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SPOTLIGHT ON JUMPING FROM ELEVATED SURFACES:

Greetings everyone, Ladd here:

In response to a related incident, please remind our workers that jumping from elevated surfaces such as loading docks, truck trailers, or temporary stage thresholds presents a serious risk of injury, including sprains, fractures, and long-term joint damage. Always use designated steps, ladders, ramps, or stairs when transitioning from elevated areas to ground level. Never assume a surface is safe to jump from or land on, especially in poorly lit or unfamiliar environments. Slow down! Protect yourself and others by taking the time to descend safely and prevent avoidable accidents.



SAFETY SPOT

SUMMER IS BACK and HOTTER THAN EVER!



Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1

» **CALL 911 IMMEDIATELY**

2

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

3

» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed



OSHA®
Occupational
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Administration

For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3434-058 10/17

SAFETY SPOT

HEAT INDEXING TECHNOLOGY:

Phone apps have replaced Wet Bulb Globe Temperature (WBGT) calculators and conversion tables. For those not familiar, notice in this display how factoring for ≥ 70 relative humidity raises the effect of 92F to 112F!



Phone Apps that perform this function include [The OSHA-NIOSH Heat Safety Tool](https://apps.apple.com/us/app/heat-safety-heat-index-wbgt/id6472613736) app and, for iPhone users only, the better-reviewed **Heat Safety: Heat Index & WBGT** <https://apps.apple.com/us/app/heat-safety-heat-index-wbgt/id6472613736> . Both apps are free.

APPLYING HEAT INDEX DATA TO JOBSITE CONDITIONS: Note that this capability isn't listed in the tool's advertised features:

Stewards anticipating hot conditions should download either app, check it often, and may use the indexed temperature readings to regulate work/rest schedules according to this chart:

Heat Stress Category (WBGT)	Moderate Work		Hard Work	
	Work/Rest Cycle	Water Intake Per Hour	Work/Rest Cycle	Water Intake Per Hour
White ≤76.9°F (≤24.9°C)	60/15 MINUTES	300 ml (1/3 qt)	40/20 MINUTES	500 ml (1/2 qt)
Green 77-81.9°F (25-27.7°C)	60/15 MINUTES	750 ml (3/4 qt)	40/20 MINUTES	1000 ml (1 qt)
Yellow 82-84.9°F (27.8-29.4°C)	40/20 MINUTES	1000 ml (1 qt)	30/30 MINUTES	1000 ml (1 qt)
Red 85-88.9°F (29.5-31.6°C)	30/30 MINUTES	1000 ml (1 qt)	Exercise is forbidden. Very high risk for heat casualties.	
Black ≥89°F (≥31.7°C)	Exercise is forbidden. Very high risk for heat casualties.			

SAFETY SPOT

ROLLED-OVER FOOT INJURY UPDATE:

Rolled-over foot injuries continue to be a priority threat. Thanks to everyone for continuing to remind employees that impact injuries caused by rolling carts, forklifts, road cases and dropped objects still happen; that steel toe protection is the best defense against crushed foot injuries, and that compliant, quality foot protection is available through this ad:

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SAFETY SPOT

UTP Productions Accident Checklist

- ☐ **Provide first aid** if a trained person is available.
- ☐ If the injury is life threatening, then please call 911. **Otherwise, please call UTP's main office line at (801) 328-1298 during business hours 8am to 4pm MST. If it is after hours or on weekends you can call our dedicated injury hotline at (801) 209-9193. You will be guided through the injury reporting process.** If there is no answer, please leave a detailed message of the injury. Please provide contact information including a phone number so we can return your call as soon as possible.
- ☐ **If help is needed in arranging transportation to a medical facility, please request assistance when you call our office or hotline.** We can arrange to have injured workers taken to the medical facility through a transportation service for many types of injuries.
- ☐ **The employee, supervisor and witnesses must fill out the necessary reports.** This can be accomplished at www.utpgroup.com for your easiest solution. The forms may also be printed and either emailed or faxed to us. This includes incidents that may not require immediate medical attention. **All reports must be received within 24 hours of the incident.**
- ☐ **Investigate the accident scene – provide detailed description of accident and equipment involved.** Pictures may also be taken with a cell phone and sent via text message to (801)209-9193.
- ☐ **Any accidents/incidents that involve death, amputation, loss of an eye or inpatient hospitalization require that the scene be preserved per OSHA requirements!**
- ☐ Other important contact information:
UTP Productions Phone: 801 328-1298
Fax: 801-328-1307
email: workcomp@utpgroup.com

SAFETY SPOT

A Tale of Our Accidents

The following is a list of incidents & accidents that have occurred in the first half of 2025.

Alabama: #1- An employee was pulling a large crate together with another employee. The crate rolled back on the first worker's left ankle causing a left ankle sprain.

Alabama: #2- An employee was moving a tall, top heavy, lighting cart. The cart began to tip over and the employee tried to catch it. This caused the employee to fall over with the cart causing a laceration to their right forearm requiring stitches.

