

Title: Safety Author: Hodges 1/29/2016

TIME

VIDEO

AUDIO

NOTES

		<p>Hi, and welcome to your lesson on safety. When you think of safety, you might just think of your stove, or swimming pool. But there are many ways that you can be injured without expecting it. Here are some tips on preventing injuries in the TV industry. Some of them might even help protect you in your home.</p> <p><u>Pinches:</u></p> <p>Fingers can be pinched in many ways, although these mostly occur when working with tripods. Watch where</p>	<p>Intro</p> <p>Pinches</p>
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		<p>your fingers are when expanding or collapsing the legs.</p> <p>Pinches can also occur when using tools, lights, and chairs.</p> <p><u>Tripping:</u></p> <p>TV production uses many wires and cables, which are usually on the floor. Be aware of where you are walking. Don't stand on cables since this may damage them. Don't run or goof around when cables are present.</p> <p><u>Electricity:</u></p> <p>Nearly every device we use in TV uses electricity. This is a significant hazard.</p>	<p>Tripping</p> <p>Electricity</p>

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		<p>Electricity goes from place to place using conduction. When something is conductive, this means that it allows electricity to pass through it. Water and most liquids are conductive. Many metals are conductive. Most plastic, and wood is not conductive (unless it's wet). Humans are conductive.</p> <p>Electricity is always trying to go back into the earth, so you never want to be the "conductor" of electricity.</p> <p>The path that electricity follows is called a circuit. In your house, the circuit comes into the building, and follows wires to plugs. When you plug something in, that draws electricity into the device, and back out to the ground. If you touch a wire and get a shock, you are creating a circuit, which</p>	

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		<p>can result in electrocution.</p> <p>Electrocution happens when you become the conductor between a power source and the earth. If you come in contact with an electric circuit, the electricity will travel through your body, and into the ground. When this happens, your muscles clench up and you might not be able to let go of the electric source. This is electrocution. It frequently results in bad burns, heart failure, and death.</p> <p>If you encounter someone who is being electrocuted, don't touch them. It can result in you becoming part of the circuit too. First, try to turn off the power. If you cant do that, use a piece</p>	

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		<p>of wood to try to separate the person from the electric source. If there is water in the area, stay away and try again to turn off the power.</p> <p>Finally, never use electric cords that have been damaged and repaired. They are a real safety hazard!</p> <p>Never yank on a cord to remove it from a wall. Go to the plug, grasp it firmly and gently pull it from the wall. Otherwise you can tear the wires and cause an electrical hazard.</p> <p><u>Lighting:</u></p> <p>Our field lights are not only electric, but they generate a lot of <i>light</i> and <i>heat</i>. It is never a good idea to look at a</p>	<p>Lighting</p>

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		<p>very bright object. Just like looking into the sun, looking directly at a light can do serious harm to your eyes. You don't want to go blind, or have retina damage because you looked directly at the light.</p> <p>The lights generate massive amounts of heat. Even after only a few seconds, they can become hot enough to cause second or third degree burns, which will require treatment from a medical professional. Touching the housing of the light can also cause severe burns. Be safe, allow your lights to cool off before you replace bulbs or put the equipment away. And never directly touch a video bulb. The oils on your fingers will transfer to the bulbs, and can super-heat and explode the bulb</p>	

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		<p>sending broken glass around.</p> <p><u>Ladders:</u></p> <p>You may not be using ladders in the normal classroom, but sometimes we need to get up above a scene. It's never wise to stand on a chair or other moveable object. One of the biggest hazards when doing this is <u>overreaching</u>. When you are doing something on a ladder or other object, there is a tendency to reach out farther than you should. This brings the center of gravity away from below the ladder, and over the ground, causing the ladder to tip over and for you to go flying. Remember, it's not the falling that hurts; it's the landing.</p>	<p>Ladders</p>

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		<p><u>Lifting:</u></p> <p>Many of you have moved, or helped someone move. Activities like this usually involve lifting objects from lights, to beds, sofas to boxes of books. But it is very easy to hurt yourself when doing this. Since TV Production involves carrying a lot of items around, you should know the basics of lifting heavy things.</p> <p>The biggest rule is never use your back. Bending over at the waist to pick something up is never a good idea. You can easily pull muscles in your lower back or injure yourself even worse. Back injuries are particularly painful, and take a long time to heal.</p> <p>You can protect your back when lifting by using your legs. Your legs are</p>	<p>Lifting</p>

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		<p>designed to support and lift your body, so when lifting, keep your back straight, bend your knees, firmly grasp the item you are lifting, and extend your legs. This will protect your back, and also make lifting easier.</p> <p>But what if the object is large, oddly shaped or really heavy? Should you try to lift it yourself? No! When lifting objects like this, <i>get help</i>. You are much less likely to hurt yourself or drop the object if someone is there to assist. And remember, <i>use your legs when lifting</i>, even when you have help!</p> <p><u>Fire:</u></p> <p>In very rare instances, you may encounter fire. Lights, frayed electric cords, sparks, and other means can</p>	<p>Fire</p>

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		<p>cause fire. In our work, the most likely risk of fire is electrical.</p> <p>Remember conduction? If you have an electrical fire, never, ever throw water on it. The water will spread, and you will be at risk of getting electrocuted as well as burned.</p> <p>There are fire extinguishers that are made for multiple types of fires. These are called Type C fire extinguishers. They don't use liquid, so there is no shock risk. Type C fire extinguishers use a powder to smother the fire, rather than drown it. Type C fire extinguishers are the most common type available for consumer use.</p> <p>To properly use a fire extinguisher,</p>	

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		<p>use the PASS method.</p> <p>P = Pull the pin. This arms the fire extinguisher</p> <p>A = Aim. Point the extinguisher to the base of the fire. Don't shoot over the fire.</p> <p>S = Squeeze. Pull the trigger on the extinguisher and hold it.</p> <p>S = Sweep. Sweep the extinguisher back and forth covering the fire.</p> <p>So that's the basics of being safe in the studio, and also at home. If you remember these tips you stand a much better chance of not getting hurt on the job, in your yard, or even in your house.</p> <p>Thanks for watching!</p>	WRAP

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