

Safety Scene

Quarterly Newsletter



Inside this edition: **Reducing the stigma surrounding mental health**

COVID-19 RESOURCES AND ADVISORY SERVICES

COVID-19 Safety Plan

Before returning to operations, employers must have a safety plan in place to deal specifically with the COVID-19 hazard in their workplaces. Does your plan make sense?

Upload your plan and one of Actsafe's safety advisors will endeavour to provide feedback within 72 hours.

For more information and to submit your plan:

SUBMIT

Upcoming Virtual Classes

In an effort to keep training our members, Actsafe is holding virtual editions of some of our courses.

Coming up:

- [Motion Picture Industry Orientation](#)
- June 27 and 28
- [Motion Picture Safety for Supervisors](#)
- July 7 and 8

REGISTER

Real-Time Updates

In the midst of COVID-19, we've curated a selection of resources we believe to be of value to our industries. These resources include posters and guidelines, such as the newly released [British Columbia Motion Picture Industry COVID-19 Safety Guidelines](#) and the [Performing Arts Industry Relaunch Framework](#).

You will find all of Actsafe's COVID-19 resources [here](#).

To be notified in real-time of Actsafe COVID-19 updates to protocols and resources, subscribe to this notification list.

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A Message From Actsafes

I read a quote a few years back when I was feeling a bit low in life. It said: "It's okay to feel unstable. It's okay to disassociate. It's okay to hide from the world. It's okay to need help. It's okay not to be okay. Your mental illness is not a personal failure". This resonated with me and made me feel more comfortable to come out of the situation I was in and to move forward.

This edition of Safety Scene is focused on sharing some of the experiences, challenges, and solutions that we can tap into when we are struggling with our mental health. Remember, occupational health and safety also includes mental wellbeing and psychosocial health. Especially in these unique times, where we are all coping with the challenges of the pandemic, mental wellness becomes a priority.

Mental health is not just a destination, but also a journey through which one can identify the challenge and seek solutions. This year's Actsafes Injury Prevention (AIP) Week in September will focus on mental health and opening up the conversation around it. Our

team will be at the Actsafes Safety Café, which is visiting various workplaces and studios, to have in-person discussions about mental health in the arts and entertainment industries. Be sure to keep an eye on our website for the schedule of events.

It's high time that we all recognize that mental health is a very important aspect of our wellbeing. We hope to see you all participate actively in AIP Week and support each other, both physically and mentally.

Be safe everyone.

Manu Nellutla, CCPE, CPHSA.

Executive Director, Actsafes Safety Association



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The Critical Importance of Psychologically Healthy & Safe Work Environments in the Era of COVID-19

- Dr. Joti Samra, R. Psych, MyWorkplaceHealth



CCOVID-19 has had significant impacts on every facet of our lives - and while we are working hard to ensure we are engaging in distancing and cleanliness to ensure physical health and safety, how many of us are tending to the psychological health impacts of COVID-19?

Preliminary data suggests that — just a few short months post announcement of the pandemic — rates of depression are doubling, anxiety quadrupling, and alcohol consumption is up 25%.

Furthermore, COVID-19 has had significant impacts on every single work environment — and by extension every worker, irrespective of sector or industry. The myriad impacts include uncertainty about job stability or future; layoffs (anticipated or feared); working fewer hours (or in some cases longer hours); and working

from home — just to name a few. All of these changes have the ability to affect one's mental health and are important to pay attention to, given that meaningful work and purpose is one of the most important contributors to our mental health.

For many, the fading distinction between our 'personal' vs. 'work' environments has contributed to an enhanced risk of burnout as one no longer provides a reprieve from the other. For example, an argument with a partner becomes difficult to escape as you no longer have the option to get some 'time out' by going to work; conversely, you may now be spending too much time thinking about work when you are home because your living area has turned into your work area.

Getting back to work

Since May, Canada has lessened isolation/ quarantine measures, resulting in a return to pre-COVID work and life. Getting back to work can be both a blessing and a curse. For some, there may be excitement about getting back

to a predictable routine. However, the majority (57%) of Canadians continue to be stressed out about leaving the house, and only 40% are comfortable going back to work.

For many people, this means finding the notion of going back to work incredibly confusing and anxiety-inducing. On one hand, people want to go back to the old normal where they could work, hug family and friends, or eat at a restaurant without worry. But on the other hand, people know the virus is still circulating, which brings anxiety about one's own safety as well as the safety of others.

