

## CLOTHING & PERSONAL PROTECTION

### WHAT THIS SHEET APPLIES TO

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Anyone in performance classes, rehearsals, or using the shops, labs, and theaters for work calls.

### RISKS INCLUDE

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Slips and falls, cuts, scrapes, punctures, hearing damage, eye injuries, and respiratory problems.

### GUIDELINES, RULES, & PROCEDURES

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- Clothing should be appropriate for the activity. Performers should avoid garments that constrict movement in any way.
- Expect to be laying on the floor, bending your body into irregular positions, climbing, or being lifted by others.
- Avoid wearing loose or baggy clothing when working in the shops or on stage. Jeans or other durable pants are preferred for work calls. It is generally recommended to keep a set of clothes solely for work in the shops.
- Jewelry should not be worn while working in the shops or onstage during work calls.
- Long hair should be covered or tied out of the way so it does not become tangled in equipment.
- Proper footwear should be worn at all times. Avoid dancing or acting in socks. Bare feet are only acceptable when the flooring is clean and free of debris. For work calls, sandals, flip-flops, and other loose fitting footwear is not permitted. Instead, wear sneakers, work boots, or other hard sole shoes.
- Proper eye protection must be worn when using power equipment.
- Hearing protection should be used when noise levels are high.
- Dust/particle masks are available in the Tool Room in the Scene Shop.
- Approved respirators should only be worn by persons who have been tested and fitted with such an apparatus.
- Skin absorbs solvents, bleaches, and other chemicals easily and can cause lasting health problems. Prevent contact with these chemicals by using protective gloves.
- At the end of each performance class, rehearsal, or work call wash hands thoroughly with soap and water.

### FOR FURTHER UNDERSTANDING

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Rossol, Monona, The Health & Safety Guide for Film, TV & Theater, 2<sup>nd</sup> ed., New York: Allworth Press, 2000.