



Safe workplaces protect workers, save employers money, and strengthen the Oregon economy.

We want to help—that's why we provide comprehensive safety resources, videos, and training opportunities through policyholder services. And if you don't find what you're looking for here, contact our safety services team at 877.242.5211, 971.242.5311, or [safetyservices@saif.com](mailto:safetyservices@saif.com).

## A-Z Topic List

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### A

- Abrasive Blasting
- Accident/Incident analysis
- Agriculture
- Agriculture - Labor and Housing
- Agriculture - Pesticides
- Air contaminants
- Ammonia
- Anthrax
- Asbestos

### B

- Bloodborne pathogens

### C

- Carbon Monoxide
- Chlorine
- Confined space
- Construction

### L

- Ladder safety

D	<ul style="list-style-type: none"> <li>• Drug and Alcohol Programs</li> <li>• Dust</li> </ul>	<ul style="list-style-type: none"> <li>• Lead</li> <li>• Lighting for Industry</li> </ul>
E	<ul style="list-style-type: none"> <li>• Emergency planning</li> <li>• Ergonomics</li> <li>• Excavation/Tunneling</li> </ul>	M <ul style="list-style-type: none"> <li>• Machine guarding</li> <li>• Material safety data sheets (MSDS)</li> <li>• Misc. safety resources</li> <li>• Mold</li> <li>• Motor vehicle/truck safety</li> </ul>
F	<ul style="list-style-type: none"> <li>• Factsheets</li> <li>• Fall protection</li> <li>• Fatality guidance/reporting</li> <li>• First aid</li> <li>• Flammable material</li> <li>• Fluorescent Light Fixtures and Polychlorinated Biphenyls (PCBs)</li> <li>• Forklifts/Powered industrial trucks</li> <li>• Formaldehyde</li> </ul>	N <ul style="list-style-type: none"> <li>• Noise/Hearing conservation</li> </ul>
G		O <ul style="list-style-type: none"> <li>• Oregon OSHA/Federal OSHA</li> <li>• Office ergonomics</li> </ul>
H	<ul style="list-style-type: none"> <li>• Hand tool/pneumatic fastener safety</li> <li>• Hazardous Chemicals in Laboratories</li> <li>• Hazard Communication</li> <li>• Hazardous energy/lockout-tagout</li> <li>• Hazardous materials/industrial hygiene</li> <li>• Hazardous Waste Operations and Emergency Response</li> <li>• Health care</li> <li>• Heat/Cold stress</li> <li>• Hexavalent chromium</li> <li>• Hospitality (hotel, restaurant and kitchen)</li> </ul>	P <ul style="list-style-type: none"> <li>• Personal Protective Equipment (PPE)</li> <li>• Personal safety</li> </ul>

- Human resource best practices

## I

- Indoor Air Quality
- Infectious Disease/Pandemic Influenza

## J

## K

## Q

## R

- Radiation
- Respiratory protection
- Return-to-work

## S

- Safety & health management/leadership
- Safety & health programs
- Safety committees
- Scaffolds
- Self Inspection Checklists
- Silica
- Slips, trips, falls
- Small business safety
- Spanish/English dictionary & information
- Spray Finishing
- Stretchand flex

## T

## U

## V

- Video catalogs
- Violence in the workplace

W

- Welding
- Western Red Cedar Dust

X

Y

- Young workers

Z



Video can be an effective resource for enhancing the safety training you provide to your workers. We encourage you to take advantage of these valuable tools.

Place your video order today by filling out our online form. (Please remember that safety resources, such as these videos, are for SAIF policyholders only.)

Note: "E" indicates videos in English, and "S" indicates videos available in Spanish.

