actsafe Safety Association

Fall 2020
Focus: **Ergonomics**

Safety Scene

Quarterly Newsletter

Inside this edition: Ergonomic tips for working from home

Save the date!

The Actsafe Entertainment Safety Conference is back in 2021 for its fifth year, and this time we will be coming to you virtually.

Prepare to join us February 26-27 as we bring informative presentations, panel discussions, interactive sessions, and more to you from a range of experts in their fields.

Stay tuned as more information will be coming soon!

CONFERENCE WEBSITE

Would you like to present a session at the Actsafe Entertainment Safety Conference?

We are seeking diverse, interactive, and engaging proposals for 90-minute presentations and panel discussions, for the next Entertainment Safety Conference,

SUBMIT A SESSION PROPOSAL

Submission deadline is Friday, November 27th, 2020

A Message From Actsafe

As we celebrate World Ergonomics Month in October, I am happy that we are making ergonomics the focus of this fall edition of Safety Scene.

The current pandemic has forced many of us to work from home at our makeshift office space where dining tables, sofas, and kitchen islands have been transformed into work desks. This transition has made us realize the importance of human-workspace interaction and has also reminded us about the important role ergonomics plays in our daily lives.

With around 35% of all WorkSafeBC claims being work-related musculoskeletal injuries, it is very important for the industry to learn, understand, and implement ergonomics controls to mitigate the risks. This edition has articles providing insights into what ergonomics is and how it can be applied in various aspects of the arts and entertainment industries. Ergonomics is a systems science and as a result you will not only find articles about physical ergonomics, you will also find articles exploring fatigue, dance, etc.

We hope you enjoy this edition, and we look forward to bringing the topic 'Biological Hazards' to you in the winter edition of Safety Scene.

Be safe everyone.

Manu Nellutla, CCPE, CPHSA.
Executive Director, Actsafe Safety Association

In this issue...

Systems Ergonomics – Beyond Physical Factors

- Manu Nellutla, CCPE, CPHSA. Executive Director, Actsafe Safety Association

To better understand ergonomics as a systems science let us start by understanding an example.

A computer programmer has been complaining about back pain to his supervisor. His supervisor researches and gets the programmer an 'ergonomic' chair. After a few weeks of use, the programmer is still complaining of low back pain. The supervisor is confused as he has just spent a couple of hundred dollars to get an ergonomically designed chair.

Does this sound familiar to you? Yes, because we all have experienced lower back pain and immediately our solution was to get an ergonomic chair.

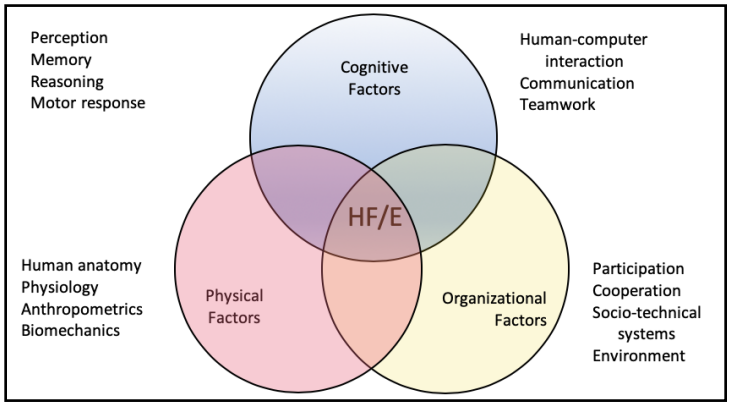
Most of us think of ergonomics as a method/science that investigates designing chairs, desks, computer accessories, and correction of bad posture. Although most of the application has been in these areas which are directly impacted due to the prevalence of work-related musculoskeletal injuries/disorders, ergonomics as a science is more than just looking at the physical aspect.

As defined by International Ergonomics Association, ergonomics (also known as Human Factors) is "the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance."

In short, ergonomics/human factors looks at more than just the physical factors. In fact, ergonomics gives sufficient consideration of various elements like:

- Physical Factors
- Cognitive Factors
- Organizational Factors

Ergonomics/human factors focuses on microergonomics like design of procedures,



International Ergonomics Association

the tools used, posture taken, etc., along with macroergonomics aspects like work roles, job design, communication between team members, and supervisors' feedback, etc.

Let us take an example of a production table in a theatre to understand the concept of systems ergonomics.

If you look at the picture (below), one of the first things that comes to mind is the posture of the technicians at the table. Therefore, most of the intervention will be looking through the physical lens of ergonomics, such as how to get the technician seated, height of the table, and the posture of the technician while using the table. We must also consider the organizational and cognitive factors, such as:

- How long is the technician in front of the table? What are their working hours?
- Does the technician have time to take micro-breaks and to stretch?
- Are there any tripping/falling hazards due to the cables around the table?
- How bright are the screens and how long must one look at them?
- How is the lighting around the area and is it reflecting on to the table/screen?
- How tight is the space around the table for the technician to move around?
- Was there an orientation provided on what the best positions to work at a production table are?

