

# SafetyScene

## Slips, Trips, and Falls

ACTSAFE ENTERTAINMENT SAFETY CONFERENCE  
WORKPLACE INSPECTIONS COURSE

HOW TO PREVENT SLIPS, TRIPS, AND FALLS  
SAFETY IN ENTERTAINMENT AWARDS NOMINATIONS



# COVID-19 Safety Plans

As of January 7, 2022, all employers are required to implement, reinstate, or update a COVID-19 Safety Plan to address the elevated risk of COVID-19 transmission, specifically with the Omicron variant, in their workplaces. COVID-19 Safety Plans provide workers with important measures to keep their workplaces safe.

Many employers had COVID-19 Safety Plans earlier in the pandemic, and others may have maintained all or many of the measures from their COVID-19 Safety Plans. All employers are advised to review their COVID-19 Safety Plans to ensure that they are current and aligned with all guidance and orders from the provincial health officer.

## DOES YOUR PLAN MEET THE REQUIREMENTS?

Upload your Motion Picture or Performing Arts and Live Events COVID-19 Safety Plan and one of Actsafe's safety advisors will endeavour to provide feedback within 72 hours.

**Motion Picture**

[bit.ly/mp-safetyplan-form](https://bit.ly/mp-safetyplan-form)

**Performing Arts**

[bit.ly/pa-safetyplan-form](https://bit.ly/pa-safetyplan-form)





# A Message From Actsafe

The weather outside is frightful, making walking on surfaces, not so delightful. Icy sidewalks, and slippery steps can make the simplest of daily activities outright dangerous. It certainly doesn't get any easier on the worksite.

Deadlines, stress and hazards that can be found on the worksite all add up to one of the biggest contributors to workplace injury; slips, trips and falls.

Whether it's on the catwalks in the theatre, unloading gear from the truck, or stepping down from the hair and makeup trailer at the circus, a combination of slippery surfaces, improper footwear, and complacency all factor into many preventable injuries on arts and entertainment industry worksites in British Columbia. Something as simple as keeping a neat and tidy worksite is often overlooked and can lead to a nasty fall. In this edition of the Safety Scene, we present to you some valuable information to help you understand the risks of not wearing appropriate footwear, the need for proper inspections, and what you can do to eliminate those preventable injuries.

We'll even show you how doing something as simple as taking five minutes to properly assess your worksite can help keep you and other workers safe. These articles have been carefully written to share experiences and advice so that everyone can learn and make a positive difference in their workplaces, making sure everyone goes home safe at the end of the day.

Please join us at our 6th annual Actsafe Entertainment Safety Conference, where we will keep the focus on slips, trips, and falls with entertaining, engaging sessions that will put a new perspective on the subject. Happening virtually on February 25th and February 26th, it's not something you will want to miss.

See you all virtually at the conference in February!



**Anand Kanna**

*Manager, Motion Picture Services,  
Actsafe Safety Association*

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# Good housekeeping helps to prevent slips, trips, and falls

By WorkSafeBC

**WORK SAFE BC**

Each year in B.C., around 11,000 workers are injured by slips, trips, and falls. Within the motion picture, TV production, and performing arts industry, slips, trips, and falls account for 25% of reported claims in the past five years. Injuries from these incidents can include concussions, fractures, sprains, strains, and bruises. In severe cases, falls can lead to death or permanent disability.

Slips, trips, falls are some of the most common incidents affecting workers on set or location. Good housekeeping practices can help prevent these incidents — no matter which department of motion picture, TV production, or performing arts you work in.

Housekeeping is not just about cleanliness. Effective housekeeping is an ongoing operation that involves putting things away when you are not using them. This includes all tools, equipment, and personal belongings. It also means keeping work areas neat and orderly, removing paper, cardboard, and other waste materials that create hazards, and maintaining halls and floors free of slip and trip hazards.

