

2008 SMOHIT

Health & Safety
Training Resources



Safety Matters

The Sheet Metal Occupational Health Institute Trust (SMOHIT) provides unionized sheet metal workers with cutting-edge multimedia training products to promote workplace health and safety. From interactive DVD and CD-ROM to print tools, SMOHIT offers the most timely educational library in the industry—one which continues to expand with each new program initiative.

SE Denotes Spanish edition is available.

ST Denotes Spanish subtitled available.

Aerial Lifts Safety CD-ROM offers four hours of vital safety lessons and guidelines along with a participant guide, testing material, and a certificate of completion.

Arc Flash Hazard Training DVD addresses the dangerous conditions resulting from the explosive release of energy known as “arc flash.” The program addresses causes including electrical system contact, corrosion, mishandled tools, and conductive dust buildup. **SE**



Big 4+2 CD-ROM provides in-depth training for four central safety topics in the industry (“The Big 4”): Falls, strains and sprains, cuts, and eye injuries; it also addresses secondary (“+2”) safety concerns involving electric shock and “struck-by” accidents. **SE**

Bloodborne Pathogen Training is a 90-minute, instructor-led CD-ROM program that instructs participants on how to use universal precautions when dealing with emergency situations both on and off the job.

Confined Space Entry CD-ROM program combines real-life footage of confined space situations with an easy-to-use presentation to demonstrate common hazards encountered in confined space, as well as safety procedures to combat those hazards. **SE**



Electrical Safety PowerPoint CD-ROM presentation covers the basics of working around electrical wiring and power sources. **SE**

Environmental Health Hazards and Control Measures Chart is an easy-to-use resource for dealing

with hypothermia, sun exposure, frostbite, cramps, rashes, non-ionizing radiation, ionizing radiation, vibration, noise, particulates, and ozone.

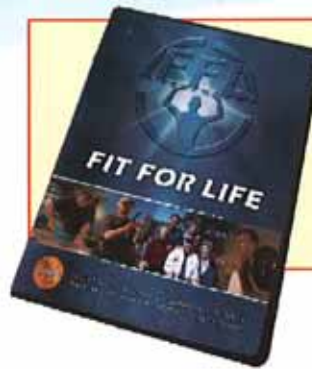
Ergonomics Safety Training is an interactive CD-ROM that uses job-site video clips and computer animation to show students how proper ergonomics can make work easier, safer, and healthier.

Eye Care CD-ROM focuses on three areas of instruction: (1) how the eye works and how it may be damaged, (2) the causes of vision impairment, and (3) selecting personal protective equipment for eyes.

Eye to Ear Training CD-ROM reviews basic eye and ear protection and safety, and includes an instruction leader's PowerPoint presentation, guide, and printable quiz.

First Aid Booklet is a handy reference that educates sheet metal workers about how to handle ear and eye injuries, broken bones, sprains and strains, wounds, stroke, hypothermia, etc.

First Aid: A Reference for Sheet Metal Workers manual covers how to deal with health-related issues including bleeding, concussion, seizures, poisoning, shock, eye injury, heat exhaustion, burns, heart attacks, dehydration, and more.



Fit for Life discusses various health issues confronting sheet metal workers and explains how to best maintain physical and mental wellness through a versatile DVD program and accompanying instructor's manual.

Hazard Recognition CD-ROM is a game-like interactive exercise that challenges users to identify hazards in photos and video clips, and then select the best method for correcting the hazard.

Hazardous Materials Safety Training is a must-have educational resource from the Center to Protect Workers' Rights (CPWR), and includes an emergency response training handbook.

HAZMAT for TAB & Service CD-ROM offers training for HAZMAT for TAB and service work, and provides a review of safe work practices.

Heads-Up Safety is a safety primer on the proper use of hard hats, hearing protection, eye protection, and respirators; live-action video segments interspersed throughout the CD-ROM illustrate curriculum content.

Hexavalent Chromium and Manganese Exposure reference booklet reviews the dangers encountered during welding and cutting processes, and covers health effects, prevention methods, and exposure scenarios.



Hoisting and Rigging CD-ROM includes an instructor guide and covers licensing, managing risks, calculations, and equipment and accessories.

Hoisting and Rigging by Design VHS training tool gives industry workers nearly

five hours of critical instruction and how-to information on hoisting and rigging skills.

Hoisting and Rigging by Design quiz booklet tests sheet metal workers on the basics of material handling, safe lifting procedures, wire rope, fiber rope, and more.

Job Site Safety's DVD-based course is designed for apprentice and journeyman sheet metal workers, and discusses tool/equipment use, working with other trades, responding to emergencies, material handling and storing, fall protection, and more. [ST](#)

Lead Exposure Training is a CD-ROM program that teaches sheet metal workers how to anticipate, recognize, evaluate, and control all types of lead-exposure hazards.

Lockout/Tagout Guide provides a basic review of lockout/tagout procedures and components for the sheet metal industry.

Mine Safety Health Act Training is a metal and non-metal surface mining training manual for sheet metal workers.

MSHA Refresher Training provides eight hours of education for metal and non-metal surface mining workers, and is compliant with Part 48.28(b) of Title 30 CFR Mineral Resources.



