



Intact Inland Marine

Safety Training Videos

Through our partnership with CLMI Safety Training, we are pleased to offer you and your employees access to free online safety courses covering a broad spectrum of topics. Courses include an online video and downloadable training materials such as instructor manuals, PowerPoint presentations and quizzes. You will have access to the course(s) for 30 days and you may view each video an unlimited number of times during that period.



You may request access to any of the courses described below through your risk control representative, simply indicate which ones!

### Accident Investigation

Educate employees on how to effectively investigate an incident that may have occurred in the workplace.

### Back Injury Prevention

Back injuries are the most frequent workplace safety problem and a recurrent workers' compensation expense. Learn how using common sense, simple exercises, proper lifting procedures and having an understanding of back stress can help you teach employees to take care of their backs. It's your key to reinforcing a company-wide culture that embraces healthy and injury-free workplace.

### Bloodborne Pathogens

Understand the potential hazards of contact with blood and other potentially infectious materials and how to protect yourself from these hazards.

### Confined Space Entry

Presents a realistic depiction of an improper entry into a confined space and the deadly consequences. Topics

covered include definitions of confined spaces, the permit process and the roles of entrants and attendants.

### Defensive Driving

Learn which factors can lead to accidents and provides seven strategies for driving defensively: Get Ready; Stay Focused; Be Aware; Look Ahead; Back Off; Expect Mistakes; and Be Noticed. There are courses specifically tailored for automobile drivers, cargo van drivers, and step van drivers.

### Why Do We Drive the Way We Do?

This course is designed to help you conduct a training session to ensure that employees recognize that they are driving in a professional capacity, and need to operate vehicles with professional attitudes and defensive-driving skills. Upon completion of the program, participants will be able to:

- Recognize that they are professional drivers.
- Make driving decisions from a professional point of view.
- Recognize the conscious and unconscious risks they take.



- Identify the driving risks they take and the rewards they expect to get by taking those risks.
- Understand that unsafe driving can result from both action and inaction.
- Avoid accidents by using defensive-driving skills.

### It's Good Business: A Supervisor's Guide for Defensive Driving

Improve your effectiveness in monitoring your employees' driving. You will learn skills for observing driving behaviors and correcting unsafe driving practices.

### Effective Safety Committees

Keeping everyone in your organization safe and free of injury should always be a top priority, but you may often feel overwhelmed with the number of safety issues that need to be addressed. Your first response is to form a safety committee—but how do you keep this team on track and effective? This video is an effective tool for training members of a safety committee. It will help members understand their roles and responsibilities in the safety process and how each member can make a valuable contribution.

### Electrical Safety

Presents an overview on how electricity works, its effect on the human body and how to use electricity safely. This information is presented at a level for those who work with electrically powered tools, equipment and appliances.

### Emergency Preparedness

When an emergency occurs at your facility, you need to know what to do and react in a way that protects you from harm. Emergency Preparedness looks at four common types of emergencies: medical, fire, weather and earthquakes. Each of these is reviewed along with the common responses that everyone needs to know.

### Ergonomics

**Basics of Ergonomics:** an understanding of ergonomics in the workplace.

**Elements of an Ergonomics Program:** covers the functions of an ergonomics program and how to manage the ergonomic improvement process.

### Understanding Musculoskeletal Disorders (MSDs)

Helps you identify and reduce the risk of getting a musculoskeletal disorder (MSD). The program emphasizes the importance of early reporting of MSDs so that employee reports of pain and discomfort can be avoided.

### Fall Protection (Construction)

Understand the importance of using the correct protection to prevent dangerous falls through a detailed illustration of the various types of fall protection and how to properly use each type.

### Fire Extinguishers: Ready to Respond

Since fire is one of the most common hazards in the workplace, it is important to know how to properly use a fire extinguisher. This program will cover how to calmly and effectively deal with fires and correctly use a fire extinguisher.

### Hazard Communication

#### Globally Harmonized System: Labels and Safety Data Sheets

The Globally Harmonized System (GHS) is an international approach to hazard communication, providing a new system for classification of chemical hazards, and a standardized approach to labels and safety data sheets. Anyone who works with chemicals needs to be trained on the new labels (e.g., pictograms and signal words) and the safety data sheet format.

