

# NEWSLETTER

## ITECH COMMITTEE

### 3 Things To Know About IP Surveillance



IP surveillance, NVRs, and digital solutions are the future of surveillance and it's a good idea to start learning about this vast leap forward in security. There is a range of topics that could be covered from networking basics to IP software support and more, but for now we will go over a few main themes that should be known when first using IP cameras or NVR systems.

#### IP Addresses & Ports

IP cameras work a lot like a computer on a network, as in that they are assigned their own IP address the same as any other component utilizing the network. An IP address is basically the location within your network where any particular device can be found. So when you install an IP camera it will be set to its own unique address where it can be found on the network. Usually you can use this IP address to access your IP camera on the network internally and change its various settings, including the IP address itself.

Ports in a network are basically a doorway that is used to access a network externally. Every network in the world has its own unique external IP address that is used to access the network from remote locations. Ports are then the doorways that are used with that external IP address to determine where within the network you want to go. This is all handled via port forwarding, which is another topic entirely.

When installing IP cameras each of them will have to be assigned a port that can be forwarded to their internal IP address so you can access the cameras from abroad. If you are using an NVR however in conjunction with your IP cameras, you can then use the NVR on its own port and access all of your cameras at once and only provide one internal IP address and port.

Additionally for security purposes most all IP cameras and NVRs have username and password logins, so even after you access the devices through their respective IP addresses & ports you still have the added security of a login.

The Usefulness Of NVRs

What we've talked about so far may seem complicated, but if you use an NVR in conjunction with your IP cameras it can become quite simple. The reason for this is that many NVRs have the capability of searching out and finding IP cameras on the network and incorporating them into their system. Occasionally you may have to save some of your IP cameras settings into the NVR, but once that is done access becomes quite easy.

So instead of having to browse to each IP camera individually be it internally or externally, you can simply provide one IP address and one port and pull all of your IP cameras up at once. Additionally having an NVR to record and store your footage is quite helpful because then you are not filling your computer with video files. It should also be noted that NVRs come with all the same features and functionality that we've come to know and love in standard DVRs. Features such as motion detection, HDD overwrite, video masking, and more are all still present.

The PoE Advantage PoE stands for Power Over Ethernet, and it is a powerful set of words in the surveillance world. To surveillance installers and users alike PoE means the elimination of power cables to their security cameras, it means the shortening of cable installation time, and it means less time troubleshooting cable issues. The reason it means all this is because a PoE inserter allows the elimination of power cabling that you would have with standard analog security cameras.

Basic UTP cabling does not use all of its twisted pair wires when transferring video over the line, therefore this allows for other data or power in this instance to be transferred over the remaining pairs; so this is where PoE inserters come in. They take the unused twisted pair cables and transfer power to the camera on the same cable run that the video is transferred; thus eliminating the need for an additional power cable.

The only downfall to PoE is that it requires a separate inserter to insert the power over the UTP lines, this is only a minor downfall because the extra cost is balanced out with the savings of not having to install or buy the power cabling.

Additionally it should be noted that even though most all IP cameras support PoE, there are some that don't and even some that have both a regular power option and PoE to provide additional versatility in your surveillance system.

In the end IP surveillance is here to stay and soon dominate the market, so it is a wise choice to be prepared for this HD and networked future of surveillance!

## The Top Three Benefits Of Skype Counselling



The Internet has forever changed the way you live. You're not only able to buy things, chat with friends and family from remote locations, and check your banking details online; these days, you may also get your therapy sessions online.

Whether you're in need of talking therapy or the more complex psychotherapy, new technologies and the evolution of the Web are giving you the opportunity to make that shift from the couch to the screen. What makes this method of therapy so appealing? Here are three benefits to the Web therapy or Skype counselling.

### 1. At-home Therapy Means Secure and Relaxed Sessions

Web video therapy, Internet therapy, online counselling, or Skype counselling is highly ideal for patients who are dealing with difficult anxieties and fears of the outside world. People with agoraphobia, social anxieties, obsessive behaviour, or those who have experienced a deeply traumatic incident will find psychotherapy or cognitive behavioural therapy more acceptable in their own environment. Instead of not having access to proper therapy due to an agonising fear of stepping out from one's home, patients can easily obtain the treatment they need through online counselling, which may be facilitated on Skype or other products that make video calls possible.

### 2. The Skype Counselling Can Ensure Uninterrupted Therapy Sessions

It can't be helped that some patients may have to move from one city to another or from one country to another. This could also mean having to find another therapist in the new location so that the patient could get the treatment they require.

The trouble with this scenario is that it could take a long while before some patients find the ideal therapist they will be comfortable with and, more importantly, actually like. The therapist may be the best in his or her field but if the patient isn't relating or connecting to the doctor, the therapy will most likely be unsuccessful. Through Web video therapy, patients can continue their sessions with their regular therapists - wherever they may be in the world.

### 3. Web Video Therapy Saves Time

By choosing the Skype consult, patients can eliminate travel time, which is particularly beneficial for people who live in distant areas. In addition to saving time, without the necessity of travelling to the therapist's office, patients do not also need to stress over dealing with heavy traffic.

Finally, it's important to note that Web video therapy or online counselling, whether it's on the Skype platform or another, isn't always appropriate for some cases. The skilled and qualified therapist will be able to assess if a patient may need and benefit more from couch sessions as opposed to video sessions.

## LIFT TRUCKS ROOMS FOR BATTERY CHARGE



Creating a safe battery storage area for your lift truck batteries is just as important as any other aspect of lift truck safety. But battery rooms can be easily overlooked as companies grow, remodel or experience other operating changes.

Consider that many companies have switched from propane-powered lift trucks to battery-powered lift trucks. Common reasons for making this change include battery innovations, increased lifting capacity and a desire to avoid propane's potential for carbon monoxide emissions.

On the other hand, lift truck batteries often weigh 1,000 pounds or more, so making this switch requires companies to build or retrofit battery charging and storage areas. Battery racks, chargers, changers, eye wash stations, showers and exhaust systems to vent the gases produced during the charging process are all key components of a safe battery room.

- Batteries, racks and chargers
- PPE and tools
- Air quality
- Eye wash and shower
- Automated battery changers (walkies/riders)
- Training.