What employees and employers can do

In addition to ensuring physical distancing and hygiene/cleanliness protocols according to our leading health and government agencies, there are a number of things employees and employers can do to manage the stress associated with returning to work.

1. Acknowledge and communicate that this is a stressful time. For employees who are anxious about returning to work, clearly and directly express your concerns to your employer (your direct supervisor or manager, or human resources). Know that as an employee, you have the right to a psychologically safe work environment. As an employer, make sure you prioritize psychological health and safety by speaking about it.

2. Connect one-to-one and take the time to understand individual circumstances. Almost half of working Canadians have indicated their employer has not even asked them how COVID-19 has impacted them. Find out what unique situations and challenges employees are facing — including personal or family pre-existing health concerns, and parenting challenges and demands. Be flexible and adaptable where possible.

3. Let people continue to work from home if this does not cause undue hardship. If employees are able to be effective at working from home and prefer to do so, let them continue until they are comfortable coming back.

4. Offer more flexible work arrangements. To the degree possible, work around other demands

employees are facing - including personal and childcare demands. This can build both trust and loyalty.

5. Do regular beginning and end of shift check-ins. Ask your employees what they require to be and feel safe, and be open to input and feedback on changes you can make in the work environment.

6. Disseminate information on psychological health and resilience to all employees. There are many free, high quality, evidence-based resources that exist - providing these to your entire workforce can be a cost-effective way to allow employees to self-select resources that would be helpful if they are struggling. [MyWorkplaceHealth.com](https://myworkplacehealth.com) has many free resources for employees and employers alike, including free webinars, handouts, and worksheets.

Our resources include:

- Our **Psychological Health and Resilience toolkit** contains a package of resources all oriented around enhancing your overall psychological health. Sign up for a free copy and join our community!
- Please see our **digital download page** with access to many reading guides, worksheets and beyond.
- We post blogs on our MyWorkplaceHealth site with relevant mental health in the workplace and psychological health and safety topics which you can access [here](#) and on our Dr. Joti Samra, R.Psych & Associates site on psychological health, wellness & resilience topics [here](#).
- We share videos on common mental health topics on our YouTube channel [here](#) including free webinars [here](#).



Listen

- Anand Kanna, Manager of Motion Picture Programs and Services,
Actsafes Safety Association



When I was in high school, everyone joked that I was a great therapist. My friends would always come and talk to me about their problems. Siblings, relationships, assignments, no matter what, they turned to me to be their sounding board. To them I was known as “The Ear”. Most left our “sessions” feeling much better about their situations, with a clearer, rosier outlook on life. And it wasn’t because of anything I said. I offered no advice or amazing insight into their problems. After all, I didn’t have any more experience or knowledge than my friends, being a teenager in secondary school and all. So, what did I do that made people feel better?

Listen.

Whether it was in front of my locker, in the cafeteria at lunch, or on the drive home dropping off my friends, I just listened to them clear their minds or pour their hearts out, giving them an ear to talk their way through things. And it seemed to work. My friends were happier at the end of it, and life kept moving forward with my cohort surviving through graduation.

And it continued through post-secondary. My best friend and I ended up at the same college, and we took classes scheduled in the evening. After that, we would hop in my car, and even though we lived a short drive away from the college, it would take more than an hour to get home. During that time, my friend would rant and rave about everything that bothered him while I drove. I didn’t say much, but I was still an active participant in the conversation, and I did what my friend needed me to do.

Listen.

But as time moved forward and life got busy, I seemed to be listening less. Time for my friends

seemed to have vanished as home and work life started to encompass all.

Last year, I was lucky enough to attend a fabulous keynote presentation delivered by Stéphane Grenier. Stéphane is a retired Lieutenant Colonel in the Canadian military, and suffered from PTSD after several overseas missions, including the mission in Rwanda.

I took two things away from Stéphane's presentation that made me believe we can all help, regardless of what experience in mental health counselling we have. The first one is peer support. As stated on the Mental Health Innovations website (<https://mhic-cism.com>) "Social support from a person with lived experience can inspire hope and empower others in similar situations". So being there for each other with non-clinical support is an easy way to help people in their times of need. The second take away from Stéphane's presentation is something we can all do.

Listen.