If an ergonomics intervention only includes the physical factors, we miss a lot of other risk factors like number of hours worked, lighting, etc. Therefore, utilizing systems thinking in ergonomics gives it a holistic approach to intervention.

If we take a look at our example at the beginning of this article, applying a systems approach to ergonomics intervention would mean that apart from providing an ergonomics chair we would also encourage the computer programmer to take micro-breaks to stretch, adjust monitor and keyboard height, adjust brightness of the screen, use a foot rest if needed, provide regular feedback to his supervisor, etc. Ergonomics with a systems approach will help in mitigating the prevalent musculoskeletal disorders in the arts and entertainment industries.

Ergonomics in Dance

- Erika Mayall, Registered Physiotherapist

Ergonomics can generally be defined as the study of people in their working environment. The goal with ergonomics is to design or modify the work to fit the worker, and therefore eliminate discomfort and decrease risk of injury due to work. In the world of dance, where the work is creating art and the tool of the craft is the dancer's body, we often think of this in terms of biomechanics. Biomechanics can be defined as the science of movement of a living body, including how muscles, bones, tendons, and ligaments work together to produce movement.

Injury rates in dancers are high. One study found that 86% of dancers sustained one or more injuries during the study period, with 59% of all injuries being time-loss injuries. These numbers are consistent with other similar studies. The majority of injuries in dance, up to 75% of all injuries, are repetitive overuse injuries. One of the main etiologic factors leading to overuse injuries is the alteration of the biomechanical conditions of the exercise, often referred to as technique. Technique is the basis of all fundamental movements of dance, from holding your body or posture correctly, to executing skills and steps in a proper fashion. Insufficient or inadequate technique has been linked to the occurrence of overuse injuries.

If incorrect technique is a risk factor for injury, what exactly is proper technique? The answer to this may vary depending on the genre of dance as well as the skill level of the dancer. However, there are some commonalities that are generally accepted to be best practice when it comes to ideal biomechanics, or technique. For example, when performing movements that involve knee bending, such as a plié, lunge, or squat, the ideal biomechanics would have the knee tracking in line with the foot (roughly over the second toe). If the knee falls inwards (valgus position) or outwards (varus position) this may leave the dancer susceptible to injury at the foot/ankle, knee or hip joints.

In many dance forms, technique has developed over centuries and is based solely on tradition rather than any research-based or scientific rationale. For example, in classical ballet dancers utilize turnout, or lateral rotation of the legs so the feet are facing outwards rather than forward. This developed when ballet moved from the royal courts to the proscenium stage, where the audience was now primarily in front rather than surrounding the dancers. Dancers spent more time moving side to side which necessitated a degree of turnout. Since then, this turnout has been exaggerated, where 180 degrees is now accepted as the ideal and primary aesthetic in ballet. Sideways locomotion does not require this degree of rotation, and although some lateral rotation facilitates lifting the leg above 90 degrees (another desired aesthetic in dance), 180 degrees of rotation is not required.

As the field of dance medicine and science has emerged and evolved, this notion of technique based in tradition is being challenged. One could argue that 'good' technique is technique that is adapted to the dancer's biomechanical condition, or more simply put, adapted for their individual anatomy. When it comes to turnout, most dancers will anatomically not be able to achieve 180 degrees of rotation safely. In this case, development of proper technique, where a dancer is utilizing their own personal limit of rotation – not striving for an unrealistic 180 degrees – may be one of the most effective ways of preventing overuse injuries.

One of the central tenets of ergonomics is to design or modify the work to fit the worker, and not the other way around. In dance, the choreographer is generally the one who designs and sets the work based on their artistic vision. Choreographic process varies greatly person to person, but oftentimes the work will be envisioned long before the choreographer ever knows which dancer or company will be performing the work. When the work is ready to be set for a specific dancer or company, the choreographer may adapt the work to fit certain physical characteristics or abilities to reduce the risk of injury. We can truly embrace the ethos of ergonomics and its application to the dance world if we are ready to respect a dancer's unique biomechanics and anatomy and adapt choreography accordingly.

COURSES

Visiting the Actsafe Office During the COVID-19 Pandemic?

The Actsafe office is open with limited staffing capacity between 9am -4pm. If you are visiting the Actsafe office, or are a student attending class at the Actsafe office, please read the below information.

**** If you have any COVID-19 symptoms we ask that you please stay home ****

Actsafe Safety Association is committed to providing a safe environment for our employees, members, and visitors, especially during the COVID-19 pandemic. Cleaning and disinfecting protocols are in place and will be reviewed on a regular basis.