#### Your Key to Chemical Safety - GHS Version

Practical information on the use of chemicals by using the following four guiding questions: What am I working with? Can it hurt me? How do I protect myself? What do I do if something

goes wrong? This program also covers information on the new Global Harmonization labeling system.

### Hearing Conservation

In the following videos, the overall message is simple: hearing loss is permanent but preventable and you need to take care of your hearing any time you are exposed to high levels of noise.

#### Are You Listening, Jim?

It is not just the noise at work that can cause hearing loss, but excessive sound levels off the job as well. A story of one worker's struggle with his own "inner voices" that encourage him to take better care of his hearing.

#### What?!—Protecting Your Hearing

A married couple who are losing their hearing after a lifetime of noise exposure demonstrated by their simple household conversations scattered with "What?!!!"

### Housekeeping

The importance of keeping your facility neat and clean is often overlooked. This course reinforces the importance of proper housekeeping methods and illustrates the multiple benefits of keeping your work site in order including increasing safety, improving your image, and better utilizing your space.

### Ladder Safety

Learn how to select the right ladder for the job, how to inspect it to make sure that it is in good condition and how to set up and use a ladder correctly.

### Lockout-Tagout

Every workplace requires ongoing maintenance. Serious injury can be caused by the sudden and unexpected startup of the machinery or equipment, contact with live electrical circuits or the unexpected release of stored energy.

#### For Affected Employees

Installation, repair and servicing of machines and equipment may seem

routine, but can be dangerous to employees performing the work and can affect the safety of workers that operate the equipment. Equipment that is shut down may inadvertently be restarted or re-energized by someone who does not understand the dangers of the maintenance process or was not aware of the lockout process. Fortunately, these hazards can be avoided at your workplace through the use of a lockout/tagout program that involves both those who work on the equipment and those who work nearby.

### **For Authorized Employees**

Installation, repair and servicing of machines and equipment may seem routine, but can be dangerous to those employees performing the work. Equipment that is shut down may inadvertently be re-started or re-energized by a co-worker, or equipment that was thought to be shut down may be controlled by automatic processors, timers or computers and may restart automatically and without warning. Fortunately, these hazards can be avoided through the use of a lockout/tagout program at your workplace. It's important for you to understand lockout/tagout procedures, how and when to use them and how to safely restart the equipment or machinery.

## **Machine Safeguarding**

Machine safeguarding is a simple concept that, when put to effective use, can prevent injuries. This program demonstrates the importance of machine safeguarding and outlines the steps to identify and protect you from coming in contact with hazardous equipment in your workplace.

## **Office Ergonomics**

### **Office Ergonomics: Improving Our Comfort**

A desk, a chair, a phone, a monitor, a keyboard and a mouse are the standard working tools of millions of people. But these simple tools can take their toll when we don't fit the equipment to the physical needs of each office worker.

## **Out of the Office: Ergonomics for the Mobile Worker**

When we work in a typical office, we have the advantage of ergonomically adjustable office equipment and furniture. But when we rely on laptops, tablets and smartphones in settings that range from coffee shops to hotel rooms to our kitchen table, we need to be aware of what we can do to create our own comfortable work environment. Learn proper posture and how it impacts the proper use of mobile office equipment, the special challenges it presents and the importance of positioning and moving our bodies as we work.

### **Principles of Office Ergonomics**

Focusing on ergonomically correct body positions, this program offers solutions for how to compensate for workstation limitations and create a healthier and stress-free work environment.

## **Overhead Crane Safety**

Overhead cranes are common pieces of equipment in many workplaces. This equipment helps us to move loads and make our jobs easier. But operating overhead cranes must be done safely. This course will take you through five separate lessons and a quiz following each video segment. You need to complete all five lessons to receive credit for the course.

## **Personal Protective Equipment**

### **Eye Protection**

There are many situations that can be potentially harmful to our eyes. Fortunately, it is a hazard that can easily be eliminated by wearing the proper type of eye protection. This course will cover how to protect your eyes from a debilitating injury and the proper eye protection to use in a variety of situations.

