows correct way to erect, maintain and use scaffolding equipment. It includes: 1) responsibilities of a "Scaffold Expert" 2) Creating a level, stable foundation, power lines 3) Ramps and Walkways; platform and planking hazards 4) Personal Fall Arrest Systems, falling objects.

### **100-VD \***

(12 min. humorous)

#### **Getting on & off Tractors, Trailers, or Docks**

Covers the right and wrong ways to enter and exit tractors, trailers, and docks.

### **100-VE \***

(5 min. serious)

#### **Slippin' and Trippin'**

Gives examples of different types of slipping and/or tripping hazards and what actions can be taken to prevent them from happening.

### **100-VF**

(70 min. serious)

#### **Fall Hazards Training**

Identifies fall hazards and required fall protection systems, including how to install, maintain and remove them. Training includes: 1) proper mounting/dismounting methods 2) load shifting 3) slipping and tripping hazards 4) holes and openings 5) anchorage point systems 6) guard rails, perimeter cables and safety nets 7) horizontal and vertical lifelines.

### **100-VG \***

(5 min. serious)

#### **Working around Scaffolding**

Shows correct way to set up scaffolding, tying off and how to use toe boards.

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<b>100-VH *</b> (11 min. humorous)	<b>Elevated Work Safety</b> Captain Safety discusses different types of scaffolding hazards and what steps to take to prevent accidents from happening.
<b>100-VI</b> (10 min. humorous)	<b>Fall Protection: The Basics</b> Covers different types of fall protection. Tells how to inspect your harness and demonstrates the proper way to use it.
<b>100-VJ *</b> (10 min. serious)	<b>Housekeeping on the Jobsite</b> Stresses each individual's obligation and why it's important. Covers fall protection types, body harnesses and drop tests, types of lanyards, snap hooks and d-rings, and pre-use inspection of equipment and rescue methods.
<b>100-VK</b> (7 min. humorous)	<b>Ladder Safety</b> Lt. Monday discusses the most common types of accidents. Goes over the proper way to use a ladder and which ladder is appropriate for the job.
<b>100-VKS *</b> (12 min. serious)	<b>Ladder Safety - Spanish</b> Discusses choosing a ladder; metal, step, and platform ladders; inspection; safe use and tips: belt buckle and rail use.
<b>100-VL</b> (13 min. serious)	<b>Personal Fall Protection Systems</b> Common-sense approach to working off the ground. Discusses proper use of lanyards, double-action snap body belts, and class-three full body harnesses.
<b>100-VM *</b> (8 min. humorous)	<b>Slips, Trips, &amp; Falls</b> A walking disaster demonstrates key points on what NOT to do in a workplace and why safety matters.
<b>100-VMS *</b> (11 min. serious)	<b>Slips, Trips, &amp; Falls - Spanish</b> Discusses: 1) What to do if you or a co-worker falls 2) Body balance: eyes, inner ear and muscle 3) Avoiding hazards: wet and oily surfaces, ice, poor visibility, stairways, ladder and storage hazards 4) Physics of falling: friction/momentum/gravity.
<b>100-VN *</b> (5 min. serious)	<b>Housekeeping Responsibilities</b> This video gives a serious insight about the necessity of good housekeeping in the workplace.
<b>100-VNS *</b> (5 min. serious)	<b>Housekeeping Responsibilities - Spanish</b> Spanish version of 100-VN.
<b>100-VO *</b> (4 min. serious)	<b>Nice Trip - See You Next Fall</b> Short film that shows positive points for wearing a body harness.

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<b>100-VP *</b> (24 min. serious)	<b>Fall Protection</b> A review of different fall protection systems, including: guards, safety nets, personal fall arrest systems, life lines, positioning device systems, warning line systems, controlled access zones, and safety monitoring systems. It also covers protection from falling objects.
<b>100-VQ</b> (6 min. serious)	<b>Work Surface Safety</b> Discusses the necessity of good housekeeping, particularly keeping the floor clean to prevent slip/trip/fall hazards. Encourages viewers to recognize and clear up whatever hazards they notice.
<b>100-VR *</b> (5 min. serious)	<b>Slips &amp; Falls for Restaurants</b> This video places emphasis on the employee to be alert and watch for hazardous floor surfaces.
<b>100-VS *</b> (5 min. serious)	<b>Trips and Falls (Quiz included)</b> Covers common slip, trip and fall hazards in the workplace and ways to prevent them. It stresses good housekeeping, proper lighting and following established safety procedures.
<b>100-VT *</b> (5 min. serious)	<b>Proper Use of Ladders</b> Some of the topics discussed are: the proper use of equipment for the job, the three point rule, the belt buckle rule and positioning of ladders.
<b>100-VU *</b> (14 min. serious)	<b>Fall Prevention in the Workplace</b> Discusses seriousness of fall hazards, environments where falls may occur, fall protection plans, prevention and protective equipment. Covers: retracting lifelines, safety nets, and harnesses.
<b>100-VV *</b> (12 min. serious)	<b>Preventing Slips, Trips, &amp; Falls</b> Discusses housekeeping, walk-off mats, stair and ladder safety and polishing, waxing and mopping safety.
<b>100-VVS *</b> (12 min. serious)	<b>Preventing Slips, Trips, &amp; Falls - Spanish</b> Spanish version of 100-VV
<b>100-DW (DVD ONLY)</b> (15 min. serious)	<b>Fall Protection: It's No Game</b> Major danger zones are identified, such as open-sided platforms, leading edges & openings in floors & walls. DVD also covers safety procedures when working with floor joists, exterior walls, roof trusses, shingles, and roof sheathing-including slide guards.
<b>100-VX *</b> (10 min. serious)	<b>Housekeeping Responsibilities</b> Motivates employees to take housekeeping seriously and the hazards of not keeping a clean work area. Covers stairway, aisle, exit, and storage hazards and keeping tools and machines in good repair.

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**100-DY (DVD ONLY)**

(27 min. serious)

**Connecting**

Covers: Personal fall protection systems, sorting, hoisting, double connections, crane hand signals and procedures. (1) Setting columns and column splices (2) Seats and staggered clips (3) Filler beams.

**100-DZ (DVD ONLY)**

(10 min. serious)

**Ladder Safety Update**

Outlines basic safety techniques for both stepladders and extension ladders including ladder inspection and safe use. Shows some common unsafe acts.

Please call Carol Martinez at 800-256-9052, ext. 3426 with questions or to borrow these videos.

**IMPORTANT:**

Loans are made ONLY to policyholders of American Interstate Insurance Company.