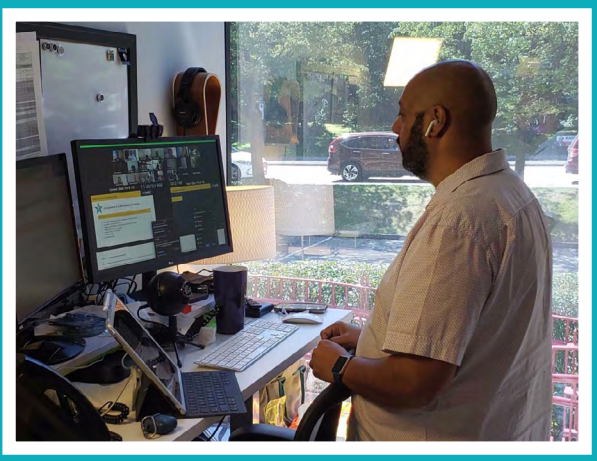
Actsafe will comply with applicable WorkSafeBC regulations, Provincial Health Office (PHO), Provincial and Federal government guidelines and orders relating to the COVID-19 pandemic.

What you need to know when visiting the Acstafe office can be found **here**.

Everyone entering the Actsafe office will be required to fill out and sign the **daily health declaration form**. This form will be available at the front desk.

You can also find our COVID-19 Return to Office Plans **here**.

UPCOMING COURSES



Virtual Edition

Motion Picture Industry Orientation
October 17 - 18

Motion Picture Safety for Supervisors
October 19 - 20

In Class

Firearms Safety Level One
September 30

Occupational First Aid Level One
October 7

Joint Health & Safety Committee Fundamentals
October 15

EVENTS AND NEWS

2020 is the 8th annual REEL Thanksgiving Challenge! Since its inception - with the help of participating teams and sponsors - this initiative has raised a total of $1,070,477 in food and funds for the Greater Vancouver Food Bank.

The RTC is structured like a contest where different film and television productions around British Columbia compete to see who can raise the most money. The amounts that these teams raise are greatly magnified through daily sponsored prizes from various organizations that support this great cause.

Actsafe is supporting this event and this year the event will be running from **September 28 to October 9**. For more information visit reelthanks.com.

Climate and Sustainable Production Training

The Reel Green Climate and Sustainable Production Course is a unique, engaging and solutions-based training session offering attendees the information and inspiration to live and work in a more sustainable way. Across the 2-hour online course, delegates can expect to be challenged with engaging presentations, case studies, and informative discussion regarding solutions and best practices.

To find out when the next virtual course is, click here.

On October 15 at 10:15 a.m., millions of people worldwide will practice how to 'Drop, Cover, and Hold On' during Great ShakeOut Earthquake Drills. British Columbians can join by registering for the 2020 Great British Columbia ShakeOut. Participating is a great way for your family or organization to be prepared to survive and recover quickly from big earthquakes – wherever you live, work, or travel.

Check out shakeoutbc.ca for more information.

IEA VANCOUVER 2021
International Ergonomics Association
21st Triennial Congress

The 21st Triennial Congress of the International Ergonomics Association is taking place in Vancouver on **June 13-18, 2021**.
The Congress theme, "HFE (Human Factors and Ergonomics) in a connected world/ L,ergonomie 4,0", speaks to the role of emerging G5 technologies.

Click here to learn more: iea2021.org

ERGONOMIC TIPS FOR WORKING FROM HOME

The COVID-19 pandemic has forced the arts and entertainment industries to change their working methods. With physical and social distancing being practised to help in preventing the spread of the virus, the majority of workplaces have implemented working from home procedures. Not everyone has access to a sit/stand workstation at home and even if they have, it doesn't eliminate the risk of ergonomic hazards if they don't move and stretch often.

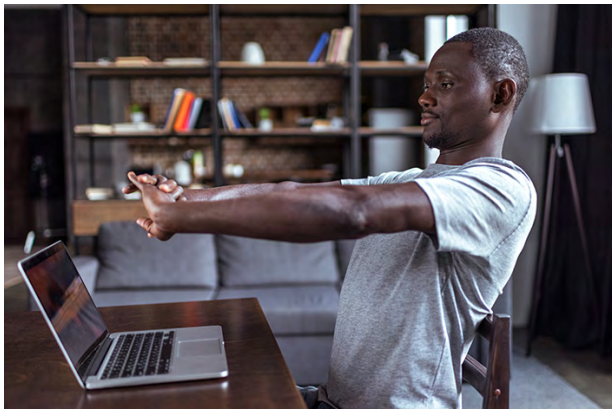
Ergonomic hazards include: improper body positions, static positions, repetitive motion, and use of excessive force which lead to musculoskeletal injuries.

