



**IRSST**

Instituto Regional  
de Seguridad y Salud  
en el Trabajo

WORKPLACE SAFETY AND  
HEALTH EDUCATION FOR  
YOUNG PEOPLE  
COURSE YEAR 2024/2025

# UNEXPECTED ENCOUNTERS

BASED IN  
REAL EVENTS



Comunidad  
de Madrid

CONSEJERÍA DE ECONOMÍA, HACIENDA Y EMPLEO

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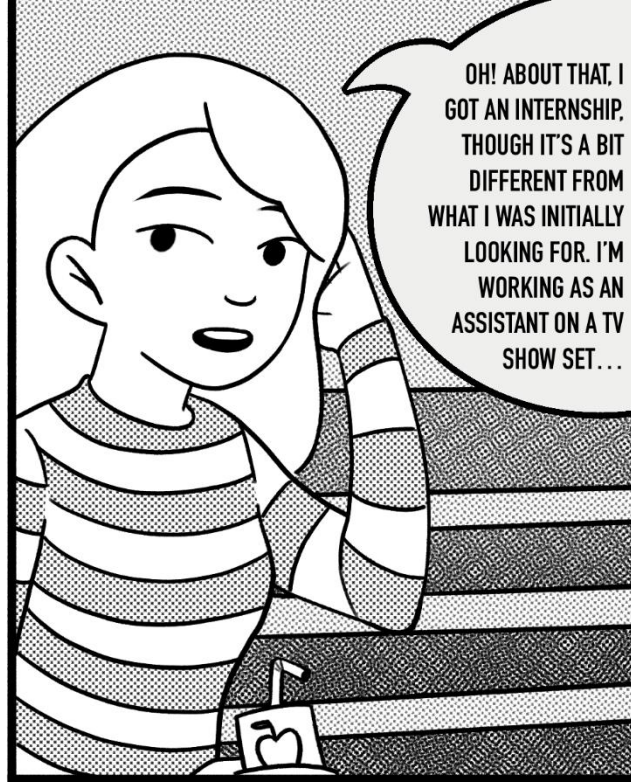
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PFF! TO BE HONEST, THE FIRST DAY WAS A TOTAL MESS...



OH NO! ANOTHER ONE! WELCOME TO THE CLUB...



OH NO, DON'T SAY... COME ON, SPILL IT! DID YOU GET HURT? ARE YOU OKAY?



YES, YES, I'M FINE. WHAT HAPPENED WAS...

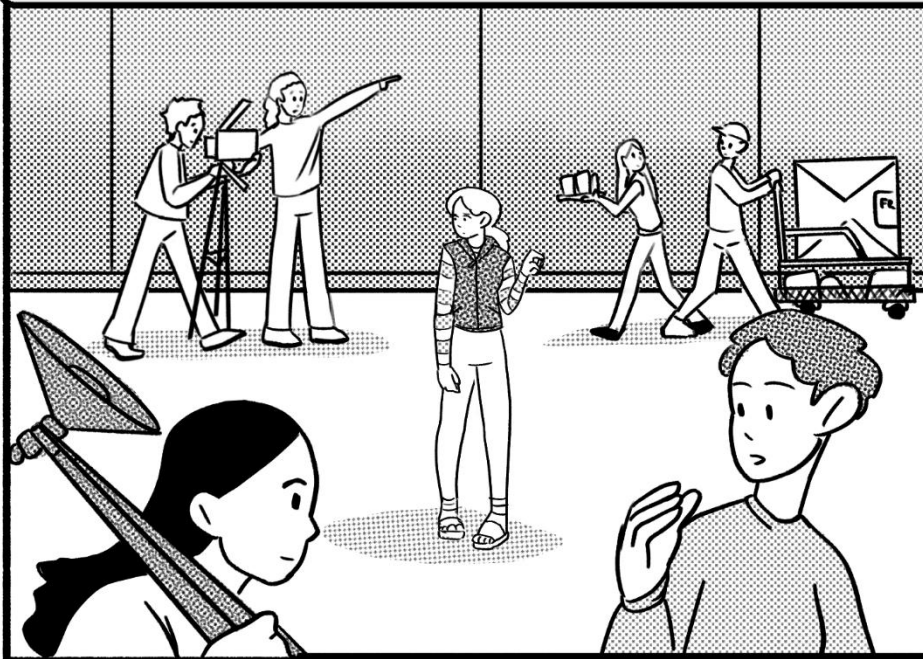
ON MY FIRST DAY OF THE INTERNSHIP, I GOT THERE AFTER THEY HAD ALREADY STARTED SHOOTING, SO WITH ALL THE CHAOS, THEY COULDN'T GIVE ME A PROPER INTRODUCTION...





HUHH...

... WITH THE ACTORS ALREADY ON SET AND EVERYONE RUSHING TO FINISH THE SHOTS BEFORE THE WEATHER GOT WORSE, NO ONE EXPLAINED ANYTHING TO ME...



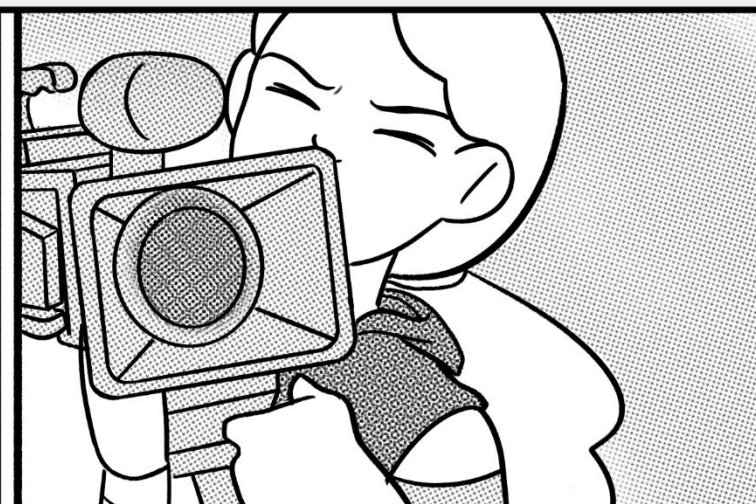
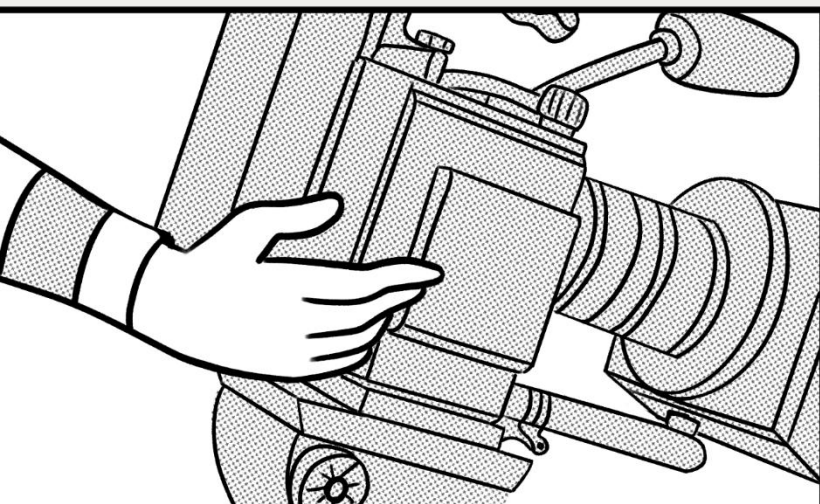
HEY! WHAT ARE YOU DOING  
STANDING THERE?



