



Minnesota Counties Intergovernmental Trust

Video Library

CATALOG



Browse a variety of video topics!

Human Resources



Driving Safety



Back Safety & Ergonomics



General Safety



Land Use



All Hazards



Health & Wellness



**Members
rent at
no-cost!**

Using the MCIT Video Library

MCIT staff work hard to provide up-to-date training videos relevant to members' needs. The videos serve as an interactive way to reach employees on critical risk management issues.

How to Use the Video Library Catalog

The videos listed are part of the MCIT Video Library and are organized by the following color-coded topics:

	Back Safety & Ergonomics
	Health & Wellness
	General Safety
	Driving Safety
	All Hazards
	Human Resource
	Land Use

Videos are listed in alphabetical order by title under each topic. The approximate length of the video, recommended audience and a brief description of its contents are also provided.

Fees

Videos from the MCIT Video Library are available to members for loan at no charge.

Loan Policy

Up to **three videos** may be requested at one time.

Videos be returned to MCIT immediately following the last showing or **within three weeks**—whichever comes first.

Videos *must* be returned by the due date. Failure to comply with this request makes it impossible for MCIT to meet obligations to other members.

Lost or Damaged Videos

Members are liable for lost or damaged videos. Your organization may be assessed a fee to cover full replacement cost of the video.

Requesting Videos

To request your video(s) for loan, please contact:

Heather Larson-Blakestad
Communications Manager
phone: 651.209.6430
e-mail: hblakestad@mcit.org
Web: MCIT.org/video_library.aspx

Returning Videos

Return your loaned video(s) by mail in a box (to protect materials) to:

Heather Larson-Blakestad
Communications Manager
MCIT
100 Empire Drive, Suite #100
St. Paul, MN 55103-1885

Disclaimer

Videos are not to be copied without the expressed written permission of the producer and MCIT. Federal law prohibits unauthorized reproduction, distribution or exhibition of copyrighted materials. Violators will be prosecuted.

The contents in the videos and training materials do not necessarily represent the view or policies of MCIT. Information contained in the training binder and videos is for general information purposes only and does not constitute legal or coverage advice.

Back Safety & Ergonomics

A Bit About Backs: Back Basics (Volume I)

VHS

(12 minutes) Prevention Plus, Media Productions, 1993

This Michael Melnik video is the first video in a series of three videos on basic back safety. This initial video introduces viewers to the basic functions of the back through simple and practical demonstrations.

Audience: Ideal video for all employees

A Bit About Backs: Risk Factors (Volume II)

VHS

(13 minutes) Prevention Plus, Media Productions, 1993

This video is number two in a series of three videos on basic back safety by Michael Melnik. In Volume II, viewers learn about factors that increase the risk of experiencing a back injury.

Audience: Ideal video for all employees

A Bit About Backs: Prevention Strategies (Volume III)

VHS

(14 minutes) Prevention Plus, Media Productions, 1993

This video is the third in a series of three videos on basic back safety by Michael Melnik. The goal of Volume III is to inform viewers of practical methods for maintaining a healthy back.

Audience: Ideal video for all employees

Back in Step

VHS

(50 minutes) Prevention Plus, Media Productions, 1995

Back in step was created for people suffering from back pain. It provides viewers the necessary tools/information needed to achieve and maintain a healthy back. Whether viewers have back pain or want to avoid back pain in the future, this video also offers practical tips to help minimize

back pain, speed recovery and reduce the risk of injury or re-injury.

Audience: Ideal video for all employees or for employees re-entering the workforce after a back injury

Stretching Out at Work

VHS

(12 minutes) Prevention Plus, Media Productions, 2000

In this Michael Melnik video viewers learn the importance of taking time to stretch during the work day.

Audience: Ideal video for all employees

Take 5 for Health & Safety

VHS

(25 minutes) Prevention Plus, Media Productions, 1999

This video series can be shown in five separate segments (5 minutes each) or as an entire program. The video series introduces viewers to sitting, standing, lifting, stretching and ergonomics. Presented in a talk-show format, "Take 5" captures the key elements of these important topics and presents them in a series of 5-minute programs that motivate, entertain and educate viewers. Each show is complimented by a short and humorous "commercial" that drives home the important points of injury prevention.

