

SHAPE NEWSLETTER

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10 YEARS



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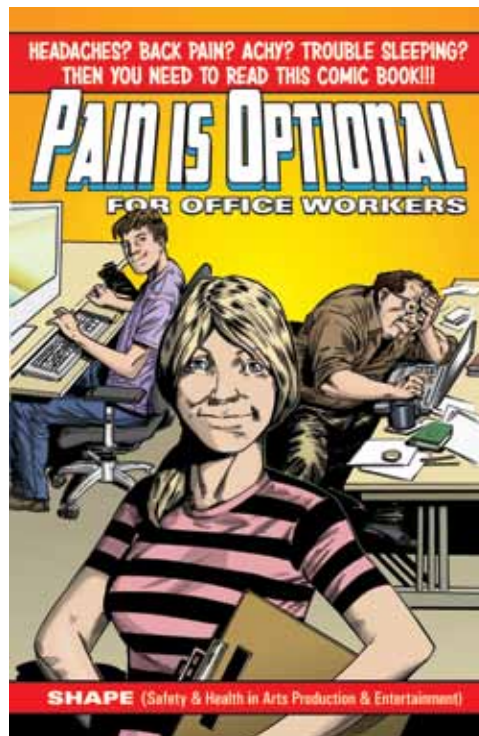
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Headaches? Back pain? Achy? Trouble sleeping? Then read on!

You don't need to be a superhero to combat MSI -- you just need to be informed. That's where the *Pain is Optional: For Office Workers* comic book comes in!

Many of the injuries that we experience at work can be prevented. By knowing the hazards, early signs and symptoms, we can adjust the way that we that we work to minimize the risk of injury.

Knowing how to work safe means that you need to be knowledgeable on the types of injuries you may encounter and why they happen.

Pain is Optional is a SHAPE produced, 16 page full colour comic book jam packed with information on how to identify and prevent Musculoskeletal Injuries (MSI). The publication is aimed specifically at office workers, but contains information useful to anyone who does any amount of work behind a computer. Everything from symptoms to types of injuries to proper computer station set up is covered.

The purpose of the comic book is to provide helpful information in a format that is easy to digest and entertaining to read.

Safety doesn't have to be boring. It can be exciting, easily accessible and, in this case, collectable!

If you would like to receive free copies of the *Pain is Optional* comic book, contact us at info@shape.bc.ca or by phone at 604.733.4682.



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Musicians: Give Your Back the Support it Deserves

Eighty percent of adults suffer from back pain at some point in their life. This can have a severely detrimental effect on their lives and even force them to give up hobbies or work. These injuries cost Americans at least \$50 billion each year. Whether you enjoy playing drums, violin, piano, guitar, or trumpet, you too could be at risk from debilitating back pain but such problems can often be easily avoided.

Three general causes of back pain are: poor posture, incorrect body movements, and excess body weight.

Poor posture and technique are common causes of many musicians' injuries and it's vital that these problems are addressed. Every second spent practicing with poor posture is a second closer to back problems. Incorrect body movements can be made worse with excessive spine rotation from playing auxiliary keyboards, reaching for distant cymbals, or jumping around on stage.

Being overweight puts great strain on the back and often goes hand in hand with weak abdominal muscles that should support the spine. So if you're serious about protecting your spine, get to the gym!

Misuse

We may be able to get away with misuse of our bodies for many years, but eventually problems will occur. Dr. Tim Hutchful of the British Chiropractic Association (BCA) says, "Musculoskeletal injuries are cumulative, a bit like bending a paper clip ... you can bend it 49 times and nothing happens, but bend it that 50th time and it breaks! This is why getting into

good practices is so important. Do not wait for injuries to happen; avoid them building up."

Back injuries could result from the poor playing posture, carrying or lifting instruments or equipment, or even sitting at the computer writing music scores. Every facet of life should be analyzed and treated as a potential problem.

From a young age we hear that the spine should be held upright when sitting and never slouched, but that advice is often ignored, causing inevitable back strain. The back is not designed to support the upper body in a curved position and when upright, the abdominal muscles help to support us. This position also encourages a correct lumbar curve and prevents the flattening of your diaphragm and collapsing of your chest, allowing full breathing.

Emotional Health

However, it is not just posture that affects the spine says Doctor of Chiropractic Timothy Jameson, founder/director of the Chiropractic Performing Arts Network (www.musicianshealth.com):

"The spine is a dynamic organ that responds to physical, chemical, and emotional stress throughout your lifetime. Physical stresses are problems like postural distortions, previous auto injuries, previous sports-related injuries, falls, forward head posture, and cumulative traumas. Chemical stress is what you are putting (or not putting) in your body. Put lousy foods in your body and you have poor health, as your spine is directly related to your health.

"Finally, a very important aspect of spinal health is your current and past emotional health. Your current emotional health directly impacts the way you hold your body. If you're suffering from depression or poor self-esteem, you will carry your body

with a forward head posture and drooped shoulders. If you have severe emotional stress in your past, it can be stored within the neuro-muscular network and create chronic spinal stress."

Muscular Movement

The way you incorporate muscular movement in your playing can also prevent injury. A useful exercise from Jameson is to check the muscular tension in your neck while playing slower pieces of music. Then, play at 150 bpm and check how much tension you are carrying throughout your body as the speed increases.

Matt Todman, director at the Sports & Spinal Clinics, Harley Street, London, agrees, adding, "If you do not use your upper body and spine correctly, it will stiffen up, causing the lower spine to work harder and move excessively. Using the correct technique will also save excessive shearing through the lower spine. If this movement is not controlled, then your back will hurt."

