

SHAPE NEWSLETTER

Volume 3, Issue 10, December/January 2001-2002

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



Editor: Robyn Carrigan

When to Report an
Injury 1

Hearing Conservation
Manual 2

SHAPE Newsletter
Redesign 2

In the Field Report 2

The Feldenkrais
Method® 3

SHAPE Safety
Courses 4



SHAPE
SAFETY & HEALTH IN ARTS
PRODUCTION & ENTERTAINMENT

Suite 280
1385 West 8th Ave.
Vancouver, BC
V6H 3V9

Toll-free: 1-888-229-1455
Fax: 604-733-4692
info@shape.bc.ca
www.shape.bc.ca

When to Report an Injury

A **worker** must report an injury or disabling occupational disease as soon as possible to the employer (or employer's representative).

An **employer** must report every work-related injury to the WCB within three (3) days of the injury's occurrence or **immediately** report to the Board any accident that

- Resulted in serious injury to or death of a worker,
- Involved a major structural failure/collapse of a building, bridge, tower, crane, hoist, temporary construction support system or excavation,
- Involved the major release of a hazardous substance.

Except as otherwise directed by the WCB or a police officer, no one is to disturb the scene of an accident described above except as is necessary to

- Attend to persons injured or killed,
- Prevent further injuries or death, or
- Protect property that is endangered as a result of the accident.

In addition, an **employer** must immediately undertake an investigation into the cause of any accident described above, as well as any accident or incident that

- Resulted in injury to a worker requiring medical treatment
- Did not involve injury to a worker, or involved only minor injury not requiring medical treatment, but had a potential for causing serious injury to a worker

Now you can submit your workplace incident and injury data to the WCB online (<http://www.worksafebc.com/EmployerConnect/ILR/default.aspxreport>).

This **Incident and Injury Report** combines three forms: the Incident and Injury Form 7, First Aid Report Form 7A, and the Accident Investigation Form, into **one** online report.

You may also download the forms at:
<http://www.worksafebc.com/pubs/forms/7.pdf>
<http://www.worksafebc.com/pubs/forms/7A.pdf>
<http://www.shape.bc.ca/forms/Accident-Near%20Miss%20Report.pdf>

When in doubt, please contact SHAPE for clarification.

SHAPE Hearing Manual

We are thrilled that our hearing conservation manual is now available through the SHAPE offices.

The product of several years of sub-committee work and the efforts of our patient and talented writer Kevin Sallows, have produced **Listen While you Work: Hearing Conservation for the Arts**; a great hands-on manual geared to the performing arts and in particular the music industry. It includes sections on understanding sound exposure limits, identifying music-related sound hazards, reducing or eliminating exposure, safe work practices, implementing hearing conservation programs and resources for hearing protection.

This document will also be available for download from our website.

Newsletter Redesign

Continuing with the redesigned SHAPE Identity Package you are looking at the new SHAPE Newsletter. Proximity Design and SHAPE have worked together to create a fresh look for this publication. In 2002 we will be publishing the usual 10 issues, with a distribution of about 10,000 newsletters per issue. We've come a long way from our first issue back in September 1999. In the film community some of those we reach include members of IATSE 891, IATSE 669, ACFC West, the Director's Guild of Canada, Teamsters 155, and Union of BC Performers. In the performing arts we distribute to the Vancouver Musicians Association, the Pacific Music Industry Association, Alliance for Arts and Culture and Canadian Actors Equity (to name a few organizations), as well as Theatres, Dance Companies, Music Ensembles, Festivals and Venues from all over British Columbia. In addition, schools, stores, associated organizations and many individuals from both the motion picture and performing arts are included in our comprehensive mail out. Thank you for supporting our association in promoting safety and health in the entertainment industry by passing this newsletter on to your colleagues and interested individuals. Please let us know if you would like to be on our mailing list and obtain our newsletter free of charge. If you prefer, you can easily download the SHAPE Newsletter in Acrobat at <http://www.shape.bc.ca/shapeN.html> or obtain back issues from our web site at <http://www.shape.bc.ca/shapeNA.html>.

On that note, if you have any comments about our newsletter, including suggestions of what you would like to see in future please give me a call.

