

ALL IATSE LOCALS

Be familiar with the removal provision in your Collective Bargaining Agreement. To avoid roster removal, five signatory days within your classification are required before March 31, 2015.

ONGOING CONSTRUCTION

Caltrans is improving a crucial segment of the I-5 in our area, which includes widening the Buena Vista Street bridge for carpool lanes. Now through late February the intersection of Buena Vista Street and Winona Avenue may have full or partial closures, from 7am to 7pm, 7 days a week. Be sure to allow extra time when planning a visit to our location. Detours may affect your drive time. For more information, visit **www.i-5info.com** or call Caltrans at 855.454.6335. This project is expected to be completed in 2017.

B5 TIMELINE

Timelines for Locals #600 and #728 to complete **B5 – Traditional Insert Car Safety** training ends February 28 and March 31, 2015 respectively.

SAFETY BULLETINS

<u>Safety Bulletins</u> are researched, written, and distributed by the Industry-Wide Labor-Management Safety Committee for guidance for the motion picture and television industry. Visit **www.csatf.org** to view the most recent bulletin information.

SAFETY CORNER

COLD AND INCLEMENT WEATHER CONDITIONS

When working outdoors in areas where there is the potential for cold weather hazards, such as hypothermia and frostbite, and severe weather conditions, such as high winds and flash flooding, the following safety tips should be taken into consideration:

- Plan ahead to reduce many of the potential dangers. An action plan should be developed if severe weather is forecast, and a safety meeting shall be held so elements of the plan can be communicated.
- · Dress properly, wearing layers to insulate body heat.
- Provide your body with appropriate nutrients and drink plenty of fluids.
- · Adequately secure equipment during high winds.
- Have emergency supplies readily available.

For more information about how to prepare for work in these types of conditions, see Safety Bulletins #34 and #38 at www.csatf.org.

ERGONOMICS: BENDING AND LIFTING



Lifting heavy items is one of the leading causes of injury in the workplace. Bending and lifting properly is essential.

Posture is ideal when the body is aligned and balanced, whether sitting or standing. The head is kept upright and is not turned to either side more than 30 degrees or tilted forward or backward more than 15 degrees. When

standing, the torso is not bent more than 10 to 20 degrees from the vertical position and the natural curves of the spine are maintained.

Bend at the knees, not from the waist, to maintain a straight and natural spinal shape. Pull the load into the body, balancing its center of gravity and aligning it to your body.

CSATF/CSATTF's MISSION is to provide friendly, accurate and dependable service and training for the entertainment industry (producers, studios, unions and guilds) and the below-the-line workers as required by union contracts, the law and individual need. We are committed to supporting the industry through maintaining the Roster, offering quality safety and skills training, facilitating the creation and maintenance of industry safety bulletins, validating documents and securely maintaining records.