## SLIP, TRIP, AND FALL FACTORS TO CONSIDER

Reviewing the layout of the whole workplace is essential for good housekeeping. This includes aisle markings, the adequacy of storage facilities, and routine cleaning schedules. It's important to identify all areas of the workplace where you can reduce the risk of a slip, trip, or fall. Look for:

**Clutter:** Clutter can build up in storage areas, dressing room units, work areas, hallways, and walkways. Equipment, props, costumes, or personal belongings can catch a worker's foot and lead to a trip and fall incident. Plan work areas by considering the flow of people, equipment, and materials to prevent clutter from accumulating. Provide lockers for personal belongings

**Cords and cables:** Ideally, cords and cables are kept away from pedestrian paths. If this cannot be avoided, tidy and cover cords and cables to prevent tripping hazards.

**Slippery walking surfaces:** Water, grease, and other fluids can make walking surfaces slippery. Clean grease and other fluids in areas where food and drinks are served,

and make sure debris, oil, and paints don't accumulate in areas where props or scenery are being made. Practices to help prevent slips include routinely cleaning floors, using mats and signs properly, making clean-up materials accessible, and ensuring workers wear slip-resistant shoes.

**Irregular walking surfaces:** Make sure floors, platforms, ramps, stairs, and walkways are maintained in good condition. For indoor facilities, irregular walking surfaces can include damaged, warped, buckled, or uneven flooring surfaces. Outdoor facilities may have poorly maintained or uneven ground, or there may be protruding structures, holes, rocks, and other debris. Identify areas that may have irregular walking surfaces and eliminate them where possible. Ensure there is a reporting process in place to correct unsafe conditions.

**Slip resistant footwear:** Assess workplace conditions and advise workers on the footwear to wear to minimize the risk of slipping. As an example, the footwear used in a studio setting may not be appropriate for an on-location setting such as at a muddy farm.

**Inadequate lighting:** Inadequate lighting impairs vision and the ability to see hazards. Proper lighting allows workers to see their surroundings and notice unsafe conditions. Of course, sometimes it needs to be dark — for example, at the back of house during a performance or when filming a dark film

scene. In these situations, you can minimize risk by using appropriate task lighting and ensuring everyone present is familiar with the environment.

**Integrate housekeeping into every role on your worksite:** Have a written housekeeping policy that outlines roles, responsibilities, inspections, and training. Worker training is an essential part of any good housekeeping program. For example, workers need to know how to work safely with the cleaning products they use. They can also help protect others by reporting unsafe conditions and acts to supervisors and managers.

A written housekeeping policy needs to clearly define expectations for each team member to fulfill at the start, during, and after a shift. These expectations could be as simple as outlining what needs to be cleaned up in a particular area at the end of a shift.

Hold regular, scheduled housekeeping inspections and walk-throughs. Involve managers, supervisors, workers, and joint health and safety committee members so they can verify housekeeping procedures are being met. Create a checklist to confirm the procedures are being followed. Everyone needs to be encouraged to report unsafe acts or conditions.

Integrating housekeeping into every role on your worksite is essential, and planning a well-organized, clutter-free workspace is the best way to prevent slips, trips, and falls.



## TO LEARN MORE...

Preventing Slips, Trips, and Falls in the Workplace is a guide that describes the factors that lead to these types of incidents, and how you can implement protective measures to prevent them. You can find this guide and other resources at [worksafebc.com/slips-trips-falls](https://worksafebc.com/slips-trips-falls).





# How to Prevent Slips, Trips and Falls with Take 5 for Safety

By **Natalli Dias** | Motion Picture Safety Advisor, Actsafes Safety Association



**S**lips, trips, and falls are some of the most reported injuries in the arts and entertainment industry year on year, and many of these accidents could be prevented if you paused and looked around your workspace before starting your work. That's why Actsafes is encouraging you to *Take 5 for Safety* before you start working every day because these five simple steps could prevent you or a co-worker from hurting yourselves. Let's take a look at how these five simple steps can be applied to slips, trips, and falls:



## STEP 1

### **STOP AND THINK ABOUT YOUR SAFETY.**

Sometimes we jump too fast to do what we need to do without thinking about our safety or the safety of others around us. The first step is to take a moment and stop and think about what may impact your safety in your workspace.