Arizona: #1- An employee was operating a fly rail with another employee. The second worker let go of the rope which released the billet pin and yanked the rope in the first employee's hand. This caused a hyperextension and fracture to their left thumb.

Arizona: #2- An employee was carrying heavy wall pieces and because of the overexertion the employee began to feel pain in their right arm. This resulted in a tear in their forearm.

Arizona: #3- An employee was at the fly rail and noticed the control line from the traveler became snagged. They tried to stop it, resulting in burns to all 10 fingers and surgery on both hands. **This could have been prevented if the employee had been wearing gloves.**

Florida: #1- An employee was walking downstairs in a darkened hallway. They missed a step while going down and fell landing on both knees. This resulted in a strain of their right knee.

Florida: #2- An employee was lifting a light out of its case. After putting it back on a platform, they did a quick twisting motion which resulted in a strained to their back.

Florida: #3- An employee was climbing down from a deck cart after being on top to try to help push it forward. When they came down, they slipped and landed wrong. This strained their right heel.

Florida: #4- An employee was helping unload a truck when a large box that was being lifted fell towards them. They quickly stepped out of the truck landing wrong and resulting in a sprained ankle.

Georgia: #1- An employee was operating a battery-operated circular saw, using their other hand to help stabilize the material being cut. The employee accidentally cut into their fingers, resulting in multiple lacerated fingers and stitches.

SAFETY SPOT

A Tale of Our Accidents- Continued

Georgia: #2- An employee was walking up steps while carrying a handful of microphones. While doing so, they tripped on a step going up. causing them to fall. They landed on their left arm, resulting in a bicep strain.

Georgia: #3- An employee was on stage moving columns for the set and strapped a column on a dolly to move it. The strap came lose and the column slipped off and fell into the employee resulting in a shoulder and arm strain.

Georgia: #4- An employee was unloading a deck cart from the truck when the employee's hand was caught between the deck and a ratchet strap. This pinched the hand causing bruising but no fracture.

Georgia: #5- An employee was pushing a motor case on ice and slipped on a wet patch. The employee fell forward and fractured their forearm.

Michigan: #1- An employee was helping another worker move a road case down a ramp. The other worker was pushing the case forward towards the first employee who was behind the case, and they were trying to fight gravity to safely get the case to the stage when the first employee felt pain in their right calf. This resulted in a calf strain.

Oregon: #1- An employee was doing a quick change for a Broadway production. The employee bent over to put an item away and when they stood back up, they bumped the back of their head on a wood prop box. This resulted in a concussion.

Oregon: #2- An employee was locking stage decking on top of the stage supports and stood up to move out of the way. After standing up and taking a step backwards, the employee fell off the stage. This resulted in a head injury.

Texas: #1- An employee was loading a steel dolly onto the forks of a boom lift when another worker tilted the forks forward smashing the employee's right finger. This resulted in a crushing injury to the employee's hand which required stitches but no fracture.

Texas: #2- An employee was stacking trusses when the stack of trusses next to them fell over onto their left foot. This caused a crushing injury to their foot.

Texas: #3- An employee was lifting a video projector with their co-workers onto scaffolding. The strain of the lift caused the employee's left arm to give out. This was due to the employee suffering a muscle strain.

SAFETY SPOT

A Tale of Our Accidents- Continued

Utah: #1- An employee was exiting a doorway and tripped over the cable ramp. They hit their face and head against the wall frame, resulting in a contusion and bruising to their face.

Utah: #2- A employee was unloading trusses out of a truck. Their finger was caught and smashed between the trusses, resulting in a crushing injury.

Utah: #3- An employee was unloading a truck when some boxes were pushed which pinned their arm against the wall of the truck. This caused bruising and swelling to their right arm.

Utah: #4- An employee was doing a four person lift when one of the employees couldn't maintain their end properly. The weight shifted causing a shoulder strain to the first employee.

Utah: #5- An employee was pulling equipment up to the grid. While pulling it up, the equipment got caught. The employee attempted to yank the equipment free but was unable to do so and instead caused the employee to strain their back.

Washington: #1- An employee was moving a small stage. After pushing it into place, they felt a muscle spasm in their back, resulting in a back strain.

Washington: #2- An employee was washing wigs backstage. The repetitive motions and overexertion from working over the sink for an extended period caused them to strain their lower back.

Washington: #3- An employee was moving a portion of decking. A member of the show crew dropped another piece of decking on the part they were moving. The employee's index finger got smashed between the two deck pieces severing the tip of their finger.

Washington: #4- An employee was working near the edge of the stage with no other employees around. When the rest of the crew returned, they found the first employee laying on the ground after having fallen off the front of the stage. This resulted in a head injury.

We would like to reach as many relevant people as possible with this safety tool. Please send email addresses of any stewards, safety committee members or other stagehands who may be interested in receiving the Safety Spot to: Connor@UTPGroup.com