

# SHAPE NEWSLETTER

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Promoting  
Safe & Healthy  
Workplaces in the  
Performing Arts  
and Motion Picture  
& Video Industries  
Since 1998



## Safety Statistics: The Numbers Don't Lie!

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tears. Between 2004 and 2008, 781 of our co-workers suffered a sprain, strain or tear. 247 of those injuries were serious. In that five year span, those workers were off work for a combined total of 111 years!

In that same time period, 194 people overexerted themselves lifting something, 53 of them seriously. This happened by lifting too much weight or lifting improperly. Is it really worth to "save time" by not asking for help or using a lifting aid? Those 194 people were off work for 16 years and three months! Let's imagine they each saved 4 minutes – that's a total of 13 working hours saved in exchange for 16 years off work. And they had to be replaced at work, so new workers had to be hired, trained and oriented. How much time did that take?

The most common types of accidents in the Motion Picture and Performing Arts industries could be eliminated by paying attention to what we do and how we do it.

Between 2004 and 2008, 206 people hurt themselves by falling. These are not stuntmen who fell from planes or jumped off buildings, these are gaffers and stagehands and other production workers who tripped or slipped and fell onto the floor or the street.

Well, a slip or a trip – how serious can that be? The single most common type of injuries across our industries are sprains, strains and

With all those injuries from lifting, you might assume that backs are the most frequently injured body part. Actually, the winner in the most commonly injured body parts in BC's Motion Picture and Performing Arts industries is the knee. Second place goes to the ankle, with the back coming in third.

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The following chart shows the number of injuries and the total time spent on short term disability (STD) between 2004 and 2008.

Body Part	Total Injuries	Serious Injuries	Total STD Days
Knee	232	75	12,887
Ankle	220	55	7,538
Back	209	52	6,726

How do we reduce injuries? We practise good housekeeping. We ask for help when we need it. We say no to unsafe work. We pay attention to what we are doing, where we are going and how we are doing it.

Don't become a statistic. Pay attention.

*The numbers used above are from statistics prepared by WorkSafeBC related to accepted claims between 2004 and 2008 in the BC's Motion Picture and Performing Arts industries.*

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## Avalanche Awareness

In the past 30 years, an average of 11 avalanche fatalities have occurred every year in Canada. In the last ten years alone, this has increased to 14 avalanche fatalities per year. Since productions may film at snowy mountain locations, this hazard is a concern for the BC film industry. Productions need to be aware of potential avalanche risks in their filming locations.

New WorkSafeBC regulations, listed under *Part 4 Buildings, Structures, Equipment and Site Conditions 4.1.1 Snow Avalanche Assessment*, state that an "avalanche risk assessment" must be carried out in accordance with CAA (Canadian Avalanche Association) guidelines. The assessment looks at the terrain in and surrounding a workplace to determine if any person working at the workplace is at risk from a snow avalanche. CAA guidelines are used for risk determination, mapping and mitigation for snow avalanche risks as specified in the *Guidelines for Snow Avalanche Risk Determination and Mapping in Canada* and the *Land Managers Guide to Snow Avalanche Hazards in Canada*, published by the Canadian Avalanche Association in 2002.

Before commencing work in a site where there is, or may be, a risk from an avalanche to a worker, an avalanche risk assessment must be prepared. See *WorkSafeBC OH&S Regulation 4.1.1 (2)* for the assessment requirements.

**For further information visit:**

- [www.avalanche.ca](http://www.avalanche.ca)
- [www.pep.bc.ca](http://www.pep.bc.ca)

## Proper Handwashing

Properly washing your hands is the best way to help prevent the spread of germs that can cause influenza (such as H1N1), infections, colds and other respiratory viruses.

- 1 Wet hands and wrists in warm, running water.
- 2 Apply liquid soap or clean bar soap. Lather well.
- 3 Rub hands vigorously for at least 10-15 seconds.
- 4 Scrub fingertips, wrists, back of hands and between and around fingers.
- 5 Rinse hands and wrists thoroughly under running water.
- 6 Dry hands with clean towel or paper towel.

If washing hands in a public restroom, rinse hands and leave the tap running. After hands are dry, use paper towel to turn off tap.

If you **do not** have access to warm running water, you can use an alcohol based hand sanitizer instead.

**Disinfecting with an alcohol hand sanitizer:**

- 1 Apply sanitizer to open palm.
- 2 Rub hands together.
- 3 Make sure to rub fingertips, wrists, back of hands and between and around fingers.
- 4 Keep rubbing until hands are dry.

**You should wash your hands regularly and especially:**

- After using the washroom.
- After handling garbage.
- Before and after eating or handling food, especially raw fish, poultry and meat.
- After handling animals.
- After visiting or being near sick people.
- After sneezing or coughing.

# Why Accidents Happen: Causation and Prevention

We all know that people who take risks or don't follow safe practices are a major contributor to workplace accidents, but what about some of the other factors which can contribute either directly, or at least partially, to an unsafe situation? Here are some of the common hazards that both workers and employers need to be aware of.

Workers tend to make mistakes when:

**Equipment doesn't operate the way it was expected to.** You press a button or move a lever and the piece of equipment behaves differently than what you had expected, possibly resulting in injury or equipment damage. Thorough operator training on all new equipment, along with appropriate and clear warning labels and signs can help to avoid this hazard

**An activity is beyond the worker's physical or cognitive abilities.** Workers who perform tasks for which they don't have the physical strength to properly do, place themselves at a greater risk of injury. If you know you have a bad back, you probably shouldn't be doing heavy lifting. Attempting to lift something that is beyond your physical ability is an easy way to cause serious injury. Likewise, if you lack the knowledge or experience to properly perform a task that is potentially dangerous, you'll increase the risk of an accident or incident.

