

KIT CARE SAFETY MEETING SERIES

KIT CARE CORPORATION is pleased to announce the availability of the newest and most contemporary Video Training Series. Produced under the direction of Kit Care by top professionals covering everything from preventing



back injuries and falls to the latest data on substance abuse. Kit Care Safety Meeting Series and Kit Care Safety Meeting Kits are constantly being updated, and are invaluable tools that enhance safety on and off the job.

1 **FIRST AID**

- Sprains & muscle pulls
- Lacerations & bleeding
- Broken bones
- Shock
- Bums
- Artificial respiration
- CPR

2 **BLOODBORNE PATHOGENS**

- Contents of US Standard
- Blood borne Diseases
- Exposure Control
- Emergency Procedures
- Signs, Labels & PPE

3 **"BLOODBORNE PATHOGENS SAFETY AWARENESS"**

- Combines Important aspects of #2 and #4

4 **SAFETY HOUSEKEEPING & ACCIDENT PREVENTION**

- Safety awareness
- Excess materials & rubbish
- Electric cords & ropes
- Tools & supplies
- Hazardous chemicals
- Personal protective equipment

5 **FIRE PREVENTION & SAFETY**

- Common causes of workplace fires
- Importance of good "housekeeping"
- Using fire extinguishers. Evacuation & other employee responsibilities
- First aid

6 **HAND & POWER TOOL SAFETY**

- Matching the tool to the job
- How materials cause accidents
- Anticipating hazards
- Personal protective equipment
- Tool safety practices
- Tool care & maintenance

7 **HAND, WRIST & FINGER SAFETY**

- Physiology of the hand, wrist & fingers
- Identifying hazards
- Proper work procedures
- Tool use & maintenance
- Using personal protective equipment
- Injuries & First aid

8 **SLIPS, TRIPS & FALLS**

- Gravity, friction & momentum
- Causes of slips, trips & falls
- Avoidance techniques
- Potential health effects
- The role of safety shoes
- ladders & other equipment

9 **PERSONAL PROTECTIVE EQUIPMENT**

- Areas of the body needing protection
- "Vulnerabilities" in each area
- Available protective equipment
- Equipment variations
- Matching equipment to the hazard
- Proper use of equipment

10 **SAFETY ORIENTATION**

- Developing "safety sense"
- Hazard evaluation
- Safety housekeeping
- Tool use & maintenance
- Personal protective equipment

11 **HEARING SAFETY**

- How the ear works
- Types of hearing problems
- Causes of hearing damage
- Effects of hearing problems
- Noise avoidance & safety practices
- Personal protective equipment

12 **WINTER SAFETY**

- Extension cords & outlets
- Fires, fireplaces & chimneys
- Dressing for cold weather
- Fire extinguishers
- Lights & candles
- Walking and driving in ice and snow

13 **HEAT STRESS**

- Causes of heat related illnesses
- Heat stress, heat exhaustion & heat stroke
- How the body reacts
- Symptoms
- Prevention
- First aid

14 **FORKLIFT SAFETY**

- Equipment check-out
- Surveying the work area
- Correct operating procedures
- Recognizing potential problems
- Equipment maintenance

15 **WELLNESS & FITNESS**

- Importance of "attitude"
- Stress & high blood pressure
- Nutrition & weight control
- Exercise
- Smoking
- Alcohol & drug use

16 **EYE SAFETY**

- How the eyes work
- The effects of eye injuries
- Common types & causes of eye injuries
- Care & safety practices
- Personal protective equipment

17 **OFFICE SAFETY**

- Safety awareness
- Slips, trips & falls
- Safety housekeeping
- Steps & ladders
- Proper lifting
- Electrical safety

18 **WORKPLACE STRESS**

- Situations causing stress
- Positive vs. negative stress
- Recognizing symptoms
- Effects on the mind & body
- Eliminating stress factors
- Stress relieving exercises

19 **RESPIRATORY SAFETY**

- How the respiratory system works
- Causes of respiratory problems
- Effects of respiratory hazards
- Safety practices
- Respiratory safety equipment

20 **INDUSTRIAL ERGONOMICS**

- The anatomy of the body
- Body movements and their effects
- Recognizing ergonomic problems
- Practical solutions
- "Warm-up" exercises & stress release

21 **LADDER SAFETY**

- Basic rules for ladder use
- Proper placement
- Ladder maintenance
- The "buddy system"
- Tying off & blocking ladders
- Overhead hazards

22 **SAFETY SHOWERS & EYE WASHES**

- Types of showers & eye washes
- Operating procedures
- Chemical splashes
- Helping an accident victim
- Maintenance & testing

23 **VDT SAFETY**

- The “ergonomic” factors of VDT use
- Eye strain
- The effect of lighting
- Is radiation a problem?
- Fatigue
- Stress release & exercises

24 **OFFICE ERGONOMICS**

- Physiology of the body
- Parts of the body most affected
- Eye strain
- Pragmatic preventative measures
- Correct use of office equipment
- Exercise & stress release

25 **BACK SAFETY**

- How the back works
- Common types & causes of back injuries
- Effects of back injuries
- Injury prevention & safety
- Basic back exercises

26 **DRIVING SAFETY**

- Vehicle Inspection
- Mental Preparation
- Driving at Night
- Adverse weather conditions

27 **FALL PROTECTION**

- Hazardous Situations
- The Fall Protection Plan
- Preventative Measures
- Protective Equipment