The following tips can help to minimize and prevent ergonomic hazards while working from home:

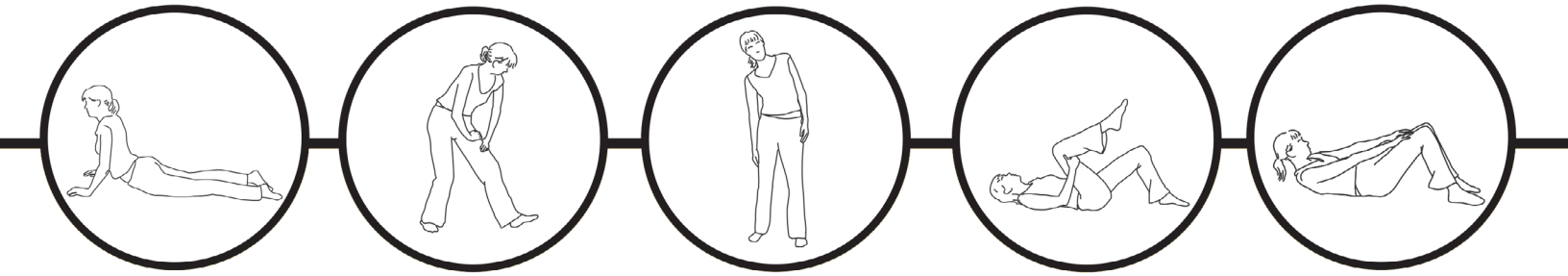
- Remember to take micro-breaks frequently. If this is not possible, for example, you are in a conference call or a meeting, remember to stretch afterwards.
- Keep moving from your temporary work area, whether it's a sit-down or standing workstation.
- Sitting constantly in one position may cause stress to some body parts. Change positions often to minimize this stress.
- Look away from your computer screen once a while to rest your eyes.
- Dim the screen brightness to a more comfortable level.
- Stay hydrated. It's a good reminder to take a sip of water whenever you take a micro-break.