## STEP 2

### **IDENTIFY POSSIBLE RISKS AND HAZARDS.**

One way to identify a slip, trip, or fall hazard is to look around. Identify any possible risks and hazards by asking yourself:

- Is there an extension cable out of place?
- Do I have a dry or wet floor?
- Are there any potholes, slopes, or steps around my workspace?

## STEP 3

### **ASSESS AND MEASURE THE LEVEL OF THE RISK.**

It is important to measure the level of the risk that is applied to you or others. For example, water on the floor:

- Is there a lot of water on the floor or just a minor leak?
- Can you see any possible potholes in the floor?
- Are there any electrical extension cables/cords that could be immersed in water?

## STEP 4

### CONTROL AND MAKE CHANGES TO REDUCE THE RISK.

Let's continue with the same example about water on the floor. This step is when you need to take an action. Ask yourself:

- Can I move my workspace/location out of the way?
- Considering my shoes, do I need to change shoes to be safer?
- Can I do a temporary fix – remove the water using a mop or cloth?
- Do I need to ask the maintenance department for help?
- Is placing a sign to make myself and others aware of the hazard enough?
- Do I need to remove or substitute any electrical extension cables/cords?

## STEP 5

### GO AND DO YOUR TASK SAFELY!

Once the risk is controlled, you are good to go and do your work safely!

Although it is your right to participate in identifying hazards in your workspace, if you don't feel confident or if you have any questions, talk to your supervisor, safety officer, or joint health and safety committee member and ask for help.



To help you remember these steps, Actsafe has a wallet card available for you in our office. Email me at [natallidias@actsafe.ca](mailto:natallidias@actsafe.ca) to arrange a pick-up for you and your team.

**Each year in B.C., around 11,000 workers are injured by slips, trips, and falls.**

Organization of your work site and proper storage of equipment helps reduce the risk of injury.



Find resources for developing an effective housekeeping program at [worksafebc.com/slips-trips-falls](https://worksafebc.com/slips-trips-falls).

**WORK SAFE BC**



# Upcoming Courses

24-25 JANUARY



## Joint Health and Safety Committee Fundamentals Training

Virtual

[Register](#)

29 JANUARY



## Aerial Lift – Leavitt

Experienced

[Register](#)

## Fall Protection – Leavitt

for Aerial Lift registrants

[Register](#)

## Rough Terrain Forklift – Leavitt

Experienced

[Register](#)

## Fall Protection (only) – Leavitt

[Register](#)

## Aerial Lift – Leavitt

Inexperienced

[Register](#)

29-30 JANUARY



## MPPIA Motion Picture Industry Orientation

Virtual

[Register](#)

30 JANUARY



## Aerial Lift – Leavitt

Experienced

[Register](#)

## Fall Protection – Leavitt

for Aerial Lift registrants

[Register](#)

## Fall Protection (only) – Leavitt

[Register](#)

## Aerial Lift – Leavitt

Inexperienced

[Register](#)

1 FEBRUARY



## Performing Arts Safety 101 – Safety Awareness

Virtual

[Register](#)

5-6 FEBRUARY



## MPPIA Motion Picture Industry Orientation

Virtual

[Register](#)

14 FEBRUARY



## Motion Picture Safety 201 – Safety for Supervisors

Virtual

[Register](#)

16 FEBRUARY



## Propane Heater Safety Awareness

Virtual

[Register](#)