### **Personal Protective Equipment**

Personal protective equipment is a simple way to prevent injuries. This course provides an informative overview of the various types of personal protective equipment, what types of protective equipment are appropriate in certain situations, and how to correctly use each type of equipment.

## **Powered Industrial Trucks**

### **Forklift Operator Training - Handle With Care**

Understand the important elements to safely operate the sit-down, counter-balanced forklift. This course includes: How to Correctly Inspect a Forklift; Forklift Stability and How to Prevent Tip-over; The Importance of Seat belt Use; The Safe Operation of a Forklift; and How to Safely Load and Unload Trailers.

### **Order Picker Safety**

Review the important elements of how to safely operate order pickers including: How to Correctly Inspect an Order Picker; Order Picker Stability and How to Prevent Tip-over; The Importance of Fall Protection; and The Safe Operation of an Order Picker.

### **Powered Pallet Jack Safety**

How to safely operate powered pallet jacks, including: How a Powered Pallet Jack Works; How to Correctly Inspect a Powered Pallet Jack; and How to Safely Operate a Powered Pallet Jack.

### **Reach Truck Safety**

How to safely operate reach trucks, including: How a Reach Truck Works; How to Inspect a Reach Truck; and How to Safely Operate a Reach Truck.

## **Respiratory Protection**

Designed to provide a basic understanding of respiratory protection, emphasizing the importance of protecting your respiratory system and provides helpful tips for maintaining and properly using air purifying respirators.

### **Your Guide to Clean Breathing**

Some jobs can expose workers to contaminants that can cause simple irritation or even a serious illness. A respirator is a piece of personal protective equipment like gloves or a hard hat, but they are more complex and require specific training before use. Air purifying respirators can be an effective means to keeping harmful contamination out of worker's lungs, but need to be selected, fitted, used and maintained in a way that assures protection. This course includes: Hazards in the Air; Health

Screening; Respirator Types; Cartridges and Filters; Inspecting Your Respirator; Using a Respirator; and Maintaining Your Respirator.

### Safety Program Management

Developing a safety program in your company might seem like an overwhelming task. This program transforms what can feel like an unmanageable project into a simple and clear process. Filled with practical advice and information from experienced safety professionals, this five-part module leads you through the steps needed to establish, maintain, and manage an effective safety program.

### Slips, Trips and Falls

#### General Industry

Addresses the needs of any organization and provides detailed information about how to create a safe environment for employees and guests.

#### Healthcare

Addresses the needs of a hospital, clinic or long-term care setting and provides detailed information about how to create a safe environment for employees and patients.

#### Hotel

Addresses the needs of various types of hospitality facilities where fall hazards are common and provides detailed information about how to create a safe environment for employees and guests.

#### Restaurant

Addresses the needs of various types of restaurants, food services and other dining facilities where fall hazards are common and provides detailed information about how to create a safe environment for employees and guests.

#### Retail

Addresses the needs of various types of retail facilities where fall hazards are common and provides detailed information about how to create a safe environment for employees and customers.

### Your Key to Chemical Safety: Workplace Hazardous Materials Information System (WHMIS) version

Provides practical information on the use of chemicals by using the following four guiding questions: What am I working with? Can it hurt me? How do I protect myself? What do I do if something goes wrong? This program also covers labeling information based on the current WHMIS system.

### Workers' Compensation Management

Created in conjunction with some of the most successful insurance companies and risk managers in the United States, this course will teach you the very best strategies to bring your employees back to work as soon as possible. This program covers: How to Choose Your Management Team; How to Identify and Evaluate Transitional Work; How to Evaluate Opportunities for Recovering Employees; and Effective and Proven Claims Control Techniques.

#### About Intact Insurance Specialty Solutions

Throughout the United States, Intact Insurance Specialty Solutions' underwriting companies offer a broad range of specialty insurance products through independent agencies, regional and national brokers, wholesalers and managing general agencies. Each business is managed by an experienced team of specialty insurance professionals focused on a specific customer group or industry segment, and providing distinct products and tailored coverages and services. Targeted solutions include group accident and health; commercial and contract surety; entertainment; environmental; excess property; financial institutions; financial services; inland marine; management liability; ocean marine; public entities; technology; and tuition refund. For further information about U.S. products and services visit: [intactspecialty.com](http://intactspecialty.com).

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