



Video Loan Library Ergonomics

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.*

ID #	
300-VA * (7 min. serious)	Hand & Wrist Injuries Discusses types and causes of frequent hand and wrist injuries as well as caring for the injuries. Somewhat graphic, showing pictures of open cuts.
300-VB (10 min. serious)	Workstation Adjustment Good information. It covers ideas to combat Carpel Tunnel Syndrome.
300-VC (6 min. serious)	Back Safety 891-45 Illustrates proper lifting techniques - good content - clear points made.
300-VD * (6 min. serious)	Carpal Tunnel Discusses causes and effects of Carpal Tunnel Syndrome and preventive measures that can be taken.
300-VE (12 min. serious)	Back Injury Prevention Good, informative narrative as well as demonstrations on some exercises that can be done to stretch back muscles. Excellent video.
300-VES * (10 min. serious)	Back Injury Prevention - Spanish Gives info about "everyday" movements pertaining to both work and home. Covers: 1) Structure of the back and range of motion; 2) Encourages good posture and exercise; 3) Lever principle, grip, awkward positions.
300-VF * (5 min. serious)	Computeritis Discusses repetitive motion disorders including Carpal Tunnel Syndrome.
300-VG (9 min. serious)	Carpal Tunnel Syndrome Symptoms, causes, and treatment of Carpal Tunnel Syndrome. Very detailed and informative. Gives examples of exercises that can be done to prevent Carpal Tunnel Syndrome.
300-VH * (12 min. serious)	Safe Lifting & Carrying Explains steps of safe lifting. Stresses the risk of back injury due to lifting.
300-VI (14 min. serious)	Hand, Wrist and Finger Safety Extremely good. Discusses injuries to hand, wrist and fingers. Carpal Tunnel is discussed, but the main discussion is geared toward working with machines, power tools, and use of machine guards.
300-VIS * (12 min. serious)	Hand, Finger & Wrist Safety - Spanish Covers: 1) Sense of touch, power grip, and precision grip 2) Gloves: choosing the right type, length and fit, inspecting, washing and storage 3) Hand pads and guards, finger guards, barrier cream 4) ergonomics: avoid repetition, neutral positions.
300-VJ (8 min. humorous)	Safe Lifting Discusses and shows demonstrations of proper lifting.
300-VJS * (10 min. serious)	Lifting Safely in Construction - Spanish Shows how consistent care of the back is essential to prevent degeneration. Covers: Structure and function of back; stretching and exercising benefits; lift principles/techniques, load/counter load; techniques for awkward positions.

300-VK *	Industrial Ergonomics
(9 min. serious)	Describes ways to improve work stations or areas to help prevent ergonomic injuries. Offers some excellent suggestions.
300-VL	Back Safety: Belt Use
(8 min. serious)	Discusses the use and proper fit of back belts. Shows different types of back belts.
300-VM	Ergonomic Tools
(13 min. humorous)	Demonstrates ergonomic tools. Describes each tool's use and why to use tools that are ergonomic. Filmed like set on "Tool Time".
300-VN *	Back Basics: Back Injury (Health Care)
(20 min. serious)	Good safety advice on lifting. Demonstrates lifting with help from others or with lifting-assistance devices.
300-VO *	Video Display Terminal Safety
(7 min. serious)	Description of injuries that can occur using video display terminals; i.e., back injuries, hand/wrist injuries, and headaches.
300-VP *	Hand Protection
(9 min. serious)	Contains short safety segments showing a potential hazard and ways to prevent it. Stresses use of proper gloves. Shows crushing and cutting accidents.
300-VQ *	Ergonomics for the Twenty First Century
(13 min. serious)	Explains the importance of ergonomics. Shows how to prevent Repetitive Motion Injury, Carpal Tunnel Syndrome, etc. Gives examples of exercises to do to prevent ergonomic injuries.
300-VR *	Video Display Terminal Safety
(10 min. serious)	Excellent tool for all terminals and computers. Covers specific information on how to reduce injuries relating to VDT work.
300-DS	Back Safety Update
DVD Only (21 min. serious)	Emphasizes overall back care, including exercise and weight control. Covers: Back structure, Damage, 'S' Curve protection, Diet and stress management, Proper lifting, carrying, and setting down.
300-DT	Industrial Ergonomics Updated
DVD Only (13 min. serious)	Focuses on potential ergonomic problems in manufacturing, assembly and warehouse situations. Covers: Physiology of the body; Parts of the body most affected; Eye strain; Pragmatic preventative measures; Correct use of office equipment; Exercises and stress release.