We have to take the time to listen to each other. Stéphane's presentation a year ago re-kindled in me the importance of actively listening to my friends, family and colleagues, to help relieve the stresses in their lives. It may not cure everything, but most of the time people just want to be heard. They might not necessarily need answers at this time. Not every problem requires a solution right now. But by being there to lend an ear, provide a safe space for people to talk their way through their crises, and provide options for additional help, we have more power to help people work their way out of the darkness than we may have realized.

Listen.

It's something that we don't do often enough. But to someone in crisis, it could mean everything.



Supporting the mental health and well-being
of BC's Motion Picture workers
& the calltime Mental Health campaign.

Safety Tips: Manage your mental health during COVID-19

The COVID-19 pandemic has brought many changes to how we live our lives. The uncertainty, altered daily routines, financial pressures, and the fear of getting sick can cause a lot of stress and anxiety. Here are some tips to help manage your mental health during COVID-19, that can also be applied to life post-pandemic:



Compassion

We are all in this together and each of us is doing our best to cope during this time. You may be feeling the effects of uncertainty, isolation, lack of control, fear, anxiety, and grief and this may be your first time experiencing these feelings. Remember to be kind to one another, and to yourself.



Connect

We are all human and require some healthy social interaction so it is important to make time to connect with other people. Luckily there are many ways to connect with our friends and family, such as through video chat, phone calls, or appropriate social distancing meet-ups.



Balance

Be sure to create balance in your day-to-day life:

- **Work-Life**

It is easy to get lost in work or to shut down immediately once the workday is done, but make sure to make time to treat yourself to an activity that brings you happiness.

- **Keep active**

Staying active is important for the body, but it also has huge impacts on your brain, mental health, and sleep. However, it is important to take some time to rest too. Try to get enough sleep so that you wake up refreshed.

- **Nutrition**

Drink plenty of water and eat well-balanced meals to provide your body and brain with the fuel it needs, but also have some treats too as you should be having everything in moderation.

- **Screen time**

Between televisions, laptops, phones, and other consoles, we spend a lot of time looking at screens. Try to limit the amount of daily screen time. Make time to be in nature, read a book, or meditate.

You can find lots of helpful mental health resources online, including the three resources on the following page, so make sure to spend some time working on your mental health as well as your physical health.



Mental Health Resources

Behind the Scenes

The Behind the Scenes Mental Health and Suicide Prevention Initiative's peer-to-peer chat app, 'Be Scene – Be Heard', is a great resource for those who work behind the scenes. It is a platform to interact with your peers, talk about what's on your mind, find comfort and knowledge from one another, and, perhaps, offer insight to someone who is going through something you already have. Click below to access the platform.

BE SCENE, BE HEARD

Calltime: Mental Health

Calltime: Mental Health is an initiative by British Columbia's motion picture industry unions to assist workers and employers grappling with mental health and addiction issues both in and out of the workplace.

The initiative was developed to support BC motion picture workers and their families and reduce the stigma related to mental health and substance use concerns. It also aims to ensure that BC motion picture workers are aware of the services and benefits available to them through their Union Health Benefit Plans and broader resources that are available to the public.

CALLTIME: MENTAL HEALTH

Mental Health Commission of Canada

The Mental Health Commission of Canada's focus is on improving the mental health system and changing the attitudes and behaviours of Canadians around mental health issues. Their website is full of resources including e-Mental Health, Peer Support, Mental Health First Aid, and more.

MENTAL HEALTH COMMISSION



Billboard from our 2018 campaign

Actsafes Injury Prevention Week

Actsafes launched Actsafes Injury Prevention Week (AIP Week) in 2018 to spread awareness of the leading causes of injury to BC's arts and entertainment industries' workers and to provide shareable tips, tools, and resources to help prevent these injuries.

This week-long campaign gives Actsafes an opportunity to:

1. increase industry awareness about the highlighted health and safety topic.
2. bring attention to Actsafes resources that can support the industries in preventing injuries.
3. stimulate positive and relevant conversation with our stakeholders.

Throughout the week Actsafes connects with our stakeholders in person and digitally, with activities being uploaded daily to our social media platforms and website to encourage interaction with our resources and the campaign. AIP Week kits are delivered by the Actsafes team to productions to further educate them on the campaign and its goals.



