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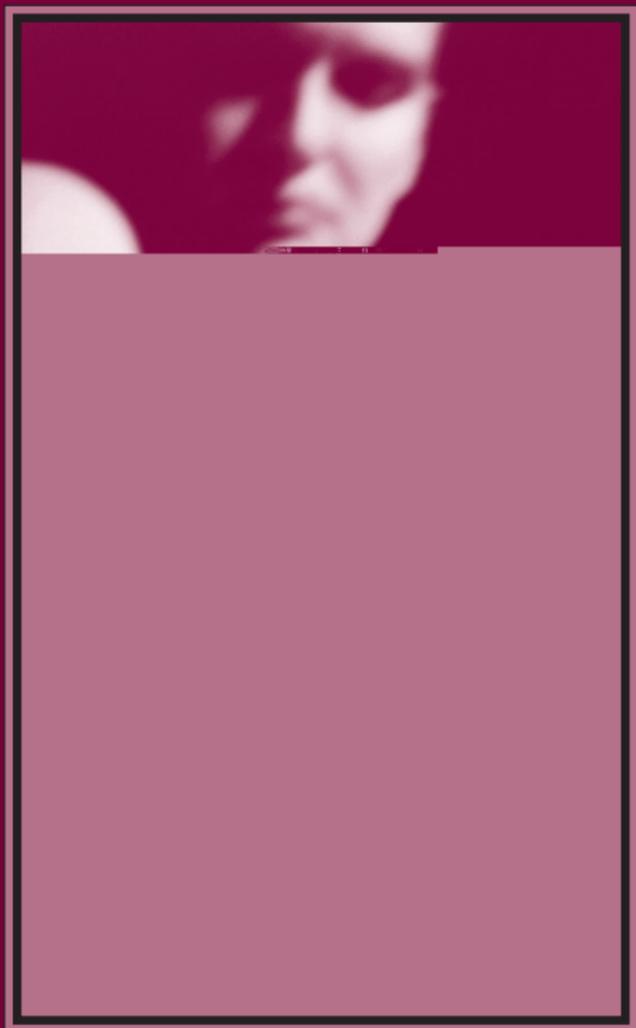
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S | O | L | U | T | I | O | N | S



**HOW TO  
STAY ALIVE  
AND WORKING**



## **STAY ALIVE AND WORKING**

Being a musician is high-stress, physically and mentally. It can also be dangerous. We've all heard stories like the club fire in Rhode Island where many died, and the occasional news accounts of a band van that crashes in the middle of the night between jobs. But away from the headline stories are many musicians who are suffering effects from fatigue, bad air, eye strain, muscular strain, hearing loss, depressed immune systems, and food poisoning—just to name a few of our occupational hazards.

Safety and health in our work is the mutual responsibility of leaders and managers, agents, employers and engagers, the government—and ourselves.

## **HERE ARE A FEW THINGS YOU CAN DO TO MAKE YOUR CAREER A SAFER AND HEALTHIER ONE:**

- limit alcohol or drug intake to responsible levels
- maintain a proper diet
- use hearing protection
- use care in handling heavy equipment
- maintain good physical and mental health
- avoid exposure to high current/voltage electricity
- maintain musical equipment properly
- manage stress
- keep motor vehicles in safe working order

## **LEADERS, AGENTS AND MANAGERS CAN TAKE ACTION TO:**

- make sure the stage setup is safe
- maintain the safety of equipment
- have first aid on hand
- provide hearing protection
- hire extra help for risky or heavy load-ins
- provide adequate lighting
- ensure an uncluttered stage setup
- make a safety check list or put someone in charge of safety
- monitor room temperature
- ensure transportation safety and comfort
- allow safe and adequate travel time between gigs
- make sure that all vehicles are properly maintained
- plan safely around scheduling and routing
- include safety clauses in contracts
- ensure adequate structural support for lighting and sound
- provide protection from strong electrical currents

## **THERE'S ALWAYS MORE TO DO...**

Ultimately, we're the only ones who will watch out for our own best interests. When you get to a job, know where the fire extinguishers are. Locate the emergency exits. Find the thermostats. Learn where the first aid kits are.

Without government regulations mandating decibel-to-room ratios, responsible pyrotechnics, crowd control and travel safety requirements, it's up to us to protect ourselves.

Make an investment in your career and play it safe!