QUARTERLY NEWSLETTER SUMMER 2022

Safety Scene Emergency Preparedness

ACTSAFE INJURY PREVENTION WEEK 2022 HEAT STRESS IN THE FILM, PERFORMING ARTS, AND LIVE EVENTS SECTORS **EMERGENCY RESPONSE FOR PRODUCTIONS AND EVENTS EMERGENCY PREPAREDNESS RESOURCES** actsafe



Aerial and Scissor Lift

Experienced | Inexperienced

In this combination of online theory training and inperson practical assessment, Leavitt Machinery aims to reduce the risks related to operating straight telescoping, articulated and scissor lift aerial platforms.

Upcoming Courses

August 15 | August 16 | August 27 | August 28

Register



Forklift

Experienced | Inexperienced

In this combination of online theory training and an in-person practical assessment, we aim to reduce the risks associated to sit down, vertical mast forklifts by teaching you the fundamentals of forklift safety.

Upcoming Courses August 20

Register



Fall Protection

In this combination of online theory training and a 15minute in-person practical assessment, this course covers the basics of fall arrest, travel restraint and work positioning, including fall protection definitions, components, fall calculations, equipment maintenance and rescue planning.

Upcoming Courses

August 15 | August 16 | August 27 | August 28

Register





EMERGENCY PREPAREDNESS



A Message From Actsafe

Emergencies can happen at any time, anywhere. Whether it is flooding, extreme heat, earthquakes, wildfires, or tsunamis, our best defence is to be prepared. Everyone plays a role in preparing for times of crisis, and identifying these potential hazards and performing a risk assessment is the first step. Next is planning for these potential emergencies with effective control measures, reducing the risk to you and your greatest asset – your team members.

This edition of Safety Scene is filled with educational articles to help you and your production be prepared for emergencies, including the employer's role in emergency preparedness, how to prepare for an earthquake and how the arts and entertainment industry can combat heat stress. You'll also find resources that can support your preparation for emergencies,

including Actsafe's Workplace Emergency
Preparedness Plan Info Sheet and Emergency
Contact Poster. You will also find links to two
recent Actsafe webinars: WorkSafeBC Base
Premium Rate Consultation for the Arts and
Entertainment Industry and Preventing Extreme
Heat Exposure in Arts and Entertainment
Workplaces.

Finally, make sure to register for our August courses and save the date in your calendar for Actsafe Injury Prevention Week 2022, where we will focus on emergency preparedness with webinars, resources, and inperson on-site visits to your production.



Trina PollardCEO
Actsafe Safety Association

In this issue...

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By WorkSafeBC

Employers must be prepared to keep cast, crew, contractors, and audiences safe in case of severe weather and other emergencies.

As we head into the summer, many of us have a new perspective on what it means to be prepared for emergencies. In 2021, B.C. experienced a heat dome that broke all-time temperature records, devastating summer wildfires, and the "atmospheric river" that brought record rainfalls leading to catastrophic floods and mudslides.

All of these events had impacts on businesses and communities, and served as reminders of employers' requirements to plan for environmental disasters or other emergencies and develop effective procedures for evacuating the workplace. Remembering last year's emergencies is a good opportunity to revisit any existing emergency plans and make any needed improvements.

Emergency situations can arise with very little warning. The more you are prepared, the better you will be able to act and help ensure the safety of workers.

WORKPLACE-SPECIFIC RISK ASSESSMENT

Each workplace is unique. It's important to complete a risk assessment for each work

WORK SAFE BC

setting to identify hazards, assess risk, and determine controls — including planning for the possibility of a workplace evacuation.

When assessing risks, consider possible environmental emergency situations specific to your workplace's geographic location such as extreme temperatures, wildfires, floods, and earthquakes. Also consider potential emergencies related to nearby infrastructure or industry (e.g., railway derailment, chemical spills).

B.C.'s Occupational Health and Safety Regulation details the requirements for emergency preparedness and response (sections 4.13–4.16), as well as for evacuation and rescue (Part 32).