2018: Back Here, Safety Matters

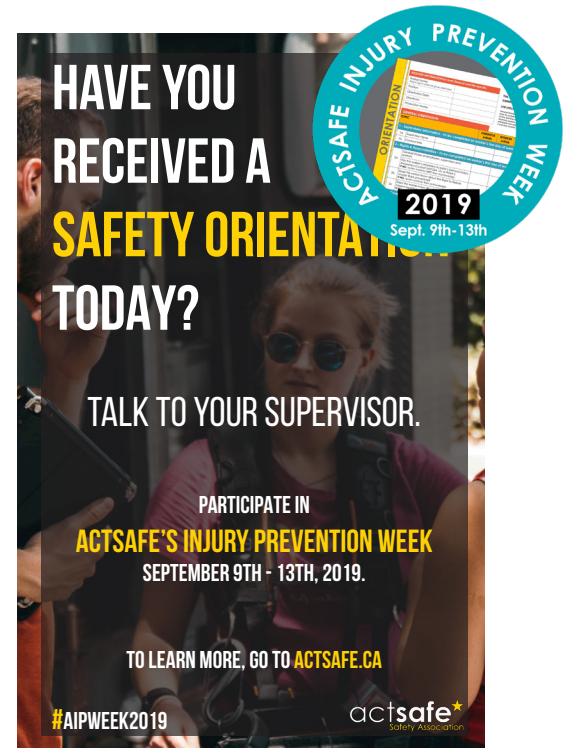
The inaugural AIP Week theme was '**Back Here, Safety Matters**' and focused on the leading causes of injury in BC's motion picture industry and its workers: material handling around vehicles. The aim was to shift the behaviour of workers and supervisors and reduce preventable truck-related injury. The campaign encouraged the concept that trucks are more than just trucks – they are mobile workplaces and often the busiest hub on a film set.

2019: Prevention Through Orientation

The aim for 2019 was to educate workers, supervisors, and employers on the importance of orientations and the situations in which orientations must be carried out.

AIP Week kits were delivered in-person to over 25 productions, which included a new publication 'Acts safe's Safety Log Book' to be given to all supervisors working on the production team so as to encourage logging orientations.

Another new addition to AIP Week was Acts safe's Safety Café which hit the road throughout the week. We visited five studios and workplaces around town and had over 500 people visit us to talk about the importance of orientations.



This year's theme is '**MIND Your Health: Mental Health Awareness**' and focuses on the invisibility of mental illness and how we can all be more mindful of our mental health, and how you can improve yours and others. The aim is to bring awareness to the effects that factors such as stress, fatigue, and concussion, have on an individual's mental health and how this, in turn, affects the arts and entertainment industries.

Join us throughout the week, **September 21-25**, to learn more about mental health and how to improve yours and others. We will share important resources on our [website](#) and social media using #AIPWeek2020.

Acts safe's Safety Café* is ready to hit the road again with six different locations already signed up: Vancouver Film Studios, North Shore Studios, Bridge Studios, Martini Film Studios, Riggitt, and Arts Club.

The Acts safe team will be on-site and we invite you to join us for coffee, cookies, and conversation about mental health.

**In the event that we are unable to visit productions and workplaces due to public health orders, AIP Week will exclusively be a digital campaign.*



Psychological Safety At Work

- Natasha Tony, founder and CEO of Elevate Inclusive Strategies



Over the past few years, there has been much-required attention on the mental health of our nation, our communities, and – quite frankly – our industry. We're now taking seriously how to take care of our own mental health and that of the people around us in our increasingly complex world. Systems are racing to catch up and we are only too happy to see a conscious broadening of the scope of Occupational Health and Safety to include Psychological Safety; it's none too soon.

For the last two decades, I have been focused on Respectful Workplaces with a focus on justice, equity, diversity, and inclusion. As a labour relations specialist, my work was carved out of the myriad of injustices I have

witnessed, that I have been asked to advocate and investigate and ameliorate. And now I educate.

We're in the midst of a **culture shift** in our industry – which owes a great deal of gratitude to the courageous people who spoke up with the “MeToo” movement. We're all far more conscious of privilege or, conversely, discrimination we see on the basis of gender identity, race, national or ethnic origin, colour, religion, age, sexual orientation, and so on. They are locked into our laws, our safety regulations, our codes of conduct, employer policies, and collective agreements. It would be a good idea to be aware of what they say because the next step is making it real.

Whether or not there is intent, where there is impact there needs to be attention.