Audience: Ideal video for all employees

(The) Dark Side of the Sun

DVD

(15 minutes) Mollie Biggane Melanoma Foundation, 2005

Statistics confirm that one out of five people in the U.S. will develop some form of skin cancer. Education and prevention is the best defense and this video focuses on sun protection and skin cancer prevention.

Audience: Although this video is geared towards viewers 25 years and under, the information conveyed also makes this video an excellent resource for seasonal employees and outdoor workers such as highway or construction personnel or parks staff

HeartStart: Blueprint for Training

VHS, CR-Rom

(26 minutes) Philips, 2003

This toolkit contains two (2) videotapes and a CD-Rom. The first video is designed for use with the HeartStart FR2+ and the second video is designed for use with the HeartStart OnSite Presenter's Guide found on the CD-Rom. Both videos focus on introducing viewers to using the HeartStart FR2+ and Onsite defibrillators. The CD-Rom includes PowerPoint slide presentations for responding to sudden cardiac arrest, how to use the HeartStart FR2+ defibrillator and how to use the HeartStart Onsite defibrillator. Training scenario descriptions are provided on the CD-Rom as well. A presenter's guide and student's guide are also included.

Audience: Ideal for use with HeartStart FR2+ or HeartStart Onsite defibrillators only

Project XTREME: Cross Training Respirator Extenders for Medical Emergencies

DVD

(26 minutes) AHRQ, 2007

This DVD aims to train health care professionals who are not respiratory care specialists to provide basic respiratory care and ventilator management

to *adult* patients during a mass casualty event or during a public health emergency including an influenza pandemic, an outbreak of severe acute respiratory illnesses or bioterrorist attack. The DVD includes six training modules covering infection control, respiratory care terms, manual ventilation, mechanical ventilation, airway maintenance and airway suctioning.

Audience: Ideal for public health nurses, healthcare workers, physicians and public health emergency volunteers

Respirators: Your TB Defense & TB Respirator Protection – An Administrator's Review

DVD

(48 minutes) CDC and NIOSH, 2002

This two-part DVD is hosted by Emmy award winner, Loretta Swit. *Respirators – Your TB Defense* is designed to educate healthcare workers on proper respiratory protection. The program addresses what TB is, how it is transmitted, how to prevent TB and how to use a respirator. *TB Respirator Protection – An Administrator's Review* takes viewers step by step through developing a respirator protection program for tuberculosis (TB). A CD-Rom is also included to help program administrators develop a respiratory protection program.

Audience: Ideal for public health nurses and healthcare workers

Secrets Through the Smoke

DVD or VHS

(55 minutes) CDC, 2006

This DVD is a compelling and sometimes graphic production focusing on the tobacco myths and health effects of tobacco use. The video can be presented in three (3) separate parts or as one continuous program. The video is hosted by Dr. Jeffrey Wigand, subject of the 1995 Academy Award-nominated film, *The Insider*, when he became the tobacco industry's highest-ranking former executive to publically acknowledge the devastating effects of smoking on health.

Audience: Although this program is targeted at high school students, the information presented and the style of the presentation allow this video to be good for use with tobacco cessation or wellness programs or with community leaders and policymakers

Seven Deadly Myths: Women and Tobacco
DVD
(17 minutes) CDC, 2006
Lung cancer claims the lives of many more

women each year than breast cancer and deaths from lung cancer are on the rise. This video explores the myths about smoking and empowers women to become or stay smoke-free. The video is hosted by Christy Turlington.

Audience: Although this program targets women, the information provided makes this video appropriate for use with a wellness or smoking cessation program. It is also ideal for use at *Lunch & Learn* sessions

Blueprints for Safety: Accident Investigation

DVD/Training Program

(12 minutes) Comprehensive Loss Management Inc., 2006

Conducting accident investigations, along with other safety measures and training, can help an organization create a safer and more productive workplace. This DVD and/or training program introduces people to the accident investigation process by reviewing the importance of accident investigations and the activities involved in the process.

