

How to Be An Artist and Not Kill Yourself in the Process

Risk Assessment: Do you always

- | | | |
|--|--------|--------|
| > Know which of your materials and processes are potentially hazardous? | yes[] | no [] |
| > Read labels of all materials? | yes[] | no [] |
| > Take warnings seriously? | yes[] | no [] |
| > Take a moment to ask yourself "What can go wrong?" with any process? | yes[] | no [] |
| > Know where to go for information on health hazards? | yes[] | no [] |
| > Tell your doctor which chemicals and processes you use? | yes[] | no [] |
| > Maintain a health hazards information file relevant to your own situation? | yes[] | no [] |
| > Know how to find, and interpret, a Material Safety Data Sheet? | yes[] | no [] |

Risk management: Do you always

- | | | |
|---|--------|--------|
| > Avoid the use of solvents to clean your hands? | yes[] | no [] |
| > Avoid the use of solvents in the palm of your hand to clean brushes? | yes[] | no [] |
| > Avoid using flammable solvents in a room with a possible ignition source? | yes[] | no [] |
| > Keep a fire extinguisher and first aid box in the studio? | yes[] | no [] |
| > Actually know how to use a fire extinguisher? | yes[] | no [] |
| > Have a smoke detector in the studio? | yes[] | no [] |
| > Avoid drinking alcohol before and after exposure to solvents? | yes[] | no [] |
| > Store dangerous chemicals away from your work and living areas? | yes[] | no [] |
| > Store liquids in tightly-capped containers? | yes[] | no [] |

Please turn over/.....

Selected Reference Materials on Health and Safety in the Visual Arts.

Compiled and annotated by Ted Rickard, MLS, M.Ed, CRSP,
Manager of Health & Safety, Ontario College of Art & Design, Toronto, Canada.

ACTS FACTS. Arts, Crafts and Theater Safety (ACTS). Monona Rossol, Editor. 181 Thompson St, #23, New York, NY 10012. Useful and wide-ranging 4-page monthly newsletter on art hazards.

Clark, Nancy; Thomas Cutter, and Jean-Ann McGrane. **Ventilation: a Practical Guide.** New York. Nick Lyons Books, 1984. 111 pp. ISBN: 0-941130-44-4. An excellent instruction manual for the lay person on how to build ventilation systems. Currently out of print, but worth searching for.

Kroemer, Karl H., and Etienne Grandjean. **Fitting the Task to the Human.** London: Francis & Taylor, 1997. 384 pp. ISBN: 0-7484-0664-6. An excellent textbook on ergonomics (the science of designing the workplace to fit the person).

McCann, Michael. **Art Safety Procedures: a Health and Safety Manual of Art Schools and Art Departments.** New York: Center for Safety in the Arts, 1992. 109 pp. Useful information, much of it based on data sheets published by the now-defunct Center for Safety in the Arts, based on years of experience inspecting art schools for hazards.

McCann, Michael. **Artist Beware, 3rd edn.** Guilford, Connecticut: Lyons Press, 2005. 591 pp. paperback, ISBN: 1-59228-592-9. The 'Bible' on the subject written by an expert. If you do not have any reference material on health hazards in the arts, make sure you buy this one.

McCann, Michael. **Lights ! Camera ! Safety !: a Health and Safety Manual for Motion Picture and Television Production.** New York: Center for Safety in the Arts, 1991. 98 pp. A useful basic guide to health and safety in movie production.

Qualley, Charles. **Safety in the Artroom.** Worcester, MA: Davis Publications, 1986. 116 pp. ISBN: 0-87192-174-X. Perhaps a little more readable than McCann's **Artist Beware**, although not as authoritative or comprehensive. Useful for art teachers.

Rossol, Monona. **The Artist's Complete Health and Safety Guide.** New York: Allworth Press, 2001. 405pp. paperback ISBN: 1-58115-204-3. An excellent and authoritative book, clearly laid out and easy to read. Another "must buy" for the professional artist's bookshelf.

Rossol, Monona. **The Health & Safety Guide for Film, TV & Theater.** New York: Allworth Press, 2000. 233pp. ISBN: 1-58115-071-7. An important, updated safety manual for the performing arts. Authoritative and chock full of information.