Those on the receiving end of intimidation, discrimination, sexual harassment, and bullying and harassment often hold feelings of anger and humiliation, an increased sense of

vulnerability and a loss of confidence. There can be an inability to sleep, the onset of depression, and physical symptoms including headaches and body aches. Substance abuse, distress, anxiety, thoughts of suicide – these issues can become life-threatening if left unattended. Unresolved issues can be brought home, increasing family tension and stress and cause distractions that affect workplace productivity, and run the risk of creating workplace safety issues. We don't want that for ourselves and we don't want it for our colleagues. It's got to be called out and it's got to be stopped.

When we see something, we have to say something.

When I speak of organizational culture, I am referring to the philosophies, attitudes, beliefs, behaviours, and practices that define an organization. This culture can be toxic or what makes the organization inimitably successful. When we are talking about the culture shift of the entertainment industry, think about it as the workplace immune system.

What is in place to ensure that both our physical and psychological health is prioritized to maintain a healthy workplace?

Whether we are workers, supervisors or employers, we all have a responsibility to address injustice. That is, to educate ourselves in what injustice looks like, to be aware of our biases, and to question our own assumptions. And, although it's hard, we need to be willing to listen when others are willing to speak about actions and attitudes that have a negative impact on them. It's not always obvious to us. But we're evolved enough to create space for different lived experiences, and to have empathy for issues that might not be our own.

There is the Golden Rule – which says that we need to treat people the way we want to be treated. When we talk about the culture shift and building a respectful entertainment industry, we are now talking about the Platinum Rule – which says we need to treat others in the way that they would like to be treated.

A respectful workplace is one that is free from discrimination, sexual harassment, bullying and harassment; a work environment in which all individuals are treated fairly and respectfully, have equal access to opportunities and resources and can contribute fully to the organization's success. In healthy work environments, differences are acknowledged and valued, communication is open and civil, conflict is addressed early, and there is a culture of empowerment and cooperation.

When individuals are treated fairly and respectfully, stress levels are reduced, and the brain settles into a healthier rhythm.

As we move into a new normal, we could all use a little support and direction. Today's Respectful Workplace training comes with an anti-discrimination lens. It doubles down on the responsibility of workers, supervisors, and employers to address and eradicate gender, racial, and all other forms of discrimination. It calls for awareness and understanding of the relevant Codes and employer policies and invites commitment to the creation of a culture that benefits the health and welfare of everyone working in the entertainment industry.





You are not alone: My story

- Don Parman, Manager of Performing Arts Programs and Services,
Actsafes Safety Association



Mental health is still a difficult discussion. For those that suffer from mental health issues, there is still a stigma attached.

My story. I don't tell it to gain sympathy. I don't tell it to make a political statement. I tell it to help open the door a little bit further for the next generation of live event technicians.

Most people have no idea that I have struggled with anxiety and depression since my early teens. In my case, it manifested itself as violent physical outbreaks. Thankfully, it was never directed at people but inanimate objects. Hitting, throwing, and breaking was the pressure release valve for anxiety and anger. Throughout my elementary years and into high school I struggled to keep friends and relationships because of my erratic reactions to often simple issues. There was little to no help within the school system in the '80s and '90s. What little was available was so limited that it never had any effect on my situation.

Skip to March 2, 1996, and while I was coming home from the wedding reception of a good friend, I was assaulted. Blindsided as I exited a

7-Eleven, they knocked me out by kicking my head into the curb outside the front doors as my girlfriend (now spouse of 23 years) watched helplessly from the taxi. No MRI. No follow-up. No counselling.

I was released the next day but the effects would linger for years.

Forward to 2003. Now married with two amazing kids, we realized it was time for help. While my colleagues rarely saw the outbursts, they continued at home. This had to change. Stacey and I embarked on a mission to get me help. This is where things get really interesting. Because I wasn't a threat to myself, my family, or the public, I was thrown into a system that has no place for me.

Since then I have been on waitlists for over three years for subsidized treatment, only to get one session a month for a maximum of a year. We added to our mortgage to afford paid professional help. That help took six to eight months to find, only to have them decline my appointments because of my insane schedule.

When I finally had benefits through my employers, I was able to utilise the Employee Assistance Program's counselling services, but again, they were designed for people

that were a threat to themselves or others. I attended six sessions and was then referred to a waitlist for further treatment. I'm still looking for help today.

It's not all bad news. Out of all these experiences, I have found tools that do help. My family being number one, but the general theatre community has been a major resource for me and I, in turn, hope that I can be a resource to the community.

