

New Actsafe Primers for the Motion Picture Industry **pg. 1**

National Day of Mourning **pg. 2**

NAOSH Health and Safety Week **pg. 2**

Young and New Worker Infosheet **pg. 2**

Fatigue at Work: Start Asking Questions **pg. 3**

Work Related Hearing Loss **pg. 3**

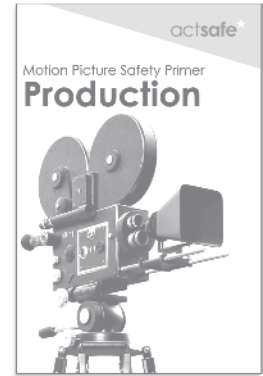
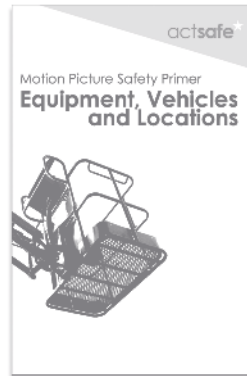
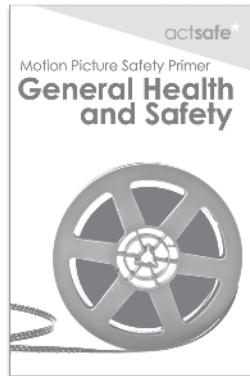
Actsafes on Twitter **pg. 3**

Actsafes's Youtube Channel **pg. 3**

Vancouver 311 **pg. 4**

Actsafes Courses **pg. 4**

New Actsafe Safety Primers for the Motion Picture Industry



The film and television industry is unlike any other — it presents a myriad of unique health and safety challenges that call for specialized knowledge and work practices.

Almost everyone involved in the industry will encounter potential hazards on the job. To help provide useful, concise information to workers and employers alike, Actsafe has developed three new Motion Picture Safety Primers each describing safety guidelines and outlining requirements.

General Health and Safety

This primer describes basic workplace health and safety information for employers and workers, such as reporting injuries; risk assessments; refusing unsafe work; OHS programs; Joint Health and Safety Committees; working alone; respirator fit testing; young and new workers and hearing testing.

Equipment, Vehicles and Locations

This primer covers health and safety requirements and guidelines for cranes, elevated work platforms, mobile equipment, and insert-camera cars. It also covers traffic control for locations where vehicle traffic may be a concern. Other specific locations that are discussed include buildings, city streets, wilderness locations and water locations.

Production

This primer describes safety guidelines and requirements for the various departments and specialized activities that may occur during a production. Topics covered include construction; painting; ladders; scaffolds; fall protection equipment; lighting and electrical safety; pyrotechnics; smoke and fog; firearms; underwater diving and more.

For further information, or to receive free copies of any of the Motion Picture Safety Primers, please contact Actsafe at info@actsafe.ca or 604.733.4682.

National Day of Mourning: April 28th

Remembering the 121 BC workers who lost their lives to workplace injury and disease in 2009.

Every year, WorkSafeBC, along with the BC Federation of Labour and the Business Council of British Columbia, co-host a public ceremony to remember workers who have lost their lives as a result of work-related accidents or occupational diseases.

This year, the Day of Mourning ceremony will be held on Wednesday, April 28, 10:30 am, at the Vancouver Convention Centre. Families, workers, employers, and other interested parties are invited to attend.

Visit the Day of Mourning web site at www.dayofmourning.bc.ca to dedicate a flower in memory of someone who has died as a result of their job or read the dedications that others have left.

NAOSH Health & Safety Week May 2-8, 2010

May 2 - 8 has been designated as this year's North American Occupational Safety and Health (NAOSH) Week. Now in its' fourteenth year, governments, employers and workers across the continent of North America will take time out from their normal activities to promote the importance of preventing injury and illness in the workplace and at home. The goal of NAOSH Week activities and events is to focus the attention of all stakeholders on this important topic and encourage them to equip themselves with tools, information and knowledge, educate each other with positive attitudes and behaviours that will convey commitment and confidence at work, at home and in the community.

