



## Resources Overview

### Video 3: Resources Overview

Welcome to Nonprofit Safety Hero, an initiative of the Washington Food Coalition. Our goal is to make sure you have free, easy to access information and tools you need to keep people safe and healthy. This video introduces the Nonprofit Safety Hero tools currently available for your staff, board, and volunteers. We know you're busy, so we've developed everything with that in mind.

We specifically want to cover five resources: safety and health courses, safety and health videos for quick learning, written PDF guides on a variety of safety topics, flip cards for volunteers, and the APPapp (an online application to jump-start your accident prevention plan document). Everything is available on the web at [www.nonprofitsafetyhero.com](http://www.nonprofitsafetyhero.com). Let's start with safety and health courses.

There are six of these available:

1. Safety Leadership
2. Food Safety
3. Ergonomics
4. Tools and Equipment
5. Safe Buildings
6. Volunteer Safety

Each course includes a PDF guide that serves as a workbook, a set of animated videos, activities, and a quiz. These are perfect training solutions for staff members, long-term volunteers, or anyone with a bit more time to spend on learning.

If you are a leader or manager, you can ask them to show you their certificate when they're done. Go to [www.nonprofitsafetyhero.com/courses](http://www.nonprofitsafetyhero.com/courses) to find these in both Spanish and English.

The second resource is the course videos. If you don't want to take an entire course, you can just watch a video directly. For example, you can learn about foodborne illness or how to prevent repetitive motion injuries. To see the list, go to [www.nonprofitsafetyhero.com/freeresources](http://www.nonprofitsafetyhero.com/freeresources).

The third resource is the PDF guides, which you can download from the same [www.nonprofitsafetyhero.com/freeresources](http://www.nonprofitsafetyhero.com/freeresources) page. There's one for each course, which means safety, leadership, food safety, ergonomics, safe buildings, tools and equipment, and volunteer safety.

The fourth resource is for your volunteers. They don't have a lot of time to take a course, so we've created flip cards to give them the safety information they need when they need it. Each card includes a QR code they can scan with a phone to watch a two-minute video on the topic. Volunteer flip cards and videos are available in both English and Spanish at [www.nonprofitsafetyhero.com/topics](http://www.nonprofitsafetyhero.com/topics).

Finally, we want to make sure you know about the accident prevention program app. We call it the "APPapp." State law says every organization needs a written plan that documents how your people will avoid and respond to accidents and safety issues. That written plan is your app. The APPapp is a document generator. You enter basic information and it emails you a customized Microsoft Word document. It's available via your phone or computer at [www.planning.nonprofitsafetyhero.com](http://www.planning.nonprofitsafetyhero.com).

Those are the five free resources you can use to keep folks and your organization safe and healthy. Take a course, watch a video, download a safety guide, read a flip card, and use the APPapp. It's all free, easy to access, and even a little bit fun.

Thank you for watching and for being a nonprofit safety hero.