Audience: This video is ideal for individuals with limited knowledge of safety management, training or compliance.

Chainsaw Safety Maintenance & Operation

DVD

(63 minutes) Stihl, 2006

This DVD gives chainsaw operators the basic information needed to properly and safely operate chainsaws. The program emphasizes the importance of understanding chainsaw designs and features and it provides basic information on chainsaw maintenance, chainsaw sharpening, protective apparel and safe

Audience: This video is ideal for chainsaw operators.

Dog Bite Prevention: Be Canine Smart

DVD

(10 minutes) Hawaiian Humane Society, 2007

The Hawaiian Humane Society developed the dog bite prevention program to help people understand dog behavior so that people and dogs can coexist without incident in the community.

This DVD shows viewers how to be smart around dogs. It discusses how to recognize different types of dog behavior, how to avoid being surprised by a strange dog, how to respond safely and what to do if you are chased or attacked by a dog.

Audience: This video is ideal for employees needing to conduct home visits, enter homes or who are out in the community – especially neighborhoods (i.e. social workers, assessors, inspectors, probation officers, sheriff deputies)

Leaf Blowers: Proper Operation

DVD

(19 minutes) PPEMA, 2000

This video provides general guidelines and recommendations for eliminating unsafe operation of leaf blowers and examines how operators can prevent environmental damage when using leaf blowers. It also outlines steps operators can take to ensure courteous use of the equipment. The program emphasizes proper operations, safety and maintenance of leaf blowers.

Audience: This video is ideal for grounds-keeping staff, parks staff, seasonal outdoor workers, custodial staff, maintenance staff

Playgrounds: Inspecting Playgrounds for Hazards

DVD

(35 minutes) The Information Exchange, 2006

Playgrounds are a fundamental part of childhood. Unfortunately, the U.S. Consumer Product Safety Commission reports that more than 200,000 children are treated in hospital emergency rooms each year for injuries associated with playground equipment. Many of these injuries can be prevented. This DVD provides an overview of playground safety issues. It emphasizes the importance of conducting regular inspections and offers useful tips for monitoring equipment safety through checklists, playground surfacing, design related inspections and safety evaluations.

Audience: This video is ideal for parks staff, inspectors or anyone tasked with performing playground safety inspections

Playgrounds: Playing It Safe

VHS

(15 minutes) Michigan Municipal Risk Management Authority

This video emphasizes the importance of playground safety. Using a puppet to convey a safety message, the program has a humorous approach to a very important issue – playground equipment and surface safety.

Audience: This video is ideal for parks staff, inspectors or anyone tasked with performing playground safety inspections

The Risk Is in the Routine: A New Look at Accident Prevention

DVD

(21 minutes) CIRSA, 2011

The video uses seven scenarios to show accidents and injuries resulting from routine situations. These include injuries due to inattention while driving, poor housekeeping, lifting, police officer training, dismounting heavy equipment, slipping on a wet surface and a work zone accident. Each scene is revisited to address what could have been done to prevent the accident or injury..

Audience: This video is ideal for department heads, supervisors, administrators, safety committees, elected officials

Ten Cones of Highway Safety

DVD

(15 minutes) VFIS, 2002

Five firefighters, several EMTs and 20 law enforcement officers lose their lives on the job each year as a result of secondary highway incidents. Those statistics amount to one death every other week on U.S. highways outside of the vehicles. This DVD focuses on the dangers emergency responders face when responding to highway incidents. The program discusses the importance of preparedness by offering ten techniques/tips referred to as the “cones” of

highway incident safety. The techniques covered include training, communication, exposure, traffic management, scene protection, working away from traffic, roadway closure, visibility, proper attire and responsibility.

Audience: This video targets emergency services personnel such as firefighters, emergency medical services personnel and law enforcement. It is also an excellent resource for anyone responding to the scene of a highway incident including highway personnel, traffic management personnel, hazardous materials response clean up teams, accident clean up teams or public relations personnel.

