

# The GamePlan for Health & Safety®

## Current Content List for Leadership

### The Energized Approach Videos:

Introducing the Energized Approach

Energy Source 2: Communication

Energy Source 4: Accountability (Part 1 & 2)

Energy Source 6: Recognition (Part 1 & 2)

Energy Source 8: Creativity

Energy Source 10: Fun

The Energizing Strategy Session

Energy Source 1: Commitment

Energy Source 3: Consistency

Energy Source 5: Inclusion

Energy Source 7: Respect

Energy Source 9: Flexibility

The Energy Audit

A Day in the Life of the Energized Approach

### Effective Training Strategies Videos:

Safety is a Product; How are you Selling It? (Part 1 & 2)

The Energized Approach to Effective Training (Part 1 & 2)

Safety is a Product; How are you Selling It? (Part 1 & 2)

The Energized Approach to Effective Training (Part 3)

REP: Rational, Emotional & Physical Approach to Employee Training

The Myths and Misconceptions of Training

Training Tips

From Knowing to Doing

### General Safety Videos:

The Role of Management in a Back Injury Prevention Program

The Role of the Supervisors in a Back Injury Prevention Program

The Role of the Employees in a Back Injury Prevention Program

Celebrating Success: Incentives and Recognition Programs

Building a Safety Community

Safety Is! (The Normal Course of Business)

Healthy Traveling (Part 1 & 2)

### Back Injury Prevention and Stretching/Warm-up Program Videos:

Stretching/Warm-up Programs

REP (As it Applies to Back Injury Prevention)

Effective Training in a Back Injury Prevention Program

The Energized Approach as It Applies to Back Injury Prevention

Stretching and Warm-up; One Company's Experience (Part 1 & 2)

Blink!: A Stretching and Warm-up Program that Works!

The Energized Approach for Stretching & Warm-up Programs

The Art of Sitting

The Art of Standing

The Lighter Side of Lifting

The Art of Stretching

Back Injury Prevention (Part 1 & 2)

**\*\*There is also a complete library of "Quick Tips". This library contains more than 100 videos on a variety of safety and health topics that are each 90 seconds or less.**

### Full Length Training Videos for Leadership:

Batteries Not Included: The Energized Approach to Safety Video

From Knowing to Doing: Getting the Most from Your Safety

**The GAMEPLAN For Health & Safety  
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# VIDEO LIBRARY AND RESOURCES FROM EXPERTS

Give your team the latest information on health, safety, and loss prevention with our growing video library & resources from content experts.

## **Full Length Award-Winning Training Videos for Employees (English & Spanish):**

A Bit About Backs (3 Modules)	On the Road; The Lighter Side of Lifting
Back in Step: The Road to Recovery from Back Pain	Stretching Out at Work
The Back Owner's Guide to Lifting and Stretching	Back In Step: The Road to Recovery From Back Pain
Take Five for Health and Safety (5 Modules)	A Better Way to Lift
Talk Back Live (5 Modules)	Blink! An Innovative Stretching and Warm-up Program

## **Physical Readiness System Complete Stretch and Warm-up Videos:**

Basic Physical Readiness System	Intermediate I Physical Readiness System
Intermediate II Physical Readiness System	Intermediate III Physical Readiness System
Accelerated I Physical Readiness System	Accelerated II Physical Readiness System
Core Conditioning	PRS Coach Train the Trainer
Road Athlete Truck Driver Exercise	Office/Desk Stretch

## **Drug Free at Work Videos:**

Testing: Pre-Employment Drug Testing	Marijuana: 10 Myths
Testing: Client Required Drug & Alcohol Testing	Marijuana: Is it Medicine?
Testing: New Hire Evaluation Period Drug Testing	Marijuana: Conflicting Federal vs. State Laws
Testing: Post-accident Parts 1 & 2	National Overview: Substance Abuse in the US
Testing: Reasonable Suspicion Parts 1 & 2	National Overview: Who are our Substance Abusers?
Testing: Return to Duty Drug Testing	Hot Topic: Opioids
Testing: What are Safety-Sensitive Positions?	Hot Topic: OSHA's New Ruling Pertaining to Post-Accident
Testing: Return After Layoff	

## **Leadership – Coaching Your Team Videos (Zero Accidents & Injuries):**

#1 Leadership: Belief is Number One!	#8 No Job is More Important than YOU
#2 Culture Trumps Strategy Every Time	#9 What is Your Life Worth?
#3 Pre-Job Brief Engagement	#10 Behaviors That Ruin Team Performance
#4 Effectively Coach Your Team Member in the Field	#11 Expectations Part 1
#5 Safety Culture Around the Job	#12 Expectations Part 2
#6 Take Your Safety Meeting to Another Level	#13 Expectations Part 3
#7 How to Engage Your Team	#14 Expectations Part 4

## **Publications:**

Monthly Health & Safety Newsletter	Sports Medicine Minute & Orthopedic Trends
Health & Safety Handouts	Physical Readiness Coach Training Handouts

**The GAMEPLAN For Health & Safety**  
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NEED A  
**90 SECOND**  
VIDEO?