People with back pain often think that time in bed will relieve it. The opposite is true. Keep active, keep fit, and keep the mobility. Just make sure that you practice correct postures and techniques at all times. If you suffer from chronic back pain, don't just accept it. See your physician or chiropractor and start leading the pain-free musical life that you deserve!

Matt Dean of Farnham, England, is a drummer and keyboard player who enjoys playing many different genres. He also teaches music both privately and in schools.

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SHAPE's New Hearing Testing Provider

SHAPE is pleased to announce that we've contracted Reliable Mobile Hearing as our new hearing testing provider.

Through Reliable Mobile Hearing, SHAPE provides free hearing testing of motion picture and performing arts workers in occupations deemed as 'at risk' of a hearing injury. Any other crew members tested are the responsibility of the production.

Section 7.8(1) of the Occupational Health & Safety Regulation states that employers must give workers exposed to noise that exceeds noise exposure limits, hearing tests at least once every 12 months.

Since our industries tend to be highly mobile, SHAPE coordinates an industry wide program and, through Reliable Mobile Hearing, maintains a database of tested workers and results.

If you would like to schedule hearing testing for your workplace, contact Reliable Mobile Hearing at 604.596.8414 or 604.834.8444.

Pets at Work

We often get calls here at SHAPE asking for information on regulations regarding pets, usually dogs, in the workplace. Unfortunately, no such regulations exist. That said, employers **are** required to ensure a safe workplace for their employees. If a worker has an allergies or phobias, then pets in the workplace does become an issue.

The most common problem with dogs in the workplace is allergies. Approximately 20 to 30% of adults have animal allergies and nearly 4% of adults have asthma, which can be aggravated by pet dander.

Another consideration before taking pets into the workplace is insurance coverage -- how will this affect the liability of the company?

Is the workplace the right place for your dog? Can you give him/her the attention they need? Do you have time to take them out for breaks?

Assess the risks to both your co-workers and your pet before you make your decision to take your pet to work.

Art Safety Week: May 3-9, 2009

SHAPE's third annual Art Safety Week will, as usual, coincide with NAOSH (North American Occupational Safety & Health) Week.

Stay tuned to future issues of the SHAPE Newsletter for more details.

Hello Dave!

SHAPE would like to introduce Dave Winstanley, our new Health & Safety Consultant for the Performing Arts.

Tell us a little bit about yourself.

DW: I was born in Burnaby, but grew up in the Parksville/Qualicum area. When I'm away from work, I enjoy sailing with my partner Lynn, and our 2 dogs and 2 cats (yes, they sail too).

Can you tell us a little bit about when and how you got involved in Performing Arts?

DW: I got my start in the entertainment biz when I enrolled in the theatre program at Malaspina College in 1983, thinking it would be an easy credit - I started out wanting to be an actor, but soon realized that I was better suited for work behind the scenes. I've lived in Vancouver since 1990 - before that I worked in Victoria, Toronto, and Nanaimo. Most of my work has been in live theatre, but I've also spent time crewing on concerts, trade shows, festivals, and have done some film and TV work.

Let the people know a little bit about what you'll be doing at SHAPE.

DW: My job here at SHAPE will be to act as a resource for everyone working in the performing arts. Whether you are a manager, technician or performer, I can provide advice and resource materials to assist in making your work environment as safe as possible.

If you've got a health and safety concern, just call Dave.

You can contact Dave Winstanley by phone at 604.733.4682 x: 223 or by email at davew@shape.bc.ca.

The key to safety is you

SHAPE 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.

Full course descriptions/dates available at www.shape.bc.ca/courses/

Aerial Lift Training

\$120 (Experienced - 1 Day)

\$220 (Inexperienced - 2 Day)

Experienced:

Saturday, February 28
Saturday, March 28

Inexperienced:

Saturday, February 28 and
Sunday, March 1
Saturday, March 28 and
Sunday, March 29

8:30am - 4:30pm

Instructor: Leavitt Training Agency

Counterbalanced Forklift

\$120 (Experienced - 1 Day)

\$220 (Inexperienced - 2 Day)

Experienced:

Saturday, February 21
Saturday, March 21

Inexperienced:

Saturday, February 21 and
Sunday, March 1
Saturday, March 21 and
Sunday, March 29

8:30am - 4:30pm

Instructor: Leavitt Training Agency

Firearm Safety Level 1

\$50

Sunday, February 22
Sunday, May 24

10am to 5pm

Instructor: Felcan Enterprises

Occupational First Aid Level One

\$40

Saturday, March 7
Monday, March 16
Saturday, April 4
Monday, April 20
Saturday, May 2
Monday, May 11
Saturday, June 6
Monday, June 22

8:45am to 5:30pm

Instructor: Kathy Day

Performing Arts Supervisor Safety

\$25

Monday, March 9 (1pm-5pm)
Monday, May 4 (6pm-10pm)

6pm - 10pm

Instructor: TBA

Safety Awareness*

\$25

Sunday, March 22

Sundays: 10am-1pm

Instructor: Marty Clausen

Supervisor Safety*

\$25

Sunday, March 22

1:30pm - 4:30pm

Instructor: Marty Clausen

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

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.

SHAPE Staff

Dawn Brennan

General Manager

Marty Clausen

Health & Safety Consultant (Film & Television)

Dave Winstanley

Health & Safety Consultant (Performing Arts)

Ed Brisson

Production Coordinator

Maureen Kaake

Program Administrator