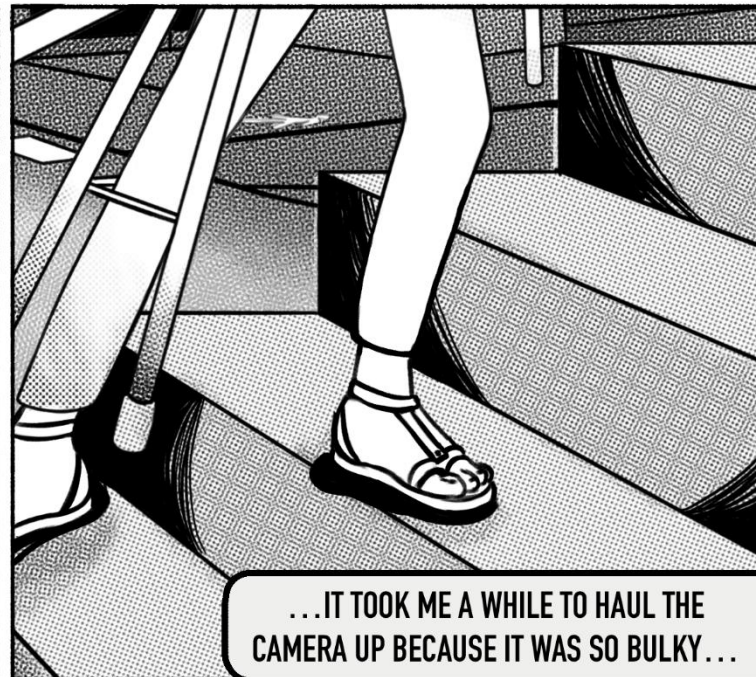
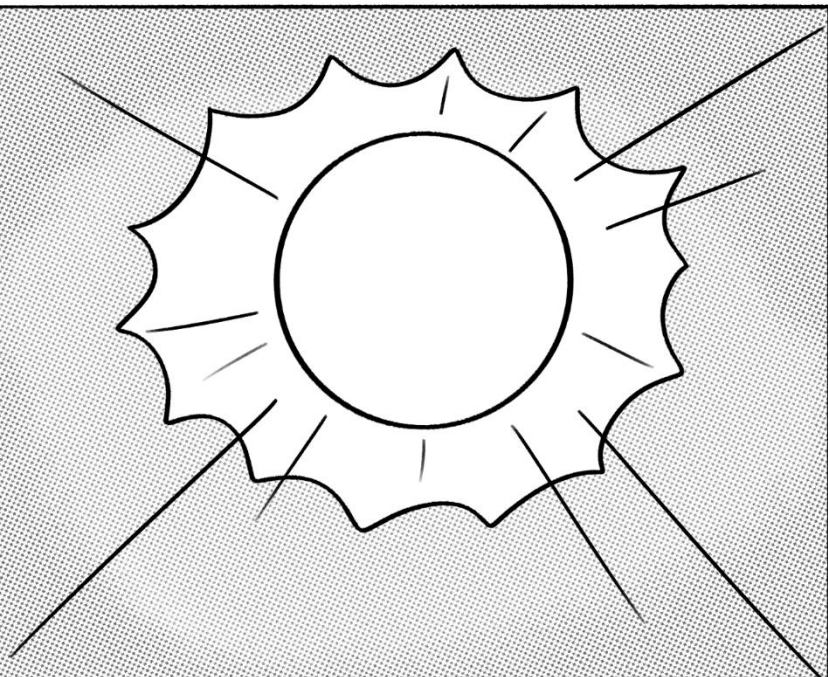
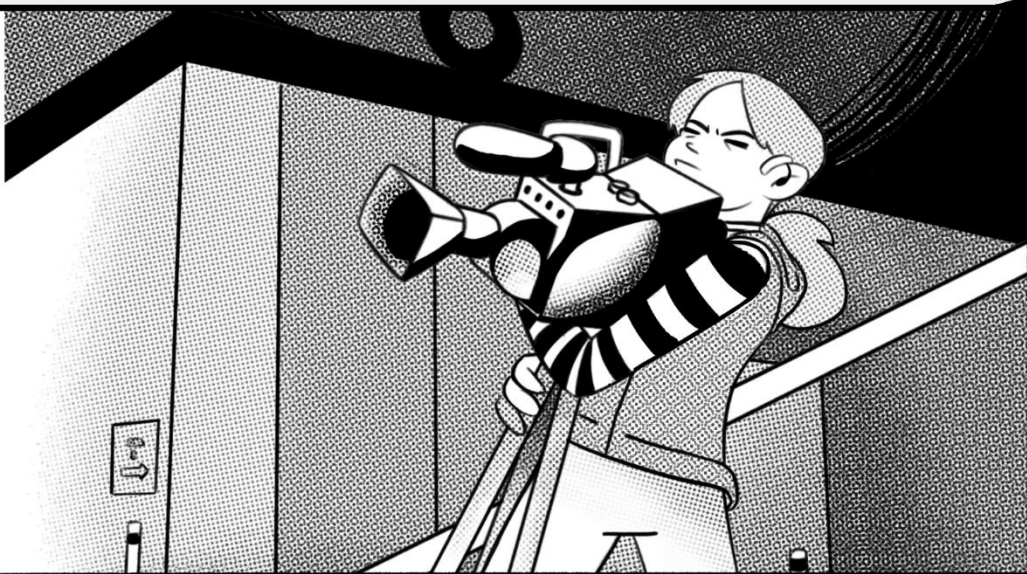
HELP US WITH THE  
EQUIPMENT.

OKAY...

WITH THE AFTERNOON HEAT, WE HAD TO PACK UP EARLY AND WAIT TO FILM UNTIL THE TEMPERATURES DROPPED A BIT.