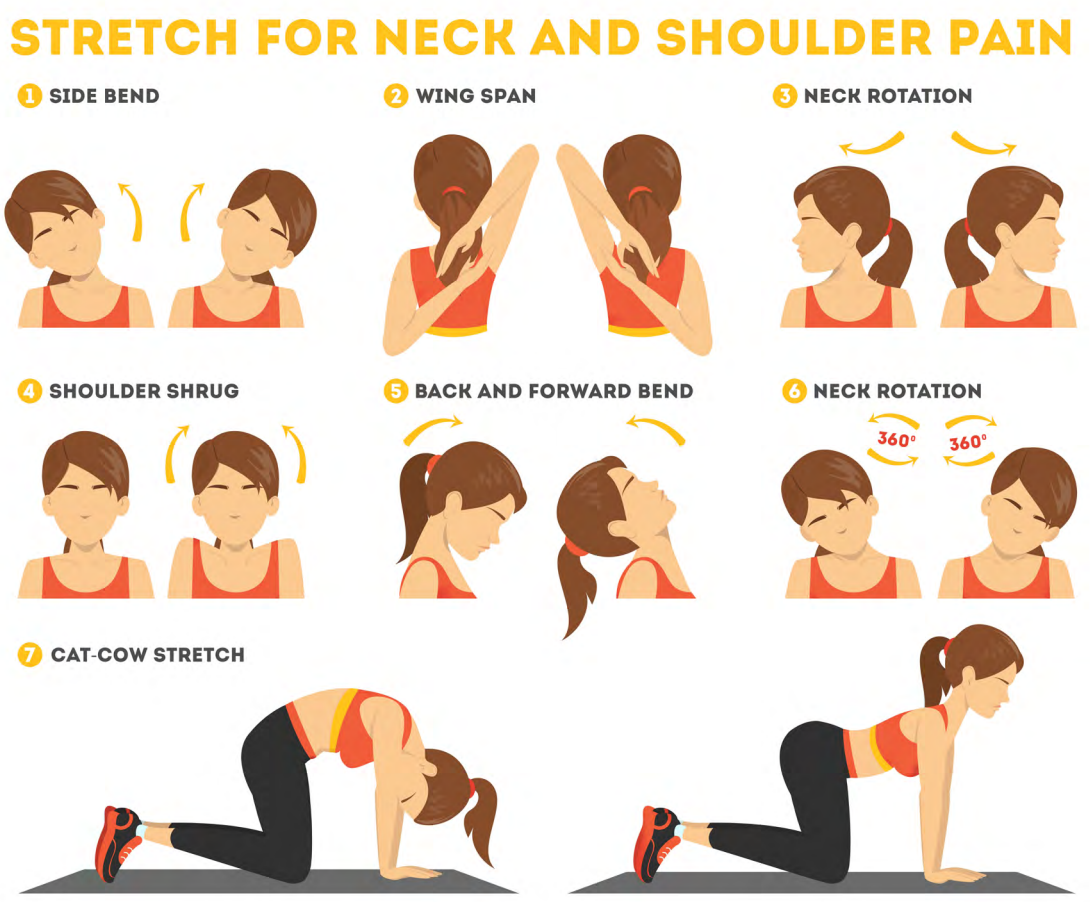
MICRO BREAKS

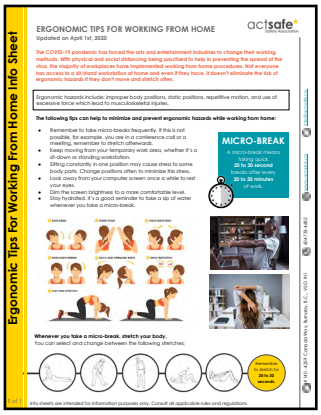
A micro-break means taking quick **20 to 30 second breaks** after every **20 to 30 minutes** of work.



Whenever you take a micro-break, stretch your body. You can select and change between the following stretches:







Click here for the PDF version of the Ergonomic Tips for Working From Home Info Sheet

Understanding Ergonomics Helps Protect Workers from Sprains and Strains

- Gina Vahlas, B.Sc. (Kin), Canadian Certified Professional Ergonomist, Certified Health and Safety Consultant Human Factors Specialist/Ergonomist, Risk Analysis Unit, WorkSafeBC

Everything we do – be it building a set, filming, or unloading a truck – takes place in a system that includes the physical and organizational environment and the equipment and tools to perform the task. Ergonomics is the study of how people interact within all these system elements with the goal of optimizing well-being and the system's performance.

When well-being and system performance are less than optimal, we experience discomfort, which can reduce our ability to concentrate, be innovative and produce high-quality work. Discomfort can also lead to musculoskeletal injury (MSI), such as sprains and strains.

To prevent an MSI, we need to look at the task, the equipment, and the physical and organizational environment. For example, consider camera operators. How long do they hold a camera for without moving? How much do the cameras weigh? What positions are their bodies in while they hold the cameras?

The ergonomics process includes consultation, risk identification, assessment and control. Education, training and evaluation are also key because workers need to understand MSI risk factors and how to minimize them.

1. Consultation

Consultation takes place throughout the ergonomics process. At a minimum, as stated in the Occupational Health and Safety Regulation 4.53, "*…this consultation needs to occur with the joint health and safety committee, as well as workers with signs and symptoms of an MSI and a representative sample of workers who do the job.*" It should involve an interdisciplinary team that includes workers (such as members of cast and crew) and managers (such as department heads and directors).

2. Risk Identification

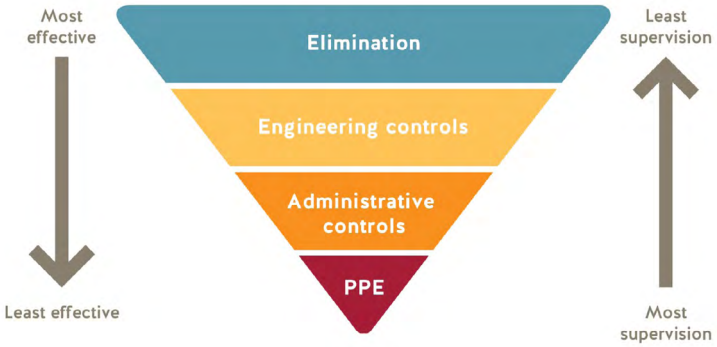
Employers need to identify factors in the workplace that may expose workers to risks of an MSI. This may include a review of injuries, first-aid records, discomfort surveys, or feedback from workers regarding awkward or inefficient tasks. If no information is available, WorkSafeBC's Worksheet A can be used to identify MSI risk factors in the job. Once you identify risks, you must determine which are the highest priority for assessment.

3. Risk Assessment

Employers must assess the degree of risk (high, moderate, or low) to the workers in those jobs or tasks where a risk of injury has been identified. Many risk assessment tools are available, including WorkSafeBC's Worksheet B. Risk assessment will help you decide which factors pose a risk of injury and need to be controlled.

4. Risk Control

If risk controls are needed, where possible, the employer must eliminate the risk of an MSI. Otherwise, the goal is to minimize the risk. The Hierarchy of Controls diagram below sets out the effectiveness of different risk controls.



Elimination controls, at the top of the hierarchy, are the most effective. An example would be using a forklift to move items rather than relying on manual lifting.

Engineering controls include equipment and workstation set-ups that reduce risk. For example, production crew could use carts with terrain-appropriate wheels and adjustable or vertical handles so that each worker can find a handle height that works for them. Camera operators could use dollies, cranes and camera-stabilizers. Administrative controls establish rules and guidelines that mitigate risks, such as work procedures, scheduling, education, training, and supervision.

