

# Update

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

Volume 11, Number 12  
By Jody Murphy

December 2009

## Back Safety

### The Back Pack

040.01.1

(Aurora Pictures)

(DVD)

The Back Pack DVD provides programs on safe lifting, back injury prevention and recovery from back injuries. It Includes:



**A Bit About Backs** (3 modules, 15 minutes each)

Learn the basics of back care.

**On the Road: Lighter Side of Lifting** (18 minutes)

Learn ways to lift better in a variety of work environments.

**Stretching Out at Work** (12 minutes)

This video demonstrates stretching and warm-up exercises on the job.

**Take 5 for Health and Safety** (5 modules, 8 minutes each)

This series of short programs hits the highlights of sitting, standing, lifting, stretching and ergonomics.

**Back in Step: The Road to Recovery From Back Pain** (40 minutes)

This video helps injured employees recognize their role in the recovery process and the things that they can do to speed recovery and minimize recurrence.

## Ergonomics

### Ergonomics at Work

190.10.1

(AWWA) (15 minutes each program) (DVD)

Ergonomics, the science of designing and arranging work spaces and equipment for both efficiency and safety, is the subject of this three-program DVD.

**Program #1: Office Ergonomics** covers workstations, chairs, desks, computers, and wrist supports.

**Program #2: Lifting and Back Strain** explains correct lifting technique and back supports.

**Program #3: Laboratory Ergonomics** discusses use of microscopes, computers, and work habits to improve efficiency and reduce fatigue in the lab.



## Heavy Equipment

### Fundamentals of Excavator Operation

**280.37.1**

(On Site Productions) (12 minutes each video)  
(DVD)



#### Video #1 The Excavator

This video serves as an introduction to excavators. It begins by identifying the various parts and components of the machine. Maintenance concerns of excavators are covered in detail as well pre-op inspection.

#### Video #2 Trench Digging

Digging trenches is the most common work task expected of excavators, and this video does an excellent job of covering common trenching procedures.

#### Video #3 Trench Servicing and Backfilling

This video shows bedding procedures that are common to utility installation, and how they are performed.

#### Video #4 Loading Haul Units

Loading trucks is one of the most common tasks that an excavator operator will face. This video covers the man aspects of this procedure that will ensure success for future operators.

#### Video #5 Benching and Sloping

Benching is a cut and fill process that is fundamental for performing many basic excavator operations. It is used in attaining a proper machine setup as well as pioneering roads. This video covers the fundamental process of excavator operation so that operators can apply these principles to their own job.

## Housekeeping

### Housekeeping

**300.06.1**

(Aurora Pictures) (11 minutes) (DVD)

The importance of your facility neat and clean is often overlooked. This program reinforces the importance of proper housekeeping methods and illustrates the multiple benefits of keeping your work site in order from increasing safety, to being prepared for emergencies, to improving your image, to better utilizing your space.



## Performance Appraisals

### Care and Candor: Making Performance Appraisals Work

**180.11.1E**

(Coastal) (18 minutes) (DVD)

When managers use care, candor and collaboration during a performance appraisal, they empower employees to succeed. Strengthen your relationships with your employees and improve company productivity with this program, which outlines the rule of intention and attention, SMART goals and two-way communication principles. This program can be viewed in English or Spanish.



## Safety Accountability



### It Only Takes A Second II

400.04.1

(Aurora Pictures) (5 minutes) (DVD)

This video features all new footage of mistakes and bad choices we all too often make. Viewers won't forget the powerful accident re-enactments and dramatic consequences illustrated in this motivational video. It's a great meeting opener for any safety topic! This program makes you think safety.

## Slips, Trips and Falls

### Slips, Trips and Falls: Stranger Than Friction

420.16.1

(Wumbus) (18 minutes) (DVD)



This program covers slips, trips and falls at work and at home. It stresses to be alert to potential hazards including checking equipment such as ladders and having proper footwear.

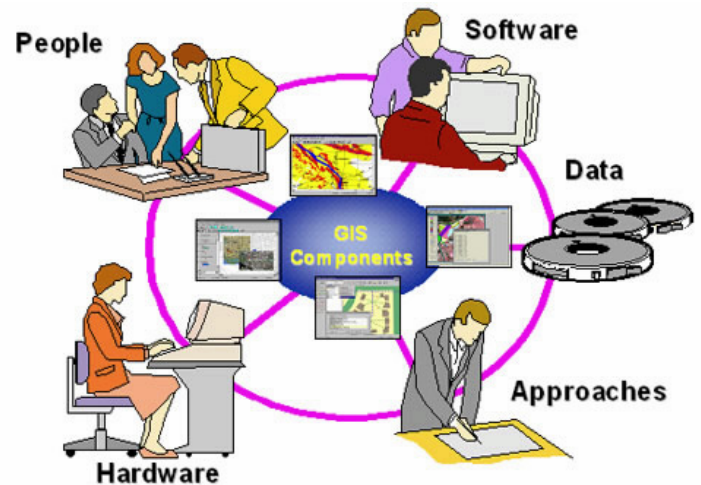
## Water

### GIS for Water Utilities

520.43.1

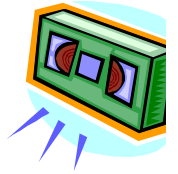
(AWWA) (24 minutes) (DVD)

It's estimated that approximately 80 percent of all asset information is geographically referenced. Many utilities have converted their paper maps to electronic formats so they can be used by a GIS--a powerful computer-based information management system designed to work with data



referenced by geographic coordinates. A GIS allows utility operators and managers to determine where their assets are located, for example, the location of valves, water mains, hydrants, and meters. A GIS also lets users update, analyze, and display information about those assets. As a result, a GIS can reveal important information that leads to better decision making.





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

👍👍👍=Very Good    👍👍=Good    👍=Fair

### **Loader-Backhoe Worker Safety** (Heavy Equipment) **(280.10.1)**

👍👍👍 San Gabriel County Water District

### **The Kevin Bailey Story** (Safety Accountability) **(400.14.1)**

👍👍👍 Calaveras County Water District  
Hope people will understand how a little mistake can create such a tragedy!

### **Five Steps to Ladder Safety** (Slips, Trips and Falls) **(420.12.1Q)**

👍👍👍 Vallecitos Water District

### **The Attitude Virus: Curing Negativity in the Workplace** (Communication Skills) **(080.20.1F)**

👍👍👍 Valley of the Moon Water District  
Very good video!

### **Forklift Safety Essentials** (Forklift Safety) **(230.14.1)**

👍👍👍 Mountain Gate Community Services District

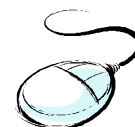
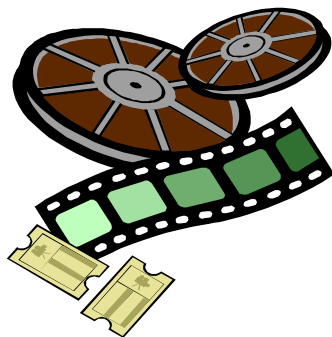
### **Drug and Alcohol Testing: Training and Awareness** (Drugs and Alcohol) **(440.17.1FE)**

👍👍👍 Paradise Irrigation District

### **Cranes, Hoists and Slings** (Cranes and Hoists) **(120.11.1)**

👍👍👍 Elsinore Valley Municipal Water District

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



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