Multi-Craft Construction Hazards in Commercial Roofing is an instructor-led, DVD-based resource covering the finer points of roof work health and safety that was developed under an OSHA Susan Harwood Grant at no cost to the industry. [SE](#)

OSHA 10 Refresher Course provides 10 hours of instructor-

led, Web-based presentations based on topics including intro to OSHA, electrical safety, and fall protection; other topics on construction standards and policies related to the trade are explored as well.

Powder-Actuated Tool Safety's instructor-led course demonstrates how proper handling of powder actuated tools makes work easier and safer. The four-part HILTI certification program also covers product operation, assembly/disassembly instructions, and maintenance.

Powered Industrial Truck Safety is a portable, user-friendly CD-ROM program that uses video clips and computer animation to demonstrate how the proper operation of powered industrial trucks can make work easier, more efficient, and safer. [SE](#)

PPE Assessment Program CD-ROM is a training course that gives sheet metal workers personal protective equipment (PPE) tips for shop, field, auto, roofing, production, and kitchen safety.

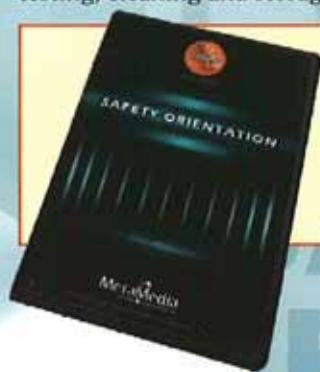
Put Your Best Foot Forward CD-ROM training program reviews the major job hazards that can cause injury to the lower body including the lower back, legs, knees, and feet. [SE](#)

Radio Frequency Safety Awareness CD-ROM contains two hours of training on health effects of RF overexposure, contractor responsibilities, RF safety, legal recourse, and more.

Radiological Control CD-ROM program features 40 hours of instructor-led plant access, nuclear employee, and radiological worker training for signatory sheet metal contractors and related organizations.

Residential Safety CD-ROM contains four hours of instructor-led presentations and covers topics including TAB, service, CFC TR (Freon charging), ladder safety, chainsaw safety, extension cords, pneumatic, and powder actuated.

Respirator Safety CD-ROM instructs on air-purifying and supplied-air respirator selection and limitations, inspection and testing, cleaning and storage, and worker training.



Safety Orientation, Vol. 1 DVD welcomes first-time sheet metal workers to the industry and discusses critical safety and health issues to help prepare them for the job. [SE](#) [ST](#)

Safety Orientation, Vol. 2 DVD is an awareness resource that provides the next level of safety—specifically, how to train the

“safety guy” in small- to medium-sized sheet metal shops (i.e., employees who want to improve onsite safety at work but are not yet properly trained in this area).

Safety Orientation, Vol. 3 DVD is geared toward everyday safety issues that face supervisors on the job and reviews the need-to-know sheet metal safety procedures.

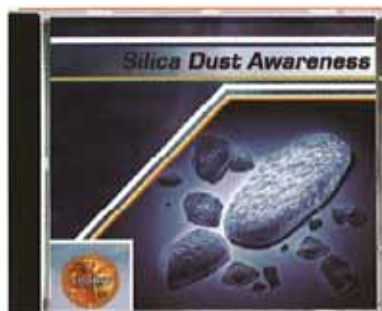


Safety Sense Toolbox Talks, Vols. 1-4 each contain 50 one-page safety talks for use by forepersons and supervisors, who can take 10 minutes out of each work week to review one of the book's stand-alone lessons with their workers (also available on CD-ROM and the SMOHIT Website). [SE](#)

Scaffolding Safety CD-ROM course deals with OSHA scaffolding regulations, information specific to frame scaffolds and the sheet metal industry, inspection checks for damaged scaffolding, and safely assembling/dismantling a frame scaffold.

Sheet Metal Stressors CD-ROM discusses the numerous on- and off-the-job sources of stress and how to best deal with them.

Shop Safety includes an interactive 3D "virtual tour" of a typical sheet metal shop on DVD to help learners improve safety in such a setting. Students observe various tasks being performed and attempt to determine whether they are safe or unsafe. **ST**



Silica Dust Awareness

PowerPoint CD-ROM presentation is a training resource that provides information about silica dust and crystalline silica hazards for the purpose of health awareness and prevention.

SMOHIT Awareness Video Presentation, available on VHS and DVD, is a must-see program that reviews SMOHIT's many health and safety resources for the unionized sheet metal industry.

Sound Advice Exposure Chart offers information on how to recognize too much noise in your surroundings, check your risk, set protection goals, and choose your protection aids.

Sound Advice Hearing Protection is a portable, customizable CD-ROM that educates sheet metal workers about ways to prevent hearing damage and loss; it can be used both as a self-paced individual program and in a classroom setting, and is accompanied by a decibel exposure chart.

Suspension Scaffold Daily Inspection Reports tablet allows sheet metal workers to document all job-site safety deficiencies and the solutions taken to resolve them.

Tobacco Awareness is a portable CD-ROM program that teaches workers about the harmful health effects of tobacco use and provides information on resources and techniques that help users quit.

Welding Safety Wheel is an easy-to-use, durable slide chart that helps to identify welding, cutting, and brazing hazards; defines symptoms of exposure; and illustrates effective control measures to minimize occupational illness and injury in the industry.



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