



# TANY

# Training Library

The Trucking Association of New York Training Library offers over 100 training videos and DVDs at no charge to its members. With many of these programs costing in excess of \$500, this provides a significant savings to any member who would ordinarily purchase these training materials.

The Training Library offers programs for every facet of the trucking business. In addition to the staples of compliance, skills and safety training, the Training Library contains videos on gas welding safety, fire prevention, dispatcher training, technician recruitment, dock safety, violence in the workplace, business negotiations and much more. There is something for everyone!

*Before purchasing a costly training video or DVD, contact TANY. It may be something worth adding to the Training Library, which can be borrowed by any member for free!*

Training materials are available for topics in the following categories:

- **Back Safety**
- **Compliance**
- **Driving Skills**
- **Forklift/Electric Pallet Jack**
- **General Driver Training**
- **Hazardous Safety**
- **Maintenance**
- **Management**
- **OSHA**
- **Tires**
- **Workplace Safety**
- **Miscellaneous Topics**

*Contact TANY to start using the Training Library today!*

## **Back Safety**

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### **027- Lifting Techniques: Avoiding Back Injuries**

Improper lifting is the largest cause of back injuries in the trucking industry today. Learn the types of back injuries, why back pain occurs, basic lifting techniques, planning ahead and exercises to strengthen the back. *(J.J. Keller) 25 min.*

### **046- Back Injury Prevention**

Public Agency and construction work. (Quick review of causes of back injuries) - a short safety review for all people who lift things. *(L.I. Productions) 5 min.*

### **071- Back Safety for Mechanics**

Covers changing tires, lifting hoods, team lifting, changing starters, moving batteries, and more. *(J.J. Keller) 40 min.*

### **073- Back Safety for Shipping & Receiving Employees**

Covers opening and closing trailer doors, team lifting, moving pallets, pulling carts, squat stocking, lifting propane tanks, and more. *(J.J. Keller) 40 min.*

### **074- Back Safety for Maintenance Employees**

Designed primarily for training industrial employees, this video covers working in tight corners, team lifting, working and lifting from ladders, lifting heavy objects, and more. *(J.J. Keller) 40 min.*

## **Compliance**

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### **002- Hours of Service, A Driver's Guide**

Provides an overview of the basic concept of the hours of service regulations and who they apply to. Driving limits, record of duty status, exceptions and how to put it all together are discussed in detail. *(J.J. Keller) 40 min.*

### **007- Roadside Inspections**

This video (which includes an instructor's guide) discusses the fundamentals of inspection and driver responsibilities to maintain compliance by thoroughly inspecting the vehicle. Based on the CVSA North American Standards. *(ATA) 23 min.*

### **113- CSA**

Trains drivers on key fundamentals of CSA, including the four components of CSA: Data Collection, Safety Measurement, Safety Evaluation, Intervention. Provides an overview of the seven BASICS. *(J.J. Keller) 27 min.*

## **Driving Skills**

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### **001- Safe Driving is No Accident**

Outlines of the most frequent accidents that occur on the NYS Thruway. Safe driving tips presented by New York's top professional truck drivers. *(NYS Thruway) 20 min.*

### **008- Night Operations**

Reviews driver, roadway and vehicle factors involved in night driving. *(J.J. Keller) 7 min.*

### **012- Up Hill, Down Hill Driving**

This video explains the proper use of gears, brakes and speed control. It also addresses emergency procedures and actions needed when driving downhill. *(J.J. Keller) 10 min.*

### **017- Driving Tankers**

This is an informative video for drivers who haul liquids. It addresses tank inspection, the effects of liquids caused by surge and the necessary precautions for loading and unloading the liquids. *(J.J. Keller) 17 min.*

### **053- Obstructing the Roadways**

Reviews of handling a truck in close quarters and during road breakdowns, including proper triangle placement for accidents and breakdowns. *(ATA Safety Brief) 7 min.*

### **055– Smith System : A Better Way & Safe Backing (Dual Video)**

A Better Way: Going back to basics for safe driving. Recommended as a refresher training course for all drivers and especially city drivers. *(23 min.)*

Five Keys to Safe Backing : This videos emphasis is a specific review of the Smith Systems basic rules. It is a good review tape for all drivers. *(10 min.)*

### **075- Physics 101: Highway/Rail Grade Crossing Safety**

Produced by Union Pacific Railroad, this video will promote understanding of driver responsibility through an interesting and persuasive dialogue with truck drivers and crewmen, supported by footage of crossing characteristics and vehicle crashes. *(ATA) 26 min.*