28 **WELDING SAFETY**

- Types of Hazards
- Personal protective equipment
- Electrical hazards
- Fire Safety

29 **WORKPLACE VIOLENCE**

- Warning Signs
- Threats and verbal abuse
- Sexual Harassment
- Physical Assault
- Armed Assailants

30 **ASBESTOS AWARENESS**

- The Characteristics of Asbestos
- Use of Asbestos in the Workplace
- The Effects of Asbestos Exposure
- Locating Asbestos in the Workplace
- Potentially Hazardous Custodial and Maintenance Activities
- Using Personal Protective Equipment
- Cleanup Methods and Air Monitoring

31 **ACCIDENT INVESTIGATION**

- The Goals of an Accident Investigation
- Securing an Accident Scene
- “Root Cause” Analysis
- The Importance of Investigative Interviews
- Assisting in an Accident Investigation
- Reporting “Near Misses”
- The Role of Policies, Equipment, and Training on Accident Prevention

32 **INDOOR AIR QUALITY**

- Symptoms & Signs of Poor Air Quality
- Pollutant Pathways
- Heating & Air Conditioning Systems
- Sources of Indoor Air Contamination
- Adhesives, Solvents, and Vehicle Exhaust
- Smoking and Second-Hand Smoke
- Air Quality Investigation

33 **DRUG AND ALCOHOL TESTING**

- For Employers & Supervisors only [approx. 2 hours]
- Focused on Transportation, with general applications
- Reasonable Suspicion training for Supervisors
- Alcohol & Drug Abuse Symptoms
- Reasonable Suspicion Checklists & Monitoring
- Types and Areas of Drug & Alcohol Testing

34 **WHMIS**

35 **CRANE SAFETY**

- Types of Cranes
- Equipment Inspection
- Hand Signals
- Rigging and Lifting

36 **RIGGING SAFETY**

- Equipment Inspection
- Slings and Hitches
- Hand Signals
- Load Angles

37 **SAFETY AUDITS**

- Workplace Analysis
- Administrative Controls
- Engineering Controls
- Accident Investigation

38 **COMPRESSED GAS CYLINDERS**

- Dangers Associated with Compressed Gas
- Moving and Handling
- Proper Storage Practices
- Personal Protective Equipment
- Leaks

39 **MACHINE GUARD SAFETY**

- Dangers of Working with Machinery
- Safe Work Practices
- Basic Motions of Machinery
- Strengths and Weaknesses of Guards
- Pressure Sensing Devices

40 **HAZARDOUS MATERIALS LABELS**

- OSHA Hazard Communication Standard
- DOT'S Nine Hazardous Materials
- United Nations ID System
- Recognize NFPA, HMIS, DOT Labels

41 **DEALING WITH HAZARDOUS SPILLS**

- Helping Employees to Understand
- Communication and Response Plan
- Proper Decontamination
- Procedures Necessary to Clean Up

42 **COMPUTER WORKSTATION SAFETY**

- Potential Problems
- Posture and Body Positions
- Break and Exercise Program
- Make Adjustments to Work Area

43 **EMERGENCY PLANNING**

- Causes of Emergencies
- Creating An Emergency Plan
- Importance of Practice and Drills
- Importance of Employee Knowledge

44 **FIRE PREVENTION IN THE OFFICE**

- Classes/Types of Fires
- How to Extinguish a Fire
- Causes of Fires
- Evacuation Plans

45 **INDUSTRIAL FIRE PREVENTION**

- Prevention of Industrial Fires
- Classes/Types of Fires
- Handling Flammable Materials
- Evacuation Plans

46 **CONFINED SPACE ENTRY**

- Definition of Confined Spaces
- Hazards Encountered in Confined Spaces
- Hazardous Atmospheres
- Employee Duties and Responsibilities

47 **FIRE PREVENTION IN HEALTHCARE FACILITIES**

- Prevention of Healthcare Facility Fires
- Classes / Types of Fires
- Using Fire Extinguishers
- Evacuation Plans

48 **PREVENTING SEXUAL HARASSMENT - FOR EMPLOYEES**

- What constitutes harassment?
- Behaviors to avoid
- Recognizing harassment incidents

49 **PREVENTING SEXUAL HARASSMENT - FOR MANAGERS & SUPERVISORS**

- What constitutes harassment?
- Recognizing harassment incidents
- Handling and incident

50 **SEXUAL HARASSMENT INVESTIGATION**

- Company's legal responsibilities
- Documenting allegations
- Conducting an ethical investigation
- Interviewing victims and harassers

51 **D.O.T. - HAZMAT GENERAL AWARENESS**

- Review of regulation
- Labeling & placarding
- Recognizing Hazmats
- Where Hazmats are found

52 **D.O.T. - HAZMAT SAFETY TRAINING**

- Hazard indicators (labels, shipping papers, etc.)
- Use of PPE
- Safe chemical handling
- Accident avoidance
- Emergency procedures
- Spills and cleanup

53 **D.O.T. - HAZMAT SECURITY AWARENESS**

- Internal vulnerabilities
- Securing Hazmats & the facility
- Shipping Hazmats
- Unloading Hazmats

54 **D.O.T. - HAZMATS IN -DEPTH SECURITY TRAINING**

- The "Security Plan"
- Targeted materials
- Facility security
- Shipping Hazmats
- Avoiding hijacking
- Unloading Hazmats