NAOSH Week is an annual occupational health and safety celebration that's been around in Canada since the mid-1980s. The intent is to focus on spreading the message about the importance of safety and health in the community. CSSE and its partners – the Canadian Centre for Occupational Health and Safety, Human Resources & Skills Development Canada's Labour Program and the American Society of Safety Engineers – have an active program of events and programs designed to involve not only organizations but also the community.

For more details, visit www.naosh.org

Follow NAOSH on Twitter:
[@NAOSHWeek](https://twitter.com/NAOSHWeek)

In the past, Actsafe has hosted Art Safety Week as a celebration of NAOSH Week in the arts industry, however this year we're focusing on several projects throughout the year, rather than one intensive week.

Young and New Worker Infosheet

Since July 2007, the Young and New Worker Orientation has been required by law in British Columbia. The legislation requires that all employers must ensure that a young (under 25) or new (to the worksite) worker is given health and safety orientation and training specific to his/her workplace **before** the young or new worker begins work.

While orientation is identified in the regulations as being the employer's responsibility, it is the responsibility of every supervisor to comply with the Regulations.

Due to the high degree of mobility of the workforce in the arts, implementation of this regulation may seem challenging. Actsafe has developed and recently updated the document *Young and New Worker Orientation* to assist our industries in conducting the required orientations.

The document includes a brief overview of what the regulation is and how it pertains to the motion picture and performing arts industries. It also summarizes each new section; provides tips for effective orientation and training; and includes a page of information of General Duties of Employers and Workers and the Refusal of Unsafe Work, which can be copied and distributed to workers as part of their general orientation.

The final page of the infosheet is a checklist to assist employers and supervisors in tracking worker orientation sessions. This can be filled out and kept on record as proof of worker orientation and training, as required by BC law.

The *Young and New Workers Orientation* is available for download from our online library at www.actsafe.ca. You can also request copies by calling us at 604.733.4682 or by emailing info@actsafe.ca.

Fatigue at Work: Start Asking Questions

Fatigue is the state of being tired and can result from long hours of work, poor or insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety. In the motion picture and performing arts industries, we often accept being tired as part of the work we do. At Actsafe, we would like to challenge that perception. We would like to ask, **what could you do if you weren't so tired?**

The physical signs of fatigue include:

- tiredness
- sleepiness, including falling asleep against the individual's will (micro sleeps)
- irritability
- depression
- giddiness
- loss of appetite
- digestive problems
- increased susceptibility to illness

Beyond the physical signs, tired workers may have impaired judgment, which impacts their ability to think clearly, make appropriate decisions and / or perform physical work.

Fatigue results in impaired performance including:

- lower physical or mental reactions;
- poor choices;
- flawed logic and judgment;
- inability to concentrate;
- memory errors, including forgetfulness;
- a decrease in vigilance and
- an increased tendency for risk-taking

All of these potential impairments can affect your work, your health and safety and the health and safety of those working with you.

It's important to think about the cultural aspects of working long hours. In some situations, peer pressure or workplace culture can contribute to a situation in which the ability to endure long hours of work

is seen as valuable. However, the reality is that there are personal and professional consequences to working through extreme fatigue. Our effectiveness and judgment decline as fatigue builds. The question of quality of work should be considered alongside the accomplishment of tasks. Would we do better work if we got some sleep? Would we work faster and smarter if we were well rested?

Imagine if you had to ask **“would that accident have happened if we were less tired?”** Accidents or incidents tend to result from the combination of a number of factors, of which fatigue is one. Research has shown that catastrophic incidents do not happen at random throughout the day – they are more likely at times when workers are most prone to sleep, between midnight and 6 am and between 1 and 3 pm. **When we are tired, people get hurt.**

If you are working long days, think about the benefit of those extra hours. How long does it take to get something done when you are tired? Studies show people work slower to compensate for fatigue. If working longer means working slower, and making more mistakes, *what is the net benefit?* Paying overtime has a financial cost. Paying already tired workers to work more hours compounds the financial cost of the overtime, as other factors come into play, as a result of impaired judgment.

Start asking questions: Are you tired? What are the real costs of long hours? On you, on your colleagues, on your families.

