

## *Training: Computer Based Training*

# **KODAK** Health, Safety, and Environmental Training CD Series

### **Description**

A series of interactive, self-paced CDs that cover a variety of topics related to Health, Safety, and the Environment.

### **Programs available**

- **KODAK Ergonomic Training CD Series/Back Awareness**  
CAT 38677346  
For those who may perform assembly or manufacturing work that puts the back at risk for injury. This course focuses on ways to identify and eliminate musculoskeletal risk factors associated with back injury in lifting, reaching, and pushing. Learn safe lifting techniques and stretching exercises. Learn how to identify on-the-job risks and report injuries.
- **KODAK Ergonomic Training CD Series/Computer Workplace**  
CAT 145 3299  
For those who are required to use a computer in their job. This course focuses on ways to identify and eliminate musculoskeletal risk factors in computer work. Participants will learn risk factors for repetitive motion injury, adjusting the office workstation to the individual, safe work techniques, reporting on-the-job risks and injuries, and warm-up and stretching exercises.
- **KODAK Ergonomic Training CD Series/Manufacturing and Maintenance Operations**  
CAT 170 5573  
For those who may be at risk for Cumulative Trauma Disorder (CTD) due to the type of work they perform. This course takes a two-pronged approach to CTDs – ergonomics and fitness. Ergonomics teaches employees how to fit the job to their capabilities. Fitness builds capability. Participants will learn to identify on-the-job risks and injuries and learn warm-up and stretching exercises.
- **KODAK Electrical Safety Awareness Training CD Series/Safety in the Office Environment**  
CAT 111 8140  
Advantageous for all. This course provides information on the proper use of electrical cord and plug-connected equipment. Participants will also learn basic electrical safety principles and practices.
- **KODAK Electrical Safety Awareness Training CD Series/Safety in the Workplace**  
Cat 177 3670  
For anyone who works near electrical energy. This course provides training on common electrical hazards and the effects of electricity on the body. Topics include de-energizing equipment, inspecting cords and plugs, operating electrical disconnects, GFCI's, and alerting techniques for warning others.

### **Ordering Information**

Contact your local Customer Service Representative or Kodak office for price and availability in your area.

For more information, visit: [www.kodak.com/go/training](http://www.kodak.com/go/training)



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