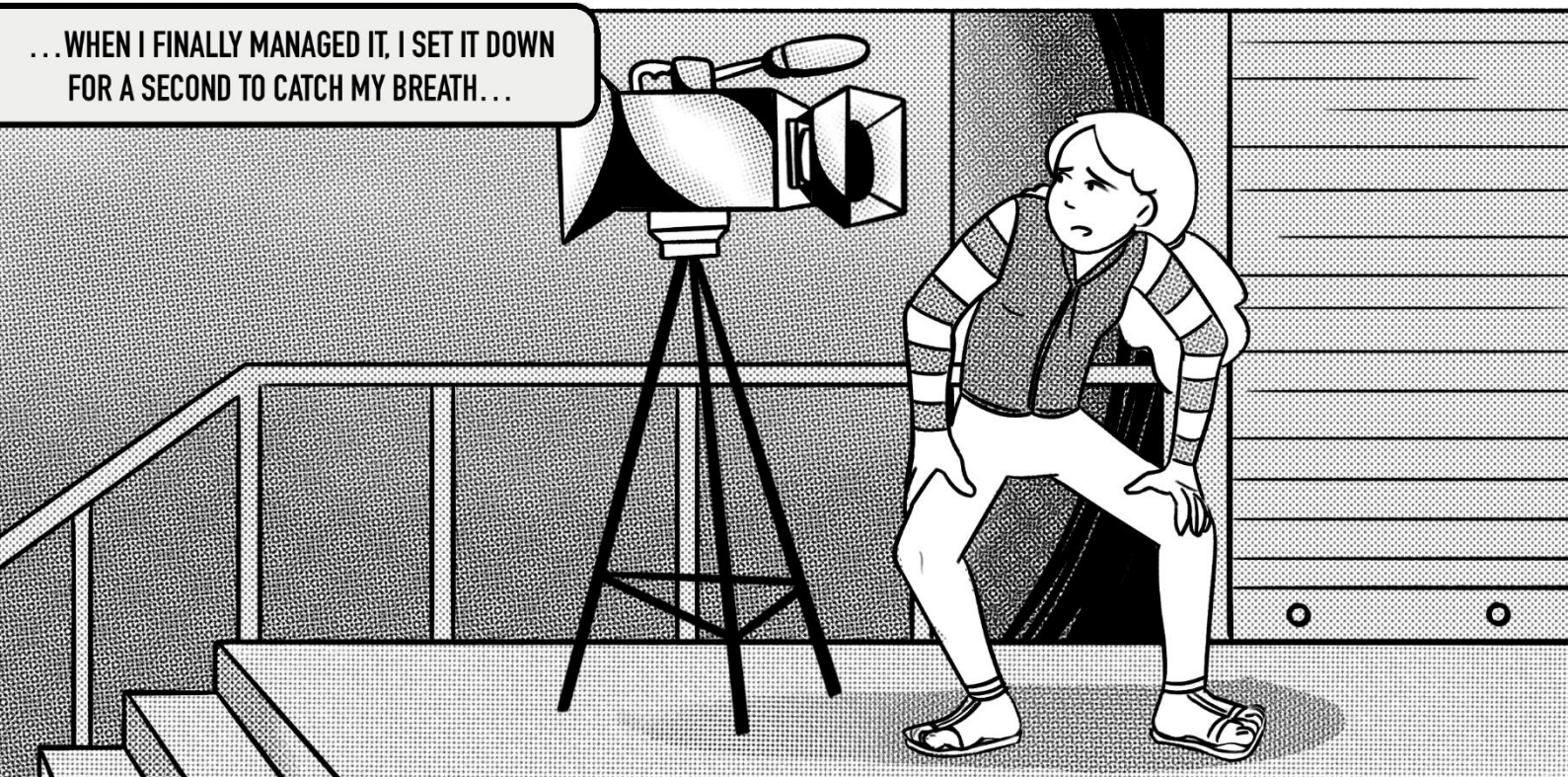


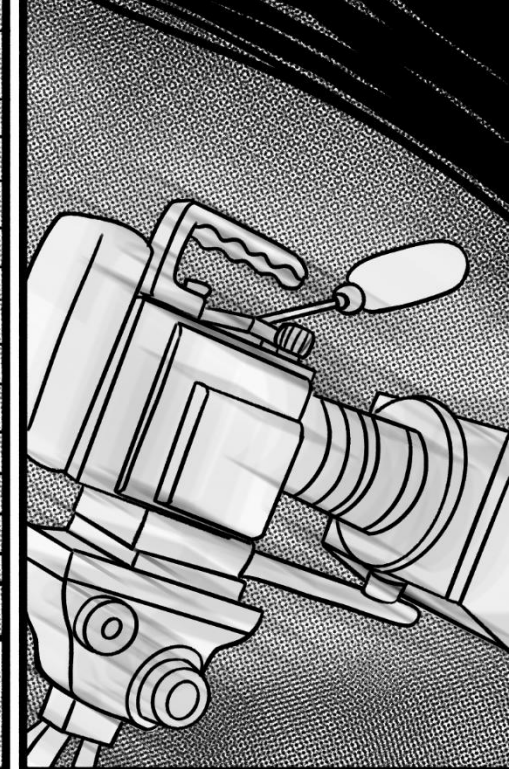
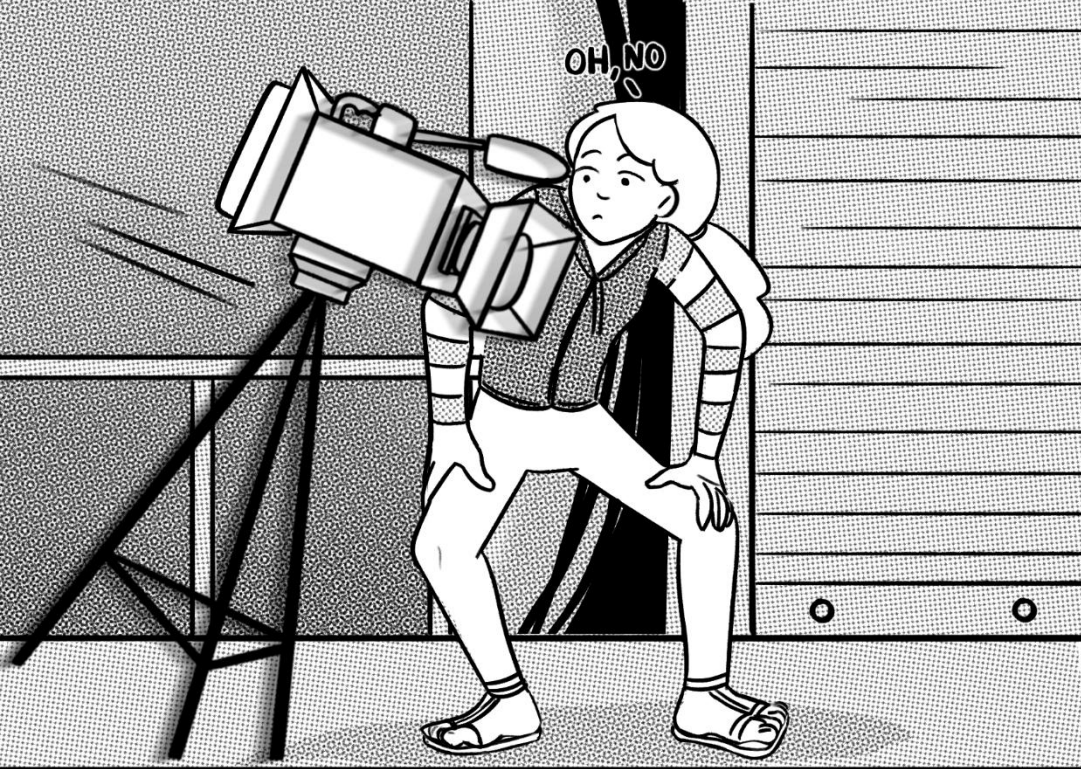
THE CAMERA I GRABBED WAS SUPER HEAVY, AND TO MAKE THINGS WORSE, I HAD TO DRAG IT UP THE STAIRS UNDER THE SCORCHING AUGUST SUN...