Key requirements of an emergency response plan (ERP) include:

- Developing appropriate written procedures for evacuation, rescue, and reentry once it is safe to do so
- Providing well-marked means of escape and having first aid resources (including supplies and certified first aid attendants) onsite
- Training cast and crew in emergency procedures and fire prevention
- Ensuring cast and crew know how to respond to an incident, including the

location of exit routes and muster locations

- Providing appropriate personal protective equipment for cast and crew doing the evacuation or rescue
- Conducting drills, as appropriate, based on the length of time for the production or event
- Ensuring your emergency plans include provisions for audiences and other nonworkers, if applicable

Ensure that emergency procedures are inclusive, considering the safety of all cast and crew — including workers with disabilities. Also consider lone workers and the risks they might encounter. In case of emergency, lone workers may face unique challenges when traveling for work or working at remote job sites. It's critical to have a check-in system to account for them, and ensure they can obtain assistance, if needed, with access to emergency provisions.

If your production includes multiple worksites, you will need a plan for each site that includes the specific requirements of that location.

TRAINING AND PRACTICING YOUR ERP

Make sure all workers know how to respond to an incident — don't rely solely on a supervisor to coordinate help as they might not be available or could be the one needing assistance. All cast, crew, and contractors on productions, locations, and events need to be informed.

Ensure all workers (including independent contractors and cast and crew from out of town) are trained and participate in drills for emergency situations. Conducting regular, realistic, and relevant emergency response drills is a good way to test how effective your ERP is. It's also an excellent training opportunity.

For more information, see WorkSafeBC's resource on emergency evacuation planning for your workplace and "Is your workplace prepared for an emergency?"

HEALTH AND SAFETY INQUIRIES

For all other health and safety inquiries (e.g., requesting a worksite consultation, obtaining information about workplace health and safety or the Occupational Health and Safety Regulation), please call the WorkSafeBC Prevention Information Line.

Phone: 604.276.3100

Toll-free: 1.888.621.7233 (1.888.621.SAFE)

(Canada)



ADVOCATING FOR YOUR SAFETY ON SET

www.ubcpactra.ca



Everyone Has a Role in Earthquake Preparedness

MAN TO THE REAL PROPERTY OF THE PARTY OF THE

By Desiree Gatten | Operations Manager, Film & Special Events, City of Vancouver



Did you know that a year after The Great East Japan Earthquake, more than 5,400

businesses had yet to reopen, and 1,000 businesses were bankrupt within one and a half years? The Great British Columbia ShakeOut drill, taking place on October 20th, is the perfect reminder that we live in a seismically active area. While we've been lucky not to have any damaging earthquakes in many years, we still need to prepare for one. The ShakeOut drill is not only an opportunity to practice how to 'drop', 'cover', and 'hold on', it's a chance to make a family plan with loved ones and think about how best to prepare in your place of work.

Emergencies and disasters are inevitable. The question is not if they will happen, but when. While it is impossible to know the specifics ahead of time, using the best available information to plan for what might happen is the most effective way to be prepared for what does happen. Preparedness is a shared responsibility. Everyone needs to have a plan, both at home and at their workplace. Being prepared means first responders can prioritize helping those who need it most.

As a business/production company/theatre etc., you should start with having a basic preparedness checklist. Understanding the kinds of hazards your workplace may be exposed to is a good way to identify the risks to your business. For example, while on location in the Lower Mainland, it may be

worth having emergency plans for flooding or for an earthquake. If on location in northern B.C. or interior B.C. during summer, risk of fires could hamper your activities.

PLAN FOR YOUR BUSINESS It's just as important for businesses to plan for emergencies and disasters. Disasters can be devastating for local economies; well-prepared businesses can recover faster and are essential in helping their communities recover. If you own or manage a business, it's important that you have a business continuity plan in place. Do you have the supplies you need at your workplace? Is your workspace safe, or are there hidden hazards you may not know about? Do you know how to reach your staff should an earthquake take place, and do they know what to do and where to go? All of these important questions are covered in the City of Vancouver's Business and Employer Emergency Preparedness (BEEP) guide.

For those interested in more information on how to prepare for emergencies such as earthquakes, the City of Vancouver offers frequent (and free!) Neighbourhood Emergency Personal Preparedness (NEPP) workshops in-person at community centres across Vancouver and virtually. You can register for a workshop by visiting vancouver. ca/beprepared.