### **097- Straight Truck: Defensive Driving**

With this video, reinforce key issues related to defensive driving including visual scanning, stopping distances, road hazards, user hazards, and communicating with other motorists. *(J.J. Keller) 10 min.*

### **098- Straight Truck: Backing & Parking**

Use this program to remind drivers of the importance of checking their blind spot before backing, using their mirrors, and turning their tires when parking on hills. It gives drivers practical tips for backing and parking their vehicles. *(J.J. Keller) 9 min.*

## Driving Skills (continued)

### **099- Straight Truck: Adverse Weather**

This video covers the key points of driving safely in heavy rain, snow, ice, fog, and wind. It also stresses the importance of pre-trip inspections and slowing down in poor conditions. *(J.J. Keller) 12 min.*

### **100- Straight Truck: Vehicle Inspections**

Use this high-impact training video to help motivate drivers to conduct pre-trip, post-trip, and on-the-road inspections. *(J.J. Keller) 11 min.*

### **101- Straight Truck: Speed & Space Management**

Covers the basic principles of speed and space management. It reminds drivers of the importance of using speed and space management techniques every time they get behind the wheel. *(J.J. Keller) 11 min.*

### **102- Straight Truck: Loading & Unloading**

Provides tips and guidelines for safe loading, securing, and unloading. It also discusses basic materials-handling equipment and explains how drivers can avoid injury through proper body mechanics. *(J.J. Keller) 13 min.*

### **112- Extreme Weather Driving**

Helps reduce incidents and crashes due to weather hazards by demonstrating to drivers what to do when bad weather strikes. It also discusses techniques for handling a variety of potentially deadly conditions. *(J.J. Keller) 14 min.*

## Forklift/Electric Pallet Jack

### **049- Forklift Safety: OSHA Final Rules**

All forklift operators must be trained to safely use a forklift and then be retrained periodically. This video outlines the OSHA Final Rules for the in-depth training required. *(L.I. Productions) 18 min.*

### **050- Electric Pallet Jack Safety**

Basic safety rules for operating this type of equipment. This video presents a general overview of the safety rules needed to operate rider electric pallet jacks. *(L.I. Productions) 21 min.*

### **079- Forklift Safety**

Covers OSHA's forklift requirements (29 CFR 1910.178(l)). It is suitable for training both seasoned and new operators and will help reduce the chance of accidents and equipment damage. *(J.J. Keller) 21 min.*

## General Driver Training

### **005- Pre-Trip, On-the-Road & Post Trip Inspection**

This video discusses the proper tractor-trailer inspection procedures from start to finish including cargo inspections. *(J.J. Keller) 15 min.*

## **General Driver Training** *(continued)*

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### **005- Pre-Trip, On-the-Road & Post Trip Inspection**

This video discusses the proper tractor-trailer inspection procedures from start to finish including cargo inspections. *(J.J. Keller) 15 min.*

### **011- Accidents & Breakdowns**

Covers driver actions at an accident scene and his/her responsibilities. Also addresses emergency action, breakdown procedures and necessary equipment to have on board. *(J.J. Keller) 13 min.*

### **014 – Coupling and Uncoupling**

This video shows coupling, uncoupling and slider repositioning procedures on the SAF-Holland 35 series fifth wheel. *(SAF-Holland) 13 min.*

### **024– Accident Response**

This video shows how to develop & implement a rapid response plan. Learn how to prepare the plan, determine and train the participants and execute the plan when needed. *(Marcello & Kivisto) 62 min.*

### **037- Fifth Wheel Driver Training Program**

This video helps drivers understand the Fontane fifth wheel hook-up procedures. *(Fontane) 10 min.*

### **052- Maintaining a Professional Attitude**

Maintaining a professional attitude improves the image of drivers in the eyes of transportation officials, customers, supervisors and the motoring public. *(ATA Safety Brief) 8 min.*

### **056- Anti-Lock Braking Systems: What Every Driver Needs to Know**

A video that explains ABS in plain and simple language. The skid pan sequences are excellent. (Recommended viewing for all) *(ATA) 11 min.*

### **057- Dry Van Cargo Securement**

This video will develop the skills of drivers and freight dock employees. It will also expand line supervisors basic knowledge, prevent cargo damage and reduce employee injury. *(ATA) 11 min.*

### **085- Road Rage: How to Protect Yourself**

Covers the rationale for keeping cool, calm and controlled in today's stressful and potentially dangerous driving environment. *(National Safety Council) 15 min.*