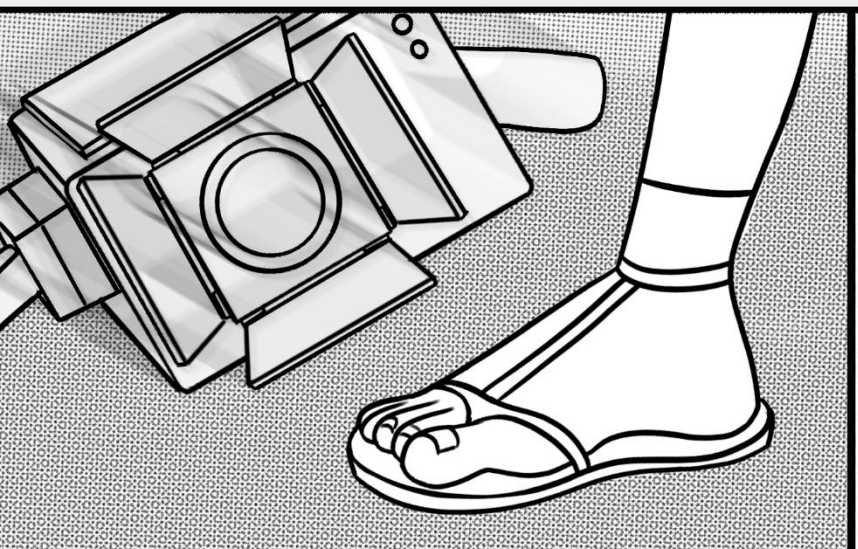
...IT TOOK ME A WHILE TO HAUL THE CAMERA UP BECAUSE IT WAS SO BULKY...

...WHEN I FINALLY MANAGED IT, I SET IT DOWN FOR A SECOND TO CATCH MY BREATH...



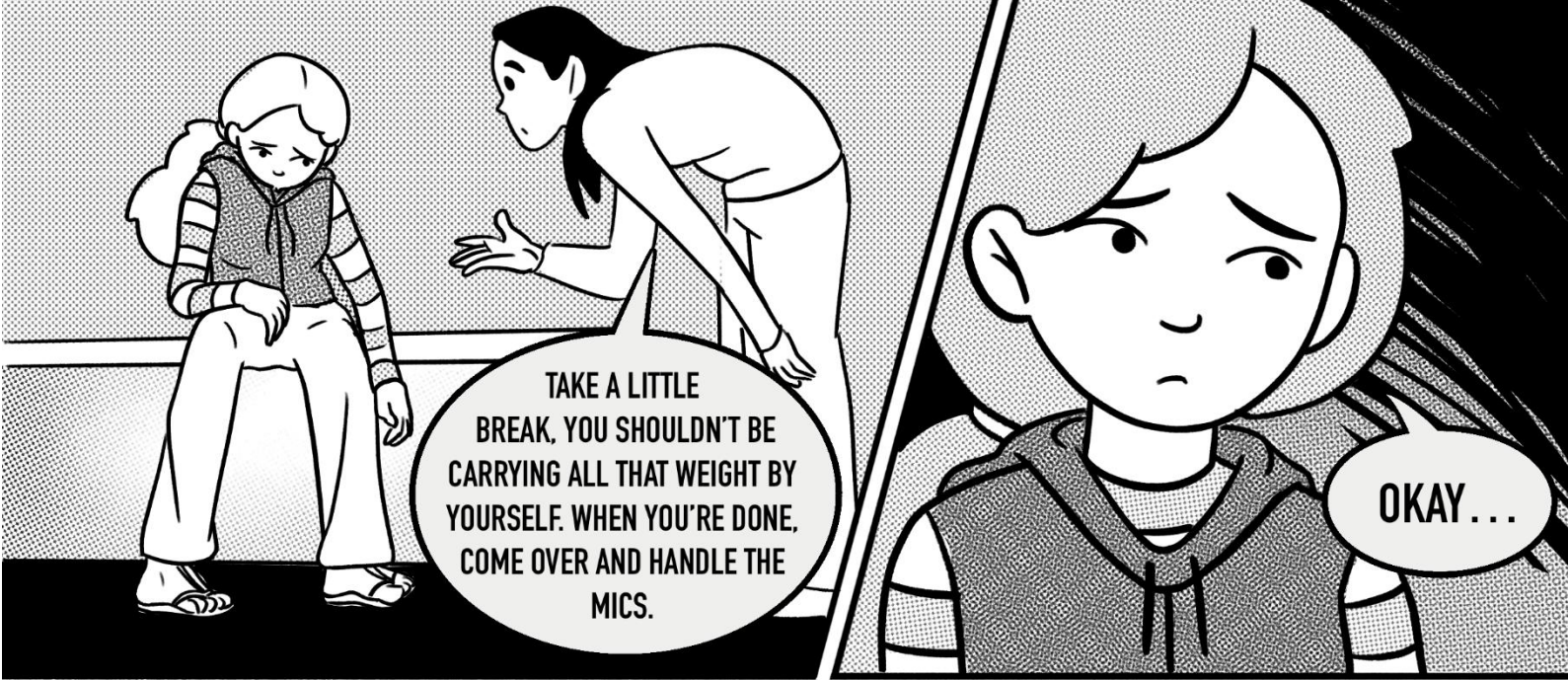


... AND WITH MY TERRIBLE LUCK...