Robyn: 604-733-4682 or robync@shape.bc.ca

Message from the Field

SHAPE Health & Safety Consultant Update

Free Fit Testing

Did you know that those required to wear respiratory protection must be fit tested annually? This is an excellent way to show due diligence. It only takes 5 minutes per person, and Marty will provide sign-up sheets if desired. The information is stored in a database, so that if you need to know when someone was last tested just give Marty a call. Take advantage of this free service from SHAPE.

Production Safety Information

Every week Marty hand deliveries safety materials and information to new productions. He is available to advise on any health and safety issues that may arise.

Festivals

Marty is creating a calendar of events of British Columbia festivals. He will be contacting festival organizers to determine what safety programs and plans are currently in place. Marty is creating a practical guideline to help.

First Aid Requirement

This is the number one frequently asked question of Marty and SHAPE. You can easily determine your first aid requirement by referring to the First Aid section in the Workers Compensation Board Regulations.

The First Aid Section is in Book 3, Part 33.

The first thing you need to know is your industry hazard classification. There is a list starting on pages 33-20. There are three levels: "A", "B", & "C" - A is the most hazardous, C is the least hazardous. Next you need the first aid tables to determine who and what you need. They are located on pages 33-11 to 33-13.

Motion Picture:

Considered a "B" hazard unless there is "A" level activity, (e.g., construction or installation of electric lighting systems). Check the list. Tables are on Page 33-12.

Performing Arts:

Considered a "C" hazard (see above). Tables are on Page 33-13.

Determine how many workers will be on shift, counting all staff, from production office to background performers. There are two tables, depending on how close you are to a hospital. Remember that most locations in the Lower Mainland are less than 20 minutes surface travel time to hospital.

If you have any questions, give either SHAPE or Marty a call and we can walk you through the process.

Marty Clausen: cel. 604-765-0791
SHAPE: tel. 604-733-4682

The Feldenkrais Method

Although the performing arts are highlighted in this article, this Method would be useful for a wide range of occupations and circumstances.

What is Feldenkrais?

The Feldenkrais Method uses gentle movement, directed attention and sensory re-education to improve flexibility, range of motion, coordination and understanding of ones' own body. It is named after its originator, Dr. Moshe Feldenkrais, D.Sc. (1904-1984), a Russian born physicist, judo expert, mechanical engineer and educator.

Feldenkrais is used by musicians, actors and artists to extend their abilities, enhance creativity and for injury prevention. Famous users include violinist Yehudi Menuhin, and cellist Yo Yo Ma. The players' committee of the San Francisco Ballet Orchestra even negotiated to have group sessions and special small group tutorials with Guild Certified Feldenkrais Teachers written into their labour contract. According to Feldenkrais Practitioners the Method has broad applications; anyone—young or old, physically challenged or physically fit—can benefit. Feldenkrais may be helpful for those suffering with an existing injury, as well as for healthy individuals who wish to enhance their abilities.

Having read the literature, I still had questions about Feldenkrais. I arranged an individual session with a professional Feldenkrais Teacher. We started my session by discussing any physical problems I would like to work on. I chose a hip injury that has dogged me for two years, and shoulder and back problems due to years of playing piano, guitar, accordion, and hunching over my computer all day.

The teacher gently manipulated my joints, moving and stretching my limbs, sometimes using foam pillows and cylinders to support my head and legs. He worked on my legs, hip, neck, shoulders and along the side of my spine. Feldenkrais shares some of its' technique with massage and physiotherapy. One difference between these methods and Feldenkrais is the light touch applied. In fact, the technique is so subtle, I wondered about its' effectiveness.

At the end of the session, I was asked to go for a walk to see if I noticed any changes. I took a quick stroll up and down the sidewalk. I was pleased to discover that my legs felt free, relaxed, rubbery, but stable and sure. My hips felt loose, the familiar tightness in the band of muscle had disappeared. I returned with the good news, and he commented that wearing sneakers was advisable because after the session people often feel like running. Several days later I was still enjoying the results, and due to the manipulations and movements, my body seemed to want to stay in positions that were pain free.

Key Points to Remember

■ How the Feldenkrais Method differs from Massage and Chiropractic therapy: In massage, the practitioner is working directly with the muscles, in chiropractic, with the bones. These are structural approaches that seek to affect change through changes in structure (muscles and spine). The Feldenkrais Method works with the ability to regulate and coordinate movement; which means working with the nervous system. This is referred to as a functional approach whereby the use of the mind and body can be improved, inclusive of whatever structural considerations are present.