Personal protective equipment (PPE) is considered the least effective of controls, requiring the most supervision. PPE is recommended only when elimination, engineering, and administrative controls can't be applied.

Be sure to consult with workers while selecting controls and test them with workers with different height requirements before implementing them. Also, it's important to review the viability of proposed changes with workers to ensure other hazards have not been introduced. Evaluate these controls to ensure that they are eliminating or minimizing the risk.

Engaging in the ergonomics process can help to optimize well-being and system performance, improving productivity, quality of work, and comfort, and reducing the risk of injury. For resources on how to reduce the risk of MSIs, visit worksafebc.com/ergonomics or email askanergo@worksafebc.com.

Not to be a Pain...

- Will Heller, Safety Advisor, Perfoming Arts, Actsafe Safety Association

Ever had a pain in the neck? Well, ergonomics is a science that tries to design places and activities around cast and crew to reduce pains like that. It recognizes that everyone is different and because of these differences they may not relate the same way to pillows, work signage, tools, equipment, and spaces. Ergonomics is inclusive; it is a study of the relationship between your people, their space, and the equipment within that space. We will also explore the most common work-related injury in BC – musculoskeletal injuries (MSI) – and how we could reduce those injuries in Performing Arts and Live Events.

In 2019, more than half the claims in the performing arts sector (Live Performance Venue, Organizing or Conducting Special Events, and Performing Arts) were related to pains, sprains, and strains. Sometimes these injuries are called "cumulative trauma disorders" meaning that the injury presents itself over time – though this isn't always the case. MSI's affect the body's soft tissues - that is muscle, tendon, ligament, nerves, blood vessels and joints in the neck, shoulders, arms, wrists, legs, and back. Overexertion is another common term for these types of hurt.

Some early indicators of risk for MSI injuries include:

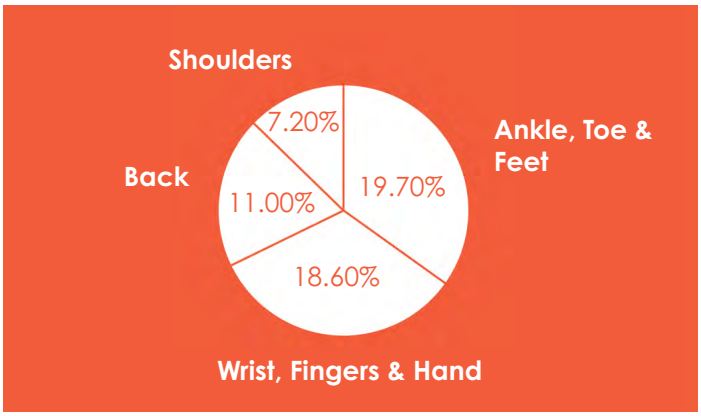
- **Exerting force** (pushing, pulling, hammering, twisting, lifting)
  - during performance, construction of sets and scenery, load in or strike
- **Repetition** (with little rest or recovery using the same muscle or soft tissue group)
  - a repeated acrobatic feat during rehearsal
  - using a screwdriver or wrench for a long period of time
- **Posture** (awkward postures are those outside comfortable range of motion)
  - hands above head supporting a dance partner, piece of scenery or light fixture
  - using a non-dominant hand when performing a common task like operating a cordless drill
- **Contact stress** (being struck by a hard or

sharp object)

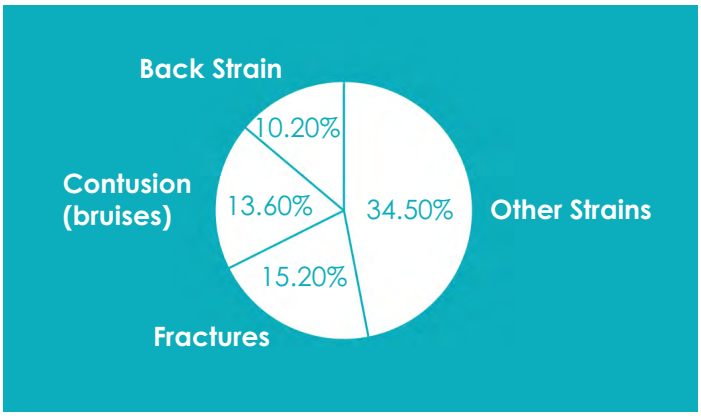
- like the corner of a road case on your heel
- using your palm as a hammer

- **Vibration** (such as using a vibrating tool for prolonged periods)
  - a hand sander for more than two hours a day

Most injured body parts in the Performing Arts sector, 2015 - 2019*



Top nature of injuries in the Performing Arts sector, 2015 - 2019*



*Source: WorkSafeBC Public Tableau

The graphic shows percentages of claims reported to WorkSafeBC over a four-year span for our sectors. It shows that strains, sprains, and bruises make up 58.3% of claims and that extremities (ankle, toe, feet, wrist, fingers, and hand) make up almost 40% of claims.