**ACTSAFE HAS LAUNCHED A  
BRAND-NEW COURSE**

# WORKPLACE INSPECTIONS

IN THIS FOUR-HOUR INTERACTIVE COURSE

- FOLLOW A WORKPLACE INSPECTIONS POLICY AND PROCEDURES
- IDENTIFY WHO, WHAT AND HOW OFTEN TO INSPECT THE WORKPLACE
- IDENTIFY POTENTIAL HAZARDS AND PROVIDE SUGGESTIONS TO RESOLVE
- BUILD A CUSTOMIZED INSPECTIONS CHECKLIST(S) FOR A SPECIFIC WORKSITE
- COMPLETE THE INSPECTIONS CHECKLIST AND REPORT FOR A WORKSITE
- SUBMIT COMPLETED INSPECTIONS FORMS TO THE EMPLOYER/ JOINT HEALTH AND SAFETY COMMITTEE (JHSC)



**REGISTER FOR FREE TODAY!**



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SAFETY  
CONFERENCE

VIRTUAL CONFERENCE

FEBRUARY  
25-26, 2022

PAY AS YOU CAN

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NOW

actsafeconference.ca



# The Actsafe Entertainment Safety Conference is back for its sixth year, and we are coming to you virtually for as little as \$0.



The Actsafe Entertainment Safety Conference, **February 25<sup>th</sup> and 26<sup>th</sup>** is a **two-day virtual conference** filled with over 20 sessions to help you gain a deeper understanding of all things health and safety, and it is a great way to utilise your professional development. It's an opportunity for you to learn some new skills, hear from a range of experts in their fields, and open your eyes to new ways of achieving a safe workplace.

This year the conference will have both a motion picture and performing arts stream, as well as a Joint Health and Safety Committee stream, which may count towards a committee member's entitled eight hours of annual health and safety training. This year's session topics include COVID-19 safety, firearms safety, crowd management, hazardous materials, and materials, and more.

2022's conference is presented on a Pay What You Can basis, including \$0. The COVID-19 pandemic has greatly impacted the arts and entertainment industries and we recognize that the income of many of our members has been affected. We want everyone to have the opportunity to join us to network and share knowledge.

Register for the conference today at [actsafeconference.ca](https://actsafeconference.ca).



SPONSORED BY





# Does the Shoe Fit?

By **Will Heller** | Performing Arts Safety Advisor, Actsafe Safety Association

**Interview with Hall Risk** | General Manager, Dayton Boots



**S**lips are attributed to the lack of gription (a word mashup of grip and traction) between a foot or footwear and the walking surface. Often slips result in falls, many of which are on the same level (as opposed to slipping and falling downstairs or when getting off a mobile elevating work platform, ladder, or vertical lift). I dived a little deeper into the importance of footwear through an interview with Hall Risk, General Manager of Dayton Boots — a storied footwear manufacturer in East Vancouver since 1946.

## What does the CSA green triangle mean to you and your customers?

The green triangle is a CSA standard that tests boots (by destroying them) for impact on the toe box and how well it resists puncture through the sole. It does not mean that any slip resistance tests have been performed or that the sole will be good for traction.

## What is known about slip resistance testing for work footwear?

There isn't really a globally agreed upon way to test slip resistance of work footwear. It's up to the employers and the workers to understand their own environment and then to select appropriate footwear and soles for the job.

## What are key considerations for people who are looking at a work safety shoe or boot purchase?

Not long ago, organizations would purchase boots and footwear in bulk and provide them to all their workers. The CSA standard being adopted means that there is greater variety and choice for individuals than ever before.

- Fit and comfort are the number one consideration for someone selecting work footwear. If the footwear does not fit properly (i.e., you can feel the steel



toe) or is not comfortable (keeping your workload and environment in mind) they won't be used, making the safest shoe ineffective. Style also is a factor.

- When considering fit, remember that shoe sizing is about length and width, but your comfort is based on your foot's volume and shape. Differences in instep, arches, and other parts of your foot will make the difference between comfort and discomfort. Leather uppers that have been through the break-in period are often considered the most comfortable choice. When you consider you are wearing these boots or shoes for 8+ hour workdays, the best piece of advice is to try before you buy.