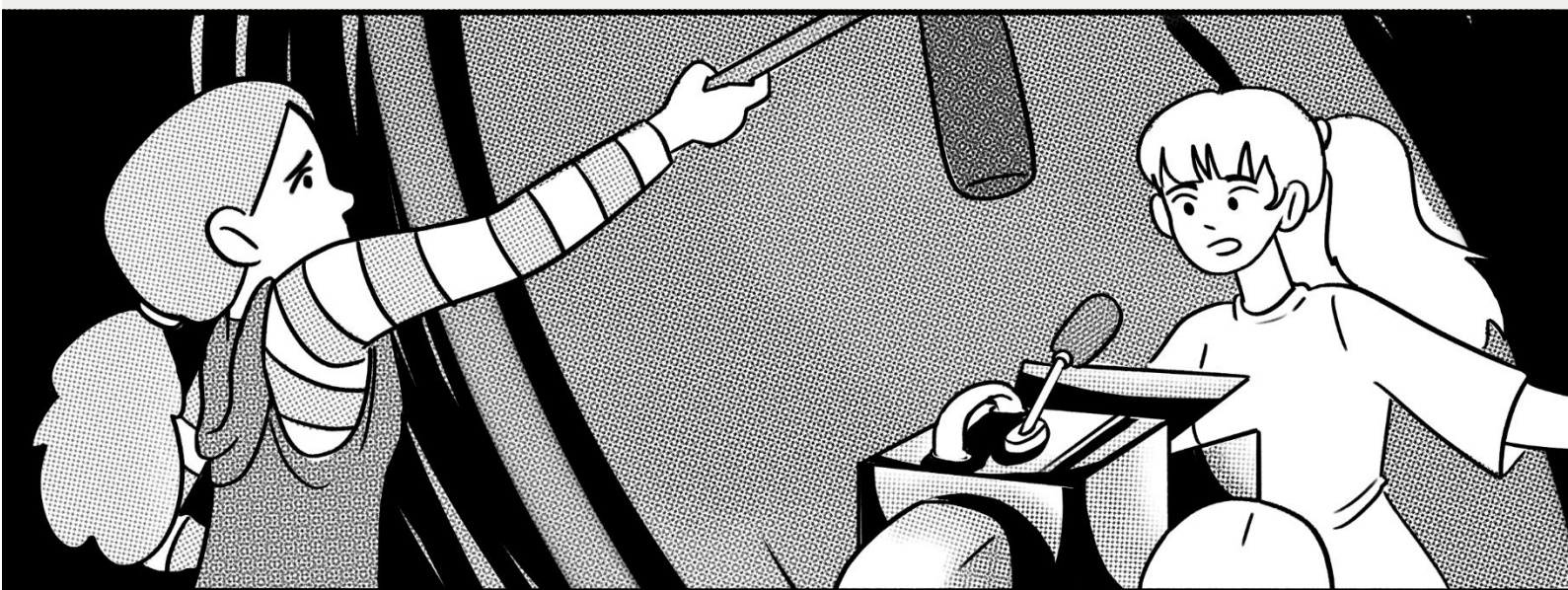


... IT FELL RIGHT ON MY FOOT...

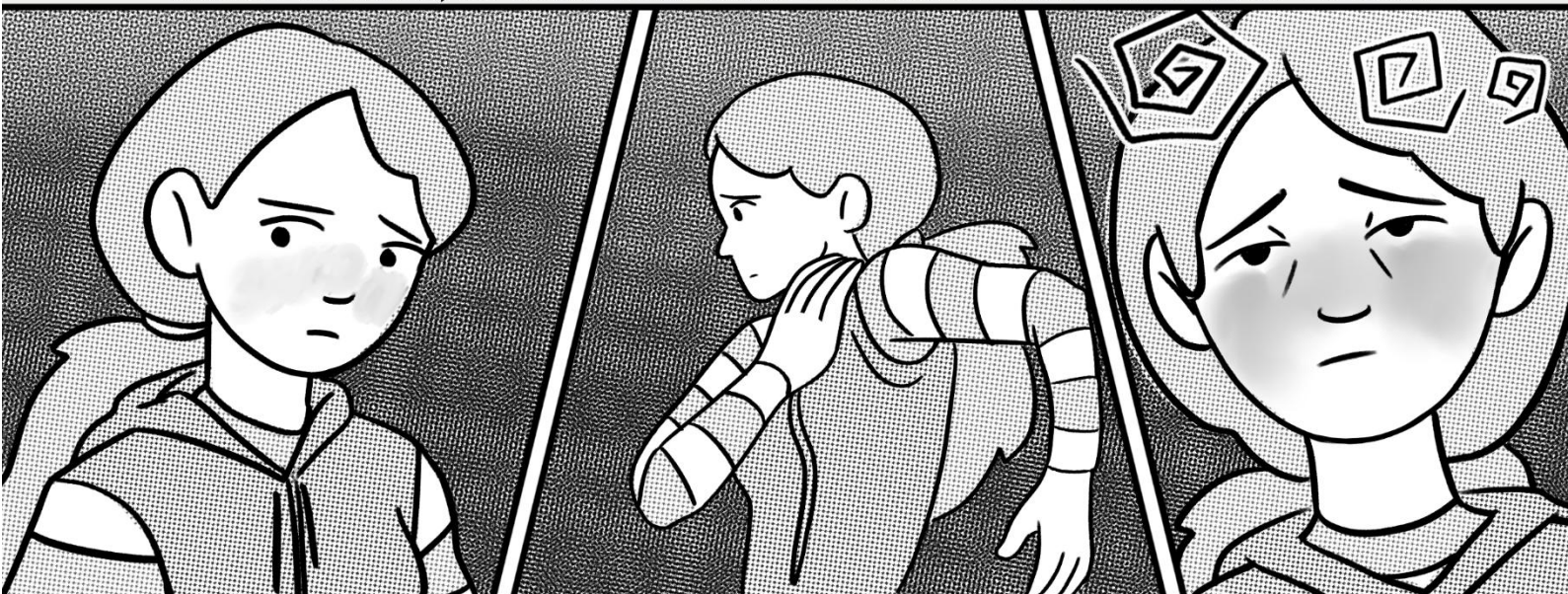




LUCKILY, THE EQUIPMENT WASN'T DAMAGED AND THEY GAVE ME COMPANY-ISSUED CLOSED-TOE SHOES TO AVOID SIMILAR PROBLEMS IN THE FUTURE...



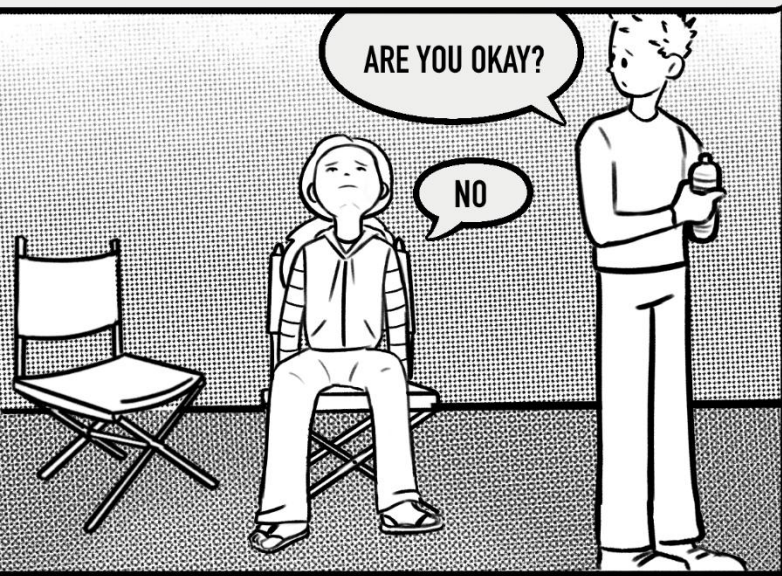
WHEN WE GOT BACK TO FILMING, THEY HAD ME HOLDING THE BOOM MICS, BUT AFTER COUNTLESS TAKES, MY SHOULDERS STARTED ACHING... AND BY THE END OF THE DAY...