■ Feldenkrais may be taught in two ways:

In group classes, called Awareness Through Movement, the Feldenkrais teacher verbally leads the class through a sequence of movements in basic positions: sitting or lying on the floor, standing or sitting in a chair.

Private Feldenkrais lessons, called Functional Integration, are tailored to each student's individual learning needs; the teacher guides the movements through touch.

■ Those learning Feldenkrais are referred to as 'students', reinforcing the idea that the work is an educational process.

■ It provides a gentle release, not invasive.

■ The Method emphasizes breaking physical habits. There is no one right way to do things, there are several.

■ The Method is unique to each human body. Not oriented to produce a static model of health of how the body should be, rather it works with each

person to obtain the best results.

Tips for Performers

Here are a few points on learning that you can apply to your work right now, no matter what your discipline:

■ **Try three ways.** When you can do something at least three different ways, then you know what you are doing. Whether it's a movement, a way of holding the instrument or a vocal approach try varying how you do it. It may seem silly to sing a passage badly on purpose, or play your violin with your chin resting in a different angle, but when you go back to your standard way, you'll see something has changed.

■ **Slow down.** Practice your lines or your action in slow motion studying yourself. What do your eyes do? Where is the tension in your back? What is happening with your feet? Then go to regular speed and see how it feels.

■ **Visualize.** Close your eyes and see yourself playing effortlessly. Imagine every movement of the body, the arms, legs, head. See it in your mind's eye in as much detail as possible then actually do the movement. Realize your intention. When learning, learn. When practicing, practice.

To find a teacher in your area you can consult the Feldenkrais website: <http://www.feldenkraisguild.com/find/index.html#canada>

To find out more about the Method refer to the Feldenkrais website: <http://www.feldenkrais.com/>

In order to become a Guild Certified Feldenkrais Teacher all practitioners must complete 800-1000 hours of training over a 3 to 4 year period.

At SHAPE we have a list of Health Professionals who have familiarity with the performing arts and film industry. Please contact us for more information.

References

Thanks to Franz-Joseph Schumeckers, Guild Certified Feldenkrais Teacher
Contact: 604-675-9321
The Feldenkrais Website:
<http://www.feldenkrais.com/>

The key to safety is you

SHAPE SAFETY COURSES

Winter 2001 to Spring 2002

The cost is \$25 each for all of our courses, payable in advance to SHAPE. Additional courses may be added on demand. Courses may be subject to cancellation. We would be happy to book a class for you if your group has the minimum amount of participants.

Call (604) 733-4682 for more information.

Level One First Aid

Occupational Health & Safety Level One including CPR, crisis management, wound care and more. This full day course packs in the information and provides a WCB certificate and a complimentary lunch!

Saturday, December 15
Monday, January 7
Saturday, January 26
Saturday, March 2
Monday, March 18
Saturday, April 6
Monday, April 22
Saturday, May 11

Mondays from 8:45am - 5:15pm
Saturdays from 9:00am - 5:30pm

Safety Awareness

General safety course designed for SHAPE's membership. A requirement to obtain permittee status with the Directors Guild of Canada. Great for beginners and veterans alike.

Next Class: TBA
Call to get on the waiting list.

SHAPE Staff

Linda Kinney - Interim Manager
Robyn Carrigan - Administrator
Monika Majnik - Program Administrator
Marty Clausen - Safety Consultant
Edmond Brisson - Courses Receptionist

WHMIS

Workplace Hazardous Materials Information System. Teaches proper identification, labelling, and handling of workplace chemical hazards.

Sunday, December 9
Sunday, February 17
Sunday, January 13
Tuesday, January 29
Tuesday, March 5
Sunday, March 24
Tuesday, April 9
Sunday, April 28
Tuesday, May 14

Tuesdays from 6:15pm - 9:30pm
Sundays from 9:45am - 1pm

**Safety & Health
in Arts Production
& Entertainment**



SHAPE

SAFETY & HEALTH IN
ARTS PRODUCTION & ENTERTAINMENT

Suite 280-1385 West 8th Ave.
Vancouver, BC V6H 3V9