Health and safety

Health and safety is an important consideration for media companies

It is important that they:

- keep everyone safe when producing products

- make sure no one gets injured doing their job

This can range from safety when filming special effects, to making sure someone has an adjustable chair so as not to hurt their back

Health and safety

Common health and safety risks include:

Lifting and moving heavy objects
People need to be trained to do this properly and given protective equipment such as gloves or lifting devices

Working at heights
Anyone working on a ladder, scaffolding or rigging needs to be trained and to have protective equipment in place

Trip hazards
Cables or equipment may cause a trip hazard which could injure someone. Cables need to be covered and signage put in place to reduce the hazard

Electrical equipment
Any electrical equipment has a risk of electrocution. Equipment has to be used properly and maintained. It has to be checked regularly (at least once a year in schools)

Computer use
Back and neck injuries can be caused by screens are the wrong height
Wrist problem caused by overuse of a mouse
Eye strain caused by using a monitor for too long

Working hours
Long working hours, for example when shooting a film, can cause stress.
Working hours also cause fatigue (tiredness) which can help cause accidents

Health and safety

Risk assessments are used to reduce the risks caused by health and safety hazards

A risk assessment is a formal document which lists **hazards** and the risks linked to them

Media companies produce risk assessments for every part of a project

The point of a risk assessment is that by considering the full range of risks, media companies make sure that people are safe

Health and safety

Within a risk assessment, companies list ways to **mitigate** each hazard

Mitigate means to reduce the risk of the hazard by doing things:

Computer use
Chairs and monitors are adjustable to mitigate back and neck pain
Alternatives to mice are available and wrist supports can be used
Breaks are built in to people's work –e.g. every 20 minutes you should look away from a screen
People are trained so that they know what the hazards are

Use of chemicals
Possible allergic reactions are considered, for example in make up or SFX chemicals
Medical equipment and personnel provided
Fire risks are assessed and fire fighting equipment and personnel in place
Cleaning routines in place to remove and dispose of any possibly harmful chemicals

Health and safety

A **location recce** is an important part of media projects which take place on location. It is where someone goes to check a location to make sure that it:

- is suitable for use
- what the permissions required might be – is it private or public land, for example
- check sound and lighting issues
- decide what camera shots would work
- check access to water, electricity, toilets etc…
- what the possible health and safety hazards might be – e.g. Water, moving vehicles, trip hazards such as curbs or tree roots etc…

Health and safety

The point of a location recce is to save time and money

Shooting a film involves a lot of people and equipment, much of which is rented by the day
If a film crew went to a location that was not able to be used, it would cost a huge amount of time and money, all of which would be wasted

A location recce checks locations in advance to make sure that they are suitable