

# SHAPE NEWSLETTER

Volume 11 • Issue 4 • May 2009

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



## ART SAFETY WEEK! May 3rd-9th, 2009

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At SHAPE we believe that safety is about people looking out for each other, every day.

Art Safety Week is intended to bring health and safety into people's consciousness – by wearing a "Safety: it's everyone's scene" button, we hope to raise awareness of health and safety in our industries. And remind people to take care – of themselves and of each other.

Our attitude is echoed by health and safety conscious industries and workers regardless of their field. From a blog written by Jason Pittman, an officer in the US Navy Submarine force: "I always figured that if we took care of each other, the other stuff would work itself out. So far it's worked out ok for me, so there must be some truth in the idea that if you take care of your people, they'll take care of you."

Each year we have a slightly different focus for the week. This year our newsletter is focused on the health aspect of health and safety and our events are focused on educational opportunities for producers and supervisors.

### ART SAFETY WEEK SWAG!

During Art Safety Week, SHAPE representatives will be visiting worksites, offices and venues, distributing prizes to workers seen wearing a pin. Prizes include pedometers, safety goggles, mugs and pens. Additionally, people seen wearing buttons will be entered for a draw to win an Apple 8GB iPod

Touch.

Determined to enter the draw? Email a photo of yourself wearing your button to [info@shape.bc.ca](mailto:info@shape.bc.ca) before midnight on Saturday May 9th and you will be entered into the draw. There will be an additional prize for the most creative photo!

Play a part in Art Safety Week – remember, Safety: it's everyone's scene.

Need buttons? Call SHAPE at 604.733.4682 if buttons have not arrived by mail or been dropped off at your location.

Want to ensure you are seen? Call SHAPE and ask for a representative to visit your company or production and see all the button-wearing workers!



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## Join Us For Chats and Cheeses!

SHAPE is hosting free panel discussions, followed by receptions for each of our industries. Great conversation and catering by Les Amis du Fromage!

### For the Motion Picture Industry: Health and Safety: *Why Should I Care?*

**WHAT:** Rob Egan (former President and CEO of British Columbia Film) will moderate a panel discussion with Canadian Producer **Shawn Williamson**, (Brightlight Pictures), Los Angeles based **Paul Jordan**, (Director, Environmental Health & Safety, NBC Universal) and **Sion Dettra** (Manager, Production Safety, 20th Century Fox). The panel will undertake an entertaining exploration of what can go wrong? How do you avoid it? What are the costs of safety or, more importantly, the costs of not operating safely?

Attendees will be introduced to SHAPE and the work we do and will have an opportunity to provide some direction to SHAPE as to how to be of support to the domestic industry.

**WHO:** This panel is focused at our domestic producers, however it is open to all interested industry representatives.

**DETAILS:** Tuesday May 5th, 3pm, Vancouver International Film Centre. The panel discussion will be followed by a networking reception hosted by SHAPE.

Sponsored by BC Film and CPAWC.

### For the Performing Arts Industry: *The Art of Safety*

**WHAT:** Janet Sellery, former Health and Safety Manager, Stratford Festival and Canadian Occupational Health and Safety Manager of 2007 will join **Matt Lees** (Riggit), **Matt Frankish** (the Roundhouse) and **Dave Winstanley** (SHAPE) in a discussion on the following: How can an arts organization establish an effective health and safety program without compromising artistic vision? Won't it cost a lot of money? Do I really need a formal program? What rules apply to my organization?

Join us for a lively discussion on "The Art of Safety", where we'll address these and other topics as we explore the concerns and misconceptions about health and safety in the performing arts.

**WHO:** Producers, managers and supervisors working in the performing arts.

**DETAILS:** Wednesday May 6th, 3pm, New Revue Stage, Granville Island. The panel discussion will be followed by a reception hosted by SHAPE.

Support provided by the Alliance for Arts and Culture.

The events are free, however RSVPs are requested. If you are interested in attending, please email [rsvp@shape.bc.ca](mailto:rsvp@shape.bc.ca) and indicate if you are attending the Motion Picture or Performing Arts event.

## Book Review: Start Fresh!

Does eating a healthy diet and incorporating exercise into your busy life seem complicated? Doug and Diane Clement offer simple, effective solutions in *Start Fresh - Your Complete Guide to Midlifestyle Food and Fitness*.



Former Olympians, Diane is a renowned chef and cookbook author, and former chef of the Tomato Fresh Food Cafe. Doug is an internationally recognised sports medicine clinician, Professor Emeritus in Medicine at UBC and a recipient of the Order of Canada. Together they are the parents of celebrated Vancouver actors Jennifer Clement and Vincent Gale.

Well aware of the challenges inherent in busy lifestyles, they have developed a combination fitness and nutrition guide, which includes simple instructions for incorporating fitness into your schedule and 100 of Diane's delicious recipes. The book guides you through an assessment of your current level of fitness and provides incremental directions for developing your own exercise recipe. Increasing your level of fitness really can be as simple as walking.

The "eating right" section of the book includes advice, menus and terrific recipes. Diane's Westcoaster Salad with Maple Balsamic Vinaigrette has to be one of Canada's best recipes.

Purely in the interests of research, this writer incorporated the Start Fresh approach into her life in early 2009. Two months later, I am stronger, lighter and I have discovered an interesting side effect. I am happier. And all it took was a little bit of time and a commitment to stay with the program.

Both the fitness guidance and the recipes are easily translated from the page into practise. This is an elegant and absolutely practical guide to starting fresh. So get off the couch!