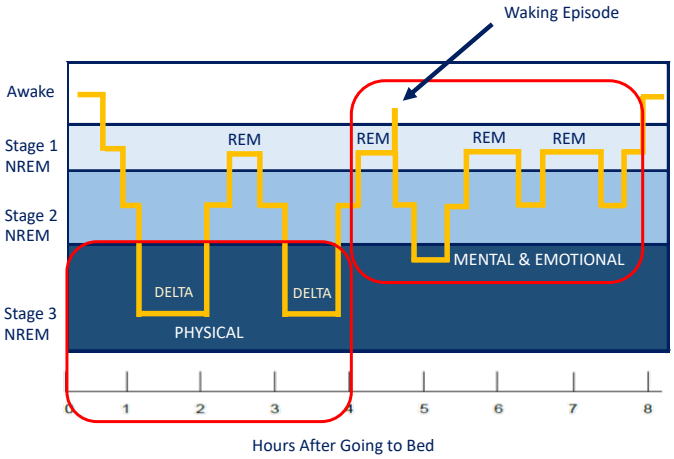
This is where the flexibility of ergonomics is best shown as it changes the way we view our workplace, our teams, and our patrons. Listen to worker safety representatives or joint health and safety committee members to understand activities that create strains and pains. A safety suggestion box, accessible to all, may help here. Watch for activities that look uncomfortable, require too much force, or that are overly repetitive. For example, are your patrons complaining that your seats are uncomfortable? Often your team will have great ideas on how to reduce the pains they feel. We're not talking about Tylenol and aspirin, we're talking about changing what we are doing, or how we are doing it – for example, having an extra crewperson help with a lift, providing floor dollies, or bringing in more support to help with strike to avoid fatigue. Doing this will create long lasting improvements in how we work and play.

The above statistics may not speak directly to you, but this one will – 40% of these injuries require ten weeks or more recovery time.

The venue, production, and individual injured aren't the only ones impacted by this injury. The cast, and crew are impacted when they pick up the slack, must learn a new role, or worry they might be injured too. The dance partner or cast member who modifies their part or performs with a new person is affected. The parent who can't play with their child, the partner who provides care to the injured all have a stake in this. There are colleagues and friends who provide mental support throughout recoveries that often have unknown timelines and outcomes.

Equipping the production team and others with foundational ergonomics knowledge is important – it helps you each day! Begin by listening to cast, crew, production teams, and patrons. If you hear about a stiff back, or sore ankles follow-up with questions as this may be an opportunity to make an ergonomic change. Positive outcomes from ergonomic efforts include reduced injuries, improved moral and quality of work, less down-time for individuals and shows, and has a positive influence on job performance and satisfaction.

Practice ergonomics. Production teams, cast and crew, friends, and families will thank you.



Cognitive Ergonomics: The Effect of Fatigue on Injury Risk

- Mike Harnett, President, Solaris Fatigue Management

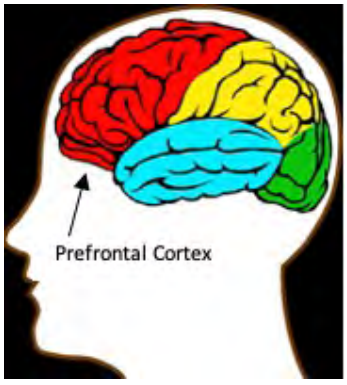
From grips to performers, costumers to carpenters, and everyone in between, the film industry is a demanding one, involving long hours, hard work, and erratic schedules. Fatigue is often the norm, not the exception.

But when we talk about work-related injuries, we tend to focus only on the physical nature of the job, turning to tried and true ergonomic principles designed to eliminate musculoskeletal hazards such as awkward postures or heavy material handling or excessive workloads.

What is often overlooked is the cognitive side of ergonomics, and how sleep-related fatigue also contributes to injuries.

Sleep Debt and Injuries

If you haven't heard it yet, the science is clear. All adults need a minimum of 7-9 hours of sleep to fully recharge the body and brain. Anything less than is detrimental to safe work performance.



Let me explain.

When you're tired, whether from lack of sleep or from running around on your feet all day, the body goes into conservation mode. It does that by shutting down the biggest energy hog we have… our executive control center, known as the prefrontal cortex. That's the brain's engine, responsible for regulating our thoughts, emotional responses, and actions.