### **087- Vehicle Inspections**

See a vehicle "walk-around" showing the areas of the straight truck that need to be checked. Stresses the importance of pre-trip, post-trip, and on-the-road inspections. *(J.J. Keller) 7 min.*

## **General Driver Training** *(continued)*

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### **088- Truck Stop Accidents**

This to-the-point training gives drivers helpful tips on how to be extra safety-conscious when entering, fueling, backing, parking and exiting truck stops. It explains the special cautions to take - both vehicular and pedestrian - because of the confined environments and heavy traffic at truck stops. *(J.J. Keller) 7 min.*

### **089- Yard Spotting**

Reviews safe and efficient operation of yard tractors and day cabs. Covers basic skills related to backing, coupling and uncoupling, and proper use of mirrors. *(J.J. Keller) 7 min.*

### **090- Defensive Driving**

Gives drivers an overview of the elements critical to defensive driving: visual scanning, identifying and dealing with road and user hazards, and communicating clearly with other motorists. *(J.J. Keller) 7 min.*

### **091- Wind**

Advises drivers how to control their vehicles in extremely windy conditions. With the longer "sail" surface on 53-foot trailers, and with newer trailers being built lighter, rollovers can occur more easily in extreme conditions. *(J.J. Keller) 7 min.*

### **092- Rain**

Provides a quick refresher on the dangers of driving in wet weather: limited visibility, loss of traction, hydroplaning, and mechanical problems. It also reviews proper following and stopping distances and covers the hazards posed by standing water. *(J.J. Keller) 7 min.*

### **093- Rollover**

Helps prevent rollovers by making drivers more aware of factors causing them: speed (especially at exit and entrance ramps), wind, fatigue, inattentive drivers, and "phantom vehicles." *(J.J. Keller) 7 min.*

### **094- Preventive Maintenance for Drivers: Brakes**

Outlines driving techniques which can extend brake life, reviews why proper brake adjustment is so important, and discusses how to avoid brake failure. *(J.J. Keller) 10 min.*

### **095- Preventive Maintenance for Drivers: Tires**

Discusses how drivers can use good driving skills to help prevent wear and tear on their tires and emphasizes the importance of correct tire pressure. *(J.J. Keller) 10 min.*

### **096- Preventive Maintenance for Drivers: Engine**

Reviews ways drivers can keep their truck operating properly through proper driving and shifting techniques, and listening to their engine. *(J.J. Keller) 10 min.*

## **General Driver Training** *(continued)*

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### **103- A Better way: The Smith System**

This is a "going back to basics" for safe driving. Recommended as a refresher training course for all drivers, especially city drivers. This video emphasis is a specific review of the Smith Systems basic rules for truck drivers. *(Smith System) 23 min.*

### **105- Security & the Driver**

This video discusses tips for keeping the driver and cargo secure and safe from thieves. *(ATA) 11 min.*

### **107- Cargo Securement & Protection**

For specialized loads - Commodity - specific rules spell out exact securement requirements. View this video and find out what needs to be done to be in compliance. *(SC&RA) 27 min.*

### **108- Your License or Your Life**

This safety video was designed to alert our nation's truck drivers to the federal penalties for grade crossing violations. See demonstrations of several situations that drivers encounter daily. *(ATA) 10 min.*

### **111- Roadside Inspections**

Get drivers "inspection ready" with this Roadside Inspections training program, because just one failed inspection can result in more drivers being selected for inspections, and in-house DOT audit, lost revenue and/or DOT fines. *(J.J. Keller) 40 min.*

### **117- Defeat Distracted Driving**

This video identifies types of distractions and provides solutions for reducing them. Learn safe driving tips and how to change behavior. *(CVSA) 17 min.*

## **Hazardous Safety**

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### **004- DOT Safety Training for Handling and Transporting Hazardous Materials**

Helps drivers understand the DOT hazardous material regulations regarding labeling, placards, bills of lading, proper shipping papers and permits as well as methods and procedures for avoiding accidents. *(Training Network) 21 min.*

### **006- Immediate Emergency Response**

Trains the driver in responding to different types of emergency situations. Reviews the Emergency Response Guide and notification procedures. *(J.J. Keller) 17 min.*

### **080- Working Safely with Compressed Gases**

Covers full and empty container handling, storage, emergency procedures, and physical hazards. *(J.J. Keller) 15 min.*