# Performance of a Lifetime

The most important performance of our lives continues with every decision that we make to get up and move, to do something – anything - rather than sit passively in front of the computer or TV. We choose to be a performer or an actor on the stage of life, or to just sit back and be a part of the audience. Today's digital world makes it easier to be the audience, without ever getting up, except to grab more trans-fat munchies and caffeine-laced beverages to help stay alert. But it doesn't take much effort to add some activity to our daily lives and to take steps, literally, towards finding more balance. It just takes an ounce of desire.

According to the Canadian Fitness and Lifestyle Research Institute (<http://www.cflri.ca/>), more than half of Canadians are not getting enough activity. Only 49% of Canadian adults get at least half an hour of walking (or the equivalent activity) per day. That lack of activity is reflected in the number of obese or overweight adults in Canada (50%), based on the Body Mass Index (BMI). Maintaining a healthy BMI involves both balanced nutrition and daily activity (visit [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/) to calculate your own BMI).

Staying active isn't just about hitting your target BMI. It's about staying healthy and maintaining a high quality of life that continues into our later years. Performing moderate activity, like walking, for at least 30 minutes per day reduces the risk

of heart disease, diabetes (type 2), bone loss or osteoporosis, stroke, high cholesterol, high blood pressure, work-related musculoskeletal injury (MSI), and many other conditions. In addition to reducing risk for health issues, daily physical activity has been shown to promote positive outcomes like improved energy, mood, libido, self esteem, and maybe even greater familiarity with your neighbours and neighbourhood.

## Be a Performer! Take Steps to Increase Your Activity

All it takes is a fraction of a second to make a decision to step away from the computer, off the sofa, out of the car, out of the elevator and start using your body to get around. Walk, jog, swim, bike, dance – it doesn't matter what you choose, as long as you choose to move. You don't need to sign up for a marathon, extreme sporting or a fitness "boot camp" to kick your derriere into shape. Just find at least 30 minutes a day to go for a walk – even if it means 10 minutes at a time a few times a day. Make it a social outing by walking with family, friends, or co-workers at a regularly scheduled time. The social aspect can make it more fun, and adding to the cast of your performance increases the likelihood that you'll stick to the schedule. To help motivate regular involvement, consider signing up for an organized walking or running group, yoga, pilates, tai chi, or any other regularly scheduled activity. If you aren't able to plan a regular time for your performance, look for impromptu opportunities – get off the bus a few stops early or park

your car a block away (don't take the closest parking spot to the door), take the stairs, walk to the local coffee shop or corner store.

Not sure how much activity you already get in a day? Try a pedometer on for size (available for about \$20 at most sporting or fitness supply stores). Wear a pedometer for a day to check your current activity level, and then challenge yourself to increase your daily walking distance. Healthy adults can aim to build up to 10,000 or more steps per day. That may sound like a lot, but at a moderate pace of about 100 steps per minute – it only takes 10 minutes to add 1,000 steps to your daily total.

## Stepping activity levels:

- < 5000 steps/day = sedentary
- 5000 steps = low active
- 7500 steps = somewhat active
- 10000 steps = active
- > 12500 steps = highly active

Start slow and build up the intensity and duration of activity at a pace that is comfortable for you. The old saying of "no pain, no gain" is just that – an old saying. It doesn't have to hurt, and it doesn't have to be a struggle. The first step is to take that first step – away from the computer, away from the television, out of the car. It is your life, your body, your health, and your opportunity to be either a part of the audience or a part of the show. Choose to be a performer - find ways to be active that you enjoy and that become a part of your daily routine.

*Dan Robinson is a Certified Professional Ergonomist (CCPE) and Registered Kinesiologist (BCAK) who has been consulting in ergonomics and human performance since 1988. He is author of more than 30 scholarly and technical publications.*

# 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.

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

### Aerial Lift Training

**\$120 (Experienced - 1 Day)**  
**\$220 (Inexperienced - 2 Day)**

**Experienced:**

Saturday, May 30  
Saturday, June 27

**Inexperienced:**

Saturday, May 30 and  
Sunday, May 31  
Saturday, June 27 and  
Sunday, June 28

8:30am - 4:30pm

Instructor: Leavitt Training Agency

### Counterbalanced Forklift

**\$120 (Experienced - 1 Day)**  
**\$220 (Inexperienced - 2 Day)**

**Experienced:**

Saturday, May 23  
Saturday, June 20

**Inexperienced:**

Saturday, May 23 and  
Sunday, May 31  
Saturday, June 20 and  
Sunday, June 28

8:30am - 4:30pm

Instructor: Leavitt Training Agency

### Firearm Safety Level 1

**\$50**

Sunday, May 24

10am to 5pm

Instructor: Felcan Enterprises

### Occupational First Aid Level One

**\$40**

Monday, May 11  
Saturday, June 6  
Monday, June 22

8:45am to 5:30pm

Instructor: Kathy Day

### Performing Arts Supervisor Safety

**\$25**

Monday, May 4 (6pm-10pm)

6pm - 10pm

Instructor: Dave Winstanley

### Film & Television Safety Awareness\*

**\$25**

Sunday, May 3  
Tuesday, June 16

Tuesday: 6pm-9pm

Sundays: 10am-1pm

Instructor: Marty Clausen

### Film & Television Supervisor Safety\*

**\$25**

Sunday, May 3

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.

## Congrats Dawn!

Dawn Brennan, SHAPE's General Manager, is one of two 2009 recipients of the John Hobday Awards in Arts Management, which celebrates outstanding achievement in the field of arts management. Awarded by the Canada Council for the Arts, the award is for professional development, which Dawn will be using to pursue her Master of Arts in Leadership (MAL) at Royal Roads University.

No worries, though, she's not leaving SHAPE. However, for the next two years her nights and weekends will be busy!