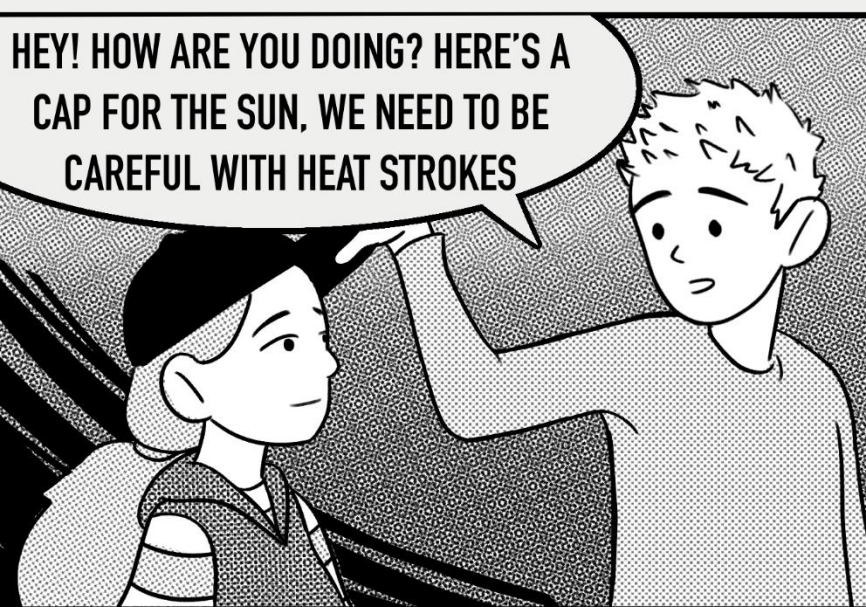
I FELT AWFUL. MY FACE WAS BURNING, MY SHOULDER AND NECK WERE ACHING, AND I WAS A BIT DIZZY.



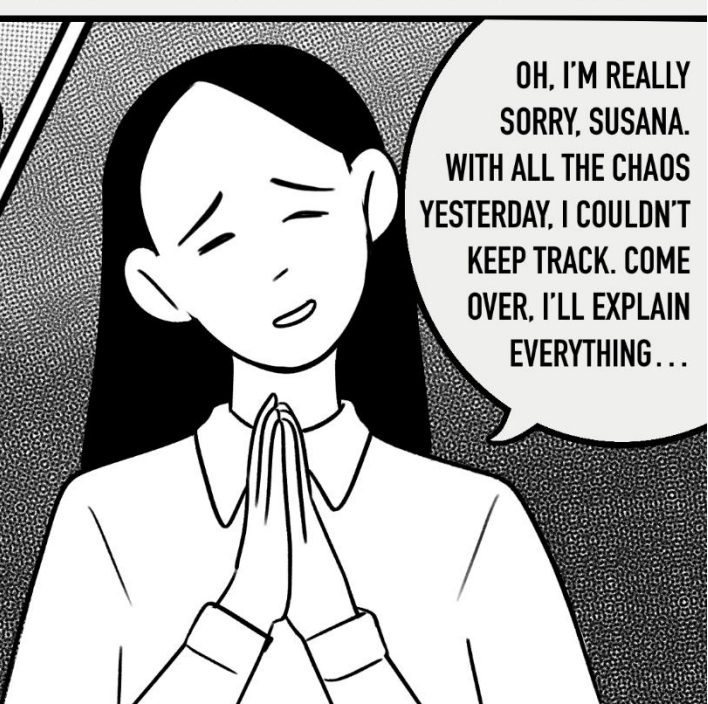
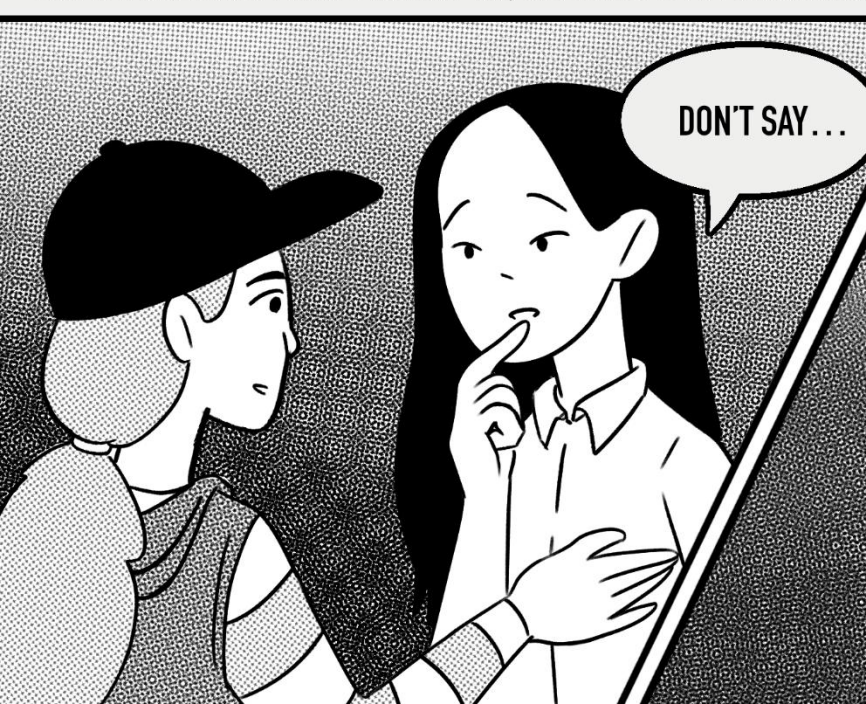
AT THE END OF THE SHOOT...



A COWORKER NOTICED I WASN'T FEELING WELL AND OFFERED HIS HELP. HE GAVE ME SOME WATER AND SENT ME HOME EARLY TO REST.



THE NEXT DAY, WITH THINGS MORE SETTLED, I TALKED TO THE ASSISTANT DIRECTOR AND TOLD HER WHAT HAPPENED THE DAY BEFORE. FROM THAT MOMENT ON, SHE GUIDED ME THROUGHOUT THE DAY UNTIL I FELT MORE CONFIDENT IN MY ROLE.

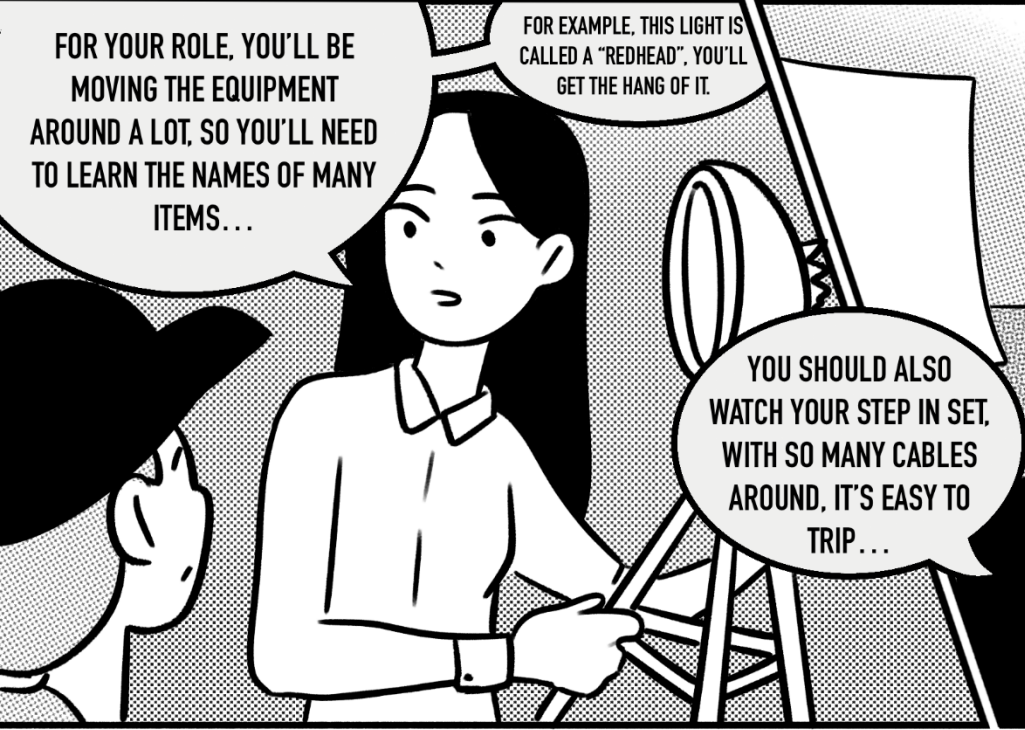


SHE WALKED ME AROUND THE FACILITIES...