- Agricultural
- Behavior
- Communications
- Construction
- Ergonomics
- Fire
- General safety
- Hazardous Materials
- Hotel
- Housekeeping and falls
  
- Kitchen safety
- Laboratory
- Lifting - back injury prevention
- Logging and lumber
- Management safety training
- Occupational health
- Off the job safety
- Personal protective equipment
- Substance abuse
- Vehicle

## AGRICULTURAL

- [Pesticide Training for AG Employers \(E&S\) | Video details](#)

- Orientation to Packinghouse Safety | Video details
- Orientation to Ag. Vehicle Safety (E&S) | Video details
- Ag. Back Injury Prevention (E&S) | Video details
- Orientation to Nursery Safety (E&S) | Video details
- ATV Safety on the Farm | Video details
- Working Smarter ... Not Harder (E) | Video details
- Farm Safety: Getting Down to Business | Video details
- Electrical Safety on the Farm & Ranch | Video details
- Tripod Orchard Ladder Safety (E&S) | Video details
- Groundskeeping Safety: Be a Pro! (E) | Video details
- Groundskeeping Safety: Be a Pro! (S) | Video details
- Load & Lift (VHS - E) | Video details
- Load & Lift (VHS - S) | Video details
- Farm and Ranch Electrical Safety (E&S) | Video details
- Farm and Ranch Equipment Safety (E&S) | Video details
- Safety In The Fruit Packing Plant (English) | Video details
- Safety In The Fruit Packing Plant (Spanish) | Video details
- Violence & Sexual Harassment in The Workplace (E&S) | Video details
- Work Smart, Work Safe | Video details
- How to Conduct Worker Protection Training / Train the Trainer Program | Video details
- Load & Lift (DVD - E&S) | Video details
- Pesticide Safety Training for Pesticide Workers and Handlers | Video details
- Christmas Tree Harvest Safety | Video details
- Cattle Handling in Meat Plants | Video details
- Cattle Handling Principles to Reduce Stress | Video details
- Handling of Pigs | Video details
- Preventing Behavior Problems in your Horse | Video details

## BEHAVIOR

- What Would You Say? | Video details
- Human Behavior - Reducing Unsafe Acts by Employees | Video details
- After Shock | Video details
- Pro-Active Safety Attitudes: Looking Out for Number One | Video details

- Pro-Active Safety Attitudes: Target Zero! | Video details
- The Right Moves | Video details
- FISH! Catch the Energy. Release the Potential | Video details
- Remember Charlie | Video details
- Safety Attitudes: Food for Thought | Video details
- Safety - Everyone's Responsibility | Video details

## COMMUNICATIONS

- Communicating Non-Defensively: Don't Take It Personally | Video details
- I Chose To Look The Other Way | Video details
- Communicating for Safety | Video details
- Felt Comfortable | Video details
- Safety Committees The Real Story | Video details
- Safety Committees The Real Story | Video details
- Commitment To Safety: Safety Orientation | Video details
- Safety Meetings: Give 'Em What They Want | Video details

## CONSTRUCTION

- Indoor Cranes: Safe Lifting Operations | Video details
- Safety: The Most Important Force (Hydraulics) | Video details
- Safety - It's In Our Hands | Video details
- ABC'S of Your Personal Fall Arrest System (DVD) | Video details
- Construction Fall Protection - Get Arrested! (S) | Video details
- Roofing Safety | Video details
- Give Safety a Hand | Video details
- Hand Tool Ergonomics | Video details
- Cave In: Trenching and Shoring | Video details
- Scissor Lifts in Construction (S) | Video details
- Contractor Safety - General Requirements Video (S) | Video details
- Breaker/Jack Hammer Safety (Safety Bite) | Video details
- Heightened Awareness: Fall Protection In the Construction Industry (DVD - E) | Video details

- Heightened Awareness: Fall Protection In the Construction Industry (VHS - S) | Video details
- Shoveling Safety | Video details
- In The Trenches: Excavation Safety for Workers (DVD - E) | Video details
- In The Trenches: Excavation Safety for Workers (VHS - S) | Video details

## ERGONOMICS

- Body Mechanics: Preventing Pain & Strain | Video details
- Cumulative Trauma Series - Module 1: It All Adds Up | Video details
- Cumulative Trauma Series - Module 2: Meeting the Challenge | Video details
- Cumulative Trauma Series - Module 3: Managing Cumulative Trauma | Video details
- Ergonomics: Break The RMI Habit (DVD - E,S&P) | Video details
- Manual Handling for Industry - The New Approach | Video details
- Soft Tissue Injury Prevention Video | Video details
- Ergonomics: Your Body At Work | Video details
- Ergonomics: A Weight Off Your Shoulders (Safety in 8) | Video details
- Easy Ergonomics For Caregivers: Today's Workplace Series | Video details
- The Right Moves: Ergonomics in the Workplace | Video details
- Office Ergonomics - Blueprints For Safety | Video details
- Have A Seat - Putting Ergonomics to Work | Video details