In the short term, cognitive impairments typically appear first in the form of

- flawed logic (I'm ok to drive home after an 18-hour day),
- working memory problems (did I check the weight limit on that sling?),
- lack of communication (it's not complicated, they'll figure it out),

- reduced tolerance (I'll do it, get out of my way),
- reduced situational awareness (not noticing the boom you walked into, or the spill on the floor),
- poor judgement (sure they're tired, but one more "take" and we'll wrap it up),
- poor hand-eye coordination (chuck that roll of duct tape, would you?), and
- less effective problem solving (let's just get it done already!).[1]

Simply put, our brain has us under-estimate risk and be more accepting of risk when we're tired.

Fatigue also has a direct effect on our physical capabilities. It reduces our muscle's ability to generate force and decreases joint proprioception and motor performance. In layman's terms, that means

- we feel functionally weaker (encouraging us to take more shortcuts that put us in harm's way),
- we have impaired equilibrium and coordination (meaning poor body mechanics and material handling techniques), and
- we lose our sense of balance (more slips, trips and falls).[2]

All of this translates into more injuries that are preventable, and we have the research that backs this.

Hours of Sleep per Day	<5	5-5.9	6-6.9	7-7.9	8-8.9	9-9.9
# of injuries per 100 workers	7.89	5.21	3.62	2.27	2.50	2.22

Hours of Work per Week	≥60	51-60	41-50	31-40	21-30	≤20
# of injuries per 100 workers	4.34	3.71	3.45	2.45	3.01	2.03

For example, in a study of 11,000 Americans over a 13-year period, jobs with overtime schedules had a 61% higher injury risk rate compared to jobs without overtime.[3]

The same study also found that working at least 12 hours per day was associated with a 37% increase in relative risk and working at least 60 hours per week was associated with a 23% increase.

In 2010, researchers examined four years of data and were able to demonstrate the impact of sleep and working hours with the relative risk for having a work-related injury.[4]

Are your people at risk?

Science reveals there are four key fatigue factors that influence our risk for injury.

1. Long work hours
2. Irregular schedules
3. Short sleep duration
4. Poor sleep quality

The more factors present, the higher your risk. Spending time training workers on how to lift properly will have little value with if they're constantly suffering from fatigue.

What to do?

Productions still need to focus on reducing physical fatigue to reduce injury risk. That includes

- Incorporating material handling aids, like exoskeletons
- Suspending tools with jigs, vices, winches, tool balancers
- Job rotation to distribute heavy or repetitive work
- Longer or more frequent breaks for demanding work or challenging environments

Risk associated with sleep-related fatigue can be addressed by

- Incorporating schedules that accommodate for adequate recuperative sleep (consider commute times and their impact)
- On duty rest breaks in quiet areas
- Ensuring good housekeeping practices to reduce hazards that may go unnoticed when tired
- Improved lighting in darkened areas
- Increases in cross-checking and double-checking
- Incorporation of checklists to reduce errors and incidents
- Ensuring fatigued workers have safe transport home

Ultimately, preventing injuries requires multiple, overlapping ergonomic controls that address both physical and cognitive factors.

actsafe Safety Association

An Actsafe Safety Association production

Directed by	**Manu Nellutla**
Produced by	**Jennifer Lane**
Visual Effects	**Ella Pritchard**
Assistant Editors	**Natalli Dias**
	Carolyn Fisher
	Jason Hamdan
	Will Heller
	Anand Kanna
	Maureen Kaake
	Harnak Lalli
	Don Parman
	Lisa Wild

Cast

Contributors	**Manu Nellutla**
	Erika Mayall
	Gina Vahlas
	Will Heller
	Mike Harnett

Coming Up Next

Safety Scene Winter Edition: **Biological Hazards**

Casting Call

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

- Content Ideas -
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For more information contact Jennifer
communications@actsafe.ca.

thank you

Thank you to everyone who participated in 2020's Actsafe Injury Prevention (AIP) Week. So many of you joined us for our virtual webinars, played our games, and submitted words to the 'Elephant in the Room'.

We are so appreciative to everyone who opened up and shared their own personal stories — you are helping to reduce the stigma around mental health.

A huge thank you to our presenters:


Dr Melanie Badali


Sonya JF Barnett


Amanda Liz Cutting


Megan Gilron


Shauna Green


Mike Harnett


Anand Kanna


Christina Kasperczyk


Phay Moores


Manu Nellutla


Don Parman


Siobhan Richardson


Dr Joti Samra


Philippe Saucier


Lyndsay Sieger


Gregg Taylor


Lorrie Ward

Recordings, slides, and resources will be up on the AIP Week webpage very soon.

AIP Week Webpage

AIP Week will be back in 2021 and its theme is **Respectful Workplaces.** During the week we will look at how to make your workplace inclusive, equal, fair, and safe.

Add it to your calendar!

September 20-24, 2021

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

threads OF LIFE

Association for Workplace Tragedy Family Support

Or connect with us here;

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), səl̓ílwətaʔɬ (Tsleil-Waututh) and Stz'uminus (Stz'uminus) peoples.

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.