Trench Safety Awareness

CD-Rom

NIOSH, 2006

This interactive CD-Rom uses OSHA standards to introduce trench safety and the benefits of using trenching protective systems. The CD-Rom reviews types of trench collapses, frequency of trench collapses, trench soil types, OSHA safety requirements, and common trench protective systems.

Audience: This video is ideal for anyone involved in trenching activities

Working in the Cold

VHS

(9 minutes) Coastal Video Communications, 1996

Working in the Cold is one segment of a longer video magazine publication from the *Safety and Environmental Affairs Journal*. This segment stresses the importance of appropriate dress and examines the risks of working in cold temperatures such as frostbite, hypothermia and wind chill factors.

Audience: This video is ideal for any employee working outdoors in cold temperatures

ATVs – DNR Employee ATV/OHV Safety Training

CD-Rom

DNR, 2004

More than 200,000 people have registered ATVs and approximately 600,000 people ride ATVs in the state of Minnesota. This means that riders' actions while on ATVs determine the rules that the 87% majority (non-ATV riders) make. This interactive CD-Rom provides participants basic ATV riding and operating information for safer and more productive ATV riding and use.

Audience: This CD-Rom targets DNR employees, interns or volunteers operating DNR ATVs/OHVs on the job. This program is also ideal for anyone operating ATVs

Audience: This CD-Rom targets DNR employees, interns or volunteers operating DNR ATVs/OHVs on the job. This program is also ideal for anyone operating ATVs

Saved by the Belt

DVD

(8 minutes) Minnesota Department of Transportation

This DVD stresses the importance of seat belt use. Vehicular accident survivor testimonies combined with the video narrative serve as a positive tool for showing viewers seat belt use is important and that buckling up is the law. This DVD is packaged with *Saved by the Belt* campaign materials which include program materials developed to encourage employees to wear seat belts every time they get into a vehicle for 30 days. An award certificate for program participation and press release templates highlighting the program are also included for optional use.

Audience: This video is appropriate for all employees. It is also ideal for employees needing to drive for work

Snowmobiles – DNR Employee Snowmobile & Minnesota Certified Snowmobile Safety

CD-Rom

DNR, 2005

This interactive CD-Rom examines critical skills and training for snowmobiling. The CD-Rom reviews basic safety, snowmobile parts, maintenance, laws, safety, riding skills, emergencies and deadly problems.

Audience: This CD-Rom targets DNR employees, interns or volunteers operating snowmobiles on the job. This program is also ideal for anyone operating snowmobiles

All Hazards

Chemical Hazards: Pocket Guide

CD-Rom

NIOSH, 2005

This NIOSH interactive CD-Rom was produced in partnership with the Department of Health and Human Services and Center for Disease Control and Prevention. The program serves as a source of general industrial hygiene on many chemicals found in the work environment. The CD provides a database of each chemical, chemical structure, CAS/RTECS Number, DOT ID, conversion factors, exposure limits, IDLH, chemical and physical properties, measurement methods, personal protection, respirator recommendations, symptoms and first aid.

Audience: This video is appropriate for employees who may come in contact with chemicals in the work environment

Human Resources

Customer Service

DVD

(12 minutes) Advanced Concept Research

This video examines the principles of successful customer service for the public sector. It discusses the importance of providing customer service both to fellow staff members and to citizens. The video also encourages the creation of a positive atmosphere by being calm, patient, consistent and helpful and it helps viewers learn how to minimize unnecessary frustration by responding to requests in a timely manner and by learning the job thoroughly in order to be an informed public servant.

Audience: This video is ideal for all employees

Dealing with Difficult Citizens

DVD

(10 minutes) Advanced Concept Research

This program helps government employees understand and prepare for how to successfully calm emotionally charged situations with difficult citizens. The video follows five difficult situations employees have faced from the beginning of the incident to its successful conclusion and includes explanations of how to assess the situation, how to position one-self, how to interact with the other person and how to slowly take control of the situation.