HAVE A CONVERSATION

Do you know what kinds of hazards exist in your home or workplace? Do you know where to meet your loved ones if you can't meet them at home? These are the simple yet important questions you should discuss with your family and your colleagues. Encourage employees to develop household emergency plans. The Government of British Columbia has a fill-in-the-blanks emergency plan available in multiple languages, so you can get started.

Be prepared to have employees trained on basic first aid training and how to aid employees or customers with special needs.

After an earthquake, typical methods of communication may not be available. Even if the earthquake doesn't damage telecommunication towers, networks may not be able to handle call volumes. You should prioritize text messaging, emails, and app-based communication over phone or video chats, because they are more likely to connect. Identify an out-of-town contact everyone in your family can contact.

You should also select a few designated meeting places in case you can't reach your colleagues or family: one should be close to home and one should be further away. Keep in mind children, seniors, pets, and those with disabilities may require some extra planning

If possible, put aside essential supplies at home such as food, water, flashlights, a first aid kit, and other basic supplies. Critical services like water and gas may not be available after an earthquake; if you have the supplies you need and your home is not damaged, you can stay there even without power or water as long as you have supplies.

You should also put a few essential items such as copies of important documents and prescriptions for all family members in a graband-go kit in case you do need to leave after an earthquake. Learn about the different types of emergency kits and what to put in them at vancouver.ca/emergency-kit.

GET TO KNOW YOUR NEIGHBOURS / BUSINESS NETWORK PARTNERS

Being prepared isn't just about what you have, it's about who

you know. After a major emergency such as an earthquake, neighbours need to rely on each other. Whether you live in a house or an apartment building, know who your

neighbours are, what skills they have, and what they might need from you. Similarly, it is important to discuss and exchange emergency plans with all the suppliers and service providers.



Some other keyways the City has worked to improve earthquake response and resilience include the following:

- Upgrades to critical water, sewer, energy, and transportation systems to increase seismic resilience in the event of an earthquake.
- Development of communications plans, including the establishment of an emergency communications volunteer organization known as VECTOR.
- Staff training and exercises for the city's Emergency Operation Centre, Disaster Staging Areas, and other response teams.
- Development and training of Canada Task Force 1, one of five Heavy Urban Search and Rescue operations in Canada.

HOW THE CITY OF VANCOUVER IS PREPARING

The City of Vancouver is actively planning and preparing for earthquakes and other hazards in a variety of ways. In 2019, the City conducted a full-scale emergency exercise, testing the ability to respond to a moderate earthquake. The exercise, which involved over 600 participants included recreation centre evacuations, building and infrastructure inspections, search and rescue operations, and internal and external communications



The City of Vancouver is preparing and planning for emergencies, but everyone has a role to play. Make sure that you prepare for a few days with minimal or no support.



Supporting Act

Prepare for an emergency at your arts and entertainment workplace by bookmarking these important resources.

Emergency Preparedness

Summer 2022



STAY TUNED =

Actsafe will be publishing an Extreme Heat Exposure Control Plan soon, and we're also developing an Emergency Preparedness Workshop this year!





ACTSAFE RESOURCE EMERGENCY CONTACT FORM POSTER

Download this fillable Emergency Contact Form poster and post it in common areas of your workplace for easy access in case of emergency.

EMERGENCY PLAN FOR SMALL BUSINESSES

This PreparedBC resource is designed to help small business owners plan and prepare for emergencies that could interrupt operations. You can use this template as a starting point and add to it as needed.



DOWNLOAD RESOURCE

ACTSAFE INFORMATION SHEET WORKPLACE EMERGENCY PREPAREDNESS PLAN

This information sheet guide includes information on how to develop an emergency plan, including general procedures as well as strategies for specific emergencies (e.g. fires, earthquakes and floods).

HUMIDEX-BASED HEAT STRESS CALCULATOR

The humidex-based heat stress calculator describes how very hot and humid weather feels to the average person. If the reading is over 40, this is defined as an extremely high humidex and indicates that certain types of outdoor activities must be modified.