### Are there any important considerations that are often overlooked by footwear purchasers?

- Maintenance of your footwear is vital to longevity. Proper cleaning and treatment of our full-grain leather boots has provided 40+ years of service life (with a few sole replacements) for our customers. Remember to check the tread is clear of debris and mud to maximize slip resistance especially when you are working in wet conditions.
- It is better to have multiple pairs of work footwear. This provides enough time to completely dry out the boot or shoe between use. Having two pairs or more of work footwear has provided an exponential increase of service life for each of the shoes.
- If you can feel the steel toe when you try it on, go half a size or a size up.
- Though sometimes bulky, composite toes and shanks (plate in the sole of the boot) may be better for cold weather work as they don't transfer the cold to your foot as much.

Joint Health and Safety Committees and employers can work together to determine different ways to prevent slip incidents from happening or reduce the harm of the injuries that do occur. As Hall mentioned, understanding your work environment is key to selecting which footwear is best suited to your circumstance and the following may be useful considerations:

- Check your workspace or tasks where slips have occurred or may occur — consider what factors are present (such as trip hazards, electrical cables, visibility, an uneven walking surface, noise, fatigue, floor contaminants such as water, mud, leaves, or oils, equipment in use at the time, etc.).
- Talk with each other about slips (even if a fall or injury doesn't occur) and try to improve the situation.
- Think of seasonal changes — are we prepared for the arrival of leaves, snow, and ice this upcoming season?
- Has the organization communicated expectations regarding safety footwear?



Please reach out to [performingartssafety@actsafe.ca](mailto:performingartssafety@actsafe.ca) or [motionpicturesafety@actsafe.ca](mailto:motionpicturesafety@actsafe.ca) for individualized and confidential safety consultation.

A big thank you to Hall Risk for his insights into this issue.

Visit [www.daytonboots.com](http://www.daytonboots.com) to find your perfect footwear.

# WE WANT YOUR FEEDBACK!

HOW DID YOU ENJOY OUR  
NEWSLETTERS IN 2021? HOW CAN  
WE IMPROVE IN 2022?

**ALL ENTRIES RECEIVED BEFORE JANUARY 31ST WILL BE  
ENTERED INTO A DRAW TO WIN  
ONE OF FIVE \$50 SKIP THE DISHES GIFT CARDS.**



**>> CLICK HERE**

**IT ONLY TAKES**  **2 mins**



# PREVENTING SLIPS, TRIPS, AND FALLS IN WINTER WEATHER

As temperatures in British Columbia drop this wintertime, the number of injuries due to slips, trips, and falls increases.

Workers suffer bruises and abrasions, broken limbs, cracked ribs, serious back and head injuries, often resulting in time off work.

Here are some tips to help keep you safe when walking on ice and snow:



## 1. MONITOR AND PREPARE.

Before leaving home or work, monitor the weather and prepare for slippery conditions when walking and driving.



## 2. BE CAREFUL.

Walk slowly to your destination. Be particularly careful on stairs and use handrails where available.



## 3. AVOID SLIPPERY SURFACES.

Avoid slippery surfaces, such as icy areas and wet leaves, where possible.



## 4. APPROPRIATE FOOTWEAR.

Wear appropriate footwear with slip-resistant soles to work, and change into indoor footwear. Ice grippers that attach to your footwear can provide additional traction.



## 5. CLEAN.

Clean your shoes when you go inside as tracked in debris, snow, and slush can cause slips and falls indoors.



## 6. REPORT.

Report all slips, trips and fall hazards and incidents to your supervisor or employer.



# **ACTSAFE**

## **SAFETY IN ENTERTAINMENT AWARDS**

### **2022**

**NOMINATIONS ARE NOW OPEN!**

DO YOU KNOW SOMEONE WHO PRIORITIZED SAFETY IN  
2021?