Rossol, Monona. **Stage Fright: Health and Safety in the Theater.** New York: ACTS (Arts, Crafts and Theater Safety), 1987. 123 pp. ISBN: 0-944519-00-8. Available from ACTS. Much general useful information on health hazards in the arts with the addition of specialized subjects such as theatrical makeup, lighting and theatrical fogs.

The Safer Arts. Ottawa: Health and Welfare Canada, 1988. 39 pp. ISBN: 0-662-16091-6. Also a set of nine posters with the same title, and some of the same text, are available while quantities last. All free of charge from Health and Welfare Canada, Communications Directorate, Brooke Claxton Building, Tunney's Pasture, Ottawa, Ontario K1A 0L2 Canada (613) 957-2991. General advice plus a couple of pages of specialized information on the health hazards of each of the following areas: painting and printmaking; dyes and fibres; pottery and ceramics; stained glass and glassblowing; metalworking; jewellery, holloware and enameling; sculpture; wood; photography. An excellent resource for schools.

Art Teacher, Be Aware. Ottawa: Health Canada, 1994. 24 pp. ISBN: 0-660-15435-9. A rehash of the same information as used in **The Safer Arts** above.

Shaw, Susan and Monona Rossol. **Overexposure: Health Hazards in Photography, 2nd edn.** New York: Allworth Press, 1991. 320 pp. ISBN: 0-9607118-6-4. An authoritative and important reference book which every serious darkroom photographer should have on the professional bookshelf - and should consult.

Spandorfer, Merle; Deborough Curtiss, and Jack Snyder. **Making Art Safely.** New York: Van Nostrand Reinhold, 1993. 255 pp. ISBN: 0-442-23489-9. A lavishly illustrated book about the safe methods of drawing, painting, printmaking, illustration and photography. Unfortunately contains some misinformation (and has a whole page of bibliography omitted by the printer), but on the whole is well laid out and very readable.

Tell, Judy (ed.) **Making Darkrooms Saferooms**. Durham, MN. National Press Photographers' Association, 1989. 72 pp. Reports of health and safety problems amongst professional photographers, with suggestions for improving working conditions. See www.nppa.org/default.cfm.

What You Need to Know About the Safety of Art & Craft Materials. Boston, MA: The Art & Creative Materials Institute, Inc. 1994. Twelve page booklet on the approval seals of the ACMI voluntarily used by members of this non-profit trade association of manufacturers of art, craft and creative materials. Includes basic safety tips and toxicology information connected with art materials. Free from The Art & Creative Materials Institute, Inc, 1280 Main St, P.O. Box 479, Hanson, MA 02341. Tel: (781) 293-4100, Fax: (781) 294-0808.

www.e-laws.gov.on.ca

Ontario Statutes and Regulations online.

See here the *Occupational Health and Safety Act*. Click on the “+” sign beside it to see all the Regulations which apply, including:

Construction Projects, Critical Injury – Defined, Designated Substance – Asbestos on Construction Projects, Industrial Establishments, Workplace Hazardous Materials Information System (WHMIS), etc.

See also the information sheet on “Health & Safety in the Arts, Electronic Resources” from trickard@ocad.ca

Please see over for further resources . .

Further specific information is available from the following sources:

Canadian Centre for Occupational Health and Safety

250 Main St. East, Hamilton, Ontario L8N 1H6

Inquiries Dept: (905) 572-4400, 1-800-263-8466.

custserv@ccohs.ca

<http://www.ccohs.ca>

Publishes and sells a large variety of health and safety literature, although not specifically on the arts.

Education Safety Association of Ontario

4950 Yonge St, Suite 1505

Toronto, Ontario M2N 6K1

tbyng@esao.on.ca

<http://www.esao.on.ca>

A health and safety resource for universities, colleges, school boards, museums, art centres and libraries, ESAO offers materials for purchase and a very useful “forum” on their website where you can ask questions and receive answers from their field representatives or your colleagues in your sector.

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100 McCaul Street, Toronto,

Ontario M5T 1W1, Canada.

(416) 977-6000 extn. 615

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Lectures and supplies information on health and safety in the arts.