## **Hazardous Safety** *(continued)*

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### **082- Working Safely with Flammables & Fuels**

Covers housekeeping, storage, transit, and emergency procedures. *(J.J. Keller) 15 min.*

### **083- Working Safely with Corrosives**

Addresses proper emergency and personal protection procedures, housekeeping procedures, and storage. *(J.J. Keller) 15 min.*

### **114– Hazard Communication: How to Comply with GHS**

Teaches the importance of the new hazard classification system, what GHS labeling and markings tell you and how to read a Safety Data Sheet. *(Training Network) 15 min.*

### **115– Hazard Communication—Basic Training**

Provides in depth training on OSHA Standard 1910.120 and includes Employees Right to Know about chemical hazards, shipping and receiving of hazmat, labels and labeling, and PPE. *(Training Network) 16 min.*

## **Maintenance**

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### **030- Brake Adjustment**

Addresses mechanics' most common safety-related deficiencies, proper S-Cam brake adjustment and manual and automatic slack adjustment. *(ATA) 17 min.*

### **032- Anti-Lock Brake Systems for Trucks, Tractors**

This video introduces the mechanic to Rockwell's anti-lock brake system. *(Rockwell) 5 min.*

### **033- Automatic Slack Adjuster Installation**

This video gives the mechanic an overview on auto slack selection and installation. *(Rockwell) 26 min.*

### **035- Brake Maintenance & Overhaul**

This video gives an overview of truck brake service procedures based on the Eaton EB-31 & EB-32 service manuals. *(Eaton) 22 min.*

### **038- Fifth Wheel Maintenance Program**

This video helps maintenance personnel understand Fontane's Preventive Maintenance program. *(Fontane) 15 min.*

## **Management**

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### **022- Driver/Dispatcher Relations**

Good communication and courtesy is essential to safe truck operations. This video explores ways of improving communications between drivers and dispatchers. *(ATA) 15 min.*

### **026- Reasonable Suspicion Testing**

Train your supervisors to help keep impaired drivers off the road. This video explains the concept of reasonable suspicion. Then it uses dramatic vignettes to illustrate different scenarios with which supervisors may be faced and reviews the appropriate supervisor actions in those situations. *(J.J. Keller) 21 min.*

### **040- Qualifying Drivers**

This video assists the safety director when interviewing drivers. It shows what to look for when hiring new drivers and addresses the ADA and EEOC requirements. *(ATA/DAC) 30 min.*

### **041- Driver Fatigue: The Alert Driver**

This video shows the causes of driver fatigue and how to avoid it. This video is the result of the most recent study on driver fatigue. It teaches drivers and management what they can do to deal with fatigue and reduce fatigue induced fatal accidents. *(ATA) 16 min.*

### **076- Essential Dispatcher Skills**

This is an all-inclusive video that will teach dispatchers about the many different ways they contribute to a smooth running, successful operation. *(J.J. Keller) 35 min.*

### **077- Driver Management**

Shows dispatchers how they can help keep quality drivers, and how paying attention to drivers' needs can help promote good morale, driver satisfaction, and lower turnover rates. *(J.J. Keller) 29 min.*

### **078- Load Management**

Helps dispatchers plan and assign loads to maximize efficiency and customer satisfaction. Covers how to inventory trailer types and sizes, assess load requirements, make assignments, track loads, and more. *(J.J. Keller) 26 min.*

### **110- Alcohol & Drug Testing**

Explains clearly and concisely the critical information drivers must know about alcohol and drug testing requirements and the dangers of alcohol abuse and drug use. *(J.J. Keller) 38 min.*

### **116- Reasonable-Suspicion Supervisor Training**

Covers reasonable-suspicion alcohol testing as well as reasonable-suspicion drug testing. This comprehensive training enables supervisors to meet the requirements for reasonable-suspicion training. *(Foley) 106 min.*

## **OSHA**

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### **028- Background Information About OSHA**

Learn the origin of the Occupational Safety and Health Act, its purpose and what the act covers. *(J.J. Keller) 28 min.*

### **034- OSHA Standards**

Obtain critical information about standards, including development, adoption, the methods of appealing and emergency temporary standards. *(J.J. Keller) 43 min.*

### **036- Workplace Inspections**

Find out about inspection priorities and the complete inspection process. *(J.J. Keller) 46 min.*

### **042- Citations and Penalties**

Discover the different types of violations and the intricacies of the appeals process. *(J.J. Keller) 32 min.*

## **Tires**

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### **018- Critical Factor**