NOMINATE THEM FOR AN ACTSAFE SAFETY IN  
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**THE CATEGORIES ARE:**

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YEAR

**PERFORMING ARTS AND LIVE EVENTS**

SAFETY AMBASSADOR  
OF THE YEAR

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THE IDEAL TOOL TO  
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COVID SAFETY  
CONCEPTS  
TO YOUR  
WORKFORCE.

LICENSED BY: **actsafe**  
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An Actsafe Safety Association Production

**Produced By** JENNIFER LANE

**Visual Effects** EUNICE CHUNG  
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**Assistant Editors** ANNA BALLIET  
ANAND KANNA  
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#### CAST

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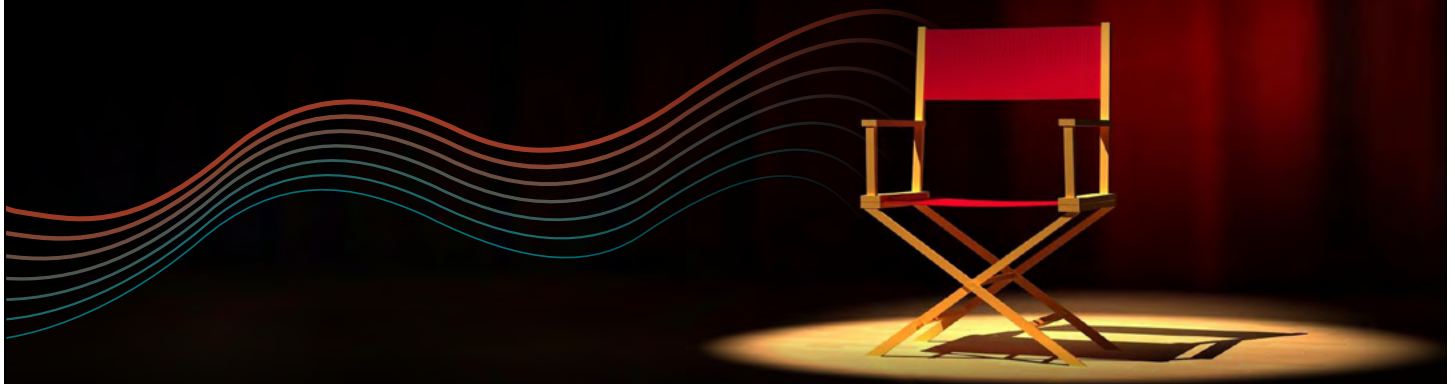
#### COMING NEXT

Safety Scene Spring Edition: **Health and Safety Programs**

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#### CASTING CALL

Would you like to contribute to Actsafe's next edition? If so, send us your content ideas, advertisements and/or events.



For advertising opportunities, please visit [actsafe.ca/quarterly-newsletter-advertising-opportunities](https://actsafe.ca/quarterly-newsletter-advertising-opportunities).

For more information, contact Jennifer Lane at [communications@actsafe.ca](mailto:communications@actsafe.ca).







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SAFETY SCENE**



**LEARN MORE**

Actsafes is a health and safety association supporting British Columbia's arts and entertainment industries by providing resources, training, and advisory services.



## CONTACT US

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🌐 [www.actsafes.ca](http://www.actsafes.ca)

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Canada

## Connect With Us



Actsafes is supporting First Nations' Emergency Service Society by donating all revenue generated from the advertisements in 2022's quarterly newsletters to this incredible association.



Actsafes is proud to have achieved the Gold Level Certification in SFU's Sustainable Spaces Program. The Actsafes team was awarded this certification because of their never-ending commitment to their Corporate Social Responsibility initiatives.

Actsafes Safety Association would like to acknowledge and honour that our workplace and classrooms are located on the traditional, ancestral and unceded territory of the Skwxwú7mesh (Squamish), S'ólh (Stó:lō), Qayqayt (Qayqayt), səliłwət (Tsleil-Waututh) and Stz'uminus (Stz'uminus) peoples.