Audience: This video is ideal for all employees

Diversity: A Winning Balance

VHS

(34 minutes) BNA Communications, 1993

This video is designed to help viewers understand and appreciate diversity in the workplace. The program helps viewers understand the connection between diversity and the organization's success, and the important role each employee plays in ensuring people of all cultures and backgrounds have a chance for success. The program also discusses how attitudes toward differences

influence interactions with others and re-enforces the importance of creating and maintaining a respectful workplace.

Audience: This video is ideal for all employees

In This Together: An Engaging Look at Harassment and Respect

VHS

(18 minutes) Media Partners, 2000

This video examines harassment and respect in the workplace. The program looks at a wide range of common workplace respect issues including attitudes, gossip, promises, pictures, jokes and language, sexual harassment, tolerance and differences, small kindnesses and harassment complaints. It helps viewers find the right words to say, teaches them how avoid common pitfalls and encourages employees to take action toward a kinder, more respectful workplace.

Audience: This video is ideal for all employees

Mastering Performance Appraisals

VHS

(12 minutes) J.M. Glasc. Inc., 1989

This video offers tips and guidelines for completing performance appraisals that are consistent, informative, effective and useful for the employee. Although this is an older video, the information still proves to be a wonderful resource for supervisors needing to write and give employee performance appraisals.

Audience: This video is ideal for new supervisors. It is also an excellent resource for anyone needing to complete performance appraisals

Street Smart From 9 to 5: Defusing the Explosive Customer (Volume 1)

VHS

(40 minutes) National Crisis Prevention Institute, 1995

This is the first video in a series of three that focuses on the skills necessary to deal with angry customers, co-workers or the public at large while

Human Resources

in the workplace. The videos offer techniques to strengthen viewers' abilities in defusing hostile or explosive behavior before violence erupts and it offers tips for increasing personal safety if an individual were to become assaultive. The goal of the series is to reduce hostility and violence in the workplace through respect, service and safety of everyday interactions at work. It is recommended that the entire three-volume series be viewed together.

Audience: This video is ideal for all employees

Street Smart From 9 to 5: Managing Employee Hostility (Volume II)

VHS

(40 minutes) National Crisis Prevention Institute, 1995

This is the first video in a series of three that focuses on the skills necessary to deal with angry customers, co-workers or the public at large while in the workplace. The videos offer techniques to strengthen viewers' abilities in defusing hostile or explosive behavior before violence erupts and it offers tips for increasing personal safety if an individual were to become assaultive. The goal of the series is to reduce hostility and violence in the workplace through respect, service and safety of everyday interactions at work. It is recommended that the entire three-volume series be viewed together.

Audience: This video is ideal for all employees

Street Smart From 9 to 5: Responding to Violence at Work (Volume III)

VHS

(30 minutes) National Crisis Prevention Institute, 1995

This is the first video in a series of three that focuses on the skills necessary to deal with angry customers, co-workers or the public at large while in the workplace. The videos offer techniques to strengthen viewers' abilities in defusing hostile or explosive behavior before violence erupts and it

offers tips for increasing personal safety if an individual were to become assaultive. The goal of the series is to reduce hostility and violence in the workplace through respect, service and safety of everyday interactions at work. It is recommended that the entire three-volume series be viewed together.

Audience: This video is ideal for all employees

Violence in the Workplace: The Cost and the Challenge

VHS

The Initiative for Violence Free Families & Communities in Ramsey County, 1994

This video encourages reduction in workplace violence through cultural and behavioral changes. It focuses on providing viewers the skills necessary to recognize the warning signs of workplace violence and it offers an overview of conflict mediations skills.

Audience: This video is ideal for all employees

Working with People with Disabilities

DVD

(15 minutes) Baltimore County, Maryland, 2007

This video offers first person accounts from people with disabilities from mental to physical impairments. These people communicate their views, concerns, needs and expectations in an attempt to help viewers work more effectively and compassionately with persons with disabilities.

Audience: This video targets law enforcement and emergency services personnel. This video is also an excellent "sensitivity training" resource for anyone working with persons with disabilities.

Land Use

None at this time