The irony in all of this is that I write this during a pandemic lockdown which has given me a rare opportunity to truly work on my own mental wellness. I do not think I could have written this piece six weeks ago. Exercise, reduced work hours, and more time with my support system (Stacey, Kaleb, and Shelby) has me in a better mind space than I have been in in years which is interesting!

Ensure you have a COVID-19 safety plan in place

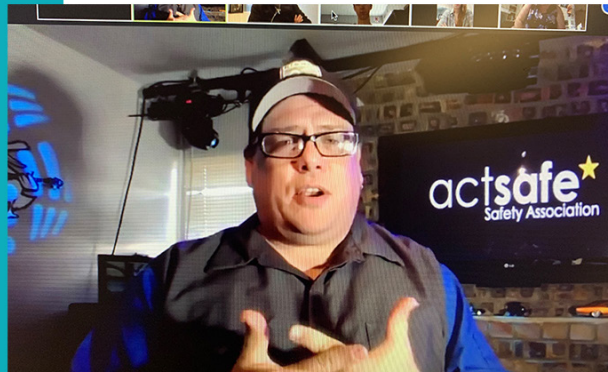
to protect workers from exposure to the virus that causes COVID-19.

Find resources at
worksafebc.com/covid-19-resources

WORK SAFE BC

What Would Don Do?

Safety Chat with
Don Parman and
Actsafes Safety
Association



Get your health and safety questions ready!

Join Don Parman, Actsafes's Manager of Performing Arts Programs and Services, virtually to discuss any safety issues or concerns that the performing arts and live events industries are facing during these testing times.

Contact Don at donparman@actsafe.ca to get signed up. Keep an eye on our social media platforms for upcoming dates.

We look forward to seeing you and learning together.

All of the slides from the previous sessions are available [here](#).



Extracts from the article

Embracing “No”- The Next Consent Conversation

- Megan Gilron Intimacy Coordinator,
The Professional Society of Canadian Intimacy Coordinators and Directors



The job of supporting performers and crew within and around scenes of intimacy has been practiced in one form or another for years, but the role of Intimacy Coordinator (Film/TV) and Intimacy Director (Theatre), has only recently been implemented. Due to significant industry growth and the demand for this support, these roles are now becoming an industry standard. Because of this, new practices and protocols are being created to support this change on a grand scale.

Our consent to action, words, and behaviour make the difference between experiencing trauma and feeling free to create. When

looking briefly into the world's history we see clear examples of trauma, marginalization, and colonization: direct results of the absence of consent.

How much art has our world been robbed of because the voices haven't been given the safety to be heard?

Through an artistic lens, fully informed consent to the creative process with all its minute details makes a massive difference in the final artistic product. The inclusion of the Intimacy Professional role on a production has further expanded a broadening dialogue of autonomy, as well as mental, emotional, and physical safety to support sustainable work environments.

It's often common practice on set for departments like makeup, hair, and wardrobe to adjust clothing, fix hair, and touch up

makeup with ninja-like skills. This focus on the “job” builds a litany of microaggressions that have a large impact on performers’ anxiety, mental focus, and tension in the body. I myself have seen – firsthand – that when a performer is engaged and consulted throughout the process, when they are asked for their consent before being touched, they start to feel a part of the process rather than the product that is being processed. This creates a safer environment where they are more trusting of the team or crew with whom they are working. When they are seen as fully human, a fellow artist rather than a mannequin or puppet, how vastly improved their performances become.

The discussion of consent often focuses on the communication (or lack thereof) around hearing and receiving a “Yes”. Below the surface is the conversation and much less-explored discussion: What happens when people hear a “No”? As children, we learn that a “No” means we’re wrong, bad, or we’ve stepped out of line. Physiologically our heartbeat increases, our blood pressure rises, we hold our breath or hyperventilate, and our muscles tense.

Our North American mainstream culture has invested little or no time educating and engaging with a graceful and respectful response to perceived rejection. Hearing a “No” puts people on edge and on the defensive when not receiving what they want from someone. What happens when we learn that “No” isn’t an attack or rejection of us, but rather the other person enacting boundaries for their safety? When we see a “No” through this lens, we can celebrate and thank the person for honouring their autonomy and personal safety. This requires us to engage with others on an equitable platform that isn’t based in our own ego.