This video teaches drivers how to handle a tire blowout safely. It explains how to use the brake and gas pedals effectively when rapid air loss occurs. *(ATA) 10 min.*

### **029- Pre-Trip Inspection to Maximize Tire Performance**

Learn simple maintenance principles that can save trucking companies and drivers money, reduce downtime caused by failures, and maximize tire performance. *(TRIB) 10 min.*

### **031- Truck Tire Damage from Improper Mounting**

A must see for every shop that mounts and dismounts tires. It will increase awareness of improper tool usage and how they can effect safety and costs. *(ITRA) 13 min.*

### **062- Retread Tires as Good as New**

A tour of a truck retread plant shows the step-by-step process of retreading a tire. *(TRIB) 28 min.*

### **064- Dispelling Myths about Rubber on the Road**

An explanation of the true causes of rubber on the road. *(TRIB) 6 min.*

### **065- Rubber on the Road: The Real Story**

An explanation of the true causes of rubber on the road, with a more technical and longer description than in "Dispelling Myths. *(TRIB) 13 min.*

## **Tires** *(continued)*

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### **084- Detecting Potential Zipper Ruptures in Steel**

Some of the tell-tale signs of a zipper rupture are more easily recognized when they're seen and heard. This valuable training video describes the signs of a zipper rupture and includes the various inspection procedures and techniques for identifying them before they result in an accident. *(ITRA) 9 min.*

## **Workplace Safety**

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### **023- Dock Safety**

Help prevent dock accidents and stop wasting profits on workers compensation claims. This video teaches workers to identify dangers before they happen. *(ATA) 13 min.*

### **044- Eye Safety**

Basic eye protection, broken into three targeted segments. *(J.J. Keller) 6 min.*

### **045- Ergonomics Safety**

Outlines the four basics for designing an ergonomically safe work place. *(L.I. Productions) 5 min.*

### **066- Hearing Safety**

Basic ear protection, broken into three targeted segments. *(J.J. Keller) 6 min.*

### **067- Foot Safety**

Basic foot safety, broken into three targeted segments. *(J.J. Keller) 6 min.*

### **068- Hand Safety**

Basic hand safety, broken into three targeted segments. *(J.J. Keller) 6 min.*

### **069– Slips, Trips and Falls**

Reviews some common ways people slip and fall. Provides common sense training on preventing slips, trips and falls in the workplace. *(Training Network) 10 min.*

### **070- Ladder Safety**

Basic ladder safety, broken into three targeted segments. *(J.J. Keller) 6 min.*

### **106- Workplace Violence**

Topics covered in this video include the underlying causes of workplace violence, warning signs, aggressive behavior, threats and verbal abuse. *(L.I. Productions) 15 min.*

### **109- Injury Prevention for Drivers**

Provides drivers with techniques and best practices they can use to reduce or eliminate common types of injuries, such as strains, sprains, scrapes, cuts, pinches, and crushes. It serves to instill or reinforce daily safe work habits, or for others, it can serve as a "wake-up call" to examine existing work habits and make a commitment to personal safety. *(J.J. Keller) 38 min.*

## **Miscellaneous Topics**

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### **003- Bills of Lading**

This video details the contract between the shipper and the carrier. Responsibilities of the two parties are discussed, including the verification process. *(J.J. Keller) 10 min.*

### **015- Fire Extinguisher Use**

This video covers fire causes, prevention, extinguisher types and firefighting techniques. It alerts drivers to the three areas in a truck where a fire may occur. *(J.J. Keller) 15 min.*

### **043- Electrical Safety**

Presents an in-depth review of how electricity works. It covers electrical hazards, fuses, breakers, switches, short circuits, fire hazards, etc. *(L.I. Productions) 17 min.*

### **047- Gas Welding Safety**

A safety awareness guideline. Fire hazards, combustibles, fire proof shielding, heat transfer, compressed gas cylinder storage and use. A short review of the basic safety elements welders need to keep in mind. *(L.I. Productions) 6 min.*

### **048- Shop Safety: Welding**

A full course video on all aspects of welding and cutting operations. Beneficial for terminal managers, shop supervisors, shop maintenance and welding technicians. *(L.I. Productions) 20 min.*

### **104- Technician Recruitment**

Recruiting technicians for future employment has become increasingly important because of the dramatic labor shortage in the commercial vehicle industry. Learn how to recruit for the future. *(ATA) 10 min.*

**Contact TANY to begin benefitting  
from the Training Library today!**

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