USE CALCULATOR

UPCOMING

Courses & Workshops



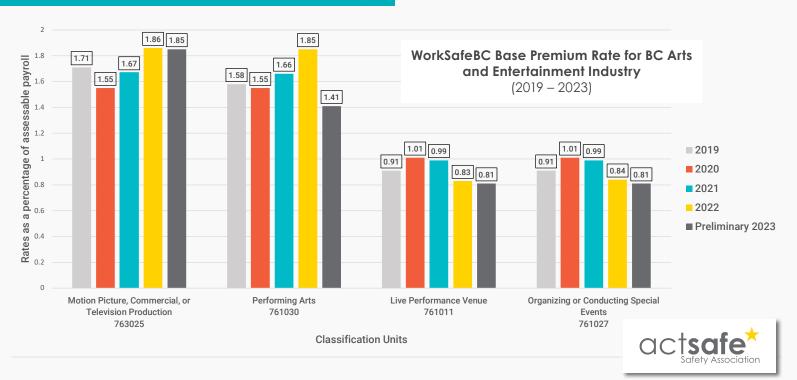
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6-7	Motion Picture industry Orientation Virtual	> Register
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22	Joint Health and Safety Committee Fundamentals	> Register
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	Fall Protection (only)	> Register
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29	Motion Picture Safety for Supervisors	> Register
	Virtual	
30	Occupational First Aid – Level 1	> Register
	In-person	

WorkSafeBC Updates

For the Arts and Entertainment Industry





PRELIMINARY RATES FOR 2023

Annual base premium rates are driven by provincial injury rates, return-to-work performance and the resulting cost of claims, as well as investment performance relative to required rates of return.

Each year, the costs in some industries go up, some go down and others stay the same. In 2023, the rates for our four industries are

projected to decrease as seen in the above graph.

In July, Actsafe was joined by WorkSafeBC on a webinar to learn more about its preliminary assessment premium rates for 2023 and what you can do to reduce injuries, claim costs, and your annual premium.

>>

Watch the webinar on Actsafe's YouTube Channel.

RIGHT TO REFUSE UNSAFE WORK REGULATION CHANGES

Starting on August 22, 2022, WorkSafeBC will be implementing amendments to the Occupational Health and Safety regulations that create an entirely new section (3.12.1).

Employers must now ensure a subsequent worker is advised in writing of any unresolved work refusal made in relation to assigned work.

>>

Learn more by visiting WorkSafeBC and viewing the Part 3 – Reassignment of refused work document.



Public media messaging often tells us to rely upon services, first responders, and governments and convinces us that when a disaster occurs there will be someone there to help us and tell us what to do. What about when we are working in places where there are no first responders? When the first responders are equally impacted? When road conditions or traffic volume limit assistance from service providers? On set, we expect that there will be a person trained in First Aid and that the 1st Assistant Director (AD) is our primary safety representative. However, neither of those roles are directly linked to community Emergency Managers, nor would they receive information any more timely than public notification in a widespread disaster or emergency.

How will you help yourself when you have nothing you need, can't get home, and your family has to take action without you? Where will you meet your family? Do you have two primary points of contact or a place to gather if you face evacuations while separated? If you are a supervisor in a creative location, how will you mobilize your staff team during a mass evacuation, and how will you account for their safety? Often, in film, we rely upon shuttles and transport, however, in a mass evacuation at your workplace there may not

be enough drivers, shuttles, or seats to move the whole crew with speed and ease. How will you get your whole crew to safety if the place

you are working issues an evacuation order and calls for an immediate departure from the area? How do you get all team members out safely and calmly with limited transportation resources, potentially with limited egress routes? Who has signed up for the local community alerting system? Who goes first? Last? What if cellular networks are down?

Being prepared is not always about carrying a bag of items you may never need. Being prepared means thinking about the worst possible things that could happen, all the things that could potentially go wrong, and how to adapt with grace. People who work in the creative industry are often living in constant adaptation with flexibility, grace and calm under pressure and a couple of plans in their proverbial pocket. When option A doesn't go as planned, there is usually a creative suite of alternatives.