**An activity causes physical or mental fatigue.** It is very easy for your mind to wander when you are engaged in a repetitious or monotonous activity and while everyone needs to take a mental vacation at times; dreaming of a beach in the tropics is not the best idea while you are running wood through a power saw. Physical fatigue can likewise impact your ability to focus clearly on the task at hand. It is important that when engaged in such activities to step away at regular intervals, for even a few minutes, to clear your head and stay sharp. Another option is to switch between tasks, or rotate the job duties to reduce repetitive tasks to a minimum.

**There is not enough information available** or the information is provided at the wrong place or time. If important safety information needs to be communicated to workers before they use a piece of equipment, the best place to have that information is right at that piece of equipment – ideally at the power switch so that workers see it before turning the machine on. Don't just assume that "everyone knows" something. Workplace labelling that is clear, easy to understand and highly visible, is a great way to warn people of potential hazards.

**The activity is unnecessarily difficult.** If you need to possess the agility of an acrobat in order to perform work on a regular basis, it's probably time to look at a re-design of the workspace or procedures. The greater the degree of difficulty in performing a task, the greater the likelihood of mistakes being made. While some tasks may never be easy, it is certainly beneficial to make them as easy as possible – both for safety and efficiency.

**There are too many distractions in the workplace.** When working in potentially hazardous situations, distractions need to be kept to a minimum. Cell phones, personal music players, even a co-worker talking to you about what they did last night can all pull your attention away at the wrong time. When working around dangerous equipment or in hazardous areas, it is important to minimize any unnecessary distractions and to keep focused on the job at hand

Understanding some of the factors that contribute to workplace accidents can help both workers and employers identify potentially unsafe situations before an accident occurs – something that benefits us all.

## NOTICE! Potential Risk Involving Miller Back Biter Lanyards

Recently, there have been two failures involving Miller Back Biter lanyards and, as a result, a Safety Bulletin has been issued.

We've posted the Safety Bulletin on our website in the *News* section. If you use the Miller Back Biter lanyards, please download and read the 4 page document.

[www.shape.bc.ca/news/](http://www.shape.bc.ca/news/)

# The key to safety is you

## Cell Phones & Driving May Soon Be Illegal

Proposed changes to the BC Motor Vehicle Act will make it illegal for drivers to use hand-held cell phones and portable devices and text messages while on the road.

If approved, the changes will take effect on January 1st, 2010. At that point, only hands-free cell phones and devices that require one touch to activate will be permitted. Drivers in the Graduated Licensing Program will not be able to use even hands-free phones.

A fine of \$167 issued as of February 1st, 2010. Drivers caught texting or e-mailing will receive an additional three penalty points. Drivers in the Graduated Licensing Program will receive the \$167 fine and three penalty points for any violation of the legislation.

Independent research and studies show that cellphone use while driving is the leading cause of distracted driving. On average, about 117 people die each year in BC and 1,400 are sent to hospital because someone was not paying attention behind the wheel.

## SHAPE Holiday Hours

The SHAPE office will be closed during the holiday season from noon on Wednesday, December 23rd, 2009, reopening on Monday, January, 4th, 2010.

## SHAPE COURSES

For full course descriptions, dates and to register online, visit [www.shape.bc.ca/courses/](http://www.shape.bc.ca/courses/)

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

Call 604-733-4682 for further details.

### Aerial Lift Training \$120 (Experienced - 1 Day) \$220 (Inexperienced - 2 Day)

#### Experienced:

Saturday, October 24  
Saturday, November 28

#### Inexperienced:

Saturday, Oct 24 and Sunday, Oct 25  
Saturday, Nov 28 and Sunday, Nov 29

#### 8:30am - 4:30pm

Instructor: Leavitt Machinery Operator Training

### Aerial Lift Over 80ft - \$200

Saturday, November 14

#### 8:30am - 4:30pm

Instructor: Leavitt Machinery Operator Training

### Counterbalanced Forklift \$120 (Experienced - 1 Day) \$220 (Inexperienced - 2 Day)

#### Experienced:

Saturday, October 17  
Saturday, November 21

#### Inexperienced:

Saturday, Oct 17 and Sunday, Oct 25  
Saturday, Nov 21 and Sunday, Nov 29

#### 8:30am - 4:30pm

Instructor: Leavitt Machinery Operator Training

### Firearm Safety Level 1 - \$50

Sunday, November 29

#### 10am to 5pm

Instructor: Felcan Enterprises

### Film & Television Safety Awareness\* - \$25

Tuesday, October 20  
Sunday, November 15  
Tuesday, December 15

Tuesday: 6pm-9pm  
Sundays: 10am-1pm  
Instructor: Marty Clausen

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

### Film & Television Supervisor Safety\* - \$25

Sunday, November 15

1:30pm - 4:30pm  
Instructor: Marty Clausen

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

### Occupational First Aid Level One - \$40

Monday, October 19  
Saturday, November 7  
Monday, November 23  
Saturday, December 12

8:45am to 5:30pm  
Instructor: Kathy

### Performing Arts Supervisor Safety - \$25

Monday, November 16 (1pm-5pm)

Instructor: Dave Winstanley

## ONLINE COURSES

Transportation of Dangerous Goods (TDG)  
\$20

Workplace Hazardous Materials Information System (WHMIS)  
\$20

SHAPE has an in house computer station available to those who do not have internet access but wish to take our online courses. For details, call 604.733.4682.