<u>Safe Lifting Training Video Download & Play instructions:</u>

Download instructions:
Select the video file you want → right-click → select "Copy To Folder…" → select a location on your local hard drive → click "OK". Your download will begin – your circuit will determine how long this file will take to download – these are relatively large files so they could take a while.

Play instructions:
There are 3 types of video files posted on this site:

- Lifting-Safety.mpg - This file is probably the most compatible with Microsoft Media Player. Odds are you will not need to download any additional video codecs for this file.

- Lifting-Safety.avi - This is a Divx formatted video file - if your media player cannot play this file, you can download the player/codec at: http://www.divx.com/divx/play/download/?hp3playdl

- Lifting-Safety.iso – This file can be downloaded and used by most DVD-burning software (Roxio, etc.) to create a playable DVD containing the lifting safety video (for use in a DVD player)