I ask you to ask yourself what would I do if an emergency or disaster impacted me here, at this moment?

The Directors Guild of Canada, British Columbia is a proud supporter of the Actsafe Safety Association



BRITISH COLUMBIA

Representing key creative and logistical personnel in the film and television industry in British Columbia and the Yukon www.dgcbc.com



In June 2021, B.C. experienced a "heat dome," an unprecedented heat wave that was both historic and dangerous: according to BC Centre for Disease Control estimates, there were more than 740 heat-related deaths over an eight-day period. While temperatures in 2021 were extreme, there is growing evidence that B.C. will experience more exceptionally hot days during the summer months.

The motion picture, performing arts, and live events sectors present unique challenges when it comes to assessing and controlling workers' exposure to heat stress. Examples of these challenges include costumes that affect the body's ability to cool itself, worksites where air conditioning is not practicable, and outdoor locations where workers are exposed to high temperatures for long periods of time.

WHAT IS HEAT STRESS?

The human body naturally tries to maintain a temperature between 36 to 38 degrees Celsius. Heat stress occurs when the body heats up faster than it can cool itself, which can result in heat rash, heat cramps, and fainting. In more serious situations, it can cause heat exhaustion and heat stroke. Someone with heat stroke may stop sweating, have an increased breathing rate, be confused, or experience seizures. In severe cases, heat

stroke can lead to cardiac arrest.

The body removes excess heat through sweating and convective cooling — when heat is carried away from the body via moving air. Clothing and environmental conditions, such as temperature, humidity, air movement, can significantly affect the body's ability to cool itself.

EMPLOYERS HAVE A CRITICAL ROLE IN PREVENTING HEAT STRESS

Your employer is responsible for conducting heat stress assessments and implementing appropriate control measures to help reduce the risk of heat stress and related illnesses.

Assessments are required if workers will be doing tasks or working in areas that put them at risk of heat stress or related illnesses. The risk of heat stress is most often assessed by measuring environmental conditions. Depending on the outcome of the risk assessment, employers must also develop an exposure control plan (ECP) outlining measures to reduce workers' exposures.



When conducting a risk assessment for heat stress, employers should consider the following questions:

What kind of environment will workers be in? Think about the temperature, humidity, air flow, and workers' direct exposure to the heat.

- How much energy is needed for the work and how quickly will the work be completed?
- Can workers become acclimatized to heat? Acclimatization, a physiological adaptation that can improve heat tolerance, can occur when individuals are physically active under heat stress conditions. Acclimatization typically takes seven days of consistent heat exposure to develop and declines quickly. This means that, given the typical climate in B.C., most workers will not become acclimatized to heat.
- What personal risk factors may affect workers' tolerance to heat? Factors to consider include gender, age, weight, and use of medication and other drugs.
 Individuals are also more susceptible if they have previously experienced heat stress or repeated episodes of heat exhaustion.
- Are workers wearing clothing or personal protective equipment that allows for air flow and sweating? Multiple layers of clothing, costumes, special effects makeup, or protective suits may severely hinder the body's ability to cool itself.



Below are some control measures that employers can take to prevent heat stress and related illnesses:

- Install air conditioning to reduce temperatures and relative humidity (temporary units can be used at location shoots).
- Add fans for spot cooling (fans are not recommended for temperatures above 35 degrees Celsius).
- Establish cooling areas that provide shade and cool, potable water.
- Monitor heat conditions at the site and act accordingly.
- Use alternative fabrics for costumes that allow better breathability.

- Determine appropriate work-rest cycles by the time a worker feels ill it may be too late
- Rotate work activities or use additional workers to reduce exposure to heat and incorporate breaks from the heat and/or direct sunlight.
- Provide workers with education and training in recognizing the symptoms and symptoms of heat stress.
- Consider re-scheduling work during the cooler parts of the day — before 11 a.m. and after 3 p.m.
- Implement additional controls for indoor and outdoor work when Environment Canada issues heat warnings and heat emergency advisories.
- Ensure there is adequate first aid coverage and emergency procedures are in place.
 Workers showing signs and symptoms of heat stress must be removed from the environment and provided with first aid or medical treatment as needed.