Use Search Term  
**"QUICK TIP"**

## **Current Content List for Employees**

### **Employee Quick Tip Videos:**

The Art of Sitting: Quick Tip  
The Art of Standing: Quick Tip  
Cardiovascular Endurance: Quick Tip  
The Lighter Side of Lifting: Quick Tip  
The Newspaper Lifting Incident: Quick Tip  
Fatigue is a Symptom: Quick Tip  
Flexibility  
Standing – Get a Foot Up: Quick Tip  
Standing – Slight Bend in the Knees: Quick Tip  
Standing – Staggered Stance: Quick Tip  
Standing: Move and Fidget  
Sitting: Find More than one way to do the same job: Quick Tip  
Sitting: Setting up your work area: Quick Tip  
Sitting: Move, Adjust and Stretch: Quick Tip  
Sleep Well: Quick Tip  
Stress: Quick Tip  
Let Your Body Breathe: Quick Tip  
Keep it Close: Quick Tip  
Build a Bridge: Quick Tip  
Feet First: Quick Tip  
How Back Injury Prevention FEELS: Quick Tip

### **Recovery from Back Pain Videos:**

Back Care: Avoid Neck Pain  
Back Care: Bathroom Activities  
Back Care: Child Care  
Back Care: Driving  
Back Care: Housekeeping  
Back Care: Kitchen Activities  
Back Care: Lifting  
Back Care: Shopping  
Back Care: Sitting/Standing  
Back Care: Sleeping and Dressing  
Back Care: Understanding the Recovery Process  
Back Care: Tips for Safer Lifting  
Back Care: Yard Work  
Back Care: The Newspaper Lifting Incident  
Back Care: I didn't need any help.  
Back Care: I want my couch back!  
Back Care: The Principles of Lifting  
Back Care: The Single Event Injury

### **Health & Wellness Videos:**

Blink!  
Changing Habits  
Dealing Effectively with Stress  
Energy Up  
Fatigue is a Symptom  
Healthy Traveling: Part 1  
Healthy Traveling: Part 2  
Muscle Strength  
Sleep Well  
Stretch for Comfort  
Stretching  
The Brain/Body Disconnect  
The Cat Story  
Warming Up  
Your #1 Fuel Source is Oxygen

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# CHECK OUT OUR **GROWING** LIBRARY OF VIDEOS.

## **Ergonomics Videos:**

Art of Sitting	Stand Up
Better Sitting	Take Two
Changing Postures	The Bowling Ball
Ergonomic Risk Factors	The Power of Posture
Ergonomics	The Rule of Opposites
Find More than One Way to Do the Same Job	You Call that a Break?
Make Your Work Accommodate You	

## **Full Length Videos Employee Topics:**

A Bit About Backs: Back Facts	Talk Back Live: Back Basics
A Bit About Backs: Risk Factors	Talk Back Live: Lifting
A Bit About Backs: Prevention Strategies	Talk Back Live: Sitting
On The Road: The Lighter Side of Lifting	Talk Back Live: Standing
Stretching Out at Work	Talk Back Live: Movement
Take Five for Health and Safety: Lifting	The Back Owner's Guide to Lifting and Stretching: English
Take Five for Health and Safety: Sitting	The Back Owner's Guide to Lifting and Stretching: Spanish
Take Five for Health and Safety: Standing	A Better Way to Lift: English
Take Five for Health and Safety: Stretching	A Better Way to Lift: Spanish
Take Five for Health and Safety: Ergonomics	
Back In Step: The Road to Recovery From Back Pain	
Blink! An Innovative Stretching/Warm-up Program: English/Employees	
Blink! An Innovative Stretching/Warm-up Program: Spanish/Employees	

## **E-Books and Audio Content:**

Road Athlete System E-Book & Audio Series	EMS Athlete System E-Book and Audio Series
Occupational Athlete System E-Book & Audio Series	Physical Readiness System Coach Training Manual
Bus Athlete System E-Book & Audio Series	The Gameplan for Aging E-Book & Audio Series

## **Publications:**

Monthly Health & Safety Newsletter	Sports Medicine Minute & Orthopedics Trends
Health & Safety Handouts	Physical Readiness Coach Training Handouts

**NEW CONTENT & CONTENT EXPERTS ADDED REGULARLY!**

**Contact Us Today:**

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**[www.GameplanForHealthandSafety.com](http://www.GameplanForHealthandSafety.com)**