

# Update

5620 Birdcage Street, Suite 200 Citrus Heights, CA 95610-7632 - (800) 231-5742 - www.acwajpia.com

Volume 10, Number 4  
By Jody Murphy

May 2008

## Traffic Control

### Roadway Worker Safety-In the Zone 490.10.1

(Coastal) (20 minutes) (DVD) (English/Spanish)



This DVD provides a good overview of the many hazards of construction operations, but particularly of the hazards found when working alongside roadways. The job-related hazards include trenching, electrical, falls, noise, heavy equipment, and traffic. Safe work practices and personal protective equipment requirements are reviewed. The DVD would be very useful as a pre-job safety meeting hazard review.

## Maintenance

### Water Distribution Operator Training: Hydrants (AWWA) (13 minutes) (DVD) (English)

This DVD explains the importance of maintaining fire hydrant reliability for fire fighting. Other uses are also described, including distribution pipe flushing, flow testing, and filling water tank trucks. Operators learn why hydrant use must be monitored and controlled by water utility to maintain security and safety; the different types of wet-barrel and dry-barrel fire hydrants and their operation; typical hydrant design, hydrant part names, and breakaway designs; use of hydrant wrenches, correct procedure for opening and closing hydrants; location and use of auxiliary valves; hydrant inspection, pressure-and-leak testing, placement, installation, maintenance, and repairs; hydrant color-coding, safety and security devices, and record keeping.

## Water

### Groundwater Banking: California's Water Savings Account 520.34.1

(ACWA) (30 minutes) (DVD) (English)

This segment takes a close look at groundwater banking and its role in managing California's water resources. Huell Howser visits two locations - the Kern Water Bank near Bakersfield and United Water Conservation District's groundwater recharge facilities in Ventura County - to learn why groundwater banking is California's water savings account.

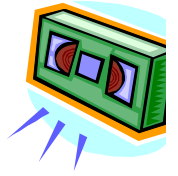
## Wellness

### The Science of Sleep 540.08.1

(60 Minutes) (60 minutes) (DVD) (English)

Why do we sleep? Lesley Stahl visits sleep labs to find out, and learns that sleep is as essential to our health as nutrition and exercise. In fact, scientists are seeing a link between lack of sleep and serious health conditions such as diabetes, obesity, and heart disease.





## Here's what members are saying about videos!

👍👍👍=Very Good    👍👍=Good    👍=Fair

**It's Not Just About Sex Anymore** (Harassment and Discrimination) **(400.04.1)**

👍👍👍 Georgetown Divide Public Utility District

**Small Spills and Leaks** (Hazardous Materials) **(250.10.1E)**

👍👍👍 Little Rock Creek Irrigation District

**Fire Extinguishers: How and When** (Fire Safety) **(210.10.1F)**

👍👍👍 Clear Creek Community Services District

**Hand and Power Tool Safety** (Hand and Wrist Safety) **(240.01.1)**

👍👍👍 Saucelito Irrigation District

**Defending Your Safety Zone: Back Protection** (Back Safety) **(040.16.1EQ)**

👍👍👍 Pebble Beach Community Services District

**On the Job: Sampling** (Maintenance) **(330.13.1)**

👍👍👍 San Gabriel County Water District

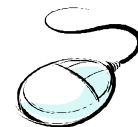
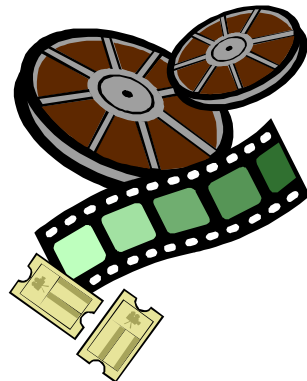
**Transporting Construction Equipment** (Heavy Equipment) **(280.33.1)**

👍👍👍 Great DVD, best one yet. Great information and instructional value.  
Bella Vista Water District

**Emergency Evacuation Procedures** (Emergency Preparedness) **(170.09.1)**

👍👍👍 Moulton Niguel Water District

Want your comments used in the Critics' Corner? Just fill out the comments section on the media review form.



See the Lending Catalog online @

[acwajpia.com](http://acwajpia.com)