THESE DAYS WHILE WE'RE FILMING OUTSIDE, WE HAVE TO BE VERY CAREFUL WITH THE HEAT. HERE'S THE TENT WITH FOOD AND WATER FOR WHENEVER YOU NEED IT, AND WEARING A CAP IS ALSO A GOOD IDEA.

I HEARD YOU HAD AN ACCIDENT WITH THE EQUIPMENT. I SEE YOU'RE WEARING THE COMPANY'S CLOSED-TOE SHOES TODAY, MUCH BETTER. YOU KNOW WE HAVE OTHER SIZES IF YOU NEED THEM...



FOR YOUR ROLE, YOU'LL BE MOVING THE EQUIPMENT AROUND A LOT, SO YOU'LL NEED TO LEARN THE NAMES OF MANY ITEMS...

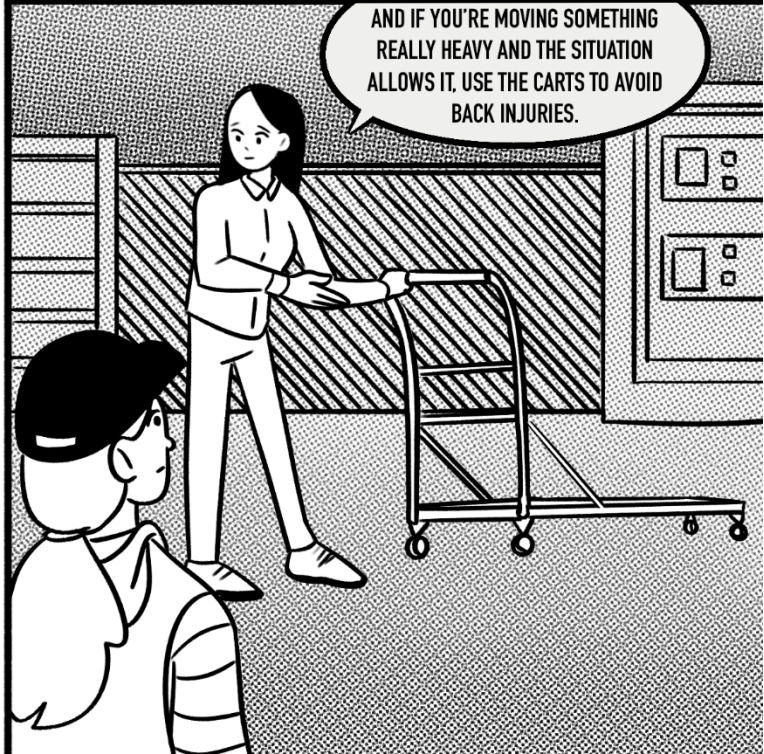
FOR EXAMPLE, THIS LIGHT IS CALLED A "REDHEAD", YOU'LL GET THE HANG OF IT.

YOU SHOULD ALSO WATCH YOUR STEP IN SET, WITH SO MANY CABLES AROUND, IT'S EASY TO TRIP...

... SHE EXPLAINED MY RESPONSIBILITIES AND GAVE ME SAFETY TIPS...



... AND WHEN YOU NEED TO MOVE HEAVY EQUIPMENT, ALWAYS FIND A COWORKER TO HELP YOU.



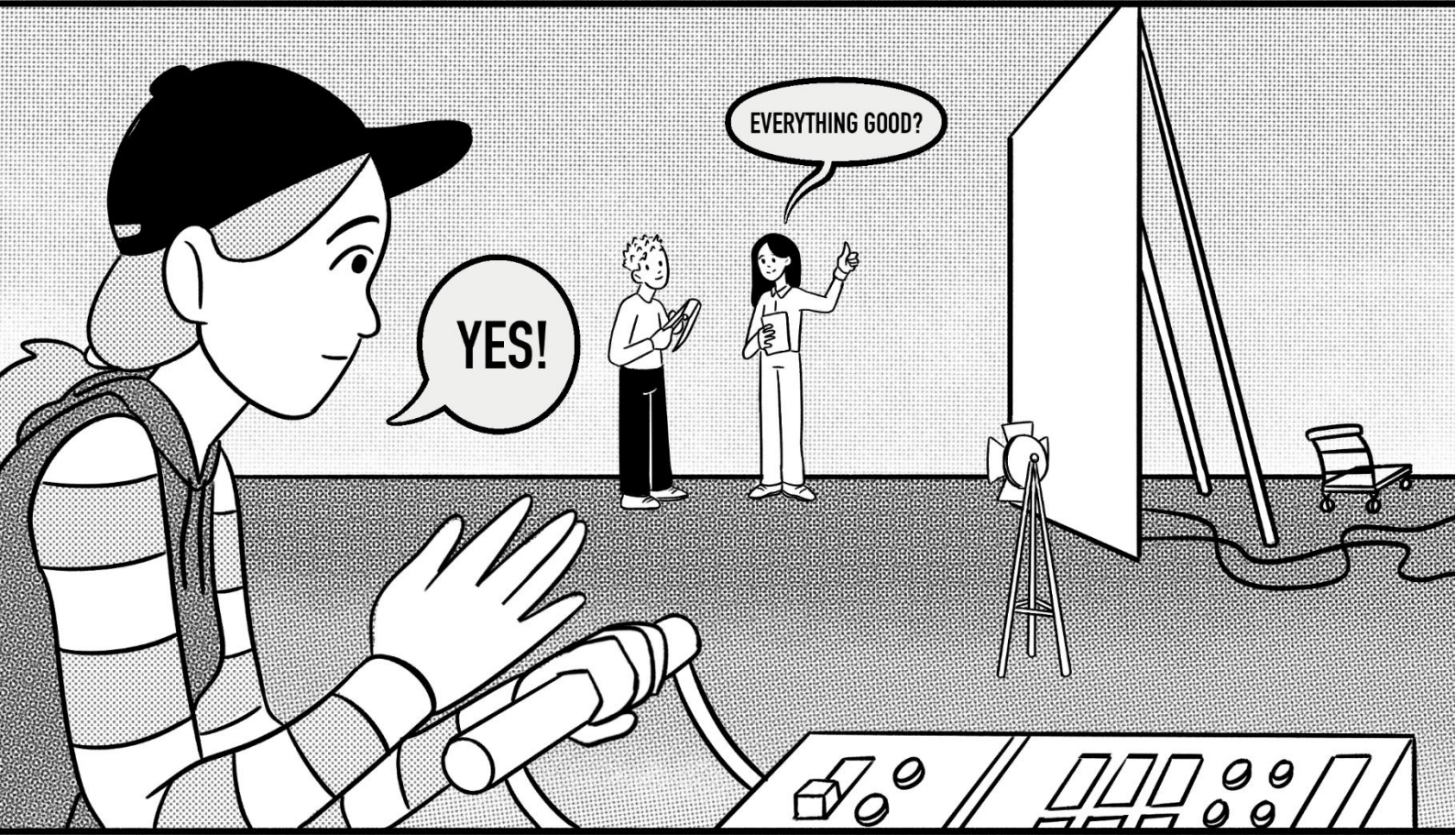
AND IF YOU'RE MOVING SOMETHING REALLY HEAVY AND THE SITUATION ALLOWS IT, USE THE CARTS TO AVOID BACK INJURIES.