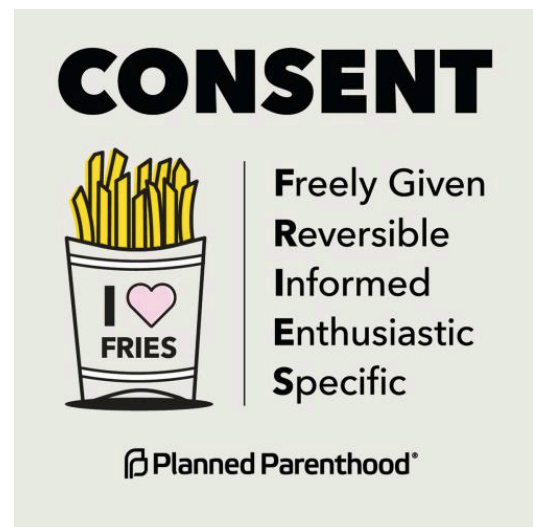
As an Intimacy Professional, our foundations are built upon the knowledge that “Yes means nothing if No is not an option”.

Boundaries are something the majority of people need to develop substantial practice engaging with. It’s not something many of us were introduced to in our youth. We can learn to gauge what our boundaries are when we

check in with our gut (a squicky feeling in the stomach, hairs standing up on the back of the neck). When we feel safe and confident, it’s easy; the answer and enthusiasm comes naturally.

I want to empower folx reading this to begin discerning their own boundaries through the practice of consent. Explore the ways in which it can be revoked, changed, or be absent. Approach someone’s boundaries with respect and curiosity.

Begin here with Planned Parenthood’s acronym for Consent: F.R.I.E.S.



Notice how it makes you feel when you receive a “No”. Why do you feel that way? Try responding to someone’s boundaries with either a verbal or mental: “Thank you for taking care of yourself”.

We all have the need to be seen and understood and to be respected for our boundaries. If we work towards mindfully acknowledging each other through this lens, we may just find ourselves in happier, more sustainable work and living environments.

We must acknowledge that others’ actions don’t revolve around us.

It’s time to learn that we benefit from a worldview that encompasses space for everyone’s mental, physical, emotional, and psychological safety. Embrace the “No”!

Read Megan Gilron’s full article [here](#).



An Actsafe Safety Association production

Directed by
Produced by
Visual Effects
Assistant Editors

Manu Nellutla
Jennifer Lane
Ella Pritchard
Lisa Wild
Carolyn Fisher
Harnak Lalli
Jason Hamdan
Anand Kanna
Maureen Kaaake
Don Parman
Will Heller

Cast

Contributors

Dr. Joti Samra
Megan Gilron
Natasha Tony

Coming Up Next

Safety Scene Fall Edition: Ergonomics

Casting Call

Would you like to contribute to Actsafe's next edition? If so, send us your:

- Content Ideas -
- Advertisements -
- Events -

Actsafe is supporting Threads of Life by donating all revenue generated from the advertisements in 2020's quarterly newsletters to this incredible association.

Click here for advertising opportunities
actsafe.ca/quarterly-newsletter-advertising-opportunities/

For more information contact Jennifer
communications@actsafe.ca.





MIND YOUR HEALTH: MENTAL HEALTH AWARENESS

SEPT 21 - 25, 2020

ACTSAFE.CA/INJURY-PREVENTION-WEEK
#AIPWEEK2020

• CONVERSATIONS • COFFEE • COOKIES •



SAFETY CAFE LOCATIONS AND SCHEDULE WILL BE ANNOUNCED ON THE WEBSITE

actsafe★
Safety Association

WITH THANKS TO:

VANCOUVER FILM STUDIOS, NORTH SHORE STUDIOS, BRIDGE STUDIOS,
MARTINI FILM STUDIOS, RIGGIT, AND ARTS CLUB.

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

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Thank you for taking the time to read this edition of Safety Scene. This newsletter is printed on 100% forest-free Sugar Sheet paper and is one of only a limited number of copies printed, as part of our Corporate Social Responsibility goals.

If you no longer wish to receive a printed version, please email communications@actsafe.ca and we can subscribe you to receive a digital version.



Or connect with us here:



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 Skxwú7mesh (Squamish), S'ólh (Stó:lō), Qayqayt (Qayqayt), səílwətaʔ4 (Tsleil-Waututh) and Stz'uminus (Stz'uminus) peoples.



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.