Portions of the above article are referenced from: Alberta Human Resources and Employment. “Fatigue, Extended Work Hours and Safety in the Workplace” in Workplace Health and Safety: http://employment.alberta.ca/documents/WHS/WHS-PUB_erg015.pdf

Work Related Hearing Loss

Are you a musician suffering tinnitus? Have you worked in the performing arts or motion picture industry and now have trouble hearing things at a normal volume?

Actsafe is currently developing new materials that focus on work related hearing loss. We're looking to hear from anyone within the motion picture or performing arts industry who's suffered hearing damage.

If you're interested in sharing your story, please contact Ed Brisson at edb@actsafe.ca.

Actsafe on Twitter

For updates, information and more, follow us on Twitter:

www.twitter.com/actsafe

Actsafe's Youtube Channel

We've been making our videos available on Youtube. To keep up to date on new videos, subscribe to our Youtube Channel:

www.youtube.com/user/ActsafeBC



THE KEY TO SAFETY IS YOU

Vancouver 311

Residents and businesses of Vancouver can call 311 from landlines and cell phones within city limits for information and services, including:

- service needs such as traffic signal repairs
- information requests regarding traffic/parking issues
- concerns regarding parking tickets, noise, graffiti, etc.

Callers who speak languages other than English will be connected to Language Line, a service that provides translators in 175 languages.

The City of Vancouver 311 Contact Centre is currently available from 7am to 10pm, but hopes to move to 24 hours soon.

ACTSAFE STAFF

Dawn Brennan
General Manager

Marty Clausen
Health & Safety Consultant

Ed Brisson
Creative Director

Maureen Kaake
Office Manager

Actsafes Courses

For full course descriptions, dates and to register online, visit:
www.actsafe.ca

Courses must be paid in advance to Actsafes. Courses may be subject to cancellation. We would be happy to book a private class if your group has the minimum number of participants.

Call 604-733-4682 for further details.

AERIAL LIFT TRAINING

\$120 (EXPERIENCED - 1 DAY)

\$220 (INEXPERIENCED - 2 DAY)

Experienced:

Saturday, April 24

Saturday, May 29

Inexperienced:

Saturday, April 24 and Sunday, April 25

Saturday, May 29 and Sunday, May 30

8:30am - 4:30pm

Instructor: Leavitt Machinery
Operator Training

AERIAL LIFT OVER 80FT - \$200

Sunday, April 18

8:30am - 4:30pm

Instructor: Leavitt Machinery

Operator Training

COUNTERBALANCED FORKLIFT

\$120 (EXPERIENCED - 1 DAY)

\$220 (INEXPERIENCED - 2 DAY)

Experienced:

Saturday, May 15

Saturday, June 19

Inexperienced:

Saturday, May 15 and Sunday, May 30

Saturday, June 19 and Sunday, June 27

8:30am - 4:30pm

Instructor: Leavitt Machinery

Operator Training

FIREARM SAFETY LEVEL 1 - \$50

Sunday, May 30

10am to 5pm

Instructor: Felcan Enterprises

MOTION PICTURE SAFETY

AWARENESS* - \$25

Tuesday, May 11

Sunday, June 20

Tuesday: 6pm-9pm

Sundays: 10am-1pm

Instructor: Marty Clausen

*Take both Safety Awareness and Supervisor Safety for \$45

MOTION PICTURE SUPERVISOR

SAFETY* - \$25

Sunday, June 20

1:30pm - 4:30pm

Instructor: Marty Clausen

*Take both Safety Awareness and Supervisor Safety for \$45

OCCUPATIONAL FIRST AID

LEVEL ONE - \$40

Saturday, June 5

Monday, June 14

8:45am to 5:30pm

Instructor: Kathy Day

PERFORMING ARTS

SUPERVISOR SAFETY - \$25

Monday, May 31 (6pm-10pm)

ONLINE COURSES

Transportation of Dangerous Goods (TDG) \$20

Workplace Hazardous Materials Information System (WHMIS) \$20

Actsafes has an in house computer station available to those who do not have internet access but wish to take our online courses.

For details, call 604.733.4682.