LEARN MORE

For more information on heat stress risk assessments and controls employers can implement to protect workers, see the following resources:

- Humidex-Based Heat Response Plan
 —
 five-step process to recognize, assess, and
 control heat exposures developed by the
 Occupational Health Clinics for Ontario
 Workers (OHCOW)
- Preventing Heat Stress at Work WorkSafeBC publication
- OHS Regulation sections 7.27 to 7.32, Heat exposure
- Occupational Health and Safety Guidelines
 - G7.29-4, Heat stress assessment using a dry bulb thermometer or Humidex index
 - G7.28(1), Exposure limits Using the ACGIH Standard

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Extreme Heat Webinar



Working in extreme temperatures can be uncomfortable and can lead to lethal consequences. Factors such as high humidity, sun exposure, and stagnant air increase the risk of developing into a health concern. Many arts and entertainment jobs require working in these conditions, both outdoors and indoors.

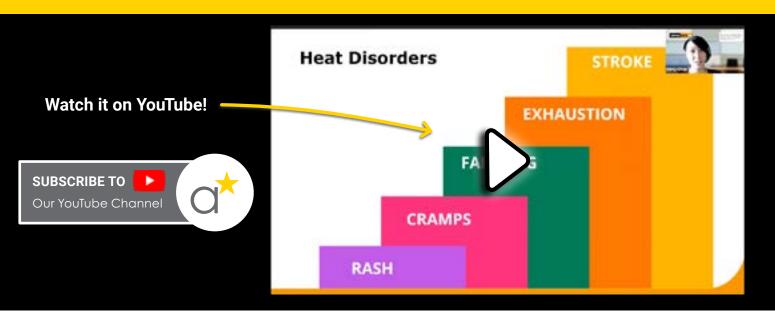
On July 8th, 2022, Actsafe Safety Association was joined by Prescillia (Percy) Chua, Manager in the Risk Analysis Unit at WorkSafeBC, for a 45-minute presentation and 15-minute Q&A on this important health and health and safety topic.

WEBINAR TOPICS

In this webinar, you will learn about how to reduce the risk of heat stress in your production.

Topics include:

- Basic overview of heat stress and disorders
- Minimum regulatory requirement regarding workplace heat exposure
- Practical approaches to reducing the risk of heat stress
- Available resources related to heat exposure





Preparing for emergencies in productions and events

Employers must be prepared to keep cast, crew, contractors, and audiences safe in case of severe weather and other emergencies.

Find out more here: Is your workplace prepared for an emergency? | WorkSafeBC





An Actsafe Safety Association Production

Directed By TRINA POLLARD

Produced By JENNIFER LANE

Visual Effects **EUNICE CHUNG**

GAURAV GUPTA

ANNA BALLIET Assistant Editors

> **NATALLI DIAS WILL HELLER**

ANAND KANNA HARNAK LALLI MELISSA LAMB DON PARMAN

LISA WILD

CAST

Contributors TARINA COLLEDGE

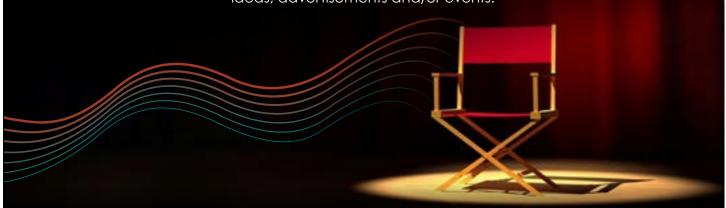
> **DESIREE GATTEN WORKSAFEBC**

COMING NEXT

Safety Scene Fall Edition: **ELECTRICAL SAFETY**

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/newsletters/advertising-opportunities/. For more information, contact Jennifer Lane at communications@actsafe.ca.





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



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Connect With Us











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





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

Actsafe Safety Association would like to acknowledge and honour that our workplace and classrooms are located on the traditional, ancestral and unceded territory of the Skxwú7mesh (Squamish), S'ólh (Stó:lō), Qayqayt (Qayqayt), səlilwət (Tsleil-Waututh) and Stz'uminus (Stz'uminus) peoples.