Monona Rossol

ACTS (Arts, Crafts and Theater Safety)

181 Thompson Street, Suite 23, New York, NY 10012

(212) 777-0062

ACTSNYC@cs.com

<http://www.caseweb.com/ACTS>, also www.artscraftstheatersafety.org

Lectures and supplies information on health and safety in the arts.

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Health & Safety in the Arts, Electronic Resources

Many of these websites have links to other useful sites, and although there is some duplication it is worth exploring them.

General Art Hazards

"Health & Safety in the Arts". *City of Tucson, Arizona.*

An excellent and comprehensive searchable database of health & safety information for artists.

www.ci.tucson.az.us/arthazards

Art and Creative Materials Institute Inc (ACMI). Information on safe supplies from art and craft materials manufacturers and suppliers.

www.acminet.org

Center for Research on Occupational and Environmental Toxicology. Excellent and comprehensive information on art safety

www.croetweb.com/links.cfm?topicID=2

Chicago Artists' Resource. Much useful information

www.chicagoartistsresource.org/?q=node/14777

Health and the Arts Program, *University of Illinois at Chicago*

www.uic.edu/sph/glakes/harts

True Art. Comprehensive list of resources for many media

www.trueart.info/hazards.htm

Western Washington University. A good list of articles and publications.

www.library.wwu.edu/ref/subguides/art/arthazards.html

Gamblin Artists' Colors: Studio Safety

www.gamblincolors.com/safety.html

Winsor & Newton. Paint MSDSs available under Health & Safety section:

www.winsornewton.com/index2.php

Theatre Ontario: To Act in Safety

www.theatresafety.ca

The Healthy Artist Guide to a Less Toxic Studio

www.environmentaldefence.ca/toxicnation/artist/index.htm

General Health & Safety

Canadian Centre for Occupational Health & Safety. Comprehensive website with all kinds of health & safety information.

www.ccohs.ca

Education Safety Association of Ontario. Comprehensive website with all kinds of health & safety information.

www.esao.on.ca

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“Employing young Workers: Tips for Employees”. *Ontario Ministry of Labour*. www.labour.gov.on.ca/english/hs/tips/tips_employers.html

Working from Heights

“Construction Health & Safety Manual”. Has sections on legal responsibilities, WHMIS, first aid, heat and cold stress, Personal Protective Equipment, guardrails, ladders, scaffolds, etc..
Construction Safety Association of Ontario.

www.csa.org/t.tools/t13.newproducts/manual.cfm

“Ladder Safety” e-learning course (\$40) by *Canadian Centre for Occupational Health & Safety*.
www.ccohs.ca/products/courses/ladder_safety

“Safety Tips to Prevent Ladder Injuries”. *Consumer Product Safety Alert*. Washington, DC.
www.cpsc.gov/CPSCPUB/PUBS/ladder.html

Legislation

Occupational Health and Safety Act (Ontario). *Ontario Ministry of Labour*.
www.e-laws.gov.on.ca/DBLaws/Statutes/English/90o01_e.htm

Construction Projects Regulation 213/91. *Ontario Ministry of Labour*.
www.e-laws.gov.on.ca/DBLaws/Regs/English/910213_e.htm

Critical Injury – Defined. *Ontario Ministry of Labour*.
www.e-laws.gov.on.ca/DBLaws/Regs/English/900834_e.htm

Industrial Establishments Regulation 280/05. *Ontario Ministry of Labour*.
www.e-laws.gov.on.ca/DBLaws/Regs/English/900851_e.htm

Workplace Hazardous Materials Information System (WHMIS) Reg 36/93. *Ontario Ministry of Labour*.
www.e-laws.gov.on.ca/DBLaws/Regs/English/900860_e.htm

Material Safety Data Sheets

Primer on how to read an MSDS
www.lehigh.edu/~kaf3/guides/msds.html

MSDS Databases
www.msdssearch.com/DBLinksN.htm#Foreign%20Language

“Where to find Materials Safety Datasheets on the Internet”
www.ilpi.com/msds

Due Diligence

“Due Diligence”. *Canadian Centre for Occupational Health and Safety*.
www.ccohs.ca/oshanswers/legisl/diligence.html

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