AND OF COURSE, IF YOU HAVE ANY DOUBTS OR PROBLEMS, COME TALK TO ME AND DON'T HESITATE TO ASK. THAT'S WHAT I'M HERE FOR...

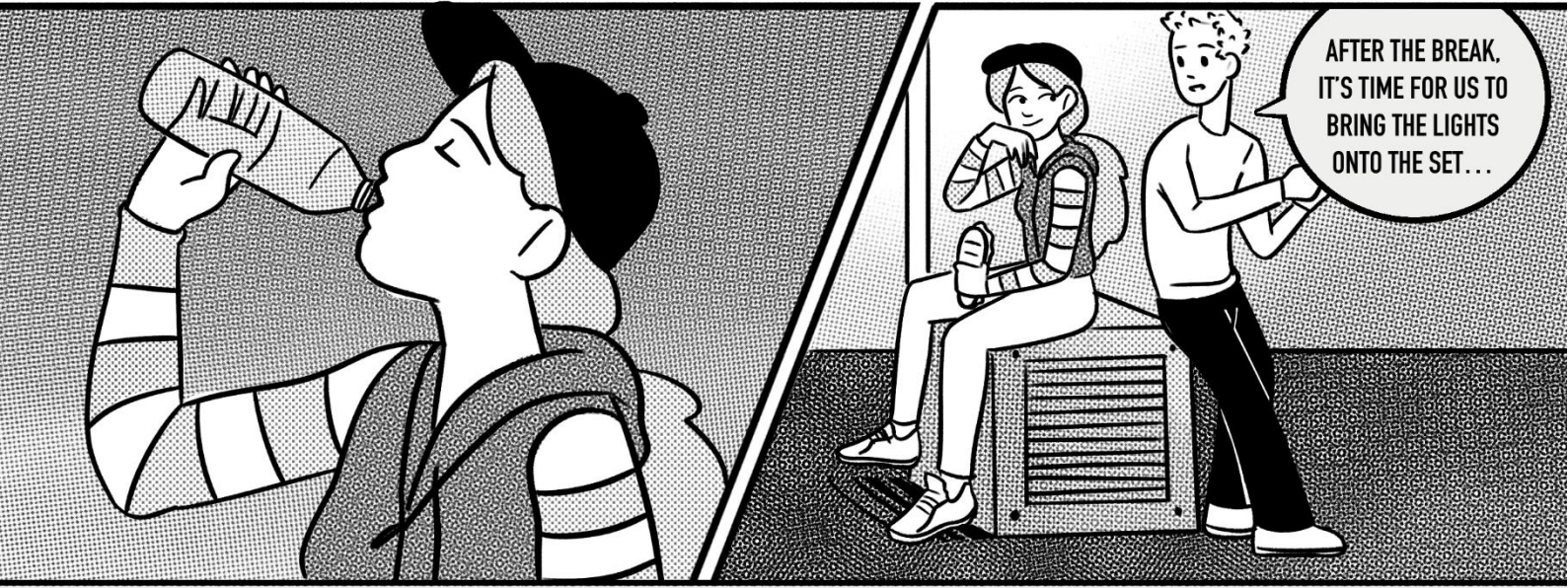
OKAY.

AND SO, I STARTED TO UNDERSTAND THE JOB BETTER. I HAVEN'T HAD ANY MAJOR ISSUES SINCE, AND NOW I ALWAYS CONSULT WITH MY MORE EXPERIENCED COLLEAGUES WHEN I HAVE QUESTIONS. I'M MORE AWARE OF SAFETY MEASURES, I STAY HYDRATED, AND TAKE BREAKS IN THE SHADE TO AVOID HEAT STROKES.

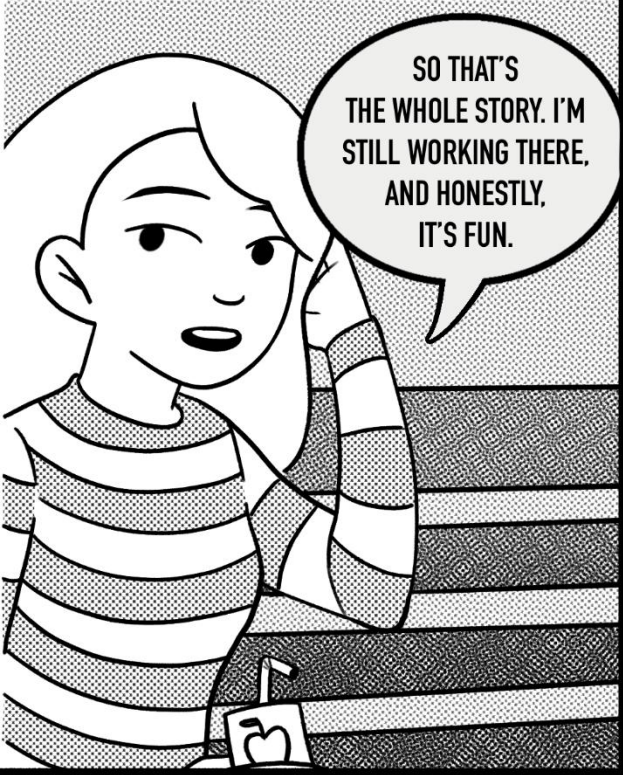


YES!

EVERYTHING GOOD?



AFTER THE BREAK, IT'S TIME FOR US TO BRING THE LIGHTS ONTO THE SET...



SO THAT'S THE WHOLE STORY. I'M STILL WORKING THERE, AND HONESTLY, IT'S FUN.



WOW! BE CAREFUL WITH HEAT STROKES, THEY'RE NO JOKE...



BUT HEY, IT'S NORMAL FOR THE FIRST DAY TO BE TOUGH. THE IMPORTANT THING IS THAT YOU'VE ADAPTED, AND I'M SURE YOU'RE DOING A GREAT JOB NOW.



YEP, I'M GLAD IT GOT SOLVED QUICKLY.



THANKS GUYS! I WAS GLAD TOO!

ACTIONS TO PROMOTE AND  
SPREAD THE SAFETY AND HEALTH  
CULTURE AMONG LOWER  
SECONDARY EDUCATION AND  
BASIC VOCATIONAL TRAINING  
STUDENTS AND TEACHERS



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