## FIRE

- Portable Fire Extinguishers (Training Timeout) | Video details
- Basic Fire Suppression & Safety Training | Video details
- Flammables Contained: The Safe Handling & Storage of Flammable Liquids | Video details
- Fire Extinguisher Safety | Video details
- Fire in the Workplace | Video details
- Fire Safety (Safety in 8) (DVD-E,S&P) | Video details

## GENERAL SAFETY

- [Danger If You Don't \(Lockout/Tagout\) | Video details](#)
- [Take Electricity Seriously | Video details](#)
- [Electrical Safety: Down To The Wire | Video details](#)
- [Job Safety Analysis: Pro-Active Planning | Video details](#)
- [Violence on the Job \(DVD\) | Video details](#)
- [Dog Bite Prevention \(Safety Bite\) | Video details](#)
- [Chain Saw Safety | Video details](#)
- [ARC Flash Awareness | Video details](#)
- [ARC Flash: Safety Awareness | Video details](#)
- [Targeting Workplace Violence - A Video for Frontline Workers | Video details](#)
- [Power and Hand Tool Safety | Video Details](#)
- [Safe Materials Handling | Video details](#)
- [Home Health Safety Orientation | Video details](#)
- [Seven Steps To Ladder Safety | Video details](#)
- [Shortcuts | Video details](#)
- [Welding Safety: Safe Work with Hotwork | Video details](#)
- [Flex-N-Stretch | Video details](#)
- [Slips, Trips & Falls: Real, Real-Life \(E\) | Video details](#)
- [Slips, Trips & Falls: Real, Real-Life \(S\) | Video details](#)
- [The Case For Safety | Video details](#)
- [Safety in the Office | Video details](#)
- [Dairy Safety: Now More Than Ever | Video details](#)
- [An Ounce of Prevention | Video details](#)
- [Workplace Violence | Video details](#)
- [Electrical Safety Series: Basic Principals of Electricity | Video details](#)
- [Electrical Safety Series: Common Violations of Electrical Standards | Video details](#)
- [Frontline: A Dangerous Business | Video details](#)
- [Combative Residents Mirror Their Reality | Video details](#)
- [Violence In The Workplace | Video details](#)
- [Stairways and Ladders \(E\) | Video details](#)
- [Stairways and Ladders \(S\) | Video details](#)
- [Safety First \(English\) | Video details](#)
- [Safety First \(Spanish\) | Video details](#)
- [Slips, Trips and Falls: Taking The Right Steps | Video details](#)

- What Would You Do Next? Hazard Identification and Control (DVD - E&S) | Video details
- Emergency Evacuation: Getting Out Alive | Video details
- Electrical Safety (Safety in 8) | Video details
- Hand Safety | Video details
- The Philosophy of Safety | Video details
- The Risk Takers | Video details
- Office Safety | Video details
- OSHA Inspections: Overcoming Your Fears | Video details
- Recognizing Hazards | Video details
- Hand and Power Tool Safety | Video Details
- Safety Orientation: On Alert | Video details
- No Shortcut to Safety | Video details
- Safety Orientation for Custodial and Maintenance | Video details
- Teacher Safety Orientation | Video details
- Violence in the Workplace (Retailers) | Video details
- Shiftwork: Circadian Survival | Video details
- DuPont STOP Series | Video details
- Electrical Safety: Beware the Bite | Video details
- Slips, Trips and Falls | Video details
- Lockout Tagout: Controlling the Beast | Video details
- Behavioral Safety: Actively Caring | Video details
- C.L.I.M.B. Academy Safety Training Program (Louisville Ladder) | Video details
- Youth Safety in the Workplace | Video details
- Climbing Pro II Training Program: Take Time to Climb Safely (Werner Ladder) | Video details
- Job Safety Analysis | Video details
- Emergency Evacuations: Getting Out Alive (Spanish) | Video details

## HAZARDOUS MATERIALS

- Asbestos Awareness: Understanding The Risk (DVD - E,S&P) | Video details
- Hexavalent Chromium Awareness (DVD - E,S&P) | Video details
- Confined Space Entry (Safety in 8) | Video details
- Gas Cylinders | Video details

- Cornerstone of Chemical Safety (MSDS) | Video details
- Hazard Communication (Safety in 8) (DVD -E,S&P) | Video details
- Labeling | Video details
- What's It All About? (English) | Video details
- What's It All About? (Spanish) | Video details
- Working Safely With Hazardous Materials | Video details
- Your Health Matters: Basic Concepts of Chemical Safety | Video details
- Confined Space Entry | Video details
- Confined Space Rescue | Video details
- Hazard Communication Training Program: The Hazard Communication Standard | Video details
- Hazard Communication Training Program: Control of Hazardous Materials | Video details
- Hazard Communication Training Program: Material Safety Data Sheets, Labels and Lists | Video details
- Confined Space Entry: Permit Required | Video details
- Hazardous Materials Series Training Program: Solvents | Video details
- Hazardous Materials Series Training Program: Metal Working Fluids and Lubricants | Video details
- Hazardous Materials Series Training Program: Compressed Gases | Video details
- Hazardous Materials Series Training Program: Metals, Metal Salts, Solders, and Powered Metals | Video details
- Hazardous Materials Series Training Program: Corrosives | Video details

## HOTEL

- Hotel Employee Safety Orientation (English) | Video details
- Hotel Employee Safety Orientation (Spanish) | Video details
- Hotel Hazard Communications (English) | Video details
- Hotel Hazard Communications (Spanish) | Video details
- Hotel Housekeeping Safety (English) | Video details
- Hotel Housekeeping Safety (Spanish) | Video details
- Safe Lifting for Hotel / Motel (English) | Video details
- Safe Lifting for Hotel / Motel (Spanish) | Video details

## HOUSEKEEPING AND FALLS

- Safety Housekeeping - Accident Prevention (Spanish) | Video details
- How To Prevent Falls | Video details

## KITCHEN SAFETY

- Kitchen Safety Hospitality | Video details
- Kitchen Safety Series: Safe Handling of Kitchen Tools & Machinery | Video details
- Kitchen Safety Series: The High Cost of Falls & Strains | Video details
- Kitchen Safety Series: Watch Out, It's Hot! How to Avoid Kitchen Burns | Video details
- Kitchen Safety | Video details

## LABORATORY

- Emergency Response | Video details

## LIFTING - BACK INJURY PREVENTION

- Back Injury Prevention - Construction | Video details
- Safe Patient Handling in Health Care | Video details
- Back Safety: Lift Well, Live Well (DVD-E,S&P) | Video details
- Back in Shape | Video details
- The Last Straw | Video details
- It's Your Back: Don't Break It | Video details
- Smart Lift | Video details
- Lighter Side of Lifting | Video details
- A Bit About Backs (Set of 3) | Video details
- Back in Step | Video details
- Back Injury Prevention | Video details

## LOGGING AND LUMBER

- The Cutting Edge of Safety | Video details
- Logging Safety - Loading & Unloading Logs | Video details
- Mechanical Harvesting Safety | Video details
- Safety in the Logging Woods - Log Landing & Log Yard Operations | Video details
- Safety in the Logging Woods - Feller-Buncher Operations | Video details
- Log Hauling Safety | Video details

## MANAGEMENT SAFETY TRAINING

- Accident Investigation | Video details
- Accident Reporting and Investigation | Video details
- Accident Investigation (DVD) | Video details
- Safety Leadership for Everyone | Video details
- STOP for Supervision | Video details
- Safety and Security | Video details
- Is It Worth Your Life? | Video details
- Supervisor Safety | Video details

## OCCUPATIONAL HEALTH

- Respirators: Your TB Defense (DVD) | Video details
- Respirators: Your TB Defense (VHS) | Video details
- Bloodborne Pathogens for Corrections | Video details
- Indoor Air Quality: Tools for Schools | Video details
- Bloodborne Pathogens for School Custodians (English) | Video details
- Bloodborne Pathogens for School Custodians (Spanish) | Video details
- Stuck In Surgery: Sharps Safety In Today's O.R. (VHS-E) | Video details
- Hearing Protection (DVD - E&S) | Video details
- Bloodborne Pathogens (Safety in 8) | Video details
- Heat Stress: Staying Healthy, Working Safely | Video details
- Life Sustaining Response | Video details
- Emergency First Response | Video details

- Respiratory Protection: A Breath of Fresh Air (English) | Video details
- Respiratory Protection: A Breath of Fresh Air (Spanish) | Video details
- Needlestick Prevention: Stick to Safety | Video details
- Mold Awareness | Video details
- Hearing Conservations & Safety (S) | Video details
- Latex Allergy: Stop the Reaction | Video details
- Hearing Protection: Sounds Good to Me | Video details
- Blueprints for Safety - Bloodborne Pathogens - Control Your Exposure | Video details
- Bloodborne Pathogens: A Sharper Image | Video details
- The Hearing Video | Video details
- Bloodborne Pathogens: A Lesson To Live By | Video details
- The Hearing Video | Video details
- Working With Stress (DVD) | Video details
- Preventing Hantavirus Disease | Video details
- Working with Stress (VHS) | Video details
- Respirator Safety | Video details
- Why Don't We Do It In Our Sleeves? | Video details

## OFF THE JOB SAFETY

- Off the Job Safety | Video details

## PERSONAL PROTECTIVE EQUIPMENT

- PPE: Don't Start Work Without It | Video details
- Eye Care: About Eye Safety | Video details
- PPE: Win the Race to Safety! (DVD) | Video details
- Skin Care and Safety | Video details
- Personal Protective Equipment: Safe in 8 (E) | Video details
- Personal Protective Equipment: Safe in 8 (S) | Video details
- Personal Protective Equipment for the Healthcare Setting: Protect Yourself, Protect Others | Video details
- Preventing Head Injury | Video details
- Eye Safety | Video details
- Breathe Easy (English) | Video details
- Breathe Easy (Spanish) | Video details

- Personal Protective Equipment (Spanish) | Video details

## SUBSTANCE ABUSE

- A Deadly Silence | Video details
- Safety & Substance Abuse | Video details

## VEHICLE

- Forklift Case Histories: Serious Business | Video details
- Drive Safely | Video details
- Defensive Driving: 15-Passenger Vans (DVD - E&S) | Video details
- Flatbed Tarping Best Practices | Video details
- Powered High Lift Trucks: Order Picker Safety | Video details
- Techniques for Flatbed Truckers | Video details
- Before You Turn the Key | Video details
- Powered High Lift Trucks: Order Picker Safety | Video details
- Defensive Driving: A Crash Course (DVD - E,S&P) | Video details
- Working Around Forklifts: A Pro-Active Approach (DVD - E,S&P) | Video details
- Forklift Safety: Safety in 8 | Video details
- Bucket Trucks: Extending Your Safety (DVD - E,S&P) | Video details
- Safe Winter Driving (DVD - E&S) | Video details
- Forklift Driving Skills | Video details
- Forklift Load Capacity | Video details
- Forklift Pre-Op Inspection | Video details
- Forklift Safe Driving | Video details
- Forklift Walk Behinds | Video details
- Forklifts and Pedestrians | Video details
- Forklift Safety (Spanish) | Video details
- The Blindfold Effect | Video details
- Driving Safety | Video details
- Distracted Driving | Video details
- Driven To Distraction | Video details
- Loading Dock Safety | Video details
- The Ultimate Driving Challenge | Video details
- Valvoline National Driving Test, Volume 1&2 | Video details

- Winter Driving Safety | Video details
- Workplace Traffic Safety | Video details
- Forklift Safety: Keller's Operator Training Program (English) | Video details
- Forklift Safety: Keller's Operator Training Program (Spanish) | Video details
- Forklift Safety: Keller's Operator Training Program (DVD & VHS) | Video details
- The Safe Operation of Commercial Lawn Mowers | Video details



If you want to reduce injuries, improve productivity, and increase retention, your best investment is in workplace safety and injury prevention.

If you want to reduce injuries, improve productivity, and increase retention, your best investment is in workplace safety and injury prevention. But that investment will cost you next to nothing, because our programs and services are free to all SAIF policyholders—because we want to make your business the safest place to work in Oregon.

### Our safety professionals

Safety Services, which began formal operation at SAIF in January 2009, is a group of professionals whose purpose is to respond to the needs of our small and mid-sized customers, as well as those who have an Assigned Risk policy serviced by SAIF.

Our team includes certified safety professionals, associates in risk management, associates in workplace safety management, and certified industrial hygienists who have occupational safety and health experience.

One of the most significant steps a small business can take to improve its safety is to develop and implement basic elements of an effective safety culture. Our Safety Services staff can help by advising you on the programs below.

Most of their interaction with you occurs via email and telephone to learn about your business operations, assess hazards, and make recommendations. If needed, Safety Services consultants will schedule an on-site visit, too.

### Safety saves money, too

Improving safety can impact your premium cost. SAIF's underwriters base their premium pricing decisions on a wide variety of factors that include your business's loss experience, risk control, and ability to pay premiums in a timely manner.

That's why it's fiscally smart to have our safety experts show you programs and services to make your workplace safer.

### Our safety programs

Our safety staff is constantly innovating, creating new tools and practices to help you make your workplace safe.

### Our programs

- Workplace hazard and safety systems assessment | Our safety management professionals can help you assess workplace hazards and provide assistance to improve safety. Our goal is to reduce your associated loss costs and prevent the pain, suffering, and disruption associated with workplace injuries.
- Ergonomic worksite evaluations | We can recommend simple, affordable workplace design changes and teach you how to establish your own ergonomics program. Learn more on our Ergonomics page.  
The Employer-at-Injury Program is one of the financial incentives which may be available to you for modifying and creating productive work for an injured worker employee while a claim is open. The program is funded by the cents-per-hour assessment and is part of the state of Oregon's Workers' Benefit Fund. (Using the program does not affect your premium or claim costs.) Learn more about EAIP.
- OSHA code compliance | As part of your hazard assessment, our expert safety management consultants can provide recommendations to enhance your compliance programs. We can help you implement your own safety committee, or help determine if your business is required to have one.
- And more | Our safety services team also can help identify key trends, provide hazard analysis, employment risk management (hiring practices), targeted loss control service for employers with adverse loss trends, industry-specific assistance, and our behavioral safety training program: the SAIF Loss Control Approach. Just contact us – we can help.

### 5 things you can do today to improve your safety

It doesn't take a lot of time or money to create an effective safety system. We encourage you to call us about the best steps to take, but here are some of the most important ones:

- Implement a safety committee and hold safety meetings to involve your employees in building a safety culture. Two excellent resources on this topic are:
  - [www.orosha.org/pdf/pubs/0989.pdf](http://www.orosha.org/pdf/pubs/0989.pdf)
  - [www.orosha.org/pdf/pubs/fact\\_sheets/fs31.pdf](http://www.orosha.org/pdf/pubs/fact_sheets/fs31.pdf)
- Take advantage of free safety publications, free safety video lending libraries, and free safety training sessions. For some of these resources, see:
  - [www.saif.com](http://www.saif.com) > I am: An Employer > Safety
  - [www.orosha.org](http://www.orosha.org)
- Complete the Employer Safety and Health Program Self-Assessment available on [saif.com](http://saif.com).
  - [www.saif.com](http://www.saif.com) > I am: An Employer > Safety
- Review your new employee orientation process and make sure you are dedicating

time to teaching new employees about your workplace safety policies and procedures.

- Evaluate your own safety behaviors and those of other managers. If you aren't following the rules, your employees won't either.

#### Our industrial hygiene experts

Our industrial hygiene staff provides assistance such as investigation of occupational health-related claims and industrial hygiene and safety evaluations to assess physical and chemical hazards in the workplace.

#### Our workplace safety partners

SAIF partners with a number of trade associations that offer specialized industry-specific safety resources. Four of those association partners provide workplace safety services to our customers enrolled in their group programs:

- Associated General Contractors
- Home Builders Association
- Marion-Polk Building Industry Association
- Associated Oregon Loggers

#### For more help

If you didn't find what you're looking for on this page, please contact Safety Services at 877.242.5211, 971.242.5311, or [safetyservices@saif.com](mailto:safetyservices@saif.com).

Look for more workplace safety information from:

- Oregon Occupational Safety and Health Administration (OR-OSHA)
- Oregon Bureau of Labor and Industries (BOLI